Herbology III

Dr. Li, Dongcheng
Office: 954-763-9840
E-mail: dcljdl@yahoo.com

Contents in Herbology III

- Herbs for calming spirit (Shen)  
  - Chapter 12 (11 herbs)
- Tonifying herbs  
  - Chapter 13 (52 herbs)
- Stabilizing and binding herbs  
  - Chapter 14 (17 herbs)
- Herbs that open orifice  
  - Chapter 15 (6 herbs)
- Herbs that extinguish wind and stop tremor  
  - Chapter 16 (13 herbs)
- Herbs that expel parasites  
  - Chapter 17 (11 herbs)
- Emetic herbs  
  - Chapter 18 (4 herbs)
- Herbs for external application  
  - Chapter 19 (13 herbs)
Chapter 16 Herbs that extinguish wind and stop tremor

Dr. Li, Dongcheng
Office: 954-763-9840
E-mail: dcljdl@yahoo.com

Concept

• The herbs that have the functions of extinguishing wind and stopping tremors and mainly treat the internal movement of wind are called Extinguishing wind and stopping tremors herbs.
• Internal wind especially arise from yin deficiency of the Liver and Kidneys or ascendant Liver yang, blood deficiency, and extreme heat (high fevers).
Categories of Wind

- **Internal Wind from LV and KD Yin deficiency or ascendant LV Yang:**
  - **Manifestations:** headache, dizziness, blurred vision, tinnitus, and in severe cases irritability, vomiting, palpitations with anxiety, and muscle twitches.
    - These symptoms usually occur in patients who, from a modern biomedical perspective, are suffering from hypertension or atherosclerosis.
  - **Treatment:** nourish the Liver and Kidney yin, calm the liver, extinguish the wind.
    - Most herbs are antihypertensives and mild sedatives.

Categories of Internal Wind

- The progression of this pattern includes tremors, tonic-clonic spasms of the extremities (seizure), sudden loss of consciousness, facial paralysis, hemiplegia, aphasia, and similar problems. They are called **wind-stroke** (Zhong Feng).
  - **Treatment:** herbs that extinguish wind, stop tremors and transform phlegm.
    - These herbs are thought to improve circulation and hasten the recovery of the nerve tissues.
Categories of Internal Wind

• Internal Wind from Blood deficiency
  – Manifestations: dizziness, blurred vision, tinnitus, and numb extremities or paresthesias. In severe cases, it can present as convulsions or loss of consciousness.
  – In modern biomedical terms: most of these patients are suffering from anemia or psychosomatic disorders, are recovering from a serious illness, or have recurrent seizures.
  – Treatment: herbs that extinguish wind and nourish the blood

• Internal Wind from Extreme heat
  – Manifestations: convulsions or opisthotonos (rigidity and severe arching of the back) due to high fever.
  – This pattern is called childhood convulsion (Jing Feng), or literally “fright wind”.
  – This pattern can occur in any disease with high fever, as well as infections of the central nervous system.
  – Treatment: herbs that clear the heat and stop the convulsions.
Caution

• 1. Most of the herbs in this category are animal products.
• 2. Traditionally, shellfish and mollusks anchor the Yang.
• 3. Most of these substances are cold, caution in cases of spleens yang deficiency.
• 4. Some of these substances are warm and drying, caution in cases of with blood or yin deficiency.

• Herbs that extinguish wind and stop tremor
  – Section 1 Herbs that extinguish wind and convulsion (8 types)
    • Ling Yang Jiao; Niu Huang; Tian Ma; Gou Teng; Di Long; Quan Xie; Wu Gong; Bai Jiang Can
  – Section 2 Herbs that subdue liver Yang (5 types)
    • Shi Jue Ming; Zhen Zhu Mu; Mu Li; Dai Zhe Shi; Bai/Ci Ji Li
Section 1 Herbs that extinguish wind and convulsion

- Ling Yang Jiao 羚羊角 (Cornu Saigae Antelopis)
- Niu Huang 牛黄 Calculus Bovis
- Tian Ma 天麻 Rhizoma Gaastrodiae Elatae
- Gou Teng 钩藤 Ramulus cum Uncis Uncariae
- Di Long 地龙 Lumbricus
- Quan Xie 全蝎 Buthus martensii Karsch
- Wu Gong 蜈蚣 Scolopendra Subspinipes
- (Bai ) Jiang Can 僵蚕 Bombyx Batryticatus
Study Objective

• 1. Understand the general information on herbs that extinguish wind and stop tremor.
  – 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.

Ling Yang Jiao (羚羊角)
(Cornu Saigae Antelopis)

• English name: antelope horn
• Latin name: Saiga tatarica L.
• Pharmaceutical name: Cormu Antelopis
• Where grown: northwestern Xinjiang, Kazachstan
• When harvested: year-round (Aug. to Oct.)
• Used part: Horn
• Flavor and properties: Salty, cold
• Channel entered: Liver, heart
Ling Yang Jiao (羚羊角)  
(Cornu Saigae Antelopis)

- **Functions**
  - 1. Extinguishes liver wind and stops convulsion.
  - 3. Clears liver fire.
  - 4. Resolves fire toxicity.
  - 5. Stops coughing.

- **Indications**
  - 1. For (1) spasm and convulsion in febrile diseases and (2) epilepsy due to liver wind. with Gou Teng, Ju Hua, Sheng Di (as Ling Jiao Gou Teng Tang).
  - 2. For dizziness and vertigo due to liver Yang rising. with Ju Hua, Shi Jue Ming.
  - 3. For headache, red and swollen eyes, photophobia and lacrimation due to liver fire. with Jue Ming Zi, Huang Qin.
  - 4. For high fever with delirium and mania or high fever with erythema and purpura. with Xi Jiao, Shi Gao.
  - 5. For coughing and wheezing due to lung fire.
Ling Yang Jiao (羚羊角)  
(Cornu Saigae Antelopis)

- **Dosage and administration**
  - 1. 0.3-0.6g ground fine with water for oral use.
  - 2. 1-3g boiled separately to get a decoction.
  - 3. Decoct it singly for more than 2 hours.

- **Cautions and contraindications**
  - Contraindicated in cases of no fire.

- **Modern study**
  - 1. Central nervous system effect: inhibit the central nervous system.
  - 2. Effect on temperature regulation: lower temperatures.
  - 3. Metabolic effect: increase resistance to low oxygen environments in animals.

Niu Huang (牛黄)  
(Calculus Bovis)

- **English name:** cattle gallstone, bezoar
- **Literal English translation:** “cattle yellow”
- **Alternate names:** 西黄(xi huang); 丑宝(chou bao)
- **Latin name:** Bos taurus domesticus Gmelin
- **Pharmaceutical name:** Calculus Bovis
- **Where grown:** throughout northern and northeastern China
- **When harvested:** year-round
- **Used part:** Gallstone
- **Flavor and properties:** Bitter, sweet, cool
- **Channel entered:** Heart, liver
Niu Huang (牛黄)  
(Calculus Bovis)

- Functions
  - 1. Extinguishes liver wind and stops convulsion.
  - 2. Dissolves phlegm and opens orifices.
  - 3. Clears heat and resolves toxicity.

- Indications
  - 1. For spasm and convulsion in febrile diseases due to liver wind. with Gou Teng, Zhu Sha
  - 2. For coma, closed mouth. with She Xiang, Bing Pian (as An Gong Niu Huang Wan).
  - 3. For throat pain, mouth sore, carbuncle, scrofula. with Huang Qin, Xiong Huang (as Niu Huang Jie Du Wan).
Niu Huang (牛黄)
(Calculus Bovis)

- **Dosage and administration**
  - 0.2-0.5g only in pills or powders.

- **Cautions and contraindications**
  - 1. Contraindicated during pregnancy.
  - 2. It should not be used for conditions that are not associated with heat excess.
  - 3. Contraindicated in cases of spleen or stomach deficiency.

- **Modern study**
  - 1. Central nervous system: prevent convulsions.
  - 2. Cardiovascular effect: reduce blood pressure.
  - 3. Effect on the biliary system: increase in secretions of bile.
  - 4. Effect on smooth muscle: stimulate guinea pig intestine specimens.
  - 5. Hematological effect: increase in peripheral red blood cell counts.

Tian Ma (天麻)
(Rhizoma Gastrodiae Elatae)

- **English name:** gastrodia rhizome
- **Literal English name:** “heavenly hemp”
- **Alternate names:** 明天麻(ming tian ma); 定风草(ding feng cao)
- **Botanical name:** Gastrodia elata Blume
- **Pharmaceutical name:** Rhizoma Gastrodiae Elatae
- **Where grown:** Sichuan, Yunnan, Guizhou
- **When harvested:** Winter and spring
- **Used part:** Rhizome
- **Flavor and properties:** Sweet, neutral
- **Channel entered:** Liver
Tian Ma (天麻) (Rhizoma Gastrodiae Elatae)

- **Functions**
  - 1. Extinguishes liver wind.
  - 3. Unblocks channels.

- **Indications**
  - 1. For spasm and convulsion whatever that is cold or hot, deficient or excess.
    - A. Childhood convulsions, with Ren Shen, Bai Zhu, Jiang Can
    - B. Seizures, with Quan Xie
    - C. Tetany and convulsion, with Tian Nan Xing, Bai Fu Zi, Qiang Huo.
  - 2. For dizziness and vertigo.
  - 3. For Bi syndrome. with Sang Ji Sheng, Qiang Huo, Du Huo (as Zhui Feng Tou Gu Wan).
Tian Ma (天麻)  
(Rhizoma Gaastrodiae Elatae)

• **Dosage and administration**
  – 1. 3-10g decocted in water for an oral.
  – 2. 0.9-1.5g when taken as powder.

• **Cautions and contraindications**
  – Large dose may cause lethargy, reduced deep tendon reflexes, loss of appetite.

• **Modern Study**
  – 1. Anticonvulsive effect
  – 2. Central nervous system effect: no analgesic effect but reduce pain caused by heat in mice.}

Gou Teng (钩藤)  
(Ramulus cum Uncis Uncariae)

• **English name:** stems and thorns of the gambir vine, gambir
• **Literate name:** “hook vine”
• **Alternate name:** 双钩藤 (shuang gou teng)
• **Botanical name:** Uncaria rhynchophylla (Miq.)
• **Pharmaceutical name:** Ramulus cum Uncis Uncariae
• **Where grown:** Guangxi, Guangdong, Hubei, Hunan, Zhejiang, Jiangxi, Sichuan, Yunnan, Guizhou, Hubei
• **When harvested:** Autumn and winter.
• **Used part:** vine
• **Flavor and properties:** Sweet, cool
• **Channel entered:** Heart, liver
**Gou Teng (钩藤)**
(Ramulus cum Uncis Uncariae)

- **Functions**
  - 1. Extinguishes liver wind.

- **Indications**
  - 1. For *spasm and convulsion*. with Ling Yang Jiao, Sang Ye, Ju Hua, Xian Di Huang (as Ling Jiao Gou Teng Tang).
  - 2. For *dizziness and vertigo*. with Tian Ma, Huang Qin, Zhi Zi (as Tian Ma Gou Teng Yin).
Gou Teng (钩藤)  
(Ramus cum Uncis Uncariae)

- **Dosage and administration**
  - 10-15g decocted in water for an oral dose.
  - Decoct it within 20 minutes or cook late.

- **Cautions and contraindications**
  - None noted

- **Modern study**
  - 1. Central nervous system effect: sedative effect.
  - 2. Effect on blood pressure: lower blood pressure.

Di Long (地龙)  
(Lumbricus)

- **English name**: earthworm, lumbricus
- **Literal English translation**: “earth dragon”
- **Alternate name**: 蚯蚓(qiu yin); 广地龙(guang di long); 干地龙(gan di long)
- **Latin name**: Pheretima aspergillum Perrier
- **Pharmaceutical name**: Lumbricus
- **Where grown**: Guangdong (best), Guangxi, Fujian, throughout China
- **When harvested**: Summer, autumn
- **Used part**: Entire body
- **Flavor and properties**: Salty, cold
- **Channel entered**: Bladder, liver, lung, spleen
Di Long (地龙)  
(Lumbricus)

- **Functions**
  - 1. Clears heat and extinguishes wind.
  - 2. Unblocks channels.
  - 3. Calms wheezing.
  - 4. Promotes urination.

- **Indications**
  - 1. For *spasm and convulsion with fever*. used along or with Gou Teng, Jiang Can.
  - 2. For *(1) wind stroke*. with Huang Qi, Dan Gui, Hong Hua (as Bu Yang Huan Wu Tang) *(2) Bi syndrome.*
    - A. Hot obstruction, with Sang Zhi, Ren Dong Teng, Chi Shao.
    - B. Cold obstruction, with Chuan Wu, Cao Wu, Nan Xing.
  - 3. For *lung heat wheezing*. Powdered along or with Ma Huang, Xing Ren.
  - 4. For *dysuria*. use alone or with Che Qian Zi
### Di Long (地龙)
(Lumbricus)

- **Dosage and administration**
  - 5-12g decocted in water for an oral dose.
  - 1-2g as powder.
- **Cautions and contraindications**
  - None noted.
- **Modern study**
  - 1. Effect on blood pressure: lower blood pressure.
  - 2. Treatment of hypertension:
  - 3. Effect on smooth muscle: inhibit the effect of histamine and pilocarpine on the bronchioles.
  - 4. Treatment of asthma: treat bronchial asthma
  - 5. Central nervous system effect: sedation effect

### Quan Xie (全蝎)
(Buthus martensii Karsch)

- **English name:** scorpion, buthus
- **Alternate name:** 全虫 (quan chong)
- **Latin Name:** Buthus martensi Karsch
- **Pharmaceutical name:** Buthus Martensi
- **Where grown:** Henan, Shandong, Hebei, Liaoning, Anhui, Hubei. Some are wild and some are raised
- **When harvested:** April to September
- **Used part:** Entire animal
- **Flavor and properties:** Salty, pungent, neutral, toxic
- **Channel entered:** Liver
Quan Xie (全蝎)  
(Buthus martensii Karsch)

- **Function**
  - 1. Extinguishes liver wind.
  - 2. Resolves toxicity and dissipates nodules.
  - 3. Unblocks channels and stops pain.

- **Indications**
  - 1. For **spasm, convolution and paralysis** due to any reason.
    - A. Acute infantile convolution with Tian Ma, Gou Teng, ling. Yang Jiao.
    - B. Facial paralysis, with Bai Fu Zi, Jiang Can (as Qian Zheng San)
    - C. Tetanus with Tian Nan Xing, Wu Gong.
  - 2. For **toxic sores and scrofula**, external use.
  - 3. For **Bi syndrome especially for chronic Bi syndrome with deformed joint, any kind of severe and chronic headache**. with Wu Gong, Jiang Can.
Quan Xie (全蝎)  
(Buthus martensii Karsch)

- **Dosage and administration**  
  - 1. 2-5g or 1-1.5 just the tail decocted in water for an oral dose  
  - 2. Often 0.6-0.9 in pill or powder form  

- **Cautions and contraindications**  
  - 1. Caution in cases of wind associated with blood deficiency  
  - 2. Contraindicated in cases of pregnancy.  

- **Modern study**  
  - 1. Anticonvulsive effect: very effective in stopping convulsions  
  - 2. Treatment of seizure disorders  
  - 3. Central nervous system effect: lower blood pressure for long periods of time.

Wu Gong (蜈蚣)  
(Scolopendra Subspinipes)

- **English name:** centipede, scolopendra  
- **Alternate names:** 川足(chuan zu); 百足(bai zu)  
- **Latin name:** Scolopendra subspinipes muilans L. Koch.  
- **Pharmaceutical name:** Scolopendra Subspinipes  
- **Where grown:** Hubei, Zhejiang, Jiangsu, Anhui, Henan, Shaanxi. Some are wild and some are raised.  
- **When harvested:** April to June  
- **Used part:** Body  
- **Flavor and properties:** Acrid, warm, toxic  
- **Channel entered:** Liver
Wu Gong (蜈蚣)  
(Scolopendra Subspinipes)

**Actions**
- 1. Extinguishes liver wind.
- 2. Resolves toxicity and dissipates nodules.
- 3. Unblocks channels and stops pain.

**Indications**
- 1. For spasm, convulsion and paralysis due to any reason. with Quan xie, Jiang Can, Gou Teng.
- 2. For toxic sores, scrofula and snake bite.
  - A. Scrofula and sores, with Xiong Huang topical application.
  - B. Gangrene and ulcerations, with tea
  - C. Snakebite, with Huang Lian, Da Huang, Sheng Gan Cao.
- 3. For hard treated Bi syndrome, any kind of severe and chronic headache. with Fang Feng, Du Huo, Wei Ling Xian.
Wu Gong (蜈蚣)  
(Scolopendra Subspinipes)

- **Dosage and administration**
  - 0.9-3g decocted in water for an oral dose.
  - 0.6-1g in pill and powder.

- **Cautions and contraindications**
  - 1. Always use caution and never overdose.
  - 2. Contraindicated in cases of pregnancy.

- **Modern study**
  - 1. Anticonvulsive effect
  - 3. Antitumor effect: liver cell cancer
  - 4. Treatment of diphtheria (acute infectious disease caused by the bacteria Corynebacterium diphtheriae)
  - 5. Treatment of submandibular lymphadenitis:

Jiang Can /Bai Jiang Can (僵蚕)  
(Bombyx Batryticatus)

- **English name:** body of silkworm, silkworm
- **Alternate names:** 白僵蚕(bai jiang can); 天虫(tian chong)
- **Latin name:** Bombyx mori L. Infected with Beauveria bassiana Bals.
- **Pharmaceutical name:** Bombyx Batryticatus
- **Where grown:** Jiangsu, Zhejiang, Sichuan, Guangdong
- **When harvested:** year-round
- **Used part:** Year-round
- **Flavor and properties:** Pungent, salty, neutral
- **Channel entered:** Liver, lung
Jiang Can /Bai Jiang Can (僵蚕) (Bombyx Batryticatus)

- **Actions**
  - 1. Extinguishes liver wind.
  - 2. Unblocks channels.
  - 3. Expels wind, stops pain and itching.
  - 4. Dissipates nodules.

- **Indications**
  - 1. For *spasm and convulsion*, especially with *phlegm-heat*.
    - A. Chronic childhood convulsion due to spleen deficiency, with Dang Shen, Bai Zhu, Tian Ma.
    - B. Seizure due to phlegm, with Quan Xie, Tian Ma, Dan Xing
    - C. Facial paralysis due to wind-phlegm-heat, with Quan Xie, Wu Gong (As Qian Zheng San).
  - 2. For *wind stroke* manifested as *facial palsy* due to *wind* attacking channels.
  - 3. For *headache, red eyes, throat pain, and lacrimation*.
    - A. Headache, red eyes, with Sang Ye, Ju Hua, Jing Jie.
    - B. Painful, red, swollen throat, with Jie Geng, Gan Cao, Bo He.
  - 4. For *phlegm mass and scrofula*. with Xia Ku Cao, Bei Mu.
Jiang Can /Bai Jiang Can (僵蚕)  
(Bombyx Batryticatus)

• **Dosage and administration**
  – 3-10g decocted in water for an oral dose
  – 1-1.5g in pill and powder

• **Cautions and contraindications**
  – Antagonizes Jie Geng, Fu Ling, Bei Xie and Sang Piao Xiao.

• **Modern study**
  – Central nervous system effect: hypnotic effect.

• **Section 1 Herbs that extinguish wind and convulsion**
  – Ling Yang Jiao 羚羊角 (Cornu Saigae Antelopis)
  – Niu Huang 牛黄 Calculus Bovis
  – Tian Ma 天麻 Rhizoma Gastrodiae Elatae
  – Gou Teng 钩藤 Ramulus cum Uncis Uncariae
  – Di Long 地龙 Lumbricus
  – Quan Xie 全蝎 Buthus martensi Karsch
  – Wu Gong 蜈蚣 Scolopendra Subspinipes
  – (Bai ) Jiang Can 僵蚕 Bombyx Batryticatus
Section 2 Herbs that subdue liver Yang

- Shi Jue Ming (石决明) Concha Haliotidis
- Zhen Zhu Mu (珍珠母) Concha Margaritifera
- Mu Li (牡蛎) Concha Ostreae
- (Dai) Zhe Shi (赭石) Haematitum
- (Bai/Ci) Ji Li (蒺藜) Fructus Tribuli
Shi Jue Ming (石决明)
(Concha Haliotidis)

- **English name:** abalone shell
- **Literal English translation:** “stone sense brightness”
- **Latin name:** Haliotis diversicolor Reeve
- **Pharmaceutical name:** Concha Haliotidis
- **Where grown:** coast of southeastern China; coast of northeastern China
- **When harvested:** summer, autumn
- **Used part:** Shell
- **Flavor and properties:** Salty, cold
- **Channel entered:** Kidney, liver
Shi Jue Ming (石决明)  
(Concha Haliotidis)

• **Actions**
  – 2. Clears liver and brightens eyes.

• **Indications**
  – 1. For dizziness and vertigo due to liver and kidney Yin deficiency or liver fire flaring up with being easily angry, with Xia Ku Cao, Gou Teng, Ju Hua, Bai Shao, Mu Li.
  – 2. For red, swollen, painful eyes due to liver fire, or night blindness due to liver Yin and liver blood deficiency.
    • A. Eye redness, swelling and pain from the upward blazing of liver fire, with Ju Hua, Jue Ming Zi
    • B. Superficial visual obstructions from wind-heat, with Mi Meng Hua, Gu Jing Cao.
    • C. Vision impairment from deficient liver and blood, with Shu Di, Shan Yu Rou (as Shi Ju Ming Wan).

---

Shi Jue Ming (石决明)  
(Concha Haliotidis)

• **Dosage and administration**
  – 9-30g decocted in water for an oral dose, cook early.
  – May as a very fine powder for use on the eyes.

• **Cautions and contraindications**
  – Counteracts Xuan Fu Hua.
Zhen Zhu Mu (珍珠母)  
(Concha Margaritifera)

- **English name:** mother-of-pearl
- **Latin name:** Concha Margaritiferae
- **Used part:** Margaritifera concha shell
- **Flavor and properties:** Sweet, salty, and cold
- **Channel entered:** Heart, Liver
Zhen Zhu Mu (珍珠母)  
(Concha Margaritifera)

- **Actions**
  - 1. Subdues liver Yang.
  - 2. Clears liver and brightens eyes.
  - 3. Clams spirit (Shen).

- **Indications**
  - 1. For dizziness and vertigo.
  - 2. For red, swollen, painful eyes, blurred vision, superficial obstruction.
  - 3. For insomnia.

**Dosage and administration**
- 15-30g decocted in water for an oral dose. Break and decoct 30 minutes earlier.

**Cautions and contraindications**
- None
Mu Li (牡蛎)
(Concha Ostreae)

- **English name:** oyster shell
- **Alternate names:** 牡蛎壳 (mu li ke)
- **Latin name:** Ostrea gigas Thunb
- **Pharmaceutical name:** concha ostreae
- **Where grown:** off the northern Chinese coast; all along the Chinese coast
- **When harvested:** year-round
- **Used part:** Shell
- **Flavor and properties:** Salty, astringent, cool
- **Channel entered:** Liver, kidney
Mu Li (牡蛎) (Concha Ostreae)

• **Actions**
  – 2. Softens hardness and dissipates nodules.
  – 4. Calms spirit (Shen).

• **Indications**
  – 1. For dizziness and vertigo. with Xuan Shen, Dai Zhe Shi, Long Gu, Chuan Lian Zi
  – 2. For phlegm mass, scrofula. with Xuan Shen, Xia Ku Cao, Zhe Bei Mu.
  – 3. For spermatorrhoea, enuresis, night sweating, spontaneous sweating, and excessive vaginal discharge. With Chi Shi Zhi.
  – 4. For insomnia. with Long Gu, Bai Shao.

• **Dosage and administration**

• **Cautions and contraindications**
  – Contraindicated in cases of high fever due to excess with an absence of sweating.

• **Modern study**
  – Treatment of tuberculosis
Dai Zhe Shi / Zhe Shi (代)赭石 (Haematitum)

- **English name:** hematite
- **Literal English translation:** “red stone from Dai country”
- **Alternative name:** 赭石 (Zhe Shi)
- **Pharmaceutical name:** Haematitum
- **Where grown:** Hebei, Guangdong, Henan, Shandong, Sichuan, Hunan
- **Used part:** Mineral
- **Flavor and properties:** Bitter, cold
- **Channel entered:** Heart, liver, pericardium
Dai Zhe Shi / Zhe Shi (赭石)

**Actions**
- 1. Subdues liver Yang.
- 2. Guides rebellious stomach Qi downward.
- 3. Clams wheezing.
- 4. Cools blood and stops bleeding.

**Indications**
- 1. For dizziness and vertigo. with Long Gu, Mu Li, Bai Shao (as Zhen Gan Xi Feng Tang).
- 2. For vomiting and hiccup. with Xuan Fu Hua, Ban Xia, Sheng Jiang (as Xuan Fu Dai Zhe Tang).
- 3. For wheezing due to lung Qi abnormally go upward or lung and kidney deficiency. with Dang Shen, Shan Zhu Yu.
- 4. For bleeding due to blood heat. With different herbs according to the syndrome.

**Dosage and administration**
- 10-30g decocted in water for an oral dose, should be cooked early.

**Cautions and contraindications**
- Caution during pregnancy.

**Modern study**
- Effect on smooth muscle: increase peristalsis in guinea pig intestinal specimens.
Bai Ji Li /Ci Ji Li (白/刺)蒺藜  
(Fructus Tribuli)

- **English name:** caltrop fruit, puncture-vine fruit, tribulus
- **Alternate name:** 刺蒺藜(ci ji li); 白蒺藜(bai ji li)
- **Latin name:** Tribulus terrestris l.
- **Pharmaceutical name:** Fructus Tribuli Terrestris
- **Where grown:** Henan, Hebei, Shandong, Anhui
- **When harvested:** autumn when ripened
- **Used part:** Fruit
- **Flavor and properties:** Pungent, bitter, warm
- **Channel entered:** Liver, lung
Bai Ji Li / Ci Ji Li (白/刺)蒺藜(Fructus Tribuli)

- **Actions**
  - 1. Subdues liver Yang.
  - 2. Soothes liver Qi.
  - 3. Expels wind and brightens eyes.
  - 4. Expels wind and stops itching.

- **Indications**
  - 1. For dizziness and vertigo.
  - 2. For liver Qi stagnation.
  - 3. For red, swollen, painful eyes.
  - 4. For skin lesion with itching.

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

- **Cautions and contraindications**
  - Caution during pregnancy and in cases of Qi and blood deficiency.

- **Modern study**
  - Effect on blood pressure: lower the blood pressure of anesthetized animals.
• Section 2 Herbs that subdue liver Yang
  – Shi Jue Ming 石决明 Concha Haliotidis
  – Zhen Zhu Mu 珍珠母 Concha Margaritifera
  – Mu Li 牡蛎 Concha Ostreae
  – (Dai) Zhe Shi (代)赭石 Haematitum
  – (Bai/Ci) Ji Li (白/茨)蒺藜 Fructus Tribuli

Practice questions

• 1. The herb that calms liver and suppresses liver Yang, cools blood and stops bleeding, strongly directs rebellious Qi downward as well is:
  – A. Long Gu
  – B. Mu Li
  – C. Bai Zi Ren
  – D. Dai Zhe Shi

• 2. Ling Yang Jiao (cornu antelopis) can be substituted by:
  – A. Shan Yang Jiao (cornu naemorhedis)
  – B. Zhi Zi
  – C. Xi Jiao (cornu rhinoceri)
  – D. Sheng Di Huang
Practice questions

• 3. The main functions of Gou Teng are:
  – A. Regulate Qi and soothe liver, transform damp and stop vomiting.
  – B. Cool blood and clear heat, dispel cold and relieve pain.
  – C. Extinguish liver wind, Subdue liver Yang.
  – D. Cool blood and promote blood flow, relieve fire toxins and dissipate nodules.

• 4. Which of the following herbs dispels liver wind as well as stop cough:
  – A. Tian Nan Xing
  – B. Mu Dan Pi
  – C. Tian Ma
  – D. Ling Yang Jiao

Practice questions

• 5. Which of the following herbs calms liver and suppresses Yang, clears liver heat and improves vision:
  – A. Shi Gao
  – B. Shi Jue Ming
  – C. Zhi Zi
  – D. Sheng Di Huang

• 6. Which channels that Ling Yang Jiao enters to:
  – A. HT, ST.
  – B. HT, KI.
  – C. KI, LV.
  – D. HT, LV.
Practice questions

7. A patient with palpitation, insomnia and constipation can be treated by:
   – A. Ma Zi Ren
   – B. Tao Ren
   – C. Bai Zi Ren
   – D. Suan Zao Ren

8. The main functions of Yuan Zhi are:
   – A. Calm spirit and quiet the heart, expel phlegm and open orifices.
   – B. Cool blood and clear heat, dispel cold and relieve pain.
   – C. Clear heat and calm liver, extinguish wind and stop tremors.
   – D. Cool blood and promote blood flow, relieve fire toxins and dissipate nodules.

9. Which channels that Long Gu and Mu Li enter to:
   – A. HT, LV, ST.
   – B. HT, LV, KI.
   – C. KI, LV, LU.
   – D. HT, LV, LI.

10. Ye Jiao Teng nourishes the heart and calms spirit, and
    – A. Nourishes blood
    – B. Expels phlegm
    – C. Unblock channels
    – D. Warms the Lung
Practice questions

• 11. Except calming liver and anchors Yang, Bai Ji Li also
  – A. Drains dampness.
  – B. Clears Lung heat
  – C. Dispels wind and stops itching.
  – D. Calms spirit.