Chapter 14 Stabilizing and binding herbs

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Concept

• The herbs in this chapter are used primarily for treating disorders in which bodily substances are discharged abnormally or structures slip from their proper positions.
• These disorders include excessive sweating, diarrhea, excessive urination, and prolapse of the uterus or rectum.
• Such problems are usually associated with weakness due to chronic disease or old age, and can also arise from iatrogenic causes such as improper use of purgatives or dispersing substances.
• From a modern biomedical perspective, these disorders usually arise from either a derangement in the autonomic nervous system or a weakening in the elasticity of smooth muscle slings.
Concept

• Most of the herbs are sour and astringent.
• Some are best used for stopping sweating, others for stopping chronic diarrhea; some are primarily used for treating polyuria or abnormal discharges from the lower Jiao; some have a strong action in stopping coughs; some of the substances are also used to control bleeding, particularly from the vagina.
• Herbs that stabilize and bind
  – “Draw fluids in”.
  – Only treat the manifestation
  – Must be combined with appropriate herbs to treat the root cause of the problem, which is most often a form of deficiency.

Caution

• 1. They are not suitable for patients whose exterior conditions have not fully resolved
• 2. Not suitable for excessive syndrome such as internal stagnation of dampness, or heat from constraint. If they are used in these situations, the conditions will be prolonged and possibly exacerbated.
• Stabilizing and binding herbs
  – Section 1 Herbs that stop sweating (3 types)
    • Ma Huang Gen; Fu Xiao Mai; Nuo Dao Gen Xu
  – Section 2 Herbs stabilizing essence, controlling urination and excessive vaginal discharge (7 types)
    • Shan Zhu Yu; Lian Zi; Qian Shi; Jin Ying Zi; Fu Pen Zi; Hai Piao Xiao; Sang Piao Xiao
  – Section 3 Herbs that astringe lung and intestine (7 types)
    • Wu Wei Zi; Wu Mei; He Zi; Shi Liu Pi; Wu Bei Zi; Rou Dou Kou; Bai Guo
• **Herbs that stop sweating**
  - 1. **Ma Huang Gen** 麻黄根 Radix Ephedrae
  - 2. **Fu Xiao Mai** 浮小麦 Semen Tritii
  - 3. **Nuo Dao Gen Xu** 糯稻根须 Radix et Rhizoma Oryzae

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**Study Objective**

• 1. Understand the general information on herbs that Stabilizing and binding herbs.
  - 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.
Ma Huang Gen (麻黄根)  
(Radix Ephedrae)

- **English name:** ephedra root
- **Literal English translation:** “hemp yellow root”
- **Latin name:** Ephedra sinica Staph., E. Equisetina Bge.
- **Pharmaceutical name:** Radix Ephedrae
- **Where grown:** Primarily Jilin, Liaoning, Inner Mongolia, Hebei, Shanxi, Shanxi, Shanxi, Shananxi, Henan
- **When harvested:** Autumn or winter
- **Used part:** root
- **Flavor and properties:** Sweet, neutral
- **Channel entered:** Lung
Ma Huang Gen (麻黄根)  
(Radix Ephedrae)

• **Functions**  
  – Stops sweating.

• **Indications**  
  – For spontaneous and night sweating caused by Qi deficiency, Yin deficiency; or Qi and blood deficiency due to giving birth.
    • A. Spontaneous sweating due to Qi deficiency, with Huang Qi, Bai Zhu, Dang Gui.
    • B. Night sweating due to Yin deficiency, with Wu Wei Zi, Mu Li  
    • C. Postpartum sweating, with Huang Qi, Dang Gui, Fu Xiao Mai.

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

• **Cautions and contraindications**  
  – Contraindicated for exterior disorders.
Fu Xiao Mai (浮小麦)
(Semen Tritii)

- **English name:** light wheat grain (not quite ripe), wheat
- **Literal English translation:** “floating little wheat”
- **Latin name:** Triticum aestivum L.
- **Pharmaceutical name:** Semen Tritici Aestivi Levis
- **Where grown:** throughout China
- **When harvested:** Late summer to autumn
- **Used part:** Lighted fruit
- **Flavor and properties:** Sweet, salty, cool
- **Channel entered:** Heart
Fu Xiao Mai (浮小麦)  
(Semen Tritii)

• **Functions**  
  – 1. Stops sweating.  

• **Indications**  
  – 1. For spontaneous and night sweating caused by *Qi* deficiency.  
    • A. Spontaneous sweating due to *qi* deficiency, with Huang Qi, Mu li  
    • B. Night sweating due to *Yin* deficiency, with Di Gu Pi, Wu Wei Zi, Huang Bai.  
  – 2. For deficiency heat, steaming bone syndrome. with Gan Cao, Da Zao (as Gan Mai Da Zao Tang).

• **Dosage and administration**  
  – 15-30g decocted in water for an oral dose.

• **Cautions and contraindications**  
  – None noted

• **Appendix:**  
  – Xiao Mai (wheat grain, quite ripe): nourish heart and calm spirit
Nuo Dao Gen Xu (糯稻根须)  
(Radix et Rhizoma Oryzae)

- **English name:** glutinous rice root
- **Botanical name:** Oryza sativa L.
- **Pharmaceutical name:** Radix et Rhizoma Oryzae Glutinosae
- **Where grown:** throughout China
- **When harvested:** September to October after harvest
- **Used part:** root
- **Flavor and properties:** sweet, neutral
- **Channel entered:** Kidney, liver, lung

Nuo Dao Gen Xu (糯稻根须)  
(Radix et Rhizoma Oryzae)
Nuo Dao Gen Xu (糯米根须)
(Radix et Rhizoma Oryzae)

• **Functions**
  – 1. Stops sweating.

• **Indications**
  – 1. For spontaneous and night sweating caused by lung Qi and Wei Qi deficiency.
    • A. For spontaneous sweating due to Qi deficiency, used with Fu Xiao Mai, Ma Huang Gen, Huang Qi
    • B. For night sweating due to Yin deficiency, used with Mu Li, Fu Xiao Mai, Di Gu Pi.
  – 2. For deficiency heat, steaming bone syndrome. with Sha Shen, Di Gu Pi.

• **Dosage and administration**
  – 10-30g up 120g decocted in water for an oral dose.

• **Cautions and contraindications**
  – None noted.
Section 2 Herbs stabilizing essence, controlling urination and excessive vaginal discharge

- 1. Shan Zhu Yu 山茱萸 (Fructus Corni)
- 2. Lian Zi 莲子 (Semen Nelumbinis)
- 3. Qian Shi 芡实 Semen Euryales
- 4. Jin Ying Zi 金樱子 Fructus Rosae Laevigatae
- 5. Fu Pen Zi 覆盆子 (Fructus Rubi)
- 6. Hai Piao Xiao 海螵蛸 (Endoconcha Sepiae)
- 7. Sang Piao Xiao 桑螵蛸 Ootheca Mantidis
Shan Zhu Yu (山茱萸)  
(Fructus Corni)

- **English name:** Asiatic Cornelian cherry fruit, cornus  
- **Alternate name:** 山茱萸 (shan yu rou); 枣皮 (zao pi)  
- **Botanical name:** Cornus officinalis Sieb. Et Zucc.  
- **Pharmaceutical name:** Fructus Corni Officianlis  
- **Where grown:** Zhejiang, Anhui, Shanxi, Henan, Shandong, Sichuan  
- **When harvested:** October to November when fruit becomes red.  
- **Used part:** Fruit  
- **Flavor and properties:** Sour, slightly warm  
- **Channel entered:** Kidney, Liver
Shan Zhu Yu (山茱萸)  
(Fructus Corni)

• **Functions**
  – 1. Tonifies kidney and liver.
  – 2. Stabilizes essence and controls urination.
  – 3. Stops sweating and supports the collapsed.
  – 4. Stabilizes the mense and stops bleeding.

• **Indications**
  – 1. For dizziness, lower back and knee soreness due to kidney and liver deficiency, with Shan Yao, Shu Di, Fu Ling, Ze Xie, Mu Dan Pi (as Liu Wei Di Huang Wan).
  – 2. For spermatorrhea, frequent urination, and enuresis, with Jin Ying Zi, Shan Yao, Lu Jiao Jiao.
  – 3. For excessive sweating due to collapse of Qi and Yang, especially as in shock. With Long Gu, Mu Li, Fu Zi or Ren Shen.
  – 4. For excessive uterine bleeding due to kidney and liver deficiency, with Bai Shao, E Jiao

• **Dosage and administration**
  – 5-10g decocted in water for an oral dose.
  – 30-60g for treating shock.

• **Cautions and contraindications**
  – Contraindicated in cases of painful and difficult urination or painful urination due to damp-heat.

• **Modern study**
  – 2. General effect: diuretic effect and lower blood pressure with little effect on serum glucose.
Lian Zi (莲子)
(Semen Nelumbinis)

- **English name:** lotus seed
- **Alternate name:** 莲肉(lian rou); 莲实(lian shi); 莲仁(lian ren)
- **Latin name:** Nelumbo nucifera Gaertn.
- **Pharmaceutical name:** Semen Nelumbinis Nuciferae
- **Where grown:** Hunan (best), Fujian (most), Hubei, Jiangsu, Zhejiang, Jiangxi
- **When harvested:** Autumn
- **Used part:** Seed
- **Flavor and properties:** Sweet, astringent, neutral
- **Channel entered:** Heart, kidney, spleen
Lian Zi (莲子)
(Semen Nelumbinis)

- **Functions**
  - 1. Strengthens spleen and stops diarrhea.
  - 2. Tonifies kidney, retains essence.
  - 3. Controls urination and excessive vaginal discharge.
  - 4. Nourishes heart and calms spirit.

- **Indications**
  - 1. For chronic diarrhea, poor appetite due to spleen deficiency. Usually used with Dang Shen, Fu Ling, and Bai Zhu as in Shen Ling Bai Zhu San.
  - 3. For frequent urination and excessive vaginal discharge due to spleen and kidney deficiency.
  - 4. For restlessness, insomnia, palpitation due to kidney and heart disharmony. with Huang Lian, Dang Shen

- **Dosage and administration**
  - 6-15g decocted in water for an oral dose.

- **Cautions and contraindications**
  - Contraindicated in cases with abdominal distention or constipation.

- **Addendum**
  - Lian Xu 莲须(Stamen Nelumbinis Nuciferae)
    - Sweet, astringent, and neutral.
    - Stabilizes the KD and binds up essence as well as clearing the HT and stopping bleeding.
    - Primarily for treating spermatorrhea, urinary frequency, incontinence, and vaginal discharge associated with KD deficiency, but also can be used for nosebleeds or excessive uterine bleeding.
    - 1.5-9g
Qian Shi (芡实)  
(Semen Euryales)

- **English name:** euryale seeds  
- **Alternate name:** 鸡头米 (ji tou mi)  
- **Latin Name:** Euryale ferox Salisb  
- **Pharmaceutical name:** Semen Euryales ferocis  
- **Where grown:** Jiangsu (most), Hunan, Hubei, Shandong  
- **When harvested:** August to September  
- **Used part:** Seeds  
- **Flavor and properties:** Sweet, astringent, neutral  
- **Channel entered:** Kidney, spleen
Qian Shi (芡实)  
(Semen Euryales)

• **Function**
  – 1. Strengthens spleen and stops diarrhea.
  – 2. Tonifies kidney, retains essence and controls urination.
  – 3. Expels dampness and controls excessive vaginal discharge.

• **Indications**
  – 1. For chronic diarrhea, poor appetite due to spleen deficiency. with Dang Shen, Fu Ling, Bai Zhu.
  – 2. For spermatorrhea, enuresis due to kidney deficiency. with Jin Ying Zi.
  – 3. For excessive vaginal discharge due to spleen and kidney deficiency. with Shan Yao, Huang Bai, Che Qian Zi.

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

• **Cautions and contraindications**
  – None noted
Jin Ying Zi (金樱子)  
(Fructus Rosae Laevigatae)

- **English name**: Cherokee rosehip, rosa laevigata  
- **Literal English Translation**: “golden chery fruit”  
- **Latin name**: Rosa laevigata michx.  
- **Pharmaceutical name**: Fructus Rosae Laevigatae  
- **Where grown**: Guangdong, Sichuan, and thoughout southwestern and southeastern China  
- **When harvested**: September to October when fruit is ripe and red  
- **Used part**: Fruit  
- **Flavor and properties**: Sour, astringent, neutral  
- **Channel entered**: Bladder, kidney, large intestine
Jin Ying Zi (金樱子)  
(Fructus Rosae Laevigatae)

• **Actions**
  – 1. Stabilizes essence and controls urination.
  – 2. Strengthens spleen and stops diarrhea.

• **Indications**
  – 1. For spermatorrhea, frequent urination, enuresis and excess vaginal discharge. with Qian Shi, Long Gu, Mu Li.
  – 2. For chronic diarrhea, poor appetite due to spleen deficiency. with Dang Shen, Bai Zhu, Shan Yao.

• **Dosage and administration**
  – 6-15g decocted in water for an oral dose

• **Cautions and contraindications**
  – 1. Contraindicated in cases of excessive syndrome, especially heat.
  – 2. Overdose or long-term use may cause abdominal pain or constipation.

• **Modern study**
  – 1. Effect on artificially induced atherosclerosis: reduction in serum cholesterol and lipoproteins.
  – 3. Treatment of uterine prolapse: uterine prolapses
Fu Pen Zi (覆盆子)  
(Fructus Rubi)

- **English name**: Chinese raspberry, rubus  
- **Literal English translation**: “overturned bowl fruit”  
- **Latin name**: Rubus chingii Hu  
- **Pharmaceutical name**: Fructus Rubi Chingii  
- **Where grown**: Zhejiang, Hubei, Jiangxi, Fujian  
- **When harvested**: Late summer when fruit becomes full and green  
- **Used part**: seeds  
- **Flavor and properties**: Sweet, astringent, slightly warm  
- **Channel entered**: Kidney, liver
Fu Pen Zi (覆盆子)  
(Fructus Rubi)

• **Actions**  
  – 1. Stabilizes essence and controls urination.  
  – 2. Improves vision.  

• **Indications**  
  – 1. For spermatorrhea, frequent urination, enuresis, and infertility. Usually used with Gou Qi Zi, Tu Si Zi, Wu Wei Zi as in Wu Zi Yan Zong Wan. with Sang Piao Xiao, Yi Zhi Ren.  
  – 2. For poor vision due to kidney and liver deficiency. with Du Zhong, Tu Si Zi, Gou Qi Zi.

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

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

• **Modern study**  
  – Hormonal effect: estrogen-like on the mucosa of the vagina of rats and rabbits.
Hai Piao Xiao (海螵蛸)  
(Endoconcha Sepiae)

- **English name:** cuttlefish bone, cuttlebone
- **Alternate name:** 乌贼骨(wu zei gu); 淡鱼骨(dan yu gu)
- **Latin name:** Sepia esculenta Hoyle or Sepiella maindroni
- **Pharmaceutical name:** Os Sepiae seu Sepiellae
- **Where grown:** Liaoning, Shandong, Jiangsu, Zhejiang, Fujian
- **When harvested:** April to August
- **Used part:** Bone
- **Flavor and properties:** Salty, astringent, slightly warm
- **Channel entered:** Kidney, liver, stomach
Hai Piao Xiao (海螵蛸)  
(Endoconcha Sepiae)

• **Actions**  
  – 1. Stabilizes essence and controls excessive vaginal discharge.  
  – 2. Stops bleeding.  
  – 4. Expels dampness and promotes healing.  

• **Indications**  
  – 1. For **spermatorrhea and excessive vaginal discharge**. with Shan Zhu Yu, Tu Si Zi, Sha Yuan Ji Li.  
  – 2. For **stomach bleeding, injury bleeding, and excessive uterine bleeding**.  
  – 3. For **peptic ulcer**. with Zhe Bei Mu.  
  – 4. For **chronic eczema, skin ulcer**. topically in powdered form.

• **Dosage and administration**  
  – 6-12g decocted in water for an oral dose.

• **Cautions and contraindications**  
  – Long-term use can lead to **constipation**.

• **Modern study**  
  – 1. Effect on the gastrointestinal system: calcium carbonate is an effective antacid.  
  – 2. Treatment of gastric and duodenal ulcers  
  – 3. Treatment of malaria  
  – 4. Use as a hemostatic: mix with starch is an effective hemostatic in tooth extraction, treatment of epistaxis, and surgery.
Sang Piao Xiao (桑螵蛸) 
(Ootheca Mantidis)

- English name: mantis egg-case, praying mantis
- Latin name: Paratenodera sinensis Saussure
- Pharmaceutical name: Ootheca Mantidis
- Where grown: Guangxi, Yunnan, Hubei, Hebei, Gansu, Liaoning, Zhejiang, Jiangsu, Anhui, Shandong, Hubei, Hebei, Shandong, Henan, Shanxi
- When harvested: September to February
- Used part: egg
- Flavor and properties: Sweet, salty, neutral
- Channel entered: Kidney, liver
Sang Piao Xiao (桑螵蛸)  
(Ootheca Mantidis)

• **Actions**
  – 1. Stabilizes essence and controls urination.

• **Indications**
  – 1. For *spermatorrhea, frequent urination, and enuresis*. with Shan Zhu Yu, Qian Shi, Suo Yang.
  – 2. For *impotence*.

• **Dosage and administration**
  – 3-10g decocted in water for an oral dose.
  – More commonly used in powders and pills, usually in dry-fried form.

• **Cautions and contraindications**
  – Contraindicated in cases of *yin deficiency with heat signs* or *damp-heat in the bladder*. 
• Section 2 Herbs stabilizing essence, controlling urination and excessive vaginal discharge
  – 1. Shan Zhu Yu 山茱萸 (Fructus Corni)
  – 2. Lian Zi 莲子 (Semen Nelumbinis)
  – 3. Qian Shi 芡实 Semen Euryales
  – 4. Jin Ying Zi 金樱子 Fructus Rosae Laevigatae
  – 5. Fu Pen Zi 覆盆子 (Fructus Rubi)
  – 6. Hai Piao Xiao 海螵蛸 (Endoconcha Sepiae)
  – 7. Sang Piao Xiao 桑螵蛸 Ootheca Mantidis

Section 3 Herbs that astringe lung and intestine
Section 3 Herbs that astringe lung and intestine

1. Wu Wei Zi 五味子 (Fructus Schisandraceae Chinensis)
2. Wu Mei 乌梅 Fructus Mume
3. He Zi 诃子 Fructus Chebulae
4. Shi Liu Pi 石榴皮 Pericarpium Granati
5. Wu Bei Zi 五倍子 Galla Chinensis
6. Rou Dou Kou 肉豆蔻 Semen Myristicae
7. Bai Guo 白果 Semen Ginkgo

Wu Wei Zi (五味子)
(Fructus Schisandraceae Chinensis)

- **English name:** schisandra fruit
- **Literal English translation:** “five-flavored seed”
- **Alternate names:** 北五味子 (bei wu wei zi)
- **Latin name:** Schisandra chinesis (Turcz.) Baill.
- **Pharmaceutical name:** Fructus Schisandraceae Chinensis
- **Where grown:** Jilin, Liaoning, Heilongjiang, Hebei
- **When harvested:** Autumn when fruit is completely ripe.
- **Used part:** Fruit
- **Flavor and properties:** Sour, warm
- **Channel entered:** Heart, kidney, lung
Wu Wei Zi (五味子)  
(Fructus Schisandraceae Chinensis)

- **Actions**
  - 1. Astringes lung and stops coughing.
  - 2. Generates fluid.
  - 4. Stabilizes essence.
  - 5. Stops diarrhea.
  - 6. Calms Shen.

- **Indications**
  - 1. For chronic coughing and wheezing due to lung and kidney deficiency, with Shu Di Huang, Shan Yu Rou, Shan Yao, Fu Ling (such as Du Qi Wan).
  - 2. For sweating with thirst due to heat as in Sheng Mai San, diabetes due to Yin deficiency.
  - 3. For spontaneous and night sweating due to Qi or Yin deficiency.
    - A. Spontaneous sweating, with Huang Qi, Sheng Di, Tian Hua Fen.
    - B. Night sweating, with Zhi Mu, Bai Shao, Fu Xiao Mai.
    - C. Sweating accompanied of thirsty, palpitation, with Ren Shen, Mai Dong.
  - 4. For spermatorrhea due to kidney deficiency.
    - A. Nocturnal emission, spermatorrhea, Vaginal discharge, with Sang Piao Xiao, Long Gu.
    - B. Daybreak diarrhea, with Wu Zhu Yu.
  - 5. For chronic diarrhea due to spleen and kidney deficiency cold.
  - 6. For insomnia, palpitation, dream disturbed sleep due to Yin and blood deficiency or heart and kidney deficiency, with Suan Zao Ren, Sheng Di Huang.
Wu Wei Zi (五味子)
(Fructus Schisandae Chinensis)

• **Dosage and administration**
  – 2-6g decocted in water for an oral dose, crush before using in decoction.

• **Cautions and contraindications**
  – Contraindicated in *exterior syndrome* or in the early stages of *coughs or rashes*.

Wu Wei Zi (五味子)
(Fructus Schisandae Chinensis)

• **Modern study**
  – 2. Respiratory effect: stimulate respiration through direct effect on the central nervous system centers.
  – 3. Peripheral nervous system effect: stimulation of the cholinergic system, and small doses stimulated the nicotinic receptors.
  – 5. Effect on the uterus: uniformly stimulatory effect on rabbit uterus specimens.
  – 6. Effect on metabolism: increase the usage of both liver glycogen stores and serum glucose, as well as lactic acid levels.
  – 7. Sensory effect: increase visual acuity and visual fields.
  – 8. General effect: increase the duration of swimming endurance or regulating gastric acidity.
Wu Mei (乌梅)  
(Fructus Mume)

- **English name**: mume fruit  
- **Alternative name**: 梅子(mei zi)  
- **Latin name**: Prumus mume Sieb.  
- **Pharmaceutical name**: Fructus Pruni Mume  
- **Where grown**: Sichuan, Zhejiang, Fujian, Guangdong, Hunan, Guizhou  
- **When harvested**: May (while still ripe)  
- **Used part**: Fruit  
- **Flavor and properties**: Sour, warm  
- **Channel entered**: Large intestine, liver, lung, spleen
Wu Mei (乌梅)  
(Fructus Mume)

• **Actions**
  – 1. Astringes lung and stops coughing.
  – 2. Stops diarrhea.
  – 4. Expels roundworm.

• **Indications**
  – 1. For chronic dry coughing due to lung and kidney deficiency. with Ying Su Ke, Ban Xia, Xing Ren, E Jiao.
  – 2. For chronic diarrhea and dysentery. with Rou Dou Kou, Dang Shen, He Zi (as Gu Chang Wan).
  – 3. For diabetes due to Yin deficiency. with Tian Hua Fen, Mai Men Dong, Ren Shen, (as Yu Quan Wan).
  – 4. For abdominal pain, vomiting due to roundworm. It is one of the important herbs for treating roundworm. with Xi Xin, Chuan Jiao, Rou Gui, Fu Zi (as Wu Mei Wan).

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

• **Cautions and contraindications**
  – Contraindicated in cases of internal heat and stagnation or exterior syndrome.

• **Modern study**
  – 1. Antibiotic effect: in vitro inhibitory effect against various strains of Staphylococcus
  – 2. Treatment of dysentery: bacillary dysentery
  – 3. Treatment of hookworm
  – 4. Effect on the biliary system: stimulates the production of bile, as well as contraction of the bile duct. Used with other herbs, it has been effective in treating roundworm in the bile duct.
He Zi (诃子)  
(Fructus Chebulae)

- **English name:** myrobalan fruit, terminalia, chebula, chebgium  
- **Alternate name:** 诃藜勒(he li le)  
- **Latin name:** Terminalia chebula Retz.  
- **Pharmaceutical name:** Fructus Terminaliae Chebulae  
- **Where grown:** Guangdong, Guangxi, Yunnan  
- **When harvested:** Late autumn or winter  
- **Used part:** Fruit  
- **Flavor and properties:** bitter, sour, astringent, neutral  
- **Channel entered:** Lung, stomach. Large intestine
He Zi (诃子)  
(Fructus Chebulae)

• **Actions**
  – 1. Stops diarrhea.
  – 2. Astringes lung and stops coughing.

• **Indications**
  – 1. For **chronic diarrhea, prolapse of anus** due to **deficiency**.
    • A. **Chronic diarrhea** or **dysentery from deficiency cold**, with Bai Zhu, Rou Dou Kou, Rou Gui, Mu Xiang, Dang Gui (as Zhen Ren Yang Zhang Tang)
    • B. **Chronic dysentery with heat**, with Huang Lian, Mu Xiang, Gan Cao (as He Zi San).
  – 2. For **chronic coughing, loss of voice** due to **lung and kidney deficiency**.
    • A. **Chronic cough**, with Dang Shen, Mai Dong, Wu Wei Zi.
    • B. **Hoarseness or loss of voice**, with Jie Geng, Gan Cao (as He Zi Tang)

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

• **Cautions and contraindications**
  – 1. Contraindicated for **exterior syndrome**.
  – 2. Contraindicated for **internal accumulation and stagnation of damp-heat**.

• **Modern study**
  – 1. **Antibiotic effect**: in vitro inhibitory effect on numerous strains of Shigella.
  – 2. **Effect on the gastrointestinal tract**: stop diarrhea
  – 3. **Treatment of dysentery**
Shi Liu Pi (石榴皮)  
(Pericarpium Granati)

- **English name:** pomegranate husk  
- **Latin name:** Punica granatum L.  
- **Pharmaceutical name:** Pericarpium Punicae Granati  
- **Where grown:** throughout China  
- **When harvested:** autumn when fruit is ripe and top parts open  
- **Used part:** peel  
- **Flavor and properties:** Sour, warm, toxic  
- **Channel entered:** Kidney, Large Intestine, Stomach
Shi Liu Pi (石榴皮)  
(Pericarpium Granati)

• **Actions**
  – 1. Stops diarrhea.

• **Indications**
  – 1. For chronic diarrhea due to deficiency.
  – 2. For roundworm, tapeworm, and hookworm.
  – 3. For heavy bleeding during menstruation, blood in stool.

Shi Liu Pi (石榴皮)  
(Pericarpium Granati)

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

• **Cautions and contraindications**
  – Contraindicated in cases of excess or the early stages of diarrhea.
  – Should not be mixed with oils or fats when taken to kill parasites, in order to prevent the absorption of toxin into the system.
  – It can reduce conceive rate.

• **Modern study**
  – 1. Antiparasitic effect: hookworm
  – 2. Antibiotic effect: in vitro inhibitory effect against Staphylococcus aureus, hemolytic Streptococcus, Shigella, Salmonella typhi, and Pseudomonas aeruginosa. It is also effective against some common pathogenic viruses and fungi.
  – 3. Treatment of amebic dysentery
Wu Bei Zi (五倍子)  
(Galla Chinensis)

- **English name:** gallnut of Chinese sumac
- **Latin name:** Rhus chinensis Mill
- **Pharmaceutical name:** Galla Rhois Chinensis
- **Where grown:** Sichuan, Guizhou, Yunan, Shanxi, Hubei, Fujian
- **When harvested:** September to October
- **Used part:** seeds
- **Flavor and properties:** Sour, salty, cold
- **Channel entered:** Kidney, Large Intestine, Lung
Wu Bei Zi (五倍子)  
(Galla Chinensis)

**Actions**
- 1. Astringes lung and clears fire.
- 2. Stops diarrhea.
- 4. Stops sweating.
- 5. Stops bleeding.
- 6. Reduces swelling.

**Indications**
- 1. For chronic coughing due to lung deficiency or lung heat.
- 2. For chronic diarrhea.
- 3. For spermatorrhea.
- 4. For spontaneous and night sweating caused by Qi or Yin deficiency.
- 5. For stool bleeding, urine bleeding, and excessive uterine bleeding.

**Dosage and administration**
- 3-9g decocted in water for an oral dose.

**Cautions and contraindications**
- Contraindicated for coughths due to externally-contracted wind cold or heat from excess in the Lungs, and in cases of dysenteric diarrhea due to damp-heat.

**Modern study**
- 1. Antibiotic effect: in vitro inhibitory effect against Staphylococcus aureus, Streptococcus pneumoniae, Salmonella typhi, Shigella, Pseudomonas aeruginosa, other common pathogenic bacteria, and some viruses.
- 2. Treatment for night sweats: due to either tuberculosis or tuberculosis complicated by silicosis.
Rou Dou Kou (肉豆蔻)  
(Semen Myristicae)

- **English name:** nutmeg seeds, myristica
- **Literal English Translation:** “fleshy cardamon”
- **Alternative name:** 肉蔻 (rou kou); 肉果 (rou guo); 玉果 (yu guo)
- **Latin name:** Myristica fragrans Houtt.
- **Pharmaceutical name:** Semen myristicae Fragrantis
- **Where grown:** Malaysia, Indonesia, Sri Lanka
- **When harvested:** April to June and November to December (7-year-old trees)
- **Used part:** seeds
- **Flavor and properties:** acrid, warm
- **Channel entered:** Large intestine, spleen, stomach
Rou Dou Kou (肉豆蔻)
(Semen Myristicae)

• Actions
  – 1. Astringes intestine and stops diarrhea.
  – 2. Warms the middle and stops pain.

• Indications
  – 1. For chronic diarrhea due to spleen and kidney Yang deficiency. with Wu Zhu Yu, Wu Wei Zi, Bu Gu Zhi (as Si Shen Wan)
  – 2. For stomachache, poor appetite and vomiting.

• Dosage and administration
  – 3-10g decocted in water for an oral dose.
  – Roast to increase the effect of warming the middle and stopping diarrhea.

• Cautions and contraindications
  – 1. Contraindicated in cases of hot diarrhea or hot dysentery.
  – 2. 7.5g of the powdered herb can lead to dizziness or stupor (coma).
  – 3. Large overdose can cause death

• Modern study
  – 1. Central nervous system effect: anesthetic effect
  – 2. Effect on the gastrointestinal effect: directly stimulates the gastrointestinal tract.
Bai Guo (白果)  
(Semen Ginkgo)

- **English name:** ginkgo nut  
- **Literal English Translation:** “silver almond” 
- **Alternative name:** 银杏 (yin xing)  
- **Latin name:** Ginkgo biloba L.  
- **Pharmaceutical name:** Semen Ginkgo Bilobae  
- **Where grown:** throughout China, especially Henan  
- **When harvested:** October to November when ripe  
- **Used part:** Fruit  
- **Flavor and properties:** Sweet, bitter, astringent, neutral, slightly toxic  
- **Channel entered:** Kidney, lung
Bai Guo (白果)  
(Semen Ginkgo)

• **Actions**
  – 1. Astringes lung and stops wheezing.
  – 2. Stops excessive vaginal discharge.

• **Indications**
  – 1. For **coughing and wheezing due to wind cold, phlegm, lung heat, or lung deficiency**, with Ma Huang, Xin Ren, Huang Qi (as Ding Chuan Tang).
  – 2. For **excessive vaginal discharge due to dampness or spleen and kidney deficiency**, with Huang Bai, Qian Shi or Lian Zi, Sang Piao Xiao, Yi Zhi Ren.
  – 3. For **spermatorrhea, frequent urination, and enuresis**, with Sang Piao Xiao, Yi Zhi Ren.

• **Dosage and administration**
  – 5-10g decocted in water for an oral dose.
  – 1-4.5 raw for treating phlegm and clearing heat
  – Usually the husk is removed and the seed crushed before use.

• **Cautions and contraindications**
  – 1. Contraindicated in cases of excess.
  – 2. Caution whenever there is viscous sputum that is difficult to expectorate.
  – 3. Should not be taken in large dose or long-term. Overdose leads to headache, fever, tremors, irritability and dyspnea

• **Modern study**
  – 3. Effect on smooth muscle: contract uterus
• Section 3 Herbs that astringe lung and intestine
  – 1. Wu Wei Zi 五味子 (Fructus Schisandraceae Chinensis)
  – 2. Wu Mei 乌梅 Fructus Mume
  – 3. He Zi 回子 Fructus Chebulae
  – 4. Shi Liu Pi 石榴皮 Pericarpium Granati
  – 5. Wu Bei Zi 五倍子 Galla Chinensis
  – 6. Rou Dou Kou 肉豆蔻 Semen Myristicae
  – 7. Bai Guo 白果 Semen Ginkgo

Practice questions

• 1. Astringing herbs have side effect of:
  – A. Damaging body fluid.
  – B. Accumulating internal heat.
  – C. Retaining pathogens.
  – D. Dizziness and headache.

• 2. Which of the following herbs arrests perspiration and calm the spirit:
  – A. Ren Shen
  – B. Mai Men Dong
  – C. Wu Wei Zi
  – D. Wu Mei
Practice questions

• 3. The functions of Shan Zhu Yu (Shan Yu Rou) are:
  – A. Tonify KI and Yang, expel wind-damp-cold.
  – B. Tonify KI and LV, arrest body essence and sweating, stop bleeding and reduce excessive urination.
  – C. Tonify Yang, nourish HT and dry dampness.
  – D. Tonify KI and SP, nourish blood and moisten LU.

• 4. Which of the following herbs does NOT arrest perspiration:
  – A. Wu Wei Zi
  – B. Lian Zi
  – C. Fu Xiao Mei
  – D. Ma Huang Gen

Practice questions

• 5. Which of the following herbs tonifies SP and stops diarrhea:
  – A. Wu Wei Zi
  – B. Huang Lian
  – C. Lian Zi
  – D. Ma Huang Gen

• 6. The functions of Fu Xiao Mai are:
  – A. Arrest excessive sweating, and clear deficiency heat.
  – B. Tonify KI Yang, arrest excessive sweating.
  – C. Tonify LV and KI, moisten bowel and benefit throat.
  – D. Arrest excessive sweating and diarrhea.
Practice questions

• 7. The best herb that generates body fluid and stops thirsty is:
  – A. He Zi
  – B. Wu Wei Zi
  – C. Wu Bai Zi
  – D. Wu Mei

• 8. Wu Wei Zi treats chronic cough due to:
  – A. Dryness in the LU.
  – B. LU heat.
  – C. LU Qi deficiency.
  – D. Coldness in the LU.

• 9. Which of following herbs does NOT stop chronic diarrhea:
  – A. Wu Wei Zi
  – B. Wu Mei
  – C. Rou Dou Kou
  – D. Ma Hang Gen