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.
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.

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
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
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
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).  

• **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.

• **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.  
  – 3. Use in gynecology: treating trichomonal vaginitis
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
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

• **Dosage and administration**
  – External use with proper dosage.
  – Internal use 1-3g.
  – Contains sulphur.

• **Cautions and contraindications**
  – 2. Contraindicated in cases of yin deficiency with heat signs.
  – 3. Caution for internal use

• **Modern study**
  – Gastrointestinal effect: increase peristalsis and diarrhea
Section 2 Herbs that pull out toxicity and regenerate flesh

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
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.
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  

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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
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