

Herbology III

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Chapter 19 Herbs for external application

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Introduction

- The herbs in this chapter are mostly applied topically for localized problems such as **bleeding, inflammation, swelling, pain, and oozing of fluids**.
- Some are used to promote healing of skin lesions, others to stop itching.
- They are used alone as well as in combination, or as the vehicle for other medicines.
- They are **applied as powders, ointments, washes, steams, or soaks**. When necessary they may be combined with medicinal substances taken internally for local manifestations of systemic disorders.
- While some of these substances can be taken internally, almost all have **side effects**. They must therefore be prescribed with caution and monitored carefully. Those that are irritants should not be used on sensitive areas of the body.

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Study Objective

- 1. Understand the general information on Herbs for external application .
 - 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.

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- **Classification:**

- Section 1 Herbs that kill parasites and stop itching (10 types)
 - She Chuang Zi; Lu Gan Shi; Ming Fan; Xiong Huang; Liu Huang; Tu Jing Pi; Mu Jin Pi; Feng Fang; Zhang Nao; Peng Sha
- Section 2 Herbs that pull out toxicity and regenerate fresh (3 types)
 - Qing Fen; Mi Tuo Seng; Qian Dan

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Section 1 Herbs that kill parasites and stop itching

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- Section 1 Herbs that kill parasites and stop itching
 - **She Chuang Zi** 蛇床子 (Fructus Cnidii Monnieri)
 - **Lu Gan Shi** 炉甘石 Smithsonitum
 - **Ming Fan** 明矾 Alumen
 - **Xiong Huang** 雄黄 Realgar
 - **Liu Huang** 硫黄 Sulphur
 - **Tu Jing Pi** 土荆皮 Cotex Pseudolaricis
 - **Mu Jin Pi** 木槿皮 Cotex Hibisci Syriaci
 - **Feng Fang** 蜂房 Nidus Vespae
 - **Zhang Nao** 樟脑 Camphora
 - **Peng Sha** 硼砂 Borax

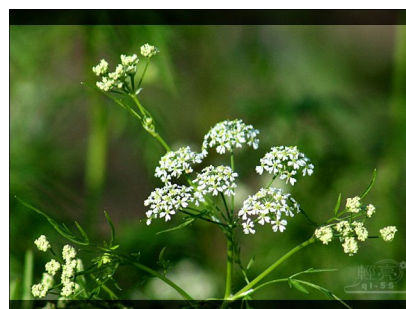
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She Chuang Zi (蛇床子)
(Fructus Cnidii Monnieri)

- **English name:** cnidium seeds
- **Literal English translation:** “snake’s bed seeds”
- **Latin name:** Cnidium monnieri (L.) Cusson
- **Pharmaceutical name:** Fructus Cnidii Monnieri
- **Where grown:** Hebei, Shandong, Guangxi, Zhejiang, Jiangsu, Sichuan, and throughout China
- **When harvested:** end of summer or early autumn when ripe
- **Used part:** seeds
- **Flavor and properties:** acrid, bitter, warm
- **Channel entered:** Kidney

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She Chuang Zi (蛇床子)
(Fructus Cnidii Monnieri)



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She Chuang Zi (蛇床子)
(Fructus Cnidii Monnieri)

• **Functions**

- 1. Dry dampness, kill parasites and stop itching (Externally use).
- 2. Expel wind and dry dampness (Internal taken).
- 3. Warm kidney and Tonify Yang (Internal taken).

• **Indications**

- 1. For vaginal itching, eczema, scabies. with Ku Shen, Bai Bu.
- 2. For excessive vaginal discharge due to cold-dampness, lower back pain due to dampness.
 - A. Vaginal discharge due to damp-cold, with Shan Zhu Yu, Xiang Fu, Che Qian Zi.
 - B. Lower back pain due to wind-damp-cold, with Sang Ji Sheng, Du Zhong, Qin Jiao.
- 3. For impotence, infertility. with Tu Si Zi, Wu Wei Zi.¹

She Chuang Zi (蛇床子)
(Fructus Cnidii Monnieri)

• **Dosage and administration**

- 1. 3-10g decocted in water for an oral dose
- 2. Proper amount (15-30g) used topically, usually as a soak.

• **Cautions and contraindications**

- Contraindicated in cases of damp-heat in the lower - jiao and yin deficiency with heat signs.

• **Modern Study**

- 1. Endocrine effect: lengthen the latent period and shorten the estrus period in mice.
- 2. Antifungal effect: inhibitory effects in vitro against many dermatomycoses.
- 3. Use in gynecology: treating trichomonal vaginitis ¹²

Liu Huang (硫黄)
(Sulphur)

- **English name:** sulphur
- **Literal English translation:** “sulphur yellow”
- **Alternate name:** 石硫磺(shi liu huang)
- **Pharmaceutical name:** sulphur
- **Where grown:** Shanxi, Henan, Shandong, Hubei, Henan, Jiangsu, Sichuan, Guangdong, Taiwan
- **Used part:** sulphur
- **Flavor and properties:** sour, hot, toxic
- **Channel entered:** Kidney, Large Intestine, Pericardium

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Liu Huang (硫黄)
(Sulphur)



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Liu Huang (硫黄)
(Sulphur)

- **Functions**

- 1. Relieve toxicity, kill parasites and stop itching (Externally use).
- 2. Tonify Yang (Internal taken).

- **Indications**

- 1. For **scabies, tinea, and genital itching**.
- 2. For **cold type wheezing, impotence, cold type constipation**

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Liu Huang (硫黄)
(Sulphur)

- **Dosage and administration**

- External use with proper dosage.
- Internal use 1-3g.
- Contains sulphur.

- **Cautions and contraindications**

- 1. Contraindicated during **pregnancy**.
- 2. Contraindicated in cases of **yin deficiency with heat signs**.
- 3. Caution for internal use

- **Modern study**

- Gastrointestinal effect: increase peristalsis and diarrhea

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Section 2 Herbs that pull out toxicity and regenerate flesh

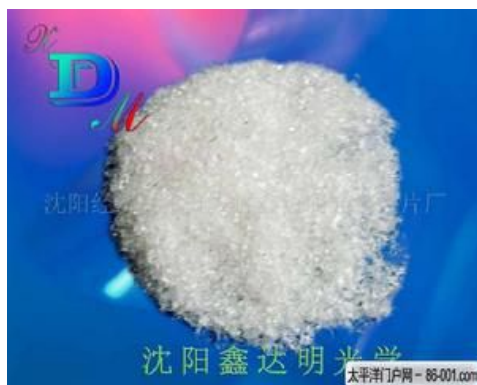
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Qing Fen (轻粉) (Calomelas)

- **English name:** calomel
- **Literal English translation:** “light powder”
- **Alternate name:** 水银粉(shui yin fen); 汞粉(gong fen)
- **Pharmaceutical name:** Calomelas
- **Used part:** calomel
- **Flavor and properties:** acrid, cold, toxic
- **Channel entered:** Bladder, Kidney, Liver

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Qing Fen (轻粉) (Calomelas)



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Qing Fen (轻粉) (Calomelas)

- **Functions**

- 1. Pull out toxicity, regenerate flesh and kill parasites (Externally use).
- 2. Promote urination and move bowel (Internal taken).

- **Indications**

- 1. For **scabies, syphilis, skin ulcer.**
- 2. For **edema and constipation.**

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Qing Fen (轻粉) (Calomelas)

- **Dosage and administration**
 - External use with proper dosage.
 - Internal use **0.1-0.2g** as powder.
 - Contains Hg₂Cl₂.
- **Cautions and contraindications**
 - Do not administer internally during **pregnancy or in patients who are weak.**
 - **Never prescribe long-term.**
 - Counteracts Ci Shi (Magnetitum)
- **Modern study**
 - 1. Gastrointestinal effect: lead to diarrhea
 - 2. Antifungal effect: inhibitory effects in vitro against many dermatomycoses.

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Practice questions

- 1. Liu Huang can not be used with
 - A. Mang Xiao
 - B. Da Huang
 - C. Fan Xie ye
 - D. Can cao
- 2. Besides Relieve toxicity, kill parasites and stop itching (Externally use), Liu Huang also
 - A. Stop cough
 - B. Brighten eyes
 - C. Tonify Yang (Internal taken)
 - D. Dry dampness and generate flesh

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Practice questions

- 3. Which is NOT the action of She Chuang Zi?
 - A. Kill parasites and stop itching
 - B. Expel wind and dry dampness
 - C. Warm kidney and Tonify Yang
 - D. Stop pain