Individual Herbs I

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Chapter 1 Herbs that Release the Exterior

Concept

• The concept of the releasing the exterior herbs
  – Exterior-releasing herbs are those that release disorders lodged in the very superficial levels of the body.

• Exterior Syndrome
  – When external pathogenic factors invade the body, they first attack its superficial, exterior aspects through mouth, nose, skin pores.
  – Pathogenic factors include wind-heat, wind-cold, wind-dampness, and summer-heat.
  – The location of pathogens is superficial (skin, muscle)
  – Characteristically, exterior symptoms are of abrupt onset and a short course.
Exterior Syndrome Symptoms

– Chills, fevers, headache, aversion to cold, running nose or nasal congestion, stiff neck, and general muscle aches, no sweating or sweating, thin white coating, floating pulse etc.

General Symptoms

- **Wind cold syndrome**: aversion to cold; mild fever; absence of sweat; chest congestion; sneezing; running nose with clear mucus; itching throat, or a cough with clear mucus; a thin, white tongue coating; and a floating tight or slow pulse.

- **Wind heat syndrome**: sore throat, headache, cough, fever or elevated body temperature, mild aversion to wind, body aches, little or no sweat, runny or stuffy nose with yellow discharge, a red tongue body w/ yellow coating, floating fast or rapid pulse.

- **Wind dampness syndrome**: rashes, hives, fever, aversion to cold, sweating, neck pain and stiffness, body aches and heaviness, swollen joints, a floating and slippery pulse.

- **Summer heat syndrome**: high fever, mild aversion to wind, burning heat sensation of the skin, irritability, thirst, red tongue/yellow coating, a forceful and rapid pulse.
Exterior-releasing herbs

• Sometimes there will be sweating that resolves the condition, in which case no treatment is necessary.
• At other times, however, there will be sweating without any change in the condition, or the absence of sweating altogether. At this juncture, herbs that release the exterior are used.
• Most of these herbs are diaphoretics, i.e., they release or expel the external pathogenic influences through sweating.
• “When the disease is in the skin, sweating will bring it out.”

Exterior-releasing herbs

• Exterior syndromes are mainly divided into wind-cold and wind-heat two types.
• Herbs that release the exterior can be further divided by character and function into warm, acrid/pungent and cool, acrid/pungent classes.
• Warm pungent herbs treat wind-cold syndrome; Cool pungent herbs treat wind-heat syndrome.
Exterior-releasing herbs

• Common characters
  – All of them are pungent (acrid) in flavor and warm or cold in properties.
  – Most of them enter LU or BL channel.
  – Some exterior-releasing herbs also can relieve asthma, resolve phlegm, promote measles eruption, disperse water retention, stop pain and be used for treating asthma, poor measles eruption, edema and arthralgia, etc.

Exterior-releasing herbs

• Common contraindications
  – 1. Yin deficiency
  – 2. Spontaneous sweating
  – 3. Night sweating
  – 4. Chronic boils and carbuncles
  – 5. Lin syndrome
  – 6. Blood losing

• Cautions
  – Stop taking when got effect
  – Should not be decocted longer.
Exterior-releasing herbs

• Pharmacological actions of exterior-releasing herbs
  – Diaphoresis
  – Reducing fever
  – Alleviating pain
  – Relieving inflammation
  – Anti-bacteria and anti-viruses

Category

• Category
  – Section 1 Warm Pungent herbs that release exterior syndrome (14 types)
    • Ma Huang, Gui Zhi, Zi Su, Jing Jie, Fang Feng, Qiang Huo, Gao Ben, Bai Zhi, Xi Xin, Sheng Jiang, Cong Bai, Xiang Ru, Cang Er Zi, Xin Yi Hua, Cheng Liu
  – Section 2 Cool Pungent herbs that release exterior syndrome (12 types)
    • Bo He, Niu Bang Zi, Chan Tui, Sang Ye, Ju Hua, Man Jing Zi, Dan Dou Chi, Fu Ping, Mu Zei, Ge Gen, Chai Hu, Sheng Ma
Study Objective

- Understand the general information on exterior-releasing herbs.
  - Concept, common function and indication.
  - Characters.
  - Compatibility.
  - Administration, and dosage form is addressed.
  - Caution and contraindications
- Grasp the following individual information on herbs in this category.
  - Pinyin name, common English name and pharmaceutical name.
  - Characters, and focus is on property of each herb.
  - Functions and indications.
  - Dosage and administration.
  - Cautions and contraindications

Section 1 Warm Pungent herbs that release exterior syndrome

- Ma Huang (麻黄) Herba Ephedrae
- Gui Zhi (桂枝) Ramulus Cinnamomi
- Zi Su (紫苏) Folium et Caulis Perillae
- Jing Jie (荆芥) Herba Schizonepetae
- Fang Feng (防风) Radix Ledebouriellae
- Qiang Huo (羌活) Rhizoma et Radix Notopterygii
- Gao Ben (藁本) Rhizoma et Radix Ligustici
- Bai Zhi (白芷) Radix Angelicae Dahuricae
- Xi Xin (细辛) Radix et Rhizoma Asari
- Sheng Jiang (生姜) Rhizoma Zingiberis Recens
- Cong Bai (葱白) Rhizoma Zingiberis Recens
- Xiang Ru (香薷) Herba Moslae
- Cang Er Zi (苍耳子) Xanthii Fructus
- Xin Yi Hua (辛夷花) Flos Magnoliae
- Cheng Liu (柽柳) Tamarix chinensis Lour
Ma Huang (麻黄)
Herba Ephedrae

- **English Name:** ephedra stem, ma-huang
- **Literal English Translation:** “hemp yellow”
- **Botanical Name:** Ephedra sinica Stapf.
- **Pharmaceutical Name:** Herba Ephedrae
- **Where grown:** primarily in Jilin, Liaoning, Inner Mongolia, Hebei, Shanxi, Shanxi, Henan
- **When Harvested:** August to October
- **Used Part:** Herbaceous twigs
- **Flavor and Properties:** Pungent, slightly bitter, warm
- **Channel Entered:** Lung, bladder
Ma Huang (麻黄）
Herba Ephedrae

• **Functions:**
  – 1. Induces sweating and releases the exterior
  – 2. Disseminates Lung Qi, calms wheezing
  – 3. Promotes urination and reduces edema

• **Indications:**
  – 1. For exterior wind-cold syndrome *without* sweating (*wind-cold excess syndrome*). It is usually used with Gui Zhi as in Ma Huang Tang.
  – 2. For cough and wheezing due to lung Qi obstructed. Usually used with Xing Ren as in San Ao Tang.
  – 3. For edema with exterior condition. Usually used with Sheng Jiang, Bai Zhu as in Yue Bi Jia Zhu Tang.

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Ma Huang (麻黄）
Herba Ephedrae

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

• **Cautions and contraindications:**
  – Contraindication for hyperthyroidism, hypertension, angina pectoris and insomnia.
Ma Huang (麻黄)
Herba Ephedrae

- Modern Research
  - Diaphoresis: induce sweating (central in origin)
  - Antipyretic: lower body temperature
  - Diuretic: promote urination
  - Anti-inflammatory
  - Anti-allergic: bronchodilation
  - Inhibit immune reaction
  - Increase BP, HR, Blood sugar: vasoconstrictive;
  - Excite CNS
  - Relax smooth muscle:
  - Antibiotic: inhibitory effect on influenza viruses

Ma Huang (麻黄)
Herba Ephedrae

- Sheng (unprepared) Ma Huang
  - Without honey processed
  - Good at inducing sweating

- Zhi (prepared) Ma Huang
  - Honey processed
  - Good at cough and calming wheezing
Gui Zhi (桂枝)
Cinnamon Twig or Cassia Twig

- **English Name:** cinnamon twig, cassia twig
- **Alternate Name:** 桂枝尖 (gui zhi jian)
- **Botanical Name:** Cinnamomum cassia Blume
- **Pharmaceutical Name:** Ramulus Cinnamomi Cassiae
- **When Harvested:** March to July
- **Used Part:** Twig
- **Flavor and Properties:** Pungent, sweet, warm
- **Channel Entered:** Lung, heart, Bladder
Gui Zhi (桂枝)
Cinnamon Twig or Cassia Twig

• Functions
  – 1. Induces sweating and releases the exterior
  – 2. Warms and unblocks the channels
  – 3. Warms Yang

• Indications
  – 1. Mainly for exterior wind-cold with sweating (wind-cold deficiency syndrome) as in Gui Zhi Tang. For exterior wind-cold syndrome without sweating, it is used with Ma Huang Tang to reinforce their action to induce sweating. Harmonizes the constructive and defensive
  – 2. For Bi syndrome, abdominal cold pain, dysmenorrhea, amenorrhea due to cold that cause blood stasis.
  – 3. For (1) edema due to kidney Yang deficiency. (2) chest pain due to Chest Yang deficiency leading to blood stasis. (3) palpitations with shortness of breath, heart and spleen Yang deficiency leading to water retention, and (4) palpitation, arrhythmia due to heart Yang deficiency

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

• Cautions and contraindications:
  – 2. Contraindicated in deficient Yin with heat signs.
  – 3. Contraindicated in bleeding due to heat in blood.
  – 4. Cautious for pregnant women or menorrhea.
Gui Zhi (桂枝)
Cinnamon Twig or Cassia Twig

• Pharmacological actions
  – 1. antipyretic: lower body temperature primarily by vasodilation
  – 2. Analgesic: stop pain
  – 3. Sedative: calm down
  – 4. Improve blood circulation
  – 5. Anticonvulsive
  – 6. Antioxidant

Zi Su Ye (紫苏叶)
Perilla Leaf

• English name: perilla leaf
• Alternate names: 苏叶 (su ye); 干苏叶 (gan su ye)
• Botanical Name: Perilla frutescens Brett. Var. Crispa
• Pharmaceutical Name: Folium Perillae Frutescentis
• Where grown: throughout China, primarily in the coastal regions
• When Harvested: July through September
• Used Part: Leaf
• Flavor and Properties: Pungent, aromatic, warm
• Channel Entered: Lung, spleen
Zi Su Ye (紫苏叶)  
Perilla Leaf

- Functions:
  - 1. Induces sweating and releases the exterior
  - 2. Moves Qi and expands the middle
  - 3. Resolves seafood poisoning

- Indications:
  - 1. For exterior wind-cold syndrome
  - 2. For nausea, vomiting, or poor appetite, restless fetus and morning sickness.
  - 3. For abdominal pain, vomiting due to seafood poisoning. It can be used singly up to 30-60g for resolving poisoning.
Zi Su Ye (紫苏叶)  
Perilla Leaf

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

• **Cautions and contraindications:**
  – Contraindicated in cases of sweating.

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Zi Su Ye (紫苏叶)  
Perilla Leaf

• **Pharmacological actions**
  – Sedative  
  – Antipyretic  
  – Improve digestion  
  – Increase blood sugar  
  – Antitussive: stop cough  
  – Anticancer  
  – Antiemetic: stop vomiting  
  – Anticoagulation: stop blood from clotting  
  – Hemostatic: stop bleeding
Zi Su Ye (紫苏叶)
Perilla Leaf

• Zi Su Ye
  – Perilla Leaf
  – Good at inducing sweating

• Zi Su Geng or Su Geng
  – Perilla slender stalk
  – Good at calming fetus

Jing Jie (荆芥)
Schizonepeta Stem or Bud

• English name: schizonepeta stem or bud, catnip
• Alternate names: 荆芥穗(jing jie sui); 芥穗(jie sui)
• Botanical Name: Schizonepeta tenuifolia Briq.
• Pharmaceutical Name: Herba seu Flos Schizonepetae Tenuifoliae
• Where grown: Jiangsu, Zhejiang, Henan, Hebei, Shandong. Mostly cultivated.
• When Harvested: Autumn
• Used Part: Entire plant or spike
• Flavor and Properties: Pungent, aromatic, slightly warm
• Channel Entered: Lung, Liver
Jing Jie (荆芥)
Schizonepeta Stem or Bud

- Functions
  - 1. Releases the exterior and dispels wind
  - 2. Vents rashes and alleviates itching
  - 3. Stops bleeding

- Indications
  - 1. For either wind-cold or wind-heat syndromes
  - 2. For the initial stage of measles and pruritic skin eruptions
  - 3. As an auxiliary herb for hemorrhage by using charred one
  - 4. Also for early stage boils and carbuncles with exterior syndromes
Jing Jie (荆芥)
Schizonepeta Stem or Bud

• Dosage and administration:
  – 1. 3-10g decocted in water for an oral dose
  – 2. Unprepared for exterior syndrome.

• Cautions and contraindications:
  – None

Jing Jie (荆芥)
Schizonepeta Stem or Bud

• Pharmacological actions
  – 1. Antipyretic
  – 2. Sedative
  – 3. Analgesic
  – 4. Antiinflammatory
  – 5. Hemostatic
  – 6. Antiasthmatic
  – 7. Antitussive
  – 8. Antioxidant
  – 9. Antibiotic
  – 10. Anticoagulation
Fang Feng (防风)
Ledebouriella Root or Siler

- **English name:** Ledebouriella root, siler
- **Botanical Name:** Ledebouriella divaricata
- **Pharmaceutical Name:** Radix Ledebouriella
- **Where grown:** Heilongjiang, Jilin, Inner Mongolia, Hebei
- **When Harvested:** Spring or autumn
- **Used Part:** Root
- **Flavor and Properties:** Pungent, sweet, slightly warm
- **Channel Entered:** Bladder, liver, spleen
Fang Feng (防风)  
Ledebouriella Root or Siler

• **Functions**  
  – 1. Releases the exterior and expels wind  
  – 2. Expels wind-dampness and alleviates pain  
  – 3. Expels inner wind and relieves spasm

• **Indications**  
  – 1. For all kind of wind-cold syndromes: it is less dry than other wind-expelling herbs. For all wind patterns, hot or cold, upper or lower, exterior or interior  
  – 2. For Bi syndrome especially when wind predominates  
  – 3. For trembling and tetany due to wind toxicity invasion  
  – 4. It goes to liver and spleen channels, can be used for liver Qi stagnation overacting spleen manifested as abdominal pain following diarrhea, after diarrhea pain reduced

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

• **Cautions and Contraindications**  
  – Contraindicated in deficient Yin and blood
Fang Feng (防风)
Ledebouriella Root or Siler

- Pharmacological actions
  - 1. Antipyretic
  - 2. Analgesic
  - 3. Antiinflammatory
  - 4. Antibiotic
  - 5. Anticoagulation
  - 6. Anticancer
  - 7. Sedative
  - 8. Anticonvulsion

Qiang Huo (羌活)
Notoperygium Root or Chiang-huo

- English name: notoperygium root, chiang-huo
- Botanical Name: Notoperygium incisum Ting ex H.T. Chang
- Pharmaceutical Name: Rhizoma et Radix Notoperygii
- Where grown: Sichuan, Gansu, Qinghai
- When Harvested: Spring and autumn
- Used Part: Root
- Flavor and Properties: Pungent, bitter, aromatic, warm
- Channel Entered: Bladder, kidney
Qiang Huo (羌活)
Notoperygium Root or Chiang-huo

• **Functions**
  – 1. Releases the exterior and disperses cold
  – 2. Expel wind-dampness and alleviates pain

• **Indications**
  – For wind-cold syndrome. Especially headache and bodyache due to wind cold with dampness
  – For Bi syndrome, especially in the upper limbs and back. It can guide Qi to the Taiyang and Du channel in a prescription to the areas served by these two channels.
Qiang Huo (羌活)
Notoperygium Root or Chiang-huo

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

• **Cautions and Contraindications**
  – 1. Cautions in deficiency syndrome
  – 2. Cautions in exterior condition with dryness of throat.
  – 3. **Overdosage can cause vomiting**

• **Pharmacological actions**
  – 1. Protect liver cells
  – 2. Antibiotic
  – 3. Against skin fungus.

Gao Ben (藁本)
Chinese lovage root or Ligusticum root

• **English name:** Chinese lovage root, ligusticum root, kao-pen
• **Alternate names:** 川藁本(chuan gao ben); 香藁本(xiang gao ben)
• **Botanical Name:** Ligusticum sinense Oliv. Or L. Jeholense Nakai et kitag
• **Pharmaceutical Name:** Rhizoma et Radix Ligustici
• **Where grown:** Shananxi, Gansu, Henan, Sichuan, Hunan
• **When Harvested:** Best in the autumn after the aerial parts have become desiccated
• **Used Part:** Rhizome.
• **Flavor and Properties:** Pungent, warm
• **Channel Entered:** Bladder
Gao Ben (藁本)
Chinese lovage root or Ligusticum root

• Functions
  – 1. Expels wind-cold
  – 2. Expels wind-dampness and alleviates pain

• Indications
  – 1. For wind-cold syndrome, especially with headache and nasal congestion (wind-cold). Particular good for reaching the vertex of the head (Jue Yin Headache).
  – 2. For Bi syndrome due to wind-cold dampness
Gao Ben (藁本)
Chinese lovage root or Ligusticum root

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

• **Cautions and Contraindications**
  – Contraindicated in blood deficiency or Yin deficiency.

Gao Ben (藁本)
Chinese lovage root or Ligusticum root

• **Pharmacological actions**
  – 1. Antiinflammatory
  – 2. Relax smooth muscle
  – 3. Antipyretic
  – 4. Analgesic
  – 5. Sedative
  – 6. Reduce BP
  – 7. Antiasthmatic
  – 8. Antiulcer
  – 9. Antidiarrhea
  – 10. Anticoagulation
  – 11. Antibiotic
  – 12. Antioxygenic
Bai Zhi (白芷)
Angelica Root or Chinese Angelica Root

- English name: angelica root, Chinese angelica root
- Alternate name: 香白芷(xiang bai zhi)
- Botanical Name: Angelica dahurica Benth. Et Hook f.
- Pharmaceutical Name: Radix Angelicae Dahuricae
- Where grown: Hebei, Henan, Liaoning, Zhejiang, Sichuan
- When Harvested: Between summer and autumn when the leaves turn yellow
- Used Part: Root
- Flavor and Properties: Pungent, warm
- Channel Entered: Lung, stomach
Bai Zhi (白芷)
Angelica Root or Chinese Angelica Root

• **Functions**
  – 1. Releases the exterior, expels wind-cold
  – 2. Expels wind and stops pain
  – 3. Opens nasal orifice
  – 4. Expels dampness and stops excessive vaginal discharge
  – 5. Reduces swelling and expels pus

• **Indications**
  – 1. For wind-cold syndrome. It is mild but good at stopping pain and opening nasal orifice.
  – 2. For headache, toothache, Bi syndrome. It goes to Yang Ming channel so it is good at Yang Ming induced frontal headache with supraorbital bone pain.
  – 3. For Bi Yuan (Nasal disorder) manifested as running nose, nasal congestion with headache.
  – 4. For excessive vaginal discharge due to cold dampness.
  – 5. For early stages superficial sores and carbuncle.

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

**Cautions and Contraindications**
– Side effects: BP increase, drooling, convulsion

**Pharmacological actions**
– 1. Antipyretic
– 2. Analgesic
– 3. Antiinflammatory
– 4. Antioxidant: Antioxygenic property
– 5. Antibiotic
– 6. Antidermatitis
– 7. Anticataract: antiinflammatory
Xi Xin (细辛)
Chinese Wild Ginger or Asarum

- **English name:** Chinese wild ginger, asarum
- **Alternate names:** 北细辛(bei xi xin); 辽细辛(liao xi xin)
- **Literal English translation:** “thin acrid”
- **Botanical Name:** Asarum sieboldii Miq.
- **Pharmaceutical Name:** Herba cum Radice Asari
- **Where grown:** throughout northeastern China, Shanxi, Henan, Shandong, Zhejiang, Fujian
- **When Harvested:** June through July
- **Used Part:** Entire plant.
- **Flavor and Properties:** Pungent, warm, slightly toxic
- **Channel Entered:** Lung, kidney
Xi Xin (细辛)
Chinese Wild Ginger or Asarum

• Functions
  – 1. Disperses cold and releases the exterior
  – 2. Dispels wind and relieves pain
  – 3. Opens orifice
  – 4. Warms the Lungs and transforms thin mucus

• Indications
  – 1. For exterior wind cold syndrome with body ache, especially with dampness or underlying Yang deficiency
  – 2. For headache and toothache and Bi syndrome due to wind cold.
  – 3. For Bi Yuan (Nasal disorder) manifested as running nose, nasal congestion with headache and loss of consciousness.
  – 4. For coughing and wheezing due to exterior wind-cold and interior cold phlegm.

• Dosage and Administration
  – 1-3g decocted in water for an oral dose.
  – 0.5-1g as powder

• Cautions and Contraindications
  – 1. Contraindicated with Li Lu.
  – 2. Should be avoided for headache due to excessive Yang and cough due to lung heat.
  – 3. Should not exceed 3g.
  – 4. Overdosage can cause toxic effects manifested as headache, vomiting, irritability, sweating, rigidity of neck, thirst, body temperature and BP increasing, pupils enlargement, hot flash in early stage, then convolution, loss of consciousness, finally dead of respiratory failure.
Xi Xin (细辛)  
Chinese Wild Ginger or Asarum

- Pharmacological actions
  - 1. Antipyretic
  - 2. Sedative
  - 3. Analgesic
  - 4. Antiinflammatory
  - 5. Block nerve conduction
  - 6. Antibiotic
  - 7. Antioxidant
  - 8. Antiaging
  - 9. Antiasthmatic
  - 10. Anticancer
  - 11. Antiemetic
  - 12. Anticoagulation
  - 13. Hemostatic

Sheng Jiang (生姜)  
Fresh Ginger Rhizome

- **English name:** fresh ginger rhizome
- **Alternate name:** 生姜片 (sheng jiang pian)
- **Botanical Name:** Zingiber officinale Rosc
- **Pharmaceutical Name:** Rhizoma Zingiberis Officinalis
- **Where grown:** throughout China, especially Sichuan, Guizhou, Guangdong. This herb is cultivated.
- **When Harvested:** Before the winter solstice
- **Used Part:** Rhizome
- **Flavor and Properties:** Pungent, warm
- **Channel Entered:** Lung, spleen, stomach
Sheng Jiang (生姜)
Fresh Ginger Rhizome

• Functions
  – 1. Induces sweating and releases the exterior
  – 2. Warms the middle Jiao and stops vomiting
  – 3. Warms Lung and stops cough
  – 4. Resolves toxicity

• Indications
  – 1. For exterior wind cold patterns
  – 2. For stomachache due to middle Jiao coldness and vomiting due to any cause. It is good at vomiting due to stomach cold. It is one of the best herbal medicine for vomiting.
  – 3. For cough due to acute wind-cold or phlegm.
  – 4. For resolving toxicity due to food poisoning or treating the effects of overdose of other herbs such as Ban Xia (Pinelieae Rhizoma) and Tian Nan Xing.
Sheng Jiang(生姜)
Fresh Ginger Rhizome

- **Dosage and Administration**
  - 3-10g decocted in water for an oral dose.
- **Cautions and Contraindications**
  - None
- **Pharmacological actions**
  - 1. Antipyretic
  - 2. Analgesic
  - 3. Antiiulcer
  - 4. Antiinflammatory
  - 5. Antiemetic
  - 6. Improve digestion
  - 7. Protect liver cells
  - 8. Anticoagulation
  - 9. Antioxidant
  - 10. Antibiotic
  - 11. Anticancer
  - 12. Antiarrhythmic
  - 13. Antiepileptic
  - 14. Hypnogenetic: inducing or entering sleep or a hypnotic state
  - 15. Antidiarrhea
  - 16. Sedative

Cong Bai (葱白)
Scallion or Spring Onion

- **English name:** scallion or spring onion
- **Botanical Name:** Allium Pstulosum L.
- **Pharmaceutical Name:** Bulbus allii Fistulosi
- **Where grown:** throughout China. This herb is cultivated.
- **When Harvested:** Year-round
- **Used Part:** Bulb
- **Flavor and Properties:** Pungent, warm
- **Channel Entered:** Lung, stomach
Cong Bai (葱白)
Scallion or Spring Onion

- **Functions**
  - 1. Induces sweating and releases the exterior
  - 2. Disperses cold and unblocks the Yang Qi
  - 3. Resolves toxicity and disperses clumps

- **Indications**
  - 1. For externally contracted wind-cold, especially in the very early stages. (+Dan Dou Chi)
  - 2. For either abdominal pain and distention or nasal congestion due to blockage of Yang Qi by cold.
  - 3. For sores and abscesses.
**Cong Bai (葱白)**  
Scallion or Spring Onion

- **Dosage and Administration**  
  - 3-10g decocted in water for an oral dose.

- **Cautions and Contraindications**  
  - 1. Contraindicated in cases of exterior deficiency with profuse sweating.
  - 2. Do not use with honey when taken orally.

- **Pharmacological actions**  
  - 1. Antibiotic
  - 2. Anticancer
  - 3. Antipyretic
  - 4. Increase male hormone

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**Xiang Ru (香薷)**  
Aromatic Madder or Elsholtzia

- **English name:** aromatic madder, elsholtzia
- **Alternate name:** 西香薷 (xi xiang ru)
- **Botanical Name:** Elsholtzia Splendens Nakai ex Maekwa
- **Pharmaceutical Name:** Herba Elsholtziae seu Moslae
- **Where grown:** Elsholtzia is grown in Jiangxi, Hebei, Henan, Anhui; Mosla is grown in Guangxi, Hunan, Hubei
- **When Harvested:** Summer or autumn when fruit has ripened
- **Used Part:** Entire plant
- **Flavor and Properties:** Pungent, aromatic, slightly warm
- **Channel Entered:** Lung, stomach
Xiang Ru (香薷)
Aromatic Madder or Elsholtzia

• Functions
  – 1. Induces sweating and releases the exterior
  – 2. Promotes urination and reduces swelling

• Indications
  – 1. For wind-cold during the summer, especially when accompanied by dampness. It is called “the summer ephedra (Ma Huang)” because it induces sweating for exterior cold and also facilitates the flow of urine.
  – 2. For edema and urinary difficulty, especially when associated with an exterior pattern.
Xiang Ru (香薷)  
Aromatic Madder or Elsholtzia

- **Dosage and Administration**  
  - 3-10g decocted in water for an oral dose.
- **Cautions and Contraindications**  
  - Contraindicated in deficiency exterior syndrome.
- **Pharmacological actions**  
  - 1. antibiotic
  - 2. analgesic
  - 3. Hypnogenetic: inducing or entering sleep or a hypnotic state.
  - 4. Relax smooth muscle
  - 5. Improve immune function

Cang Er Zi (苍耳子)  
Cocklebur Fruit or Xanthium

- **English name:** Cocklebur Fruit / Xanthium Fruit
- **Botanical Name:** Xanthium sibiricum Patr. Ex Widd.
- **Pharmaceutical Name:** Fructus Xanthii Sibirici
- **When Harvested:** August to September when fruit has ripened.
- **Used Part:** Fruit.
- **Flavor and Properties:** Pungent, slightly bitter, warm, **slightly toxic**
- **Channel Entered:** Lung.
Cang Er Zi (苍耳子）
Cocklebur Fruit or Xanthium

• **Functions**
  – 1. Dispels wind and releases the exterior
  – 2. Opens the nasal passages
  – 3. Disperses wind and dispels dampness
  – 4. Kill parasites

• **Indications**
  – 1. As an auxiliary herb for exterior disorders with a splitting headache that radiates to the back of the neck.
  – 2. For any nasal or sinus problem with a thick, viscous discharge and related headache. One of the main herbs for deep-source nasal congestion with headache, thick nasal discharge and a loss of smell.
  – 3. For Bi syndrome
  – 4. For skin disorders with itching.

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

• **Cautions and Contraindications**
  – Contraindicated for blood deficiency.
  – Overdosage can lead to vomiting, abdominal pain, diarrhea

• **Pharmacological actions**
  – 1. Antipyretic
  – 2. Analgesic
  – 3. Antiinflammatory
  – 4. Reduce blood sugar
  – 5. Inhibit immune reaction
  – 6. Anticancer
Xin Yi Hua (辛夷花)
Magnolia Flower

- **English name:** magnolia flower
- **Alternate names:** 辛夷(xin yi); 迎春花(yin chuan hua); 春花(chun hua)
- **Botanical Name:** Magnolia liliflora Desr.,
- **Pharmaceutical Name:** Flos Magnoliae
- **Where grown:** Henan, Anhui, Hubei, Sichuan, Shananxi
- **When Harvested:** Early spring before flower buds open.
- **Used Part:** Flower.
- **Flavor and Properties:** Pungent, warm
- **Channel Entered:** Lung, stomach
Xin Yi Hua (辛夷花）
Magnolia Flower

• Functions
  – 1. Dispels wind and releases the exterior
  – 2. Unblock the nasal passages

• Indications
  – 1. For exterior wind cold patterns
  – 2. For nasal obstruction or congestion, nasal discharge, lack of smell, sinus problems, or related headache. It is good at unblocking the nasal orifice.

• Dosage and Administration
  – 3-10g decocted in water for an oral dose.
  – Wrapped in a gauze for decoction.

• Cautions and Contraindications
  – Large dosage and long term use may cause red eyes and dizziness.

• Pharmacological actions
  – 1. Antiallergic
  – 2. Antiinflammatory
  – 3. Analgesic
  – 4. Enlarge blood vessel
  – 5. Reduce BP
  – 6. Relax muscle
  – 7. Anticoagulation
  – 8. Antibiotic
  – 9. Antipyretic
Xin Yi Hua (辛夷花)
Magnolia Flower

- 10. Antiulcer
- 11. Antiemetic: stop vomiting
- 12. Improve digestion
- 13. Protect liver cells
- 14. Antioxidant
- 15. Anticancer
- 16. Antiarrhythmic
- 17. Antiepileptic: reduce the frequency of epileptic seizures
- 18. Hypnogenetic
- 19. Antidiarrhea
- 20. Sedative

Cheng Liu/Xi He Liu (柽柳/西河柳)
Cacumen Tamaricis

- **English name**: Chinese Tamarisk Twig
- **Botanical Name**: Tamarix chinensis Lour.
- **Pharmaceutical Name**: Cacumen Tamaricis
- **When Harvested**: around May - June
- **Used Part**: Twig and leaf.
- **Flavor and Properties**: Pungent, Sweet, warm
- **Channel Entered**: Heart, Lung, stomach
Cheng Liu/Xi He Liu (柽柳/西河柳)
Cacumen Tamaricis

• **Functions**
  – Induces sweating and vents rashes

• **Indications**
  – Specifically for incomplete expression of the rash of measles, or for itching from a variety of rashes due to wind
Cheng Liu/Xi He Liu (柽柳/西河柳)
Cacumen Tamaricis

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

• **Cautions and Contraindications**
  – None

• **Pharmacological actions**
  – 1. Stop cough
  – 2. Protect liver cells
  – 3. Antibiotic

Section 1 Warm Pungent herbs that release exterior syndrome

− Ma Huang (麻黄) Herba Ephedrae
− Gui Zhi (桂枝) Ramulus Cinnamomi
− Zi Su (紫苏) Folium et Caulis Perillae
− Jing Jie (荆芥) Herba Schizonepetae
− Fang Feng (防风) Radix Ledebouriellae
− Qiang Huo (羌活) Rhizoma et Radix Notopterygii
− Gao Ben (藁本) Rhizoma et Radix Ligustici
− Bai Zhi (白芷) Radix Angelicae Dahuricae
− Xi Xin (细辛) Radix et Rhizoma Asari
− Sheng Jiang (生姜) Rhizoma Zingiberis Recens
− Cong Bai (葱白) Rhizoma Zingiberis Recens
− Xiang Ru (香薷) Herba Moslae
− Cang Er Zi (苍耳子) Xanthii Fructus
− Xin Yi Hua (辛夷花) Flos Magnoliae
− Cheng Liu (柽柳) Tamarix chinensis Lour
Questions

• 1. Ma Huang (Ephedra Stem)’s flavor and nature (i.e., temperature) are:
  – A. Acrid, slightly bitter and warm
  – B. Acrid, slightly bitter and neutral
  – C. Acrid, slightly sweet and warm
  – D. Acrid, sweet and cool

• 2. Ma Huang (Ephedra Stem) mainly treats:
  – A. Wind cold exterior excess syndrome
  – B. Wind heat exterior excess syndrome
  – C. Exterior deficient wind cold syndrome
  – D. Exterior deficient wind heat syndrome

• 3. Besides resolving the exterior, Gui Zhi (Cinnamon Twig) also:
  – A. Harmonizes the constructive and defensive
  – B. Warms the channels and scatters cold
  – C. Frees the flow of yang and transforms the Qi
  – D. All of the above.

• 4. Which of the following herb should be used to treat wind-cold deficiency with sweating, aversion to wind, and emission of the heat:
  – A. Ma Huang (Ephedra Stem)
  – B. Gui Zhi (Cinnamon Twig)
  – C. Fang Feng(Radix Ledebouriellae Divaricatae)
  – D. Su Ye (Perilla Leaf)
• 5. Which exterior-resolver expels wind, out-thrusts rashes, and stops bleeding:
  – A. Zi Su Ye (Perilla Leaf)
  – B. Jing Jie (Schizonepeta Stem or Bud)
  – C. Sheng Jiang (Rhizoma Zingiberis)
  – D. Ma Huang (Ephedra Stem)

• 6. Which herbs expelling wind, removing dampness to relieve pain, extinguishing internal wind to relieve spasm?
  – A. Jing Jie (Schizonepeta Stem or Bud)
  – B. Fang Feng (Ledebouriella Root or Siler)
  – C. Bai Zhi (Angelica Root)
  – D. Xi Xin (Chinese Wild Ginger)

• 7. Which of the following are actions of Qiang Huo (Rhizoma et notopterygii)?
  – A. Releases exterior and expels wind, Expel wind damp and relieves pain, Stops internal wind
  – B. Releases exterior and expels wind cold, Relieves back pain from wind cold invasion
  – C. Releases exterior and expels cold, Unblocks obstructions and relieves pain, Guides Qi to Tai Yang and Du channels
  – D. Releases exterior and expels cold, Warms the middle and stops vomiting, Expels cold and stops cough, Regulates Ying and Wei
8. What is the regular dosage for Xi Xin (Asari Herba)?
   - A. No more than 1 Qian
   - B. No more than 2 Qian
   - C. No more than 3 Qian
   - D. No more than 4 Qian

9. Which herb also known as “Summer Ma Huang”?
   - A. Sheng Jiang (Fresh Ginger Rhizome)
   - B. Chai Hu (radix bupleuri)
   - C. Xiang Ru (Moslae Herba)
   - D. Zi Su Ye(Perilla Leaf)

10. Jing Jie and Fang Feng both____
    - A. Disperse Wind and relieve the exterior
    - B. Disperse Wind and eliminate Dampness
    - C. Disperse Wind and brighten the eyes
    - D. Disperse Wind and transforms phlegm

11. Sheng Jiang (Fresh Ginger Rhizome) is best for stopping which pattern of vomiting:
    - A. Stomach vacuity
    - B. Stomach heat
    - C. Qi stagnation
    - D. Stomach cold
• 12. Which herb dispels wind, scatters cold, and opens the orifice of the nose?
  - A. Zi Su Ye (Perilla Leaf)
  - B. Sheng Jiang (Fresh Ginger Rhizome)
  - C. Xin Yi Hua (Flos Manoliae Liliflorae)
  - D. Fang Feng (Ledebouriella Root)

Section 2 Cool Pungent herbs that release exterior syndrome

  - 1. Bo He (Herba Menthae) 薄荷
  - 2. Niu Bang Zi (Fructus Arctii) 牛蒡子
  - 3. Chan Tui (Periostracum Cicadae) 蝉蜕
  - 4. Sang Ye (Folium Mori) 桑叶
  - 5. Ju Hua (Flos Chrysanthemi) 菊花
  - 6. Man Jing Zi (Fructus Viticis) 蔓荆子
  - 7. Dan Dou Chi (Semen Sojae Praeparatum) 淡豆豉
  - 8. Fu Ping (Herba Spirodelae) 浮萍
  - 9. Mu Zei (Herba Equiseti Hiemalis) 木贼
  - 10. Ge Gen (Radix Puerariae) 葛根
  - 11. Chai Hu (Radix Bupleuri) 柴胡
  - 12. Sheng Ma (Rhizoma Cimicifugae) 升麻
Bo He (薄荷)
Field Mint, Mentha

- **English name:** field mint; mentha
- **Alternate name:** 苏薄荷 (su bo he)
- **Botanical Name:** Mentha haplocalyx Briq.
- **Pharmaceutical Name:** Herba Menthae Haplocalycis
- **When Harvested:** 2-3 times a year, best in early summer and early autumn
- **Used Part:** Leaf and stem.
- **Flavor and Properties:** Pungent, aromatic, cool.
- **Channel Entered:** Lung, liver
Bo He (薄荷)
Field Mint, Mentha

• Functions
  – 1. Disperses wind-heat
  – 2. Clears head and eyes, and benefits the throat
  – 3. Moves Liver Qi
  – 4. Vents rashes
  – 5. Expels turbid filth

• Indications
  – 1. For wind-heat with fever, cough, headache, red eyes, and sore throat.
  – 2. For headache, red eyes, lacrimation (tear) and sore throat.
  – 3. For pressure feeling in the chest or flanks, emotional instability, menstruation disorder due to liver Qi stagnation
  – 4. For the early stages of rashes (such as measles)
  – 5. For summer-heat gastric disturbance (Sha Zhang) with abdominal pain, vomiting, diarrhea, and a thick, greasy, yellow tongue coating.

• Dosage and Administration:
  – 3-6g decocted in water for an oral dose, decoct late. Its sweat-inducing effect is quite strong. For this reason it is often used to treat sores and rashes on the skin, headache and red eyes, superficial visual obstructions, sore throat, and mouth ulcers.

• Cautions and Contraindications:
  – 1. Contraindicated in cases of exterior deficiency (sweating) or Yin deficiency with heat signs.
  – 2. Not recommended for nursing mothers as this herb may lead to insufficient lactation.
Bo He (薄荷)
Field Mint, Mentha

- Pharmacological actions
  - 1. Antibiotic effect: ECHO viruses and Salmonella typhi viruses
  - 2. Effect on smooth muscle: inhibitory effect on rabbit intestines.

Niu Bang Zi (牛蒡子)
Great Burdock Fruit or Arctium

- English name: great burdock fruit, arctium
- Alternate names: 牛蒡 (niu bang); 牛子 (niu zi); 大力子 (da li zi); 鼠粘子 (shu nian zi); 恶实 (e shi)
- Botanical Name: Arctium lappa L.
- Pharmaceutical Name: Fructus Arctii Lappae
- When Harvested: Early autumn when fruit has ripened.
- Used Part: Seeds or fruit
- Flavor and Properties: Acrid, bitter, cold
- Channel Entered: Lung, stomach
Niu Bang Zi (牛蒡子)
Great Burdock Fruit or Arctium

• **Functions**
  – 1. Disperses wind-heat
  – 2. Benefits throat
  – 3. Resolves toxicity
  – 4. Vents rashes
  – 5. Moistens the intestines

• **Indications**
  – 1. For fever, sore throat, cough due to wind-heat
  – 2. For sore, red, swollen throat due to wind-heat
  – 3. For red swellings, carbuncles, erythemas, mumps due to heat toxicity
  – 4. For acute febrile maculopapule [a compound of the terms macule (spots) and papule (bumps)] rashes mumps due to heat toxicity
  – 5. For sore throat, erythema (redness of the skin), and maculopapule rashes with constipation
Niu Bang Zi (牛蒡子)  
Great Burdock Fruit or Arctium

• **Dosage and Administration:**
  – 6-12g decocted in water for an oral dose. It is ideal for wind-heat, hot-phlegm coughs, unexpressed rashes, swelling and pain of the throat, and other toxic swelling and sores.

• **Cautions and Contraindications:**
  – Contraindicated in the cases of Qi deficiency and diarrhea, or open sores and carbuncles.

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Niu Bang Zi (牛蒡子)  
Great Burdock Fruit or Arctium

• **Pharmacological actions**
  – Antibiotic effect: inhibitory effect against Streptococcus Pneumoniae and many pathogenic fungi.
  – Endocrine effect: prolonged hypoglycemic (a low blood glucose level) effect in rats.
Chan Tui (蝉蜕)
Cicada Moulting

- **English name:** cicada moulting
- **Alternate name:** 蝉衣 (chan yi); 虫衣 (chong yi); 蝉壳 (chan ke);
- **Botanical Name:** Cryptotympana atrata Fabr.
- **Pharmaceutical Name:** Periostracum Cicadae.
- **When Harvested:** Summer and autumn
- **Used Part:** Skin
- **Flavor and Properties:** Sweet, salty, slightly cold.
- **Channel Entered:** Lung, Liver
Chan Tui (蝉蜕)
Cicada Moulting

• Functions
  – 1. Disperses wind-heat
  – 2. Vents rashes
  – 3. Clears the eyes and removes superficial visual obstruction
  – 4. Stops spasm and extinguishes wind

• Indications
  – 1. For chills and fever, loss of voice and swollen, sore throat due to wind-heat.
  – 2. For early stage of measles with an incomplete expression of the rash
  – 3. For wind-heat eye problems such as red, painful, and swollen eyes, or blurry vision
  – 4. For childhood febrile diseases in which wind causes convulsions, spasms, delirium, or night terrors.

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

• Cautions and Contraindications:
  – Contraindicated in the cases of pregnancy and people who want to have baby because it can reduce sperm amount and deform fetus.

• Pharmacological actions
  – 1. Effect on the nervous system: reducing spasms induced by tetanus toxoid (a bacterial toxin) in rabbits.
  – 2. Treatment of tetanus
Sang Ye (桑叶) 
Mulberry Leaf

- **English name**: white mulberry leaf
- **Alternate names**: 冬桑叶 (dong sang ye); 霜桑叶 (shuang sang ye)
- **Botanical Name**: Morus alba L.
- **Pharmaceutical Name**: Folium Mori Albae
- **When Harvested**: October through December, after the first frost.
- **Used Part**: Leaf
- **Flavor and Properties**: Sweet, bitter, cold
- **Channel Entered**: Liver, Lung
Sang Ye (桑叶)
Mulberry Leaf

• **Functions**
  – 1. Disperses wind-heat
  – 2. Calms the Liver and clears the eyes
  – 3. Clears the lungs and moistens dryness

• **Indications**
  – 1. For externally contracted wind-heat with fever, headache, sore throat, and coughing.
  – 2. For red, sore, dry or painful eyes, or floaters in front of the eyes, vertigo.
  – 3. For Lung dryness with cough, and dry mouth or Lung heat with thick, yellow sputum

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

• **Cautions and Contraindications:**
  – Long-term use of 250 times the normal human dose in mice produced both liver and kidney Damage.

• **Pharmacological actions**
  – 1. Endocrine effect: hypoglycemic effect in mice
  – 2. Treatment of elephantiasis (a disease that is characterized by the thickening of the skin and underlying tissues, especially in the legs, male genitals):
Ju Hua (菊花)
Chrysanthemum Flower

- **English name**: chrysanthemum flower
- **Alternate names**: 甘菊花 (gan ju hua); 黄菊花 (huang ju hua); 杭菊花 (hang ju hua); 白菊花 (bai ju hua)
- **Botanical Name**: Chrysanthemum morifolium Ramat.
- **Pharmaceutical Name**: Flos Chrysanthemi Morifolii.
- **When Harvested**: Late autumn or early winter when the flowers are at their height.
- **Used Part**: Flower
- **Flavor and Properties**: Sweet, bitter, slightly cold.
- **Channel Entered**: Liver, lung.
Ju Hua (菊花)  
Chrysanthemum Flower

• Functions
  – 1. Disperses wind-heat
  – 2. Clears the eyes
  – 3. Calms the Liver and extinguishes wind
  – 4. Resolves toxicity

• Indications
  – 1. For wind-heat with fever and headache, cough
  – 2. For red, swollen, dry, and/or painful eyes, floaters in front of the eyes, blurry vision
  – 3. For dizziness, headache, and deafness due to ascendant Liver Yang
  – 4. For toxic sores and swellings

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

• Cautions and Contraindications:
  – Caution with spleen Qi deficiency.

• Pharmacological actions
  – 1. Antibiotic effect
  – 2. Treatment of hypertension
Man Jing Zi (蔓荆子)
Vitex Fruit

- **English name:** vitex fruit
- **Alternate names:** 蔓荆实 (man jing shi); 京子 (jing zi); 万金子 (wan jin zi)
- **Botanical Name:** Vitex rotundifolia L. Or V. Trifolia L.
- **Pharmaceutical Name:** Fructus Viticis
- **When Harvested:** Autumn when fruit has ripened
- **Used Part:** Fruit
- **Flavor and Properties:** Bitter, acrid, cool
- **Channel Entered:** Bladder, liver, stomach
Man Jing Zi (蔓荆子)  
Vitex Fruit

- **Functions**
  - 1. Disperses wind-heat
  - 2. Clears eyes
  - 3. Drains wind dampness
- **Indications**
  - 1. For externally-contracted wind-heat, especially when the major complaint is headache or eye pain
  - 2. For liver channel wind-heat manifesting as excessive tearing, red, painful, or swollen eyes, or floater in front of the eyes
  - 3. As an auxiliary herb for Bi syndrome for wind-dampness in the limbs causing stiffness, numbness, cramping, or heaviness

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Man Jing Zi (蔓荆子)  
Vitex Fruit

- **Dosage and Administration:**
  - 5-10g decocted in water for an oral dose. Can be used in case of sciatica, constipation, cataract, insomnia and gastritis.
- **Cautions and Contraindications:**
  - 1. Caution in cases of headaches or eye problems due to Yin or blood deficiency
  - 2. Caution in cases of stomach Qi deficiency.
Dan Dou Chi (淡豆豉)
Prepared Soybean

- **English name:** prepared soybean
- **Alternate names:** 豆豉 (dou chi); 香豆豉 (xiang dou chi); 香豉 (xiang chi)
- **Botanical Name:** Glycine max (L.) Merr.
- **Pharmaceutical Name:** Semen Sojae Praeparatum
- **When Harvested:** Summer or early autumn
- **Used Part:** Fruit
- **Flavor and Properties:** Sweet, slightly bitter, cold or warm (depending on preparation)
- **Channel Entered:** Lung, stomach
Dan Dou Chi (淡豆豉)
Prepared Soybean

• Functions
  – 1. Disperses wind
  – 2. Eliminates irritability

• Indications
  – 1. For both wind heat and wind cold exterior disorders
  – 2. For irritability, restlessness, stifling sensation in the chest and insomnia following febrile disorder

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

• Cautions and Contraindications:
  – Contraindicated for nursing mothers.

• Pharmacological actions
  – Diaphoretic effect: a very weak diaphoretic action.
Fu Ping (浮萍) 
Spirodela or Duckweed

- **English:** spirodela or duckweed (L.minor)
- **Alternate name:** 紫背浮萍 (zi bei fu ping)
- **Botanical Name:** Spirodela polyrrhiza Schield or lemna minor L.
- **Pharmaceutical Name:** Herba Lemnae seu Spirodelae
- **When Harvested:** June through September
- **Used Part:** Entire plant.
- **Flavor and Properties:** Acrid, cold
- **Channel Entered:** Bladder, lung
Fu Ping
Spirodela or Duckweed

• Functions
  – 1. Induces sweating and disperse wind-heat
  – 2. Vents rashes and stops itching
  – 3. Promotes urination

• Indications
  – 1. For patterns of exterior heat with head and body aches and an absence of sweating. This is one of the few cool, pungent herbs that are a strong diaphoretic
  – 2. Hastens the full expression of measles or other rashes and thereby accelerates resolution of the disease. Also used for wind rash.
  – 3. For hot superficial edema, primarily when it affects the upper body and is accompanied by urinary difficulty.

• Dosage and Administration:
  – 3-10g decocted in water for an oral dose.
  – Ground into powder and infused in warm water.
  – Used externally as a wash for rashes.

• Cautions and Contraindications:
  – Contraindicated for any condition with profuse sweating

• Pharmacological actions
  – 1. Effect on temperature regulation: low body temperature
  – 2. Effect on the heart: negative inotropic effect of quinine on frog hearts.
Mu Zei (木贼)
Scouring rush or shave grass

- **English name**: scouring rush, shave grass
- **Literal English name**: “wood thief”
- **Alternate name**: 木贼草 (mu zei cao)
- **Latin Name**: Equistum hiemale L.
- **Pharmaceutical Name**: Herba Equiseti Hiemalis
- **Where Grown**: throughout north and northeastern China
- **When Harvested**: summer or early autumn
- **Used Part**: Entire plant
- **Preparation**: cut, used unprepared
- **Flavor and Properties**: sweet, bitter and neutral
- **Channel Entered**: liver and lung
Mu Zei (木贼)
Scouring rush or shave grass

• **Functions**
  – 1. Disperses wind-heat, clears the eyes, and reduces superficial visual obstruction
  – 2. Clears heat and stops bleeding

• **Indications**
  – 1. For wind-heat affecting the eyes and causing redness, pain, swelling, cloudiness, blurred vision, pterygium, or excessive tearing.
  – 2. As an auxiliary herb for blood in the stool or hemorrhoids.

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

• **Cautions and Contraindications:**
  – None

• **Pharmacological actions**
  – Treatment of pulmonary disease: treat silicosis [a respiratory disease caused by breathing in (inhaling) silica dust]; improvement in such symptoms as coughing, wheezing, and chest pain.
Ge Gen (葛根)
Kudzu Root or Pueraria

- **English name**: kudzu root, pueraria
- **Alternate names**: 干根 (gan gen); 干葛根 (gan ge gen)
- **Botanical Name**: Pueraria lobata Ohwi.
- **Pharmaceutical Name**: Radix Puerariae
- **When Harvested**: Best in spring before the grave sweeping festival, or in autumn after the first frost
- **Used Part**: Root
- **Flavor and Properties**: Sweet, acrid, cool
- **Channel Entered**: Spleen, stomach
Ge Gen (葛根)
Kudzu Root or Pueraria

- **Functions**
  - 1. Expels wind-heat and releases the muscles
  - 2. Relieves heat and generates fluids
  - 3. Vents measles
  - 4. Raises the Yang and stops diarrhea
  - 5. Treats hypertension

- **Indications**
  - 1. For exterior disorders *lodged in the muscles* manifesting in fever, headache, and *stiff or tight upper back and neck*.
  - 2. For *thirst* due to *stomach heat*, especially appropriate in cases of externally-contracted heat.
  - 3. To hasten recovery from *measles* with incomplete expression of the rash
  - 4. For *diarrhea* or dysenteric disorders due to *heat*, Can also be used for diarrhea due to *Spleen deficiency, when combined with appropriate herbs.*
  - 5. This herb has recently been used to treat the headache, dizziness, tinnitus, or paresthesias that can accompany *hypertension*.

- **Dosage and Administration:**
  - 10-15g decocted in water for an oral dose.
  - Good at upper back and neck stiffness caused by wind

- **Cautions and Contraindications:**
  - None

- **Pharmacological actions**
  - 1. Effect on temperature regulation: lower
  - 2. Effect on smooth muscle: antispasmodic effect
  - 3. Cardiovascular effect: increase cerebral blood flow and reduce the resistance of the blood vessels.
  - 4. Treatment of hypertension
  - 5. Treatment of coronary artery disease.
  - 6. Use in otolaryngology: sudden deafness.
Chai Hu (柴胡)
Bupleurum or Thorowax Root or Hare’s Ear Root

- **English name:** hare’s ear root, thorowax root, bupleurum
- **Literal English translation:** “kindling of the barbarians”
- **Alternate names:** 秋柴胡 (qiu chai hu); 硬柴胡 (ying chai hu); 软柴胡 (ruan chai hu); 细柴胡 (xi chai hu)
- **Botanical Name:** Bupleurum Chinese D.C.
- **Pharmaceutical Name:** Radix Bupleuri
- **When Harvested:** Spring and autumn
- **Used Part:** Root
- **Flavor and Properties:** Bitter, acrid, cool
- **Channel Entered:** Gallbladder, liver, pericardium and San-Jiao
Chai Hu (柴胡)
Bupleurum or Thorowax Root or Hare’s Ear Root

• Functions
  – 1. Resolves Shaoyang disorders and reduces fever
  – 2. Sooths Liver Qi
  – 3. Raises the Yang Qi

• Indications
  – 1. For alternating chills and fever accompanied by a bitter taste, flank pain, irritability, vomiting, and a stifling sensation in the chest associated with the Shaoyang stage of externally contracted disorders. Also treat malaria.
  – 2. For constrained Liver Qi with such symptoms as dizziness, vertigo, chest and flank pain, emotional instability, or menstrual problems.
  – 3. For prolapse, sensation of dragging downward, hemorrhoids, excessive vaginal discharge, bleeding or exhaustion. All of these symptoms can indicate an abnormal descent of Qi with an inability to rise.

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

• Cautions and Contraindications:
  – 1. Contraindicated in cases of Yin deficiency.
  – 2. Contraindicated in cases of liver fire or liver Yang ascending to the head.
  – 3. Occasionally cause nausea or vomiting

• Pharmacological actions
  – 1. Effect on temperature regulation: lower
  – 2. Effect on immune system: increase in capillary permeability caused by histamine
  – 3. Antibiotic effect: influenza and poliomyelitis viruses
  – 4. Treatment upper respiratory infection: upper respiratory infections
  – 5. Central nervous system effect: tranquilizing effect in mice; antitussive effect through central control
  – 6. Cardiovascular effect: lower blood pressure and negative inotropic effect on the heart
Sheng Ma (升麻)
Bugbane Rhizome or Cimicifuga

- **English name**: bugbane rhizome, black cohosh rhizome, cimicifuga
- **Literal English translation**: “ascending hemp”
- **Botanical Name**: Cimicifuga foetida L. Or C. Dahurica C. Heracleifolia Kom
- **Pharmaceutical Name**: Rhizoma Cimicifugae
- **When Harvested**: Autumn
- **Used Part**: Rhizome
- **Flavor and Properties**: Sweet, acrid, cool
- **Channel Entered**: Large intestine, Lung, spleen, stomach
Sheng Ma (升麻)
Bugbane Rhizome or Cimicifuga

• Functions
  – 1. Discharges exterior conditions and vents measles
  – 2. Clears heat and resolves toxicity
  – 3. Raises the Yang and lifts sinking

• Indications
  – 1. For headache due to exterior wind-heat or the early stages of measles
  – 2. For various manifestations of fire toxin in the upper or superficial aspects of the body. It is commonly used for sore teeth, swollen or painful gums, ulcerated lips or gums, canker sores, or maculae from warm-heat pathogen diseases
  – 3. For middle Qi deficiency leading to shortness of breath, fatigue, and prolapse. Also used for Girdle vessel spasm and as a messenger to guide the effects of other herbs upward.

• Dosage and Administration:
  – 3-10g decocted in water for an oral dose.
  – Usually honey-baked for middle Qi or Yang Qi prolapsed.

• Cautions and Contraindications:
  – 1. Contraindicated in cases of heat due to Yin deficiency.
  – 2. Contraindicated in cases when the upper part of body presents excessive syndrome and the lower part of body presents deficiency syndrome.
  – 3. Contraindicated in cases of fully erupted measles.
  – 4. Overdose may cause headaches, dizziness, vomiting, tremors, gastroenteritis and pathogenic erections.
Sheng Ma (升麻)
Bugbane Rhizome or Cimicifuga

• Pharmacological actions
  – Antibiotic effect: inhibit Mycobacterium tuberculosis and many pathogenic fungi
  – Cardiovascular effect: lower blood pressure and negative inotropic and chronotropic effects.

Section 2 Cool Pungent herbs that release exterior syndrome

− 1. Bo He (Herba Menthae) 薄荷
− 2. Niu Bang Zi (Fructus Arctii) 牛蒡子
− 3. Chan Tui (Periostracum Cicadae) 蝉蜕
− 4. Sang Ye (Folium Mori) 桑叶
− 5. Ju Hua (Flos Chrysanthemi) 菊花
− 6. Man Jing Zi (Fructus Viticis) 蔓荆子
− 7. Dan Dou Chi (Semen Sojae Praeparatum) 淡豆豉
− 8. Fu Ping (Herba Spirodela) 浮萍
− 9. Mu Zei (Herba Equiseti Hiemalis) 木贼
− 10. Ge Gen (Radix Puerariae) 葛根
− 11. Chai Hu (Radix Bupleuri) 柴胡
− 12. Sheng Ma (Rhizoma Cimicifugae) 升麻
Questions

1. Which of the following are actions of Sang Ye (folium mori albae)?
   - A. Releases exterior and expels wind heat, Expel wind damp and relieves pain, Stops internal wind
   - B. Releases exterior and expels wind cold, Relieves back pain from wind cold invasion
   - C. Expels wind and clears Lung Heat, Clears Liver and brightens the eyes, Cool Blood and stops bleeding
   - D. Releases exterior and expels cold, Warms the middle and stops vomiting, Expels cold and stops cough, Regulates Ying and Wei

2. Which of the following are actions of Ju Hua (flos chrysanthemi morifolii)?
   - A. Releases exterior and expels wind heat, Expel wind damp and relieves pain, Stops internal wind
   - B. Releases exterior and expels wind cold, Relieves back pain from wind cold invasion
   - C. Expels wind and clears Lung Heat, Clears Liver and brightens the eyes, Cool Blood and stops bleeding
   - D. Disperses wind and clears heat, Clears Liver and brightens the eyes, Calms the Liver and extinguishes wind

3. Which of the following are actions of Chai Hu (radix bupleuri)?
   - A. Releases exterior and expels wind heat, Expel wind damp and relieves pain, Stops internal wind
   - B. Releases exterior and expels wind cold, Relieves back pain from wind cold invasion
   - C. Expels wind and clears Lung Heat, Clears Liver and brightens the eyes, Cool Blood and stops bleeding
   - D. Harmonizes Shao Yang and reduces fever, Smooths Liver Qi, Raises the Yang Qi

4. Which of the following are actions of Sheng ma (rhizome clavicifugae)?
   - A. Release exterior and vents rashes, Clears heat and relieves toxicity, Raise the Yang Qi
   - B. Releases exterior and expels wind cold, Relieves back pain from wind cold invasion
   - C. Expels wind and clears Lung Heat, clears Liver and brightens the eyes, Cool Blood and stops bleeding
   - D. Harmonizes Shao Yang and reduces fever, Smooths Liver Qi, Raises the Yang Qi
Questions

5. In addition to resolving the exterior and clearing heat, Bo He (Field Mint):
   - A. Clears the head and eyes
   - B. Out-thrusts rashes
   - C. Course the liver and resolves depression
   - D. All of above.

6. Which is the best herb for treating upper body joint and muscular pain due to wind, cold, and dampness:
   - A. Qiang Huo (Radix Et Rhizoma Notoptergyi)
   - B. Gui Zhi (Ramulus Cinnamomi Cassiae)
   - C. Gou Ji (Rhizoma Cibotii Barometsis)
   - D. Fang Feng (Ledebouriella Root)

Questions

7. Which herb dispels wind, scatters cold, and opens the orifice of the nose?
   - A. Zi Su Ye (Perilla Leaf)
   - B. Sheng Jiang (Fresh Ginger Rhizome)
   - C. Xin Yi Hua (Flos Manoliae Liliflorae)
   - D. Fang Feng (Ledebouriella Root)