Individual Herbs I

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Chapter 2 Herbs that Clear Heat

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Concept

• Heat in TCM
  – Refers not only to febrile disorders or problems due to the invasion of pathogenic heat
  – But also to any condition that presents with heat signs
    • Such as dry throat, red face, red eyes, dry stools, dark and scanty urine, yellow tongue coating, rapid pulse, and a sensation of warmth in the five centers (palm, feet and chest)
**Categories**

- Heat can be divided into exterior and interior heat.
  - **Exterior heat** presents with fever, chills, headache, thirst, moderate sweating, and a floating, rapid pulse.
  - **Interior heat** presents with fever without chills, dry mouth, thirst, irritability, scanty and dark urine, yellow tongue coating, constipation or diarrhea, and abdominal distention.

- The herbs described in this chapter are used for treating interior heat. Generally speaking, these herbs are cold in nature.

**Cautions**

- Cautions:
  - 1. Cautions in cases of spleen and stomach Yang deficiency.
  - 2. Should not be used for true cold with false-heat.
  - 3. Stop using the herb when the condition gets better.
Classification

• Section 1 Herbs that drain fire (11 types)
  – Shi Gao, Zhi Mu, Zhi Zi, Dan Zhu Ye, Xiong Dan, Ya Zhi Cao, Xi Gua Pi, Han Shui Zhi, Lian Zi Xin, Lu Gen, Tian Hua Fen

• Section 2 Herbs that clear liver heat and brighten eyes (6 types)
  – Xia Ku Cao, Jue Ming Zi, Qing Xiang Zi, Mi Meng Hua, Gu Jing Cao, Ye Ming Sha

• Section 3 Herbs that cool blood (7 types)
  – Xi Jiao, Shui Niu Jiao, Sheng Di Huang, Xuan Shen, Chi Shao, Mu Dan Pi, Zi Cao

• Section 4 Herbs that clear damp-heat (6 types)
  – Huang Qin, Huang Lian, Huang Bai, Long Dan Cao, Ku Shen, Qin Pi

• Section 5 Herbs that clear heat and relieve toxicity (42 types)
  – Jin Yin Hua, Ren Dong Teng, Lian Qiao, Da Qing Ye, Ban Lan Gen, Qing Dai, Pu Gong Ying, Zi Hua Di Ding, Ye Ju Hua, Zi Bei Tian Kui, Bai Jiang Cao, Yu Xing Cao, Chuan Xin Lian, Bai Hua She She Cao, Bai Tou Weng, Ya Dan Zi, Ma Chi Xian, Hong Teng, Bai Xian Pi, Ban Zhi Lian, Ban Bian Lian, She Gan, Ma Bo, San Dou Gen, Bei Dou Gen, Bai Guo, Shan Ci Gu, Bai Lian, Lou Lu, Lu Dou, He Ye, Pang Da Hai, Chong Lou/Zao Xiu, Wei Ling Cai, Tu Fu Ling, Chui Pen Cao, Ji Xue Cao, Ji Gu Cao, Tu Niu Xi, Shi Shang Bai, Long Kui, Wan Nian Qing

• Section 6 Herbs that clear deficiency heat (5 types)
  – Qing Hao, Di Gu Pi, Bai Wei, Yin Chai Hu, Hu Huang Lian
Chapter 2 Herbs that Clear Heat

Section 1 Herbs that drain fire

Herbs that drain fire

• Herbs that drain fire
  – Herbs that drain fire are among the coldest in the Chinese herbal medicines.
  – They are used for treating high fever, irritability, thirst, and delirium associated with febrile disease.
  – In the four-level system of differentiation, these symptoms generally correspond to the Qi level, and in the six meridian stage system, to the Yangming stage.
  – Included in this group are herbs used for treating eye problems due to wind-heat, as well as heat in the Liver, Lung, or Stomach.
Herbs that drain fire

• Cautions:
  – 1. Be careful with the genuine Qi of weak patients, and combine with tonifying herbs.
  – 2. Prescribe these herbs with consideration to the heat in the different parts of the body.

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Shi Gao (石膏)
Gypsum

- **English name**: Gypsum
- **Literal English Translation**: “stone paste”
- **Botanical Name**: Calcium Sulfate
- **Pharmaceutical Name**: Gypsum
- **Used Part**: Mineral.
- **Flavor and Properties**: Sweet, acrid, very cold
- **Channel Entered**: Lung, stomach
Shi Gao (石膏)
Gypsum

• **Actions**
  - 1. Clears Qi stage heat
  - 2. Clears Lung heat
  - 3. Clears Stomach fire
  - 4. Promotes tissue regeneration

• **Indications**
  - 1. For Qi stage heat of the four level of disease, or the Yangming stage of the six stages of disease manifested as (1) high fever without chills, irritability, (2) intense thirst, (3) profuse sweating, (4) a flooding, big pulse, and red tongue with yellow coating. - with Zhi Mu, Gan Cao (such as Bai Hu Tang).
  - 2. For cough and wheezing with fever and thick, viscous sputum. - with Ma Huang, Xing Ren, Gan Cao (such as Ma Xin Shi Gan Tang)
  - 3. For toothache, or swollen and painful gums due to stomach fire. - Huang Lian, Sheng Ma, Sheng Di Huang (such as Qing Wei San)
  - 4. For eczema, burns, and ulcerated sores. Usually applied topically in powdered form after being calcined and mixed with other herbs.

• **Dosage and administration:**
  - 15-60g or up to 90g for very high fevers.
  - Should be broken up and cooked early. The main ingredient is (CaSO4.2H2O)
  - Unprepared for taking orally, calcined for external application.

• **Cautions and contraindications:**
  - Contraindicated for syndromes with weak stomach, spleen deficiency with diarrhea.
  - Contraindicated in cases of Yang deficiency or heat from Yin deficiency.

• **Pharmacological & Clinical Research:**
  - 1. Effect on temperature regulation: no significant antipyretic effect
  - 2. Effect on calcium metabolism: reduce the level of calcium in some organs.
  - 3. Antibiotic effect
Han Shui Shi (寒水石)  
(Calcitum Sue Gypsum Rubrum)

- **English name:** calcitum
- **Alternate name:** 凝水石（ning shui shi）
- **Literal English Translation:** “cold water stone”
- **Botanical Name:** Calcium
- **Pharmaceutical Name:** Cypsum Rubrum
- **Used Part:** Mineral.
- **Flavor and Properties:** Acrid, Cold, Salty
- **Channel Entered:** Heart, Stomach, Kidney
Han Shui Shi (寒水石)  
(Calcitum Sue Gypsum Rubrum)

• **Actions**
  – 1. Clears Qi stage heat
  – 2. Drains fire

• **Indications**
  – 1. For high fever, irritability, and thirst from heat in the Qi level, especially useful for warm pathogen diseases that occur during the summer
  – 2. Applied topically for burns and such problems as sore throat and oral ulcers

• **Dosage and administration:**
  – 10-15g

• **Cautions and contraindications:**
  – Contraindicated for spleen deficiency with diarrhea.
Zhi Mu (知母)
Anemarrhena Rhizome

- **English name:** anemarrhena rhizome
- **Alternate name:** 肥知母（fei zhi mu）; 光知母（guang zhi mu）; 知母肉（zhi mu rou）
- **Literal English Translation:** “know about mother”
- **Botanical Name:** Anemarrhena asphodeloides Bge.
- **Pharmaceutical Name:** Rhizoma Anemarrhenae Asphodeloidis.
- **When Harvested:** Autumn
- **Used Part:** Root
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Lung, stomach, kidney
Zhi Mu (知母)
Anemarrhena Rhizome

• **Actions**
  – 1. Clears Qi stage heat
  – 2. Stops coughing
  – 3. Generates fluid
  – 4. Nourishes Yin

• **Indications**
  – 1. For high fever, irritability, thirst, and a rapid, flooding pulse in patterns of heat from excess in the Lungs and Stomach. Also for cough due to heat in the Lungs with expectoration of thick, yellow sputum. - with Shi Gao, Gan Cao (such as Bai Hu Tang)
  – 2. For both **Lung heat** and **Lung yin deficiency** coughing and bleeding gums. with Bei Mu (such as Er Mu San)
  – 3. For wasting and thirsting disorder. - with Tian Hua Fen, Mai Men Dong.
  – 4. For steaming bone disorder, irritability, afternoon or low-grade fevers, heat in the five centers. Also for spermatorrhea, nocturnal emissions, and abnormally elevated sex drive. - with Huang Bai, Sheng Di Huang, Shan Yao (such as Zhi Bai Di Huang Wan)

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

• **Cautions and Contraindications:**
  – Contraindicated in the cases of diarrhea due to spleen deficiency.

• **Pharmacological & Clinical Research:**
  – 1. Antibiotic effect
  – 2. Effect against tuberculosis
  – 3. Effect on temperature regulation: no febrile response was found in experimental groups.
Zhi Zi (栀子)
Cape Jasmine Fruit or Gardenia

- **English name**: cape jasmine fruit, gardenia
- **Alternate name**: 山栀（shan zhi）; 山栀子（shan zhi zi）
- **Botanical Name**: Gardenia jasminoides Ellis
- **Pharmaceutical Name**: Fructus Gardeniae Jasminoidis
- **When Harvested**: September through November when fruit skin turns a reddish yellow.
- **Used Part**: Fruit
- **Flavor and Properties**: Bitter, cold
- **Channel Entered**: Heart, liver, lung, stomach, San-Jiao
Zhi Zi (栀子)
Cape Jasmine Fruit or Gardenia

- **Actions**
  - 1. Drains heat and eliminates irritability
  - 2. Clears damp-heat
  - 3. Cools blood and stops bleeding
  - 4. Resolves toxicity

- **Indications**
  - 1. For fever, irritability, restlessness, stifling sensation in the chest, insomnia, or delirious speech. - with Dan Dou Chi or Huang Lian, Huang Qin
  - 2. For painful urinary dribbling due to damp-heat in the lower burner; damp-heat jaundice; and damp-heat affecting the nose and eyes, or causing sores in the mouth or facial region. - with Mu Tong, Che Qiao Zi; - with Yin Chen, Da Huang (such as Yin Chen Hao Tang)
  - 3. For heat in the blood with such symptoms as nosebleed, vomit blood, or blood in the stool or urine. For this purpose, the herb is partially charred. With Sheng Di Huang, Mu Dan Pi
  - 4. For boils and sores, for this purpose, apply topically as a powder mixed with egg white or vinegar.

- **Dosage and Administration:**
  - 3-10g decocted in water for an oral dose.
  - Partially char when used to stop bleeding.

- **Cautions and Contraindications:**
  - Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.

- **Pharmacological & Clinical Research:**
  - 1. Effect on bile metabolism: increase
  - 2. Central nervous system effect: decrease in autonomous movement, closure of the eyes, and relaxation of the musculature
  - 3. Cardiovascular effect: lower blood pressure
  - 4. Antibiotic effect
  - 5. Effect in trauma:
  - 6. Diuretic effect
Dan Zhu Ye (淡竹叶)
Lophatherum Stem and Leaves

- **English name**: lophatherum stem and leaves
- **Alternate name**: 竹叶 (zhu ye)
- **Literal English translation**: “bland bamboo leaves”
- **Botanical Name**: Lophatherum gracile Brongn
- **Pharmaceutical Name**: Herba Lophatheri Gracilis
- **When Harvested**: May to June before the flowers have bloomed
- **Used Part**: Stem and leaves
- **Flavor and Properties**: Sweet, tasteless, cold
- **Channel Entered**: Heart, small intestine, stomach
Dan Zhu Ye (淡竹叶)
Lophatherum Stem and Leaves

• **Actions**
  – 1. Clears heat and eliminates irritability
  – 2. Promotes urination and clears damp-heat

• **Indications**
  – 1. For irritability and thirst. - With Shi Gao, Zhi Zi
  – 2. For rough, scanty, painful urination. Especially useful for heat in the Small Intestine channel with the above symptoms plus irritability and a dark-red tip on the tongue. Also used for mouth sores and swollen, painful gums. - With Sheng Di Huang, Mu Tong, Gan Cao (Dao Chi San)

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

• **Cautions and Contraindications:**
  – Caution during pregnancy.
  – Can increase blood sugar

• **Pharmacological & Clinical Research:**
  – 1. Effect on temperature regulation: lower
  – 2. Diuretic effect
Xiong Dan (熊胆)  
(Fel Ursi)

- **English name:** bear gallbladder
- **Botanical Name:** Ursus arctos L., Selenarctos thibetanus G. Cuvier (Ursidae)
- **Pharmaceutical Name:** Fel Ursi
- **When Harvested:** any time
- **Used Part:** Bear Gall
- **Flavor and Properties:** Bitter, Cold
- **Channel Entered:** Liver, Gallbladder, Heart
**Xiong Dan**
(Fel Urisi)

- **Actions**
  - 1. Calms wind and stops convulsion
  - 2. Clears heat and drains fire
  - 3. Clears liver and brightens eyes

- **Indications**
  - 1. For convulsion due to liver extreme heat
  - 2. For carbuncles and hemorrhoid
  - 3. For red, swollen, and painful eyes due to heat or wind-heat in the Liver channel. Also for eye problems such as photosensitivity, night blindness, and loss of vision without visible physical changes to the eye.

- **Dosage and Administration:**
  - 1-2g decocted in water for an oral dose.

- **Cautions and Contraindications**
  - Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.

- **Pharmacological actions**
  - Effect on smooth muscle: relieve spasms
  - Cardiovascular effect: lower blood pressure
  - Respiratory effect: stop cough
Ya Zhi Cao (鸭跖草)  
(Cammelinae Herba)

• **English name:** Dayflower  
• **Botanical Name:** Commelina communis L.  
(Commelinaceae)  
• **Pharmaceutical Name:** Herba Commelinae  
• **When Harvested:** June-July  
• **Used Part:** Grass  
• **Flavor and Properties:** Sweet, Bland, Cold  
• **Channel Entered:** Lung, Stomach, Small Intestine
Ya Zhi Cao (鴨跖草)
(Cammelinae Herba)

• **Actions**
  – 1. Clears heat and drains fire
  – 2. Clears heat and promotes urination

• **Indications**
  – 1. For the fever of relatively superficial warm pathogen diseases. While this herb does have some toxicity-resolving action, it is rather weak.
  – 2. For **hot painful urinary dribbling with urinary dysfunction and edema**

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

**Cautions and Contraindications**
– Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.
Xi Gua Pi (西瓜皮)  
(Citrulli Fructus)

- **English name:** Watermelon Peel
- **Botanical Name:** Citrullus vulgaris Schrad.  
  (Cucurbitaceae)
- **Pharmaceutical Name:** Pericarpium Citrulli Vulgaris
- **When Harvested:** July-August
- **Used Part:** Skin
- **Flavor and Properties:** Sweet, Cold
- **Channel Entered:** Bladder, Heart, Stomach
Xi Gua Pi (西瓜皮)  
(Citrulli Fructus)

• Actions
  – Clears summer heat and generates fluids

• Indications
  – For summer heat patterns, especially those with significant thirst and dark, scanty urine and dry heaves

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

• Cautions and Contraindications
  – Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.
Lian Zi Xin (莲子心）
(Nelumbinis Plumula)

- **English name:** lotus plumule
- **Alternate name:** 莲心（lian xin）
- **Botanical Name:** Nelumbo nucifera
- **Pharmaceutical Name:** Nelumbinis Plumula
- **When Harvested:** Fall
- **Used Part:** Lotus Embryo
- **Flavor and Properties:** Bitter, Cold
- **Channel Entered:** Heart, Pericardium
Lian Zi Xin (莲子心)  
(Nelumbinis Plumula)

• **Actions**
  – 1. Clears Heart Fire
  – 2. Stops bleeding
  – 3. Binds essence

• **Indications**
  – 1. For *warm-heat pathogen diseases* where heat collapses into the *Pericardium channel*, causing mental confusion or delirium. Also for insomnia or irritability due to excessive Heart fire.
  – 2. For *vomiting of blood*.
  – 3. For *spermathorrhea*.

• **Dosage and Administration:**
  – 1.5-3g decocted in water for an oral dose.
  – Lian Zi Xin is often used for disturbed consciousness and delirium due to a warm pathogen disease entering deep into the pericardium.

• **Cautions and Contraindications**
  – Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.

• **Pharmacological actions**
  – Cardiovascular effect: lower blood pressure, primarily by inducing vasodilation.
Lu Gen (芦根)
Reed Rhizome

- **English name:** reed rhizome
- **Alternate name:** 苇茎 (wei jing); 苇根 (wei gen)
- **Botanical Name:** Phragmites communis
- **Pharmaceutical Name:** Rhizoma Phragmitis Communis
- **When Harvested:** End of spring and early summer or autumn
- **Used Part:** Root
- **Flavor and Properties:** Sweet, cold
- **Channel Entered:** Lung, stomach
Lu Gen (芦根)  
Reed Rhizome

• **Actions**
  – 1. Clears heat and generate fluids
  – 2. Stops vomiting
  – 3. Clears lung heat
  – 4. Encourages rashes to surface
  – 5. Promotes urination

• **Indications**
  – 1. For heat patterns with fever, irritability, and thirst. Especially useful when the heat is accompanied by upward-surge of rebellious Qi. With Tian Hua Fen, Shi Gao
  – 2. For vomiting due to stomach heat. - With Zhu Ru, Huang Lian
  – 3. For Lung abscess. - With Yin Hua, Pu Gong Yin
  – 4. For febrile diseases with rashes that are incompletely expressed
  – 5. For dark, scanty urine or blood in the urine, especially when accompanied by irritability and thirst (diabetes). - With Xiao Ji, Mu Tong

• **Dosage and Administration:**
  – 15-30g decocted in water for an oral dose.
  – Double dosage when use fresh Lu Gen

• **Cautions and Contraindications**
  – Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.

• **Pharmacological & Clinical Research:**
  – 1. Antibiotic effect
  – 2. Treatment of pulmonary abscesses
Tian Hua Fen (天花粉)  
Trichosanthes Root

- **English name:** Trichosanthes Root  
- **Botanical Name:** Trichosanthes kirilowii Maxim.  
- **Pharmaceutical Name:** Radix Trichosanthis Kirilowii.  
- **When Harvested:** Autumn and winter  
- **Used part:** Root  
- **Flavor and Properties:** Bitter, slightly sweet, cold  
- **Channel Entered:** Lung, stomach
Tian Hua Fen (天花粉)
Trichosanthes Root

• **Actions**
  – 1. Clears heat and generates fluids
  – 2. Clears Lung heat
  – 3. Resolves toxicity and expels pus

• **Indications**
  – 1. For heat injuring fluids, giving rise to thirst and irritability, thirst from Yin deficiency, and wasting and thirst disorder. - With Ge Gen, Sheng Di Huang
  – 2. For coughing with yellow phlegm, especially when the heat has led to dryness with thick-dry sputum or blood-streaked sputum. - With Bei Mu, Sang Bai Pi, Jie Geng
  – 3. For hot toxic carbuncles and sores. Especially appropriate for breast abscess. - with Jin Yin Hua

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

**Cautions and Contraindications**
– Contraindicated in cases of loose stool or loss of appetite due to Yang deficiency.
– An ingredient of this herb is Trichosanthin, a toxic protein. When purified and administered by intra-amniotic or intramuscular injection, it has an abortifacient (abortion) action in early pregnancy. Do not use it for women who are pregnant or want to have baby.
Herbs that drain fire

• Section 1 Herbs that drain fire (11 types)
  • Shi Gao (Gypsum fibrous) 石膏
  • Zhi Mu (Rhizoma Anemarrhenae) 知母
  • Zhi Zi (Gardeniae Fructus) 栀子
  • Dan Zhu Ye (Herba Lophateri) 淡竹叶
  • Xiong Dan (Fel Ursi) 熊胆
  • Ya Zhi Cao (Commelinae Herba) 鸭跖草
  • Xi Gua Pi (Citrulli Fructus) 西瓜皮
  • Han Shui Shi (Calcitum Sue Gypsum Rubrum) 寒水石
  • Lian Zi Xin (Plumuia Nelumbinis) 莲子心
  • Lu Gen (Rhizoma Phragmitis) 芦根
  • Tian Hua Fen (Radix Trichosanthis) 天花粉

Questions

• 1. What is the function of Zhi Mu (anemarrhenae rhizome)?
  – A. Clear heat, purge fire
  – B. Nourish yin
  – C. Lubricate dryness
  – D. All of the above

• 2. What is the common function of Shi Gao (Gypsum fibrous) and Zhi Mu (anemarrhenae rhizome)?
  – A. Moisten intestines
  – B. Clear deficient heat
  – C. Nourish yin and generate fluids
  – D. Clear heat and purge fire
3. Which herb do you choose in order to clear heat, resolve irritability, cools the blood and stop bleeding?
   - A. Shi Gao (Gypsum fibrosum)
   - B. Zhi Mu (anemarrhenae rhizome)
   - C. Lu Gen (phragmitis rhizome)
   - D. Zhi Zi (gardeniae fructus)

4. Which herb is best for patient who has fever, irritability, thirst and dysuria?
   - A. Shi Gao (Gypsum fibrosum)
   - B. Zhi Mu (anemarrhenae rhizome)
   - C. Lu Gen (phragmitis rhizome)
   - D. Dan Zhu Ye (laphatheri herba)

5. Which herb can clear heat reduce swelling, dispel pus, and generate body fluids?
   - A. Tian Hua Fen (trichosanthis radix)
   - B. Zhi Mu (anemarrhenae rhizome)
   - C. Lu Gen (phragmitis rhizome)
   - D. Dan Zhu Ye (laphatheri herba)

6. Which herb can lower blood pressure?
   - A. Tian Hua Fen (trichosanthis radix)
   - B. Jue Ming Zi (cassiae semen)
   - C. Lu Gen (phragmitis rhizome)
   - D. Dan Zhu Ye (laphatheri herba)
Chapter 2 Herbs that Clear Heat

Section 2 Herbs that clear liver heat and brighten eyes

Herbs that clear liver heat and brighten eyes

• Herbs that clear liver heat and brighten eyes
  – Most herbs can clear liver heat, brighten the eyes, and eliminate superficial visual obstruction
  – Most herbs use for upward-blazing of Liver fire with red, painful, or swollen eyes, or headache and dizziness.
  – Some herbs can use for liver yang hyperactivity.
Herbs that clear liver heat and brighten eyes

- **Section 2 Herbs that clear liver heat and brighten eyes (6 types)**
  - **Xia Ku Cao** (Spica Prunellae) 夏枯草
  - **Jue Ming Zi** (Semen Cassiae) 决明子
  - **Qing Xiang Zi** (Semen Celosiae) 青葙子
  - **Mi Meng Hua** (Flos Buddlejae) 密蒙花
  - **Gu Jing Cao** (Flos Eriocauli) 谷精草
  - **Ye Ming Sha** (Vespertilionis Faeces) 夜明砂

**Xia Ku Cao (夏枯草)**
Selfheal Spike or Prunella

- **English Name:** prunella, selfheal spike
- **Literal English Translation:** “summer withered herb”
- **Botanical Name:** Prunella vulgaris L.
- **Pharmaceutical Name:** Spica Prunellae Vulgaris
- **When Harvested:** June and July when the plant is half withered.
- **Used Part:** Spike
- **Flavor and Properties:** Bitter, acrid, cold
- **Channel Entered:** Gallbladder, liver
Xia Ku Cao (夏枯草)
Selfheal Spike or Prunella

• **Actions**
  – 1. Clears Liver fire and brightens eyes
  – 2. Disperses nodules
  – 3. Reduces blood pressure

• **Indications**
  – 1. For upward-blazing of Liver fire with red, painful, or swollen eyes, or headache and dizziness. Also used for eye pain that increases in the evening due to Liver deficiency, especially when the eyes are neither red nor swollen. - with Ju Hua, Shi Jue Ming
  – 2. For any neck lump or nodule, as in scrofula, lipoma, swollen glands, or goiter due to phlegm-fire. Also used for similar nodules in the inguinal canal and other parts of the body. - with Xuan Shen, Mu Li
  – 3. For hypertension, especially when liver Yang raising, or with liver fire.
Xia Ku Cao (夏枯草)
Selfheal Spike or Prunella

- **Dosage and Administration:**
  - 10-15g decocted in water for an oral dose.
  - Up to 30g when used alone.
- **Cautions and Contraindications:**
  - Use with caution in cases of spleen or stomach deficiency.
- **Pharmacological actions**
  - Reduce blood pressure
  - Anti-arrhythmia
  - Antibiotic
  - Antitumor
  - Reduce blood sugar
  - Antifungus
  - Improve intestine movement
  - Contract uterus

Jue Ming Zi (决明子)
Foetid Cassia Seeds or Cassia

- **English Name:** foetid cassia seeds, cassia
- **Alternate names:** 草决明子 (cao jue ming zi), 草决明 (cao jue ming), 马蹄决明 (ma ti jue ming)
- **Literal English Translation:** “seeds of realized brightness”
- **Botanical Name:** Cassia obtusifolia L. Or C. Tora L.
- **Pharmaceutical Name:** Semen Cassiae
- **When Harvested:** Autumn when seeds are ripe
- **Used Part:** Seeds
- **Flavor and Properties:** Bitter, sweet, cool
- **Channel Entered:** Liver, kidney, large intestine
Jue Ming Zi (决明子)
Foetid Cassia Seeds or Cassia

• **Actions**
  - 1. Clears Liver and brightens eyes.
  - 2. Subdues Liver Yang
  - 3. Moistens intestine
  - 4. Prevents atherosclerosis

• **Indications**
  - 1. For red, swollen, and painful eyes due to *heat or wind-heat in the Liver channel*. Also for eye problems such as photosensitivity, night blindness, and loss of vision without visible physical changes to the eye.
    - A) liver heat - with Xia Ku Cao
    - B) wind heat - with Ju Hua, Gu Jing Cao
  - 2. For headaches and dizziness from *ascendant Liver Yang*. Recently used for treating hypertension. - with Bai Shao, Gou Teng
  - 3. For *dry stools or chronic constipation*. - with Dan Zhu Ye, Gua Lou Ren, Dang Gui
  - 4. As it lowers both blood pressure and serum cholesterol.
Jue Ming Zi (决明子)  
Foetid Cassia Seeds or Cassia

- **Dosage and Administration:**
  - 10-15g decocted in water for an oral dose.
  - If used alone up to 30g.
  - Dry-fried Jue Ming Zi can tonify the liver and can be used for eye problems due to liver and kidney deficiency.

- **Cautions and Contraindication:**
  - 1. Do not use with Huo Ma Ren (semen cannabis)
  - 2. Not recommended for cases with diarrhea or hypotension.

- **Pharmacologic actions**
  - 1. Reduce blood pressure
  - 2. Reduce Blood cholesterol
  - 3. Diuretic
  - 4. Reduce immune function

Qing Xiang Zi (青葙子)  
Celosia Seeds

- **English name:** celosia seeds
- **Botanical Name:** Celosia argentea L.
- **Pharmaceutical Name:** Semen Celosiae Argenteae
- **When Harvested:** Autumn when seeds are ripe
- **Used Part:** Seeds
- **Flavor and Properties:** Sweet, cool
- **Channel Entered:** Liver
Qing Xiang Zi (青葙子)
Celosia Seeds

• **Actions**
  – Clears liver, brightens the eyes, and eliminates superficial visual obstruction

• **Functions**
  – For wind-heat or Liver fire causing red, painful, swollen eyes, superficial visual obstruction, or cataract.
    • A. Red, painful and swollen eyes or superficial visual obstruction - with Ju Hua, Jue Ming Zi
    • B. Hypertension due to ascendant liver Yang - with Ju Hua, Jue Ming Zi, Gou Teng
Qing Xiang Zi (青葙子)
Celosia Seeds

• **Dosage and Administration:**
  – 6-15g decocted in water for an oral dose.
  – Wrapped for decoction

• **Cautions and Contraindication:**
  – This herb can induce dilatation of the pupils and may affect eye pressure. It is therefore contraindicated in patients with dilated pupils or elevated eye pressure, as in glaucoma.

• **Pharmacological actions**
  – 1. Enlarge pupil
  – 2. Reduce BP

Mi Meng Hua (密蒙花)
Flos Buddlejae

• **English Name:** buddleia flower bud
• **Alternate name:**蒙花 （meng hua）
• **Botanical Name:** Buddleia officinalis Maxim. (Loganiaceae)
• **Pharmaceutical Name:** Flos Buddleiae Officinalis
• **When Harvested:** Feb. and March
• **Used Part:** Flowers
• **Flavor and Properties:** Sweet, Cool
• **Channel Entered:** Liver
Mi Meng Hua (密蒙花)  
Flos Buddlejae

• **Actions**  
  – Clears Liver, brightens the eyes, and eliminates superficial visual obstruction

• **Functions**  
  – For red, swollen, painful eyes, excessive tearing, superficial visual obstruction, or sensitivity to light. Can be used for either excess or deficiency.
Mi Meng Hua (密蒙花)
Flos Buddlejae

• **Dosage and Administration:**
  – 6-10g decocted in water for an oral dose.

• **Cautions and Contraindication:**
  – Contraindicated in case of Yang deficiency or deficient cold.

• **Pharmacological actions**
  – Effect on smooth muscle: antispasmodic effect in rats.

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Gu Jing Cao (谷精草)
Flos Eriocauli

• **English Name:** pipewort scapus and inflorescence

• **Literal English Translation:** “grain essence herb”

• **Botanical Name:** Eriocaulon buergerianum Koern (Eriocaulaceae)

• **Pharmaceutical Name:** Flos Eriocauli

• **When Harvested:** Fall

• **Used Part:** Grass

• **Flavor and Properties:** Sweet, Neutral

• **Channel Entered:** Liver, Stomach
**Gu Jing Cao (谷精草) Flos Eriocauli**

- **Actions**
  - Disperses wind-heat, brightens the eyes, and eliminates superficial visual obstruction

- **Functions**
  - 1. For wind-heat entering the Liver channel causing red, swollen eyes, floaters, photosensitivity, excessive tearing, or pterygium
  - 2. Also used for wind-heat headache, toothache, or throat painful obstruction.
Gu Jing Cao (谷精草)  
Flos Eriocauli

- **Dosage and Administration:**  
  - 6-15g decocted in water for an oral dose.
- **Cautions and Contraindication:**  
  - None
- **Pharmacological actions**  
  - Antibiotic effect: *in vitro* inhibitory effect against bacteria such as *Pseudomonas aeruginosa* and many pathogenic fungi.

Ye Ming Sha (夜明砂)  
Vespertilionis Feces

- **English Name:** bat feces
- **Alternate Name:** 明砂 (ming sha)
- **Literal English Translation:** “night brightness sand”
- **Botanical Name:** Vespertilio superans Thomas (Vespertilionidae) Rhinolophus ferrumequinum Schreber (Rhinolophidae)
- **Pharmaceutical Name:** Excrementum Vespertilii Murini
- **When Harvested:** The whole year
- **Used Part:** Feces
- **Flavor and Properties:** Sweet, Cool
- **Channel Entered:** Liver
Ye Ming Sha (夜明砂)
Vespertilionis Faeces

• Actions
  – 1. Clears Liver, brightens the eyes, and eliminates superficial visual obstruction
  – 2. Disperses blood stasis and reduces accumulations

• Indications
  – 1. For wind-heat or Liver fire causing red, painful, swollen eyes, superficial visual obstruction or cataract. Especially useful for red eyes or bleeding into the whites of the eyes (subconjunctival bleeding) associated with Liver heat.
  – 2. For traumatic injury as well as accumulations from childhood nutritional impairment.
Ye Ming Sha (夜明砂)
Vespertilionis Faeces

• **Dosage and Administration:**
  – 6-15g decocted in water for an oral dose.
  – Wrapped for decoction

• **Cautions and Contraindication:**
  – Contraindicated for pregnant women
  – This herb can induce dilatation of the pupils and may affect eye pressure. It is therefore contraindicated in patients with dilated pupils or elevated eye pressure, as in glaucoma

• **Pharmacological actions**
  – None of significance noted

• **Section 2 Herbs that clear liver heat and brighten eyes (6 types)**
  – Xia Ku Cao (Spica Prunellae) 夏枯草
  – Jue Ming Zi (Semen Cassiae) 决明子
  – Qing Xiang Zi (Semen Celosiae) 青葙子
  – Mi Meng Hua (Flos Buddlejae) 密蒙花
  – Gu Jing Cao (Flos Eriocauli) 谷精草
  – Ye Ming Sha (Vespertilionis Faeces) 夜明砂
Practice questions

1. Xia Ku Cao (prunella or selfheal spike) Clears Liver Fire and
   - A. Eliminates Dampness
   - B. Moistens Dryness
   - C. Cools Blood
   - D. Disperses nodulation

2. Which herb can lower blood pressure?
   - A. Tian Hua Fen (trichosanthis radix)
   - B. Jue Ming Zi (cassiae semen)
   - C. Lu Gen (phragmitis rhizome)
   - D. Dan Zhu Ye (laphatheri herba)

3. Which herb is good at red, swollen, and painful eyes due to heat or wind-heat in the Liver channel and also for eye problems such as photosensitivity, night blindness, and loss of vision without visible physical changes to the eye?
   - A. Shui Niu Jiao(bubali cornu)
   - B. Sheng Di Huang(rehmanniae radix)
   - C. Mu Dan Pi(moutan cortex)
   - D. Jue Ming Zi (cassiae semen)

4. Which herbs can induce dilatation of the pupils and may affect eye pressure and therefore contraindicated in patients with dilated pupils or elevated eye pressure, as in glaucoma?
   - A. Qing Xiang Zi (Semen Celosiae)
   - B. Ye Ming Sha (Vespertilionis Faeces)
   - C. Only A
   - D. Both of them
5. Which herbs need to be wrapped for decoction?
   A. Qing Xiang Zi (Semen Celosiae)
   B. Ye Ming Sha (Vespertilionis Faeces)
   C. Only A
   D. Both of them

6. Jue Ming Zi (Cassiae Semen) Clears Liver and brighten eyes and
   A. Moisten intestine
   B. Prevent atherosclerosis
   C. Subdue Liver Yang
   D. All of them

Chapter 2 Herbs that Clear Heat
Section 3 Herbs that cool blood
Herbs that cool blood

• Herbs that cool blood
  – Herbs that cool blood are primarily cold, and either bitter and sweet or salty
  – Cool blood and clear the nutritive level
  – Use for such problems as heat entering the nutritive and blood level of the four levels of disease, with a purple tongue, irritability, restlessness, and often changes in consciousness and various forms of bleeding, including maculopapular rashes.

Herbs that cool blood

  – The substances in this category will not further injure the Yin, and may even have some Yin-enriching properties.
  – Useful in cases of internally-generated heat from yin deficiency
Herbs that cool blood

• Section 3 Herbs that cool blood (7 types)
  – Xi Jiao (Cornu Rhinoceri) 犀角
  – Shui Niu Jiao (Bubali Cornu) 水牛角
  – Sheng Di Huang (Radix Rehmanniae) 生地黄
  – Xuan Shen (Radix scrophulariae) 玄参
  – Chi Shao (Radix Paeoniae Rubra) 赤芍
  – Mu Dan Pi (Cortex Moutan Radicis) 牡丹皮
  – Zi Cao (Radix Arnebiae) 紫草

Xi Jiao (犀角)
Rhinoceros Horn

• English Name: rhinoceros horn
• Alternate Name: 广犀角 (guang xi jiao), 天马角 (tian ma jiao)
• Botanical Name: Rhinoceros unicornis L., R. Sondaicus Desmarest
• Pharmaceutical Name: Cornu Rhinoceri
• Used Part: Horn
• Flavor and Properties: Bitter, salty, cold
• Channel Entered: Heart, liver, stomach
Xi Jiao (犀角)
Rhinoceros Horn

• **Actions**
  – 1. Clears heat and cools blood
  – 2. Clears heat and arrests tremor

• **Indications**
  – 1. Epidemic febrile diseases at Xue (blood) level with Shao Yao, Mu Dan Pi (as Xi Jiao Di Huang Tang)
  – 2. Epidemic febrile diseases at Ying (nutritive) level, such as high fever, unconsciousness and delirium, with Sheng Di, Mu Dan Pi (Qing Ying Tang)
  – 3. High fever spasm and convulsion due to heat entering the heart and liver during febrile disease, with Ling Yang Jiao
Xi Jiao (犀角)
Rhinoceros Horn

• **Dosage and Administration:**
  – 1-2g as a powder or ground into a juice to be taken directly.
  – 1.5-6g when used in decoction (extremely rare).

• **Cautions and Contraindication:**
  – 2. Should only be used for excessive heat disorders.
  – 3. Incompatible with Wu Tou (Chuan Wu and Cao Wu).

**Pharmacological actions**
– 1. Cardiovascular effect: increase BP
– 2. Effect on temperature regulation: antipyretic effects in rabbits
– 3. Immunological effect: a reduction in eosinophils and a marked increase in lymphocytes.
– 5. Hematological effect: no effect in studies of blood coagulation
– 6. Central nervous system effect: a tranquilizing effect in rabbits.
Shui Niu Jiao (水牛角)  
Bubali Cornu

- **English Name:** horn of water buffalo
- **Botanical Name:** Bubalus bubalis Linnaeus (Bovidae)
- **Pharmaceutical Name:** Cornu Bubali
- **Used Part:** Horn
- **Flavor and Properties:** Salty, cold
- **Channel Entered:** Heart, liver, stomach
Shui Niu Jiao (水牛角）
Bubali Cornu

• **Actions**
  – 1. Clears heat and cools blood
  – 2. Resolves fire toxicity

• **Indications**
  – 1. For febrile diseases affecting the nutritive or blood levels accompanied by high fever with bleeding. Manifestations include erythema, purpura, nosebleed, vomiting of blood, or convulsions, delirium, and loss of consciousness
  – 2. For sores and abscesses

• **Dosage and Administration:**
  – 15-30g in decoction
  – 6-15g as a powder

• **Cautions and Contraindication:**
  – Contraindicated in pregnant women and non excessive heat.

• **Pharmacological actions**
  – 1. cardiotonic: increase BP
  – 2. Antiinflammation
Sheng Di Huang (生地黄)
Chinese Foxglove Root or Rehmannia

- **English Name:** Chinese foxglove root, rehmannia (fresh)
- **Alternate Name:** 生地（sheng di）， 干地黄（gan di huang）
- **Literal English Translation:** “fresh earth yellow”
- **Botanical Name:** Rehmannia glutinosa Libosch
- **Pharmaceutical Name:** Radix Rehmanniae Glutinosae
- **When Harvested:** Autumn
- **Used Part:** Root
- **Flavor and Properties:** Sweet, bitter, cold
- **Channel Entered:** Heart, kidney, liver
Sheng Di Huang (生地黄)
Chinese Foxglove Root or Rehmannia

• **Actions**
  – 1. Clears heat and cools blood
  – 2. Nourishes yin and generates fluid

• **Indications**
  – 1. For febrile diseases where heat enters the nutritive level causing very high fever, thirst, and a scarlet tongue. Also indicated in cases of hemorrhage due to heat entering the blood level.
    • A. Epidemic febrile diseases at Xue (blood) level - with Shao Yao, Mu Dan Pi (such as Xi Jiao Di Huang)
    • B. Epidemic febrile diseases at Ying (nutritive) level—high fever, unconsciousness and delirium - with Sheng Di Huang, Mu Da Pi (such as Qing Ying Tang)
    • C. Febrile disease at late stage with lingering low-grade fever - with Qing Hao, Bie Jia
    • D. Mouth and tongue sores or irritability, insomnia due to heart fire flaming up - with Mu Tong, Gan Cao, Dan Zhu Ye (such as Dao Chi San)
  – 2. For yin deficiency with heat signs, as well as injury to the fluids. Manifestations include dry mouth, continuous low-grade fever, and constipation. Also for throat pain associated with Yin deficiency and wasting and thirst disorder (Xiao Ke, Diabetes). Yin deficiency syndrome or impairment of body fluid - with Mai Men Dong, Sha Shen, Ge Gen, Tian Hua Fen

• **Dosage and Administration:**
  – 9-15g in decoction

• **Cautions and Contraindication:**
  – 1. Contraindicated in cases of spleen deficiency with dampness or Yang deficiency.
  – 2. Contraindicated in pregnant women with blood deficiency or spleen and stomach deficiency.
Sheng Di Huang (生地黄)
Chinese Foxglove Root or Rehmannia

- **Pharmacological actions**
  - 1. Effect on the liver: protective effect and prevented the depletion of hepatic glycogen stores.
  - 2. Treatment of hepatitis: reduction in the size of the liver and spleen, and improvement in liver function tests.
  - 3. Antifungal effect: in vitro effect against many pathogenic fungi.
  - 4. Endocrine effect: lower serum glucose level.
  - 5. Cardiovascular effect: increase BP.
  - 6. Use in rheumatology: treat rheumatoid arthritis.

Xuan Shen (玄参)
Ningpo Figwort Root or Scrophularia

- **English Name:** ningpo figwort root, scrophularia
- **Alternate Name:** 元参 (yuan shen), 黑参 (hei shen), 黑玄参 (hei xuan shen)
- **Literal English Translation:** “dark root”
- **Botanical Name:** Scrophularia ningpoensis Hemsl.
- **Pharmaceutical Name:** Radix Scrophulariae Ningpoensis
- **When Harvested:** Winter
- **Used Part:** Root
- **Flavor and Properties:** Salty, sweet, bitter, cold
- **Channel Entered:** Kidney, lung, stomach
Xuan Shen (玄参)
Ningpo Figwort Root or Scrophularia

• Actions
  – 1. Clears heat and cools blood
  – 2. Nourishes Yin
  – 3. Softens hardness and dissipates nodules

• Functions
  – 1. For heat entered blood level of febrile diseases, causing bleeding, fever, dry mouth, and a purplish tongue. Epidemic febrile diseases at the blood level - with Shi Gao, Xi Jiao, Zhi Mu
  – 2. Especially for the sequela of warm-heat pathogen diseases with such symptoms as constipation and irritability, sore throat. Epidemic febrile diseases at the Ying level - with Sheng Di Huang, Xi Jiao
  – 3. For neck lumps due to phlegm-fire and severe throat pain and swelling.
    • A. Sore throat or swollen and red eyes - with Jie Geng, Niu Bang Zi
    • B. Neck lumps due to phlegm-fire - with Mu Li, Bei Mu
Xuan Shen (玄参)
Ningpo Figwort Root or Scrophularia

• **Dosage and Administration:**
  – 9-15g in decoction

• **Cautions and Contraindication:**
  – 1. It can not be combined with Li Lu (Veratrinigri Radix et Rhizoma).
  – 2. Contraindicated with loose stool due to spleen Qi deficiency.

• **Pharmacological actions**
  – 1. Antimicrobial effect
  – 2. Cardiovascular effect: antihypertensive effect

Chi Shao (赤芍)
Radix Paeoniae Rubra

• **English Name:** red peony root
• **Alternate Name:** 赤芍药 (chi shao)
• **Literal English Translation:** “red peony”
• **Botanical Name:** Paeonia veitchii Lynch, Paeonia obovata Maximowicz, Paeonia lactiflora Pallas (Ranunculaceae)
• **Pharmaceutical Name:** Radix Paeoniae Rubrae
• **When Harvested:** Fall
• **Used Part:** Root
• **Flavor and Properties:** Sour, bitter, slightly cold
• **Channel Entered:** Liver, spleen
Chi Shao (赤芍)
Radix Paeoniae Rubra

• **Actions**
  – 1. Clears heat and cools blood
  – 2. Moves blood and stops pain
  – 3. Clears liver fire

• **Functions**
  – 1. For heat entered blood level of febrile diseases, causing bleeding, fever, dry mouth, and a purplish tongue.
  – 2. For dysmenorrhea, amenorrhea, abdominal mass, stroke and injury.
  – 3. For red, swollen, and painful eyes, superficial visual obstruction.
Chi Shao (赤芍）
Radix Paeoniae Rubra

• **Dosage and Administration:**
  – 6-15g in decoction

• **Cautions and Contraindication:**
  – It can not be combined with Li Lu (Veratrinigri Radix et Rhizoma).

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Mu Dan Pi (牡丹皮）
Cortex of the Tree Peony Root or Moutan

• **English Name:** cortex of the tree peony root, moutan
• **Alternate Name:** 丹皮（dan pi），粉丹皮（fen dan pi）
• **Botanical Name:** Paeonia suffruticosa Andr.
• **Pharmaceutical Name:** Cortex Moutan Radicis
• **When Harvested:** October or November (3-5 year old plants)
• **Used Part:** Root bark
• **Flavor and Properties:** Acrid, bitter, cool
• **Channel Entered:** Heart, liver, kidney
Mu Dan Pi (牡丹皮)
Cortex of the Tree Peony Root or Moutan

- **Actions**
  - 1. Clears heat and cools blood
  - 2. Clears deficiency heat
  - 3. Moves blood
  - 4. Drains pus and reduces swelling

- **Functions**
  - 1. For heat entering the blood level during a warm-heat pathogen disease with nosebleeding, blood in the sputum or vomit, or subcutaneous bleeding. With Shi Gao, Xi Jiao, Zhi Mu
  - 2. For Yin deficiency patterns such as steaming bone disorder, particularly in the aftermath of a warm-heat pathogen disease. This herb is most appropriate when there is no sweating. With Qing Hao, Bie Jia (as Qing Hao Bie Jia Tang)
  - 3. For Liver blood stasis patterns with amenorrhea, dysmenorrhea, abdominal masses, lumps, or bruises due to traumatic injury. With Tao Ren, Gui Zhi, Fu Ling (as Gui Zhi Fu Ling Wan)
  - 4. Used topically for firm, non-draining sores, or internally for intestinal abscess.
    - A) For intestinal abscess – used with Da Huang, Tao Ren (as Da Huang Mu Dan Tang)
    - B) For sores, used with Jin Yin Hua, Lian Qiao
Mu Dan Pi (牡丹皮)
Cortex of the Tree Peony Root or Moutan

- **Dosage and Administration:**
  - 6-12g in decoction
- **Cautions and Contraindication:**
  - 1. Contraindicated for cold disorders.
  - 2. Contraindicated during pregnancy or excessive menstruation.
- **Pharmacological actions**
  - 1. Antimicrobial effect
  - 2. Cardiovascular effect: lower blood pressure
  - 3. Treatment of hypertension
  - 4. Effect on temperature regulation: reduce the temperature
  - 5. Central nervous system effect: tranquilizing, hypnotic and analgesic effect.

Zi Cao (紫草)
Groomwell Root or Lithospermum or Arnebia

- **English Name:** groomwell root, lithospermum, arnebia
- **Alternate Name:** 紫草根 (zi cão gen), 红条紫草 (hóng tiáo zi cão), 软紫草 (ruǎn zi cão), 硬紫草 (yìng zi cão)
- **Literal English Translation:** “purple herb”
- **Botanical Name:** Lithospermum erythrorhizon Sieb. Et Zucc.
- **Pharmaceutical Name:** Radix Arnebiae seu Lithospermi
- **When Harvested:** Spring or autumn
- **Used Part:** Root
- **Flavor and Properties:** Sweet, cold
- **Channel Entered:** Heart, liver
Zi Cao (紫草)
Groomwell Root or Lithospermum or Arnebia

**Actions**
- 1. Cools the blood and vents rashes
- 2. Resolves fire toxicity

**Functions**
- 1. For measles or chickenpox which are not progressing well. It can encourage rashes to the surface for encouraging the complete expression of the rash. Often used for fire toxin with very dark purple rashes. - with Lian Qiao
- 2. Applied topical for carbuncles, damp-heat skin lesions or vaginal itching. Also used for burns. - with Huang Bai or used alone for external use
Zi Cao (紫草)
Groomwell Root or Lithospermum or Arnebia

• **Dosage and Administration:**
  – 3-10g in decoction

• **Cautions and Contraindication:**
  – Caution in cases of spleen or stomach deficiency

• **Pharmacological actions**
  – 1. Antibiotic effect
  – 2. Use in infectious diseases: prevention of measles
  – 3. Antineoplastic effect: against chorionepithelioma, chorioadenoma and acute lymphocytic leukemia
  – 4. Endocrine effect: reduction in ovulation
  – 5. Cardiovascular effect: strongly stimulate the hearts of rabbits and frogs

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**Herbs that cool blood**

• **Section 3 Herbs that cool blood (7 types)**
  – Xi Jiao (Cornu Rhinoceri) 犀角
  – Shui Niu Jiao (Bubali Cornu) 水牛角
  – Sheng Di Huang (Radix Rehmanniae) 生地黄
  – Xuan Shen (Radix scrophulariae) 玄参
  – Chi Shao (Radix Paeoniae Rubra) 赤芍
  – Mu Dan Pi (Cortex Moutan Radicis) 牡丹皮
  – Zi Cao (Radix Arnebiae) 紫草
Practice questions

1. Which herb can clear Blood-heat, nourish yin and generate body fluids?
   - A. Sheng Di Huang (rehmanniae radix)
   - B. Shui Niu Jiao (bubali cornu)
   - C. Mu Dan Pi (moutan cortex)
   - D. Zi Cao (arnebiae radix)

2. Which herb can activate blood, remove stasis, and also clear deficient heat?
   - A. Sheng Di Huang (rehmanniae radix)
   - B. Shui Niu Jiao (bubali cornu)
   - C. Mu Dan Pi (moutan cortex)
   - D. Zi Cao (arnebiae radix)

3. What herb is best for a patient who is suffering from severe heat-toxin, with an inability of dark-purple rashes to erupt?
   - A. Shui Niu Jiao (bubali cornu)
   - B. Sheng Di Huang (rehmanniae radix)
   - C. Mu Dan Pi (moutan cortex)
   - D. Zi Cao (arnebiae radix)

4. What are the indications of Xuan Shen (scrophulariae radix)?
   - A. Swollen, painful, dry throat
   - B. Lump or lipoma due to phlegm fire
   - C. Warm disease, heat in the blood causing purpura
   - D. All of the above
5. Which herb can clear heat to cool blood and clear heat to arrest tremor?
A. Xi Jiao (Cornu Rhinoceri)
B. Shui Niu Jiao (Bubali Cornu)
C. Sheng Di Huang (Radix Rehmanniae)
D. Xuan Shen (Radix scrophulariae)

6. Which of the following herbs is incompatible with Wu Tou (Radix Aconiti Carmichaeli)?
A. Xi Jiao (Cornu Rhinoceri)
B. Shui Niu Jiao (Bubali Cornu)
C. Sheng Di Huang (Radix Rehmanniae)
D. Xuan Shen (Radix scrophulariae)

7. Which of the following herbs is incompatible with Li Lu (Radix et Rhizoma Veratri)?
A. Xi Jiao (Cornu Rhinoceri)
B. Shui Niu Jiao (Bubali Cornu)
C. Sheng Di Huang (Radix Rehmanniae)
D. Xuan Shen (Radix scrophulariae)

8. Which of the following herbs can clear heat and cool blood, move blood and stop pain, clear liver fire as well?
A. Shui Niu Jiao (Bubali Cornu)
B. Sheng Di Huang (Radix Rehmanniae)
C. Xuan Shen (Radix scrophulariae)
D. Chi Shao (Radix Paeoniae Rubra)
9. Which of the following herbs can be used for a patient with constipation, irritability, sore throat, bleeding, fever, dry mouth, and a purplish tongue due to the epidemic febrile diseases at the Ying level?

A. Sheng Di Huang (Radix Rehmanniae), Xuan Shen (Radix scrophulariae), Xi Jiao (Cornu Rhinoceri)
B. Shi Gao (Gypsum fibrous), Zhi Mu (Rhizoma Anemarrhenae), Zhi Zi (Gardeniae Fructus)
C. Bo He (Herba Menthae), Niu Bang Zi (Fructus Arctii), Sang Ye (Folium Mori)
D. Xia Ku Cao (Spica Prunellae), Jue Ming Zi (Semen Cassiae), Qing Xiang Zi (Semen Celosiae)
Herbs that clear damp-heat

• Herbs that clear damp-heat
  – The herbs in this section are primarily used for patterns of damp-heat such as dysenteric disorders, urinary difficulty or pain, jaundice, furuncles, and eczema.
  – Most herbs have bitter and cold properties which act to clear heat and drain dampness.
  – Clinically, the herbs in this section are often combined in prescriptions with those that drain fire or clear heat and resolve toxicity. Because of their cold nature, they should not be used in cases of Spleen or Stomach deficiency.

Herbs that clear damp-heat

• Section 4 Herbs that clear damp-heat (6 types)
  – Huang Qin (Radix Scutellariae) 黄芩
  – Huang Lian (Rhizoma Coptidis) 黄连
  – Huang Bai (Cortex Phellodendri) 黄柏
  – Long Dan Cao (Radix Gentianae) 龙胆草
  – Ku Shen (Radix Sophorae Flavescentis) 苦参
  – Qin Pi (Cortex Fraxini) 秦皮
Huang Qin （黄芩）
Baical Skullcap Root or Scutellaria or Scute

- **English Name:** baical skullcap root, scutellaria, scute
- **Alternate Names:** 条芩 (tiao qin), 枯芩 (ku qin), 片芩 (pian qin), 嫩芩 (nen qin), 淡芩 (dan qin)
- **Botanical Name:** Scutellaria baicalensis Georgi.
- **Pharmaceutical Name:** Radix Scutellariae Baicalensis
- **When Harvested:** Spring or autumn
- **Used Part:** Root
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Gallbladder, large intestine, lung, stomach
Huang Qin (黄芩)
Baical Skullcap Root or Scutellaria or Scute

• **Actions**
  - 1. Clears damp-heat
  - 2. Clears lung heat
  - 3. Clears heat
  - 4. Resolves toxicity
  - 5. Stops bleeding
  - 6. Calms fetus

• **Indications**
  - 1. For:
    - 1). Damph-heat in the Stomach or Intestines, manifested as diarrhea or dysenteric disorder; Used with Huang Lian, Bai Shao, and Dang Gui (such as Shao Yao Tang)
    - 2). Damp-warmth with fever, stifling sensation in the chest, and thirst but with an inability to drink; Used with Huang Lian, Huang Bai, Zhi Zi
    - 3). Damph-heat in the lower Jiao with painful urinary dribbling. Used with Mu Tong, Hua Shi
    - 4). It is an auxiliary herb for damp heat jaundice.
  - 2. For cough with thick, yellow sputum
  - 3. For high fever/chills, irritability, thirst
  - 4. For sore throat, hot sores and swellings
  - 5. For internal excess heat causing bleeding, including vomiting or coughing of blood, nosebleed, and blood in the stool. Used with Sheng Di Huang.
  - 6. Pacifies the womb when the fetus is restless or kicking excessively due to heat. Used with Dang Gui, Bai Shao
Huang Qin (黄芩)
Baical Skullcap Root or Scutellaria or Scute

• **Dosage and Administration:**
  – 3-10g decocted in water for an oral dose.
  – Dry-fry to reduce its cooling properties and help it enter the blood, so for restless fetus.
  – Wine-fry to enhance its ascending properties and for damp-heat in the upper burner.
  – Char to enhance its hemostatic properties and for bleeding.
  – Good at Upper Jiao

• **Cautions and Contraindications:**
  – 1. Contraindicated in cases of heat from deficiency in the lungs.
  – 2. Contraindicated in cases of any cold condition.

Huang Qin (黄芩)
Baical Skullcap Root or Scutellaria or Scute

• **Pharmacological actions**
  – 1. Immune effect: inhibit the release of enzymes from mast cells.
  – 2. Antibiotic effect
  – 3. Treatment of bacillary dysentery
  – 4. Effect on temperature regulation: lower
  – 5. Effect on blood pressure: lower
  – 6. Diuretic effect
  – 7. Effect on lipid metabolism: lower high cholesterol
  – 8. Effect on the biliary system: increase the flow of bile in dogs and rabbits.
  – 10. Effect on the central nervous system: reduce the movement and reflexes of mice in a dosage related manner.
Huang Lian (黄连)
Coptis Rhizome

- **English Name:** coptis rhizome
- **Alternate Names:** 川连(chuan lian), 味连(wei lian), 雅连(ya lian), 云连(yun lian)
- **Literal English Translation:** “yellow links”
- **Botanical Name:** Coptis chinensis Franch., C. Deltoidea C. Y. Cheng,
- **Pharmaceutical Name:** Rhizoma Coptidis
- **When Harvested:** October through November
- **Used Part:** Rhizome or root
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Heart, large intestine, liver, stomach
Huang Lian (黄连)
Coptis Rhizome

• **Actions**
  – 1. Clears damp-heat
  – 2. Drains fire and resolves fire toxicity
  – 3. Stops bleeding

• **Indications**
  – 1. For:
    • 1). Damp-heat in the Stomach or intestines with diarrhea or dysenteric disorder. Used with Bai Shao, Dang Gui, Huang Qin (such as Shao Yao Tang)
    • 2). Vomiting and/or acid regurgitation from Stomach heat. Used with Ban Xia, Huang Qin (such as Ban Xia Xie Xin Tang)
  – 2. For:
    • 1). High fever, irritability, disorientation, delirium, red tongue, and a rapid and full pulse. Used with Zhi Zi.
    • 2). Heat toxicity with painful red eyes and sore throat, and for boils, carbuncles, and abscesses. Used with Hung Qin, Huang Bai, Zhi Zi
  – 3. For nosebleed, or blood in the urine, stool, or vomit due to blood heat. Used with clearing heat and stopping bleeding herbs.

• **Dosage and Administration:**
  – 2-5g decocted in water for an oral dose.
  – Powder or ointment topically use for external disorder.
  – Dry-fried to reduce its cold properties and to help it enter the blood.
  – Good at Middle Jiao

• **Cautions and Contraindication:**
  – Contraindicated in cases of Yin deficiency.
  – Contraindicated in cases of nausea or vomiting due to stomach cold or diarrhea due to spleen or kidney deficiency.
  – Long-term use is discouraged.
Huang Lian (黄连)
Coptis Rhizome

- **Pharmacological actions**
  - 1. Antimicrobial effect
  - 2. Antiviral effect
  - 3. Antifungal effect
  - 4. Effect against pertussis
  - 5. Treatment of bacillary dysentery
  - 6. Treatment of typhoid fever
  - 7. Treatment of tuberculosis
  - 8. Treatment of scarlet fever
  - 9. Treatment of diphtheria
  - 10. Treatment of burns
  - 11. Effect on blood pressure
  - 12. Effect on smooth muscle
  - 13. Endocrine effect
  - 14. Effect on the biliary system
  - 15. Effect on lipid metabolism
  - 16. Central nervous system effect
  - 17. Anti-inflammatory effect
  - 18. Treatment of inflammatory bowel disease
  - 19. Treatment of anal fissures
  - 20. Use in gynecology
  - 21. Use in ophthalmology
  - 22. Use in otolaryngology
  - 23. Use in dermatology
  - 24. Pharmacokinetics

Huang Bai (黄柏)
Amur Cork-tree Bark or Philodendron

- **English Name:** amur cork-tree bark, phellodendron
- **Alternate Names:** 黄柏(huang bo), 黄柏皮(huang bo pi), 官黄柏(guan huang bai), 川黄柏(chuan huang bai)
- **Literal English Translation:** "yellow fir"
- **Botanical Name:** Philodendron amurense Rupr. Or P. Chinese Schneid.
- **Pharmaceutical Name:** Cortex Phellodendri
- **When Harvested:** March to June of about ten-year-old plants
- **Used Part:** Bark
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Kidney, bladder, large intestine
Huang Bai (黄柏）
Amur Cork-tree Bark or Philodendron

• **Actions**
  – 1. Drains damp-heat
  – 2. Clears deficient heat
  – 3. Drains fire and resolves fire toxicity

• **Indications**
  – 1. For (1) Thick, yellow vaginal discharge, foul smelling diarrhea, or dysenteric disorder; Used with Qian Shi, Bai Guo (such as Yi Huang Tang) (2) damp-heat pouring downward with such symptoms as red, swollen, and painful knees, legs or feet; Used with Bai Tou Weng, Qin Pi, Huang Lian (such as Bai Tou Weng Tang); Used with Cang Zhu (such as Er Miao San) (3) damp-heat jaundice. Used with Zhi Zi (such as Zhi Zi Bai Pi Tang)
  – 2. For ascending Kidney fire with signs of Yin deficiency such as steaming bone disorder, night sweats, afternoon fevers and sweating, sometimes accompanied by nocturnal emissions and spermatorrhea. Used with Shu Di Huang, Shan Yao, Mu Dan Pi (such as Zhi Bai Di Huang Wan)
  – 3. For fire toxin-generated sores and damp lesions of the skin. Used with Huang Lian, Huang Qin
Huang Bai (黄柏)
Amur Cork-tree Bark or Philodendron

- **Dosage and Administration:**
  - 5-10g decocted in water for an oral dose.
  - Good at Lower Jiao

- **Cautions and Contraindication:**
  - Contraindicated in cases of spleen deficiency.

- **Pharmacological actions**
  - Antibiotic effect:
  - Treatment of meningitis
  - Treatment of dysentery
  - Use in gynecology: treatment of vaginitis and cervicitis from Trichomonas infection
  - Use in ophthalmology: eyes diseases
  - Effect on blood pressure: lower
  - Central nervous system effect: decrease in movements and reflexs
  - Effect on smooth muscle: increase the strength and frequency of peristalsis
  - Effect on the digestive system: increase the secretions of the pancreas
  - Use in dermatology: treat eczema around the ears

Long Dan Cao (龙胆草)
Chinese Gentian Root or Gentiana

- **English Name:** Chinese gentian root, gentiana
- **Alternate names:** 龙胆(long dan), 草龙胆(cao long dan), 胆草(dan cao)
- **Literal English Translation:** “dragon gallbladder herb”
- **Botanical Name:** Gentiana scabra Bge, G. Triflom Pall., G. Manshurica Kitag.
- **Pharmaceutical Name:** Radix Gentianae Longdancao
- **When Harvested:** Spring or autumn
- **Used Part:** Root
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Gallbladder, liver, stomach
Long Dan Cao (龙胆草)
Chinese Gentian Root or Gentiana

• Actions
  – 1. Drains liver and gallbladder damp-heat
  – 2. Drains liver fire

• Indications
  – 1. For:
    • 1) damp-heat in the upper part of the Gallbladder channel with red, swollen, sore throat and eyes, swollen and painful ears, or sudden deafness; Used with Zhi Zi, Che Qian Zi, Huang Qin (such as Long Dan Xie Gan Tang)
    • 2) damp-heat in the Liver or Gallbladder channels (especially the lower parts) with jaundice, pain, swelling, or dampness in the genital area, or foul-smelling vaginal discharge and itching. Used with Yin Chen, Zhi Zi
  – 2. For Liver fire blazing upward with headache or red eyes. Also for Liver wind heat with fever, spasms, convulsions, or flank pain. Used with Huang Qin, Chai Hu, Zhi Zi, Ju Hua
Long Dan Cao (龙胆草)
Chinese Gentian Root or Gentiana

• **Dosage and Administration:**
  – 3-6g decocted in water for an oral dose

• **Cautions and Contraindication:**
  – Contraindicated in cases of spleen or stomach deficiency

• **Pharmacological actions**
  – Gastrointestinal effect: increase the secretion of gastric juice
  – Antibiotic effect:
  – Treatment of encephalitis (an acute inflammation of the brain)

Ku Shen (苦参)
Sophora Root

• **English Name:** sophora root
• **Alternate name:** 苦参片 (ku shen pian)
• **Literal English Translation:** “bitter root”
• **Botanical Name:** Sophora flavescens Ait.
• **Pharmaceutical Name:** Radix Sophorae Flavescentis
• **When Harvested:** Spring and autumn
• **Used Part:** Root
• **Flavor and Properties:** Bitter, cold
• **Channel Entered:** Bladder, heart, liver, large intestine, small intestine
Ku Shen (苦参)  
Sophora Root

- **Actions**
  - 1. Clears damp-heat
  - 2. Disperses wind, kills parasites and stops itching
  - 3. Promotes urination

- **Indications**
  - 1. Primarily for damp-heat in the lower burner leading to jaundice, dysenteric disorder, vaginal discharge and sores. Used with Huang Bai, Huang Lian
  - 2. For damp toxin skin lesions or infestations with chronic itching, seepage and bleeding. Also for genital itching and vaginal discharge. Used both internally and topically. Used with Che Qian Zi, Huang Bai for external or internal use.
  - 3. For damp-heat in the small intestine with painful urinary dribbling and hot edema. Used with Dan Zhu Ye, Mu Tong.
Ku Shen (苦参)
Sophora Root

**Dosage and Administration:**
- 1. 3-10g decocted in water for an oral dose.
- 2. Up to 30g for external use
- 3. Often used in pills, powder, tinctures and ointments.

**Cautions and Contraindication:**
- 1. Contraindicated in cases of spleen and stomach Yang deficiency.
- 2. Incompatible with Li Lu.

**Pharmacological actions**
- Antifungal effect

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Qin Pi (秦皮)
Bark of Korean Ash Branch or Fraxinus

**English Name:** bark of Korean ash branch, fraxinus

**Botanical Name:** Fraxinus rhynchophylla Hance., F. Bungeana DC

**Pharmaceutical Name:** Cortex Fraxini

**When Harvested:** Spring or autumn

**Used Part:** Bark

**Flavor and Properties:** Bitter, cold

**Channel Entered:** Gallbladder, large intestine, liver, stomach.
Qin Pi (秦皮)
Bark of Korean Ash Branch or Fraxinus

**Actions**
- 1. Clears damp-heat, resolves toxicity
- 2. Drains Liver fire and benefits eyes
- 3. Disperses wind-dampness
- 4. Calms wheezing and stops coughing

**Indications**
- 1. For diarrhea, dysenteric disorder, and vaginal discharge due to damp-heat. Used with Bai Tou Weng, Huang Bai (such as Bai Tou Weng Tang)
- 2. For Liver heat affecting the eyes causing redness, swelling, pain, or the formation of superficial visual obstructions. Used with Ju Hua, Long Dan Cao
- 3. For Bi syndrome, primarily of the hot type.
- 4. For wheezing and coughs due to Lung heat.
Qin Pi (秦皮)
Bark of Korean Ash Branch or Fraxinus

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

• **Cautions and Contraindication:**
  – Contraindicated in cases of spleen Yang deficiency.

• **Pharmacological actions**
  – Anti-inflammatory effect
  – Analgesic effect
  – Diuretic effect

Herbs that clear damp-heat

• **Section 4 Herbs that clear damp-heat (6 types)**
  – Huang Qin (Radix Scutellariae) 黄芩
  – Huang Lian (Rhizoma Coptidis) 黄连
  – Huang Bai (Cortex Phellodendri) 黄柏
  – Long Dan Cao (Radix Gentianae) 龙胆草
  – Ku Shen (Radix Sophorae Flavescentis) 苦参
  – Qin Pi (Cortex Fraxini) 秦皮
Practice Questions

1. Which of the following herbs is the best herb for fire and damp-heat in the liver and gallbladder?
   - A. Huang Lian (Rhizoma Coptidis)
   - B. Long Dan Cao (Radix Gentianae Longdancao)
   - C. Huang Qin (Radix Scutellariae Baicalensis)
   - D. Ku Shen (Sophora Root)

2. Which of the following herbs is more effective for vaginal discharge and genital itching due to damp-heat in the lower jiao?
   - A. Huang Qin (Radix Scutellariae Baicalensis)
   - B. Ku Shen (sophorae flavescentis)
   - C. Long Dan Cao (Radix Gentianae Longdancao)
   - D. Da Qing Ye (Folium Daqingye)

3. What are the indications of Xuan Shen (scrophulariae radix)?
   - A. Swollen, painful, dry throat
   - B. Lump or lipoma due to phlegm fire
   - C. Warm disease, heat in the blood causing purpura
   - D. All of the above

4. What is the condition for using Long Dan Cao (gentianae radix)?
   - A. Diarrhea due to SP and ST deficiency
   - B. Acid regurgitation due to ST heat
   - C. Dysentery due to toxic heat
   - D. Vaginal discharge and itching due to damp-heat
Practice Questions

5. Which of the following herb can clear LU heat, damp-heat and stop bleeding?
   - A. Huang Qin (Radix Scutellariae Baicalensis)
   - B. Ku Shen (sophorae flavescentis)
   - C. Long Dan Cao (Radix Gentianae Longdancao)
   - D. Da Qing Ye (Folium Daqingye)

Chapter 2 Herbs that Clear Heat

Section 5 Herbs that clear heat and relieve toxicity
Part I
Herbs that clear heat and relieve toxicity

- Herbs that clear heat and relieve toxicity
  - Toxin (Du)
    - Fever and other adverse effects of infectious disease such as swelling that is red, hot, swollen and painful is toxicity attributed to the accumulation of pathogens.
    - From a modern biomedical perspective, various types of purulent infectious (including sores, mastitis, pulmonary and breast abscesses, and appendicitis), dysentery, and certain viral infections such as mumps and encephalitis.
    - Heat toxin (Re Du) or fire toxin (Huo Du) in TCM.

- Most herbs in this section often have a dispersing property.
- Most of herbs in this section are cool or cold and bitter, if used longer may damage SP and ST. So they are contraindicated in diarrhea due to spleen deficiency.
- Most of herbs in this section have antibiotic, antiviral, anti-inflammatory effects.
Herbs that clear heat and relieve toxicity

- Section 5 Herbs that clear heat and relieve toxicity (25 types)
  - Jin Yin Hua (Flos Lonicerae) 金银花
  - Lian Qiao (Fructus Forsythiae) 连翘
  - Da Qing Ye (Folium Isatidis) 大青叶
  - Ban Lan Gen (Radix Isatidis) 板蓝根
  - Pu Gong Ying (Herba Taraxaci) 蒲公英
  - Zi Hua Di Ding (Herba Violaee) 紫花地丁
  - Ye Ju Hua (Flos Chrysanthemi Indici) 野菊花
  - Bai Jiang Cao (Herba Patriniae) 败将草
  - Yu Xing Cao (Herba Houttuyniae) 鱼腥草
  - Chuan Xin Lian (Herba Portulaceae) 穿心莲
  - Bai Hua She She Cao (Herba Hedyotidis Diffusae) 白花蛇舌草
  - Bai Tou Weng (Radix Pulsatillae) 白头翁
  - Ya Dan Zi (Bruceae Fructus) 鸭胆子
  - Ma Chi Xian (Herba Portulaceae) 马齿苋
  - Hong Teng (Caulis Sargentodoxae) 红藤
  - Bai Xian Pi (Cortex Dictamni) 白鲜皮
  - Ban Zhi Lian (Herba Scutellariae  Barbatae) 半枝莲
  - Ban Bian Lian (Herba Scutellariae) 半边莲
  - She Gan (Rhizoma Belamcandae) 射干
  - Ma Bo (Lasiophaera seu Calvatia) 马勃
  - Shan Dou Gen (Radix Sophorae Tonkinensis) 山豆根
  - Bai Guo (Semen Ginkgo) 白果
  - Lu Dou (Phaseoli radiati Semen) 绿豆

Jin Yin Hua (金银花)
Honeysuckle Flower or Lonicera

- **English name:** honeysuckle flower, lonicera
- **Alternate name:** 银花 (yin hua); 忍冬花 (ren dong hua); 双花 (shuang hua); 二花 (er hua); 二宝花 (er bao hua)
- **Literal English translation:** "gold silver flower"
- **Botanical Name:** Lonicera japonica Thunb.
- **Pharmaceutical Name:** Flos Lonicerae Japonicae
- **When Harvested:** May to June, just before the flower blooms.
- **Used Part:** Flower
- **Flavor and Properties:** Sweet, cold
- **Channel Entered:** Large intestine, lung, stomach
Jin Yin Hua (金银花)
Honeysuckle Flower or Lonicera

• **Actions**
  – 1. Clears heat and resolves fire toxicity
  – 2. Expels wind-heat
  – 3. Clears lower Jiao damp-heat

• **Indications**
  – 1. For **hot, painful sores and swellings** in various stages of development, especially of the breast, throat, or eyes. Used with Pu Gong Ying, Zi Hua Di Ding (such as Wu Wei Xiao Du Yin). Also for Intestinal abscess. Used with Lu Gen, Pu Gong Ying
  – 2. For the **early stages of warm-heat pathogen diseases** with such symptoms as fever, slight sensitivity to wind, sore throat, and headache. Used with Lian Qiao, Dan Zhu Ye, Bo He, Niu Bang Zi (such as Yin Qiao San). Also for externally contracted summer heat.
  – 3. For **damp-heat** dysenteric disorder or painful urinary dribbling. Used with Huang Bai, Che Qian Zi
Jin Yin Hua (金银花）
Honeysuckle Flower or Lonicera

• **Dosage and Administration:**
  – 10-15g decocted in water for an oral dose.
  – Smaller doses are used for exterior wind-heat, larger ones for heat toxin, sores, and abscesses.
  – It affects the upper body.
  – Charred, it treats dysenteric bleeding disorders due to heat toxin

• **Cautions and Contraindications:**
  – 1. Contraindicated in cases of diarrhea due to spleen and stomach deficiency.
  – 2. Contraindicated in cases of sores with Qi deficiency and Yin ulcers.

Jin Yin Hua (金银花）
Honeysuckle Flower or Lonicera

• **Pharmacological actions**
  – 1. Antimicrobial effect
  – 2. Effect against tuberculosis
  – 3. Antiviral effect
Lian Qiao (连翘)  
Forsythia Fruit

- **English name:** forsythia fruit  
- **Alternate name:** 北连翘 (bei lian qiao)  
- **Botanical Name:** Forsythia suspense vahl  
- **Pharmaceutical Name:** Fructus Forsythiae suspensae  
- **When Harvested:** Autumn  
- **Used Part:** Fruit  
- **Flavor and Properties:** Bitter, slightly pungent, cool  
- **Channel Entered:** Heart, liver, gallbladder
Lian Qiao (连翘)
Forsythia Fruit

• Actions
  – 1. Clears heat and resolves toxicity
  – 2. Reduces abscesses and dissipates clumps
  – 3. Expels wind-heat

• Indications
  – 1. For external wind-heat with pronounced fever, slight chills, sore throat, and headache. Used with Jin Yin Hua, Pu Gong Ying.
  – 2. For toxic clumps such as external sores, internal abscesses, scrofula, or throat painful obstruction. Used with Jin Yin Hua, Pu Gong Ying
  – 3. For the early stages of warm-heat pathogen diseases with such symptoms as fever, slight sensitivity to wind, sore throat, and headache. Used with Jin Yin Hua, Dan Zhu Ye, Bo He, Niu Bang Zi (such as Yin Qiao San)

 Dosage and Administration:
  – 6-15g decocted in water for an oral dose.
  – It disperses heat from both the exterior and interior, particularly the Heat and upper burner.

• Cautions and Contraindications:
  – 1. Contraindicated in cases of spleen and stomach deficiency with diarrhea.
  – 2. Carbuncles that have already ulcerated and Yin ulcers.
Lian Qiao (连翘)
Forsythia Fruit

- **Pharmacological actions**
  - 1. Antimicrobial effect
  - 2. Antiparasitic effect
  - 3. Antiemetic effect: prevent vomiting
  - 4. Use in nephrology: treat edema and proteinuria
  - 5. Use in ophthalmology: increase in visual acuity

Da Qing Ye (大青叶)
Woad Leaf or Indigo

- **English name:** woad leaf (isatis), indigo
- **Alternate name:** 大青 (da qing)
- **Literal English translation:** “big green leaf”
- **Botanical Name:** Isatis tinctoria L.
- **Pharmaceutical Name:** Folium Daqingye
- **When Harvested:** Summer and autumn
- **Used Part:** Leaf
- **Flavor and Properties:** Bitter, very cold
- **Channel Entered:** Heart, lung, stomach
Da Qing Ye (大青叶)
Woad Leaf or Indigo

- **Actions**
  - 1. Clears heat and resolves fire toxicity
  - 2. Cools blood and dissipates maculae

- **Indications**
  - 1. For (1) hot, painful sores and swellings in various stages of development, especially of the breast, throat, or eyes, Used with She Gan, Shan Dou Gen. Also for Intestinal abscess. (2) wind heat or epidemic febrile outbreak. Used with Jin Yin Hua, Pu Gong Ying.
  - 2. For maculae or other skin eruptions due to heat in the blood. Often used in cases with intense fever, irritability, and changes in consciousness. Also used for vomiting of blood. Used with Xi Jiao, Sheng Di Huang.
Da Qing Ye (大青叶)  
Woad Leaf or Indigo

• **Dosage and Administration:**
  – 10-15g decocted in water for an oral dose.
  – It is used for high fever and insatiable thirst due to warm pathogen diseases or febrile disease epidemic toxin invading the Qi level, or moving deeper into the blood level, causing rashes, blotches, or other skin eruptions and changes in consciousness.

• **Cautions and Contraindications:**
  – Contraindicated in cases of spleen and stomach cold from deficiency.

• **Pharmacological actions**
  – 1. Antimicrobial effect
  – 2. Treatment of encephalitis
  – 3. Treatment of viral diseases
  – 4. Treatment of gastrointestinal infection
  – 5. Pharmacokinetics: a half-life of approximately six hours and was excreted primarily by the kidneys.
Ban Lan Gen (板蓝根)
Woad Root or Isatis Root

- **English name:** woad root, isatis root (isatis)
- **Botanical Name:** Baphicacanthus cusia (nees) Brem
- **Pharmaceutical Name:** Radix Isatidis seu Baphicacanthi
- **When Harvested:** Early winter (after first frost)
- **Used Part:** Root
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Heart, lung, stomach
Ban Lan Gen (板蓝根)
Woad Root or Isatis Root

• **Actions**
  – 1. Clears heat, resolves fire toxicity
  – 2. Cools blood and benefits throat

• **Indications**
  – 1. For warm-heat pathogen diseases, warm epidemic disorders, mumps. Used with Lian Qiao, Niu Bang Zi, Huang Qin, Xuan Shen (such as Pu Ji Xiao Du Yin)
  – 2. For painful, swollen throat conditions. Also for damp-heat jaundice. Used with Niu Bang Zi, Jie Geng

• **Dosage and Administration:**
  – 10-15g decocted in water for an oral dose.
  – There are many plants called Ban Lan Gen in China. The standard plant is *Isatis indigotica*.

• **Cautions and Contraindications:**
  – 1. Contraindicated in cases of absence of fire toxin.
  – 2. Cautions when the patient is weak.
Ban Lan Gen (板蓝根)
Woad Root or Isatis Root

- **Pharmacological actions**
  - 1. Antimicrobial effect
  - 2. Antiparasitic effect
  - 3. Treatment of encephalitis B.
  - 4. Treatment of viral diseases: epidemic nature of mumps; acute infectious hepatitis

Qing Dai (青黛)
Indigo Pulverata Levis

- **Latin name:** Cynanchm atratum Bge. Or C. Versicolor Bge.
- **Pharmaceutical name:** Radix Cynanchi Baiwei
- **When harvested:** autumn (best) and spring
- **Used part:** Product made from processing indigo
- **Flavor and properties:** salty, cold
- **Channel entered:** Liver, Lung, Stomach
Qing Dai (青黛)  
Indigo Pulverata Levis

**Actions**
- 1. Clears heat and resolves toxicity
- 2. Cools the blood, and reduces maculae
- 3. Drains Liver fire and stops tremors
- 4. Clears Liver and fire, and cools blood

**Indications**
- 1. For **hot, painful sores and swellings**. Used with Xi Jiao, Xuan Shen, Shi Gao.
- 2. For **maculae or bleeding** due to heat entering the blood level or other forms of warm toxin. Used with Sheng Di Huang, Mu Dan Pi
- 3. For **convulsions** due to Liver fire.
- 4. For cough and chest pain from Liver fire accosting the Lungs.
Qing Dai (青黛)
Indigo Pulverata Levis

- **Dosage and Administration:**
  - 1.5-3g
  - Because it is difficult to dissolve in water, it should be used in pill or powder form.

- **Cautions and Contraindications:**
  - Caution in case of spleen deficiency

Pu Gong Ying (蒲公英)
Dandelion

- **English name:** dandelion
- **Alternate name:** 公英 (gong ying), 黄花公英 (huang hua gong ying)
- **Botanical Name:** Taraxacum mongolicum Hand-Mazz
- **Pharmaceutical Name:** Herba Taraxaci Mongolici cum Radice
- **When Harvested:** When the flowers just begin to open
- **Used Part:** Entire plant
- **Flavor and Properties:** Bitter, sweet, cold
- **Channel Entered:** Liver, stomach
Pu Gong Ying (蒲公英)
Dandelion

• **Actions**
  – 1. Clears heat and resolves toxicity
  – 2. Clears damp heat
  – 3. Clears throat and benefits the eyes

• **Indications**
  – 1. For internal abscesses and external sores, particularly if they are firm and hard. Used with Ju Hua, Xia Ku Cao, Huang Qin. Especially useful for breast and intestinal abscesses. Can be used both internally and topically.
    • A) Breast abscess. Used with Zhe Bei Mu, Mo Yao
    • B) Lung abscess. Used with Yu Xing Cao, Lu Gen
    • C) Large intestine abscess. Used with Chi Shao, Da Huang, Bai Jiang Cao
    • D) Sores. Used with Jin Yin Hua, Zi Hua Di Ding
  – 2. For damp-heat jaundice and painful urinary dribbling. Used with Yin Chen Hao
  – 3. For sore throat and redness and swelling eyes.
Pu Gong Ying (蒲公英)
Dandelion

- **Dosage and Administration:**
  - 10-30g decocted in water for an oral dose.
  - Its traditional sphere of activity is in the treatment of breast abscess and other sores;
  - It can be used both internally and externally in such cases

- **Cautions and Contraindications:**
  - Overdosage can cause mild diarrhea.

- **Pharmacological actions**
  - Antimicrobial effect

Zi Hua Di Ding (紫花地丁)
Yedeon’s Violet or Viola

- **English name:** Yedeon’s violet, viola
- **Alternate name:** 地丁 (di ding); 紫地丁 (zi di ding)
- **Literal English translation:** “purple flower earth spike”
- **Botanical Name:** Viola yedoensis Mak.
- **Pharmaceutical Name:** Herba cum Radice Violae
- **When Harvested:** Spring or autumn, either when the flowers are blooming or the fruit has ripened
- **Used Part:** Entire plant
- **Flavor and Properties:** Acrid, bitter, cold
- **Channel Entered:** Heart, liver
Zi Hua Di Ding (紫花地丁)  
Yedeon’s Violet or Viola

**Actions**
- 1. Clears heat and resolves toxicity
- 2. Clears hot sores

**Indications**
- 1. For reducing hot swellings, especially for red, swollen eyes; swollen, painful throat and ears; mumps, and snakebite.
  - A. Red, swollen eyes due to liver heat. Used with Ju Hua, Chan Tui
  - B. Toxic snake bite - juice with Xiong Huang.
- 2. Used internally and topically (usually fresh) for sores and abscesses, especially of the head and back. Used with Jin Yin Hua, Pu Gong Ying, Ye Ju Hua (such as Wu Wei Xiao Du Yin)
Zi Hua Di Ding (紫花地丁)
Yedeon’s Violet or Viola

• **Dosage and Administration:**
  – 15-30g decocted in water for an oral dose.
  – It is the most valued for treating deepest toxic sores.

• **Cautions and Contraindications:**
  – Contraindicated in cases of Yang deficiency.

• **Pharmacological actions**
  – Antimicrobial effect

Ye Ju Hua (野菊花)
Wild Chrysanthemum Flower

• **English name:** wild chrysanthemum flower
• **Alternate name:** 野菊(ye ju)
• **Botanical Name:** Chrysanthemum indicum L.
• **Pharmaceutical Name:** Flos Chrysanthemi Indici
• **When Harvested:** Autumn when the flowers are blooming
• **Used Part:** Flower
• **Flavor and Properties:** Bitter, pungent, slightly cold
• **Channel Entered:** Lung, liver
Ye Ju Hua (野菊花)  
Wild Chrysanthemum Flower

• **Actions**
  – Drains fire and resolve fire toxicity

• **Indications**
  – For furuncles, carbuncles, and sores. Also for sore, swollen throat and wind-fire causing red eyes. Also used as an external wash for itching.
    • A. Furuncles, carbuncles and sores. Used with Jin Yin Hua, Pu GongYing.
    • B. Sore, swollen throat and red eyes due to fire. Used with Sang Ye, Xia Ku Cao.
Ye Ju Hua (野菊花)
Wild Chrysanthemum Flower

• **Dosage and Administration:**
  – 10-15g decocted in water for an oral dose.
  – An herb for swollen sores of external medicine; Used externally as a compress or wash

• **Cautions and Contraindications:**
  – Contraindicated in cases of Yang deficiency.

• **Pharmacological actions**
  – 1. Antibiotic effect
  – 2. Effect on blood pressure: lower
  – 3. Treatment and prevention of respiratory diseases: chronic bronchitis
  – 4. Use in gynecology: chronic cervicitis

Bai Jiang Cao (败酱草)
Patrinia or Thiaspi

• **English name:** patrinia, thiaspi
• **Botanical Name:** Patrinia scabiosaefolia Fisch..
• **Pharmaceutical Name:** Herba cum Radice Patriniae
• **When Harvested:** Summer before the flowers have opened
• **Used Part:** Entire plant
• **Flavor and Properties:** Pungent, bitter, slightly cold
• **Channel Entered:** Large intestine, liver, stomach
Bai Jiang Cao (败酱草)  
Patrinia or Thiaspi

**Actions**
- 1. Clears heat toxicity, expels pus
- 2. Moves blood and stops pain

**Indications**
- 1. For either *internal intestinal* and lung abscess, or surface sores and swellings. May be taken inter-nally or applied topically.
  - A) Intestinal abscess at early stage without pus. Used with Jin Yin Hua, Mu Dan Pi.
  - B) Intestinal abscess with pus. Used with Yi Yi Ren, Fu Zi (such as Yi Yi Fu Zi Bai Jiang San
  - C) Lung abscess. Used with Yu Xing Cao, Lu Gen, and Jie Geng.
  - D) Sores and carbuncles. Used with Pu Gong Ying.
- 2. For pain and obstruction due to heat-induced blood stasis, especially in the abdomen and chest. Also for postpartum pain, and post-operative pain. Used with Wu Ling Zhi, Xiang Fu or use alone.
Bai Jiang Cao (败酱草)
Patrinia or Thiaspi

- **Dosage and Administration:**
  - 6-15g decocted in water for an oral dose.
  - An herb for swollen sores of external medicine; Used externally as a compress or wash
- **Cautions and Contraindications:**
  - 1. Contraindicated in cases of spleen and stomach deficiency.
  - 2. Overdose may cause nausea and dizziness.
- **Pharmacological actions**
  - Treatment of mumps

Yu Xing Cao (鱼腥草)
Houttuynia

- **English name:** houttuynia
- **Alternate name:** 蓖菜(ji cai)
- **Literal English translation:** “fishy-smelling herb”
- **Botanical Name:** Houttuynia cordata Thunb.
- **Pharmaceutical Name:** Herba cum Radice Houttuyniae Cordatae
- **When Harvested:** Summer through autumn
- **Used Part:** Entire plant
- **Flavor and Properties:** Pungent, cool
- **Channel Entered:** Large intestine, lung
Yu Xing Cao (鱼腥草)
Houttuynia

• **Actions**
  – 1. Clears heat toxicity, reduces swellings and abscesses
  – 2. Drains damp-heat and promotes urination

• **Indications**
  – 1. For Lung abscess or Lung heat cough with expectoration of thick, yellowish green sputum. Used both internally and topically for toxic sores.
    • A. Coughing due to lung heat or lung abscess. Used with Jin Yin Hua, Jie Geng, Lu Gen.
    • B. Toxic sores. Used with Lian Qiao, Pu Gong Ying external or internal.
  – 2. For Large Intestine damp-heat diarrhea or damp-heat in the lower burner with painful urinary dribbling. Used with Jin Qian Cao, Shi Wei, Bai Mao Gen.
Yu Xing Cao (鱼腥草)  
Houttuynia

- **Dosage and Administration:**
  - 15-30g decocted in water for an oral dose.
  - Do not decoct longer.
  - It is often used in the treatment of heat toxin sores and swelling, and is also appropriate for the cough, wheezing, and spitting up of blood and pus.

- **Cautions and Contraindications:**
  - Contraindicated in cases of Yang deficiency with cold.

- **Pharmacological actions**
  - Antimicrobial effect
  - Antiviral effect
  - Genitourinary effect: increase in the excretion of urine.
  - Respiratory effect: antitussive effect
  - Treatment of pulmonary disease: pulmonary abscesses
  - Use in dermatology: topically use for herpes simplex.

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Chuan Xin Lian (穿心莲)  
Green Chiretta or Kariyat or Andrographis

- **English name:** green chiretta, kariyat, andrographis
- **Alternate name:** 一见喜(yi jian xi); 榄核莲(lan he lian)
- **Literal English translation:** "thread-the-heart lotus"
- **Botanical Name:** Andrographis paniculata nees
- **Pharmaceutical Name:** Herba Andrographitis
- **When Harvested:** Early autumn when the flower has begun to bloom
- **Used Part:** Entire plant or leaf
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Large intestine, lung, small intestine, stomach
Chuan Xin Lian (穿心莲) Green Chiretta or Kariyat or Andrographis

- **Actions**
  - 1. Clears heat and resolves fire toxicity
  - 2. Clears heat, dries dampness, and stops diarrhea

- **Indications**
  - 1. For a wide variety of heat disorders including heat in the Lungs, throat, and urinary tract. Also for fire toxin manifestations on the skin such as sores and carbuncles. In its fresh form, applied topically for snakebite. Used with Chen Pi, Jie Geng, Jin Yin Hua
  - 2. For damp-heat dysentery, hot painful urinary dribbling and eczema, for which, it is usually applied topically as an ointment. Used with Ma Chi Xian
Chuan Xin Lian (穿心莲)  
Green Chiretta or Kariyat or Andrographis

- **Dosage and Administration:**
  - 6-10g decocted in water for an oral dose.
  - 3-6g as a powder.
  - Proper amount for topical use.

- **Cautions and Contraindications:**
  - Long-term use or large dose may injure the stomach Qi.

Bai Hua She She Cao (白花蛇舌草)
Heydyotis or Oldenlandia

- **English name:** heydyotis, oldenlandia
- **Botanical Name:** Heydyotis diffusa Roxb.
- **Pharmaceutical Name:** Herba Hedyotidis Diffusae
- **When Harvested:** Summer and autumn
- **Used Part:** Entire plant
- **Flavor and Properties:** Bitter, sweet, cold
- **Channel Entered:** Liver, stomach, large intestine
Bai Hua She She Cao (白花蛇舌草)
Heydyotis or Oldenlandia

**Actions**
- 1. Clears fire toxicity, reduces abscesses
- 2. Clears heat-dampness by promoting urination

**Indications**
- 1. For *Intestinal abscess, toxic sores, ulcerations, and swellings*. Also for snakebite and, recently, for a variety of cancers.
  - A. Intestinal abscess. Used with Bai Jiang Cao
  - B. Toxic sores ulcerations and swellings. Used with Jin Yin Hua, Lian Qiao.
  - C. Hot painful urinary dysfunction. Used with Shi Wei, Bai Mao Gen.
- 2. For *hot painful urinary dribbling and damp-heat jaundice*. Used with Yin Chen Hao, Jin Qian Cao
Bai Hua She She Cao (白花蛇舌草)
Heydyotis or Oldenlandia

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

• **Cautions and Contraindications:**
  – Caution during pregnancy.

• **Pharmacological actions**
  – Antimicrobial effect
  – Effect on the immune system
  – Antineoplastic effect: inhibitory effect in vitro on cells from acute lymphocytic and acute granulocytic leukemia
  – Treatment of appendicitis
  – Treatment of snakebite

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Chapter 2 Herbs that Clear Heat

Section 5 Herbs that clear heat and relieve toxicity

Part II
Herbs that clear heat and relieve toxicity

• Herbs that clear heat and relieve toxicity
  – Toxin (Du)
    • Fever and other adverse effects of infectious disease such as swelling that is red, hot, swollen and painful is toxicity attributed to the accumulation of pathogens.
    – From a modern biomedical perspective, various types of purulent infectious (including sores, mastitis, pulmonary and breast abscesses, and appendicitis), dysentery, and certain viral infections such as mumps and encephalitis all fall under the rubric of heat toxin (Re Du) or fire toxin (Huo Du) in TCM.

• Herbs that clear heat and relieve toxicity
  – Most herbs in this section often have a dispersing property.
  – Most of herbs in this section are cool or cold and bitter, if used longer may damage SP and ST. So they are contraindicated in diarrhea due to spleen deficiency.
  – Most of herbs in this section have antibiotic, antiviral, anti-inflammatory effects.
## Herbs that clear heat and relieve toxicity

- **Section 5 Herbs that clear heat and relieve toxicity (25 types)**
  - *Jin Yin Hua* (Flos Lonicerae) 金银花
  - *Lian Qiao* (Fructus Forsythiae) 连翘
  - *Da Qing Ye* (Folium Isatidis) 大青叶
  - *Ban Lan Gen* (Radix Isatidis) 板蓝根
  - *Pu Gong Ying* (Herba Taraxaci) 蒲公英
  - *Zi Hua Di Ding* (Herba Violae) 紫花地丁
  - *Ye Ju Hua* (Flor Chrysanthemi Indici) 野菊花
  - *Bai Jiang Cao* (Herba Patriniae) 败酱草
  - *Qing Dai* (Indigo naturalis) 青黛
  - *Pu Gong Ying* (Herba Taraxaci) 蒲公英
  - *Bai Tou Weng* (Radix Pulsatillae) 白头翁
  - *Ya Dan Zi* (Poriae Fructus) 泻痢子
  - *Ma Chi Xian* (Herba Portulaceae) 马齿苋
  - *Hong Teng* (Caulis Sargentodoxae) 红藤
  - *Bai Xian Pi* (Cortex Dictamni) 白鲜皮
  - *Ban Zhi Lian* (Herba Scutellariae Barbatae) 半枝莲
  - *Ban Bian Lian* (Herba Lobeliae Chinensis) 半边莲
  - *She Gan* (Rhizoma Belamcandae) 射干
  - *Ma Bo* (Lasiophaera seu Calvatia) 马勃
  - *Shan Dou Gen* (Radix Sophorae Tonkinensis) 山豆根
  - *Bai Guo* (Semen Ginkgo) 白果
  - *Bai Lian* (Ampelopsis Radix) 白敛
  - *Lu Dou* (Phaseoli radiati Semen) 绿豆

### Bai Tou Weng (白头翁)

**Chinese Anemone Root or Pulsatilla or Anemone**

- **English name**: chinese anemone root, pulsatilla, anemone
- **Alternate name**: 北紫草 (bei zi cao)
- **Botanical Name**: Pulsatilla chinensis Regel.
- **Pharmaceutical Name**: Radix Pulsatillae Chinensis
- **When Harvested**: Spring (before the flowers bloom) or autumn after the leaves turn yellow
- **Used Part**: Root
- **Flavor and Properties**: Bitter, cold
- **Channel Entered**: Large intestine, liver, stomach
Bai Tou Weng (白头翁)
Chinese Anemone Root or Pulsatilla or Anemone

- **Actions**
  - Clears heat and resolves fire toxicity

- **Indications**
  - Primarily for bloody dysentery, amoebic dysentery especially those due to damp-heat in the stomach or intestines. Used with Qin Pi, Huang Lian (such as Bai Tou Weng Tang)
## Bai Tou Weng (白头翁)
Chinese Anemone Root or Pulsatilla or Anemone

- **Dosage and Administration:**
  - 6-15g decocted in water for an oral dose.
- **Cautions and Contraindications:**
  - Contraindicated in cases of chronic dysentery with injured spleen and stomach Qi.
- **Pharmacological actions**
  - Antiparasitic effect
  - Antimicrobial effect
  - Treatment of amoebic dysentery
  - Treatment of scrofula

## Ya Dan Zi（鸦胆子）
Bruceae Fructus

- **English name:** java brucea fruit, brucea
- **Literal English translation:** “crow gallbladder seed”
- **Botanical Name:** Brucea Javanica (L.) Merr.
- **Pharmaceutical Name:** Bruceae Fructus
  - **When Harvested:** Autumn when fruit is ripe
- **Used Part:** fruit
- **Flavor and Properties:** bitter, cold, toxic
- **Channel Entered:** Large intestine, liver
Ya Dan Zi (鸦胆子)
Bruceae Fructus

• **Actions**
  – 1. Clears heat and resolves toxicity
  – 2. Treats intermittent fever and chill
  – 3. Used topically for warts and corns
  – 4. Recently used for cancers, specifically of the colon or breast

• **Indications**
  – 1. For **chronic or recurring dysentery**. It is an important herb for chronic cold stagnation dysenteric disorders (Xiu Xi Li) that wax and wane, or alternating hard and soft stools. It is particularly useful for amoebic dysentery.
  – 2. For **malarial disorders**.
  – 3. Either as a paste or an ointment.
Ya Dan Zi (鸦胆子)
Bruceae Fructus

• **Dosage and Administration:**
  – 1. 0.5-2g decocted in water for an oral dose.
  – 2. It should not be taken long term, nor in large doses.
  – 3. It should be put in capsules, or traditionally placed within fresh Longan Arillus (Long Yan Rou).

• **Cautions and Contraindications:**
  – 1. Contraindicated in cases of Spleen or Stomach deficiency

• **Pharmacological actions**
  – 1. Central nervous system effect: generalized inhibitory effect
  – 2. Treatment of dysentery
  – 3. Treatment of malaria
  – 4. Treatment of parasites
  – 5. Use in dermatology: warts and papillomas

Ma Chi Xian (马齿苋)
Purslane or Portulaca

• **English name:** purslane, portulaca
• **Botanical Name:** Portulaca oleracea L.
• **Pharmaceutical Name:** Herba Portulacae Oleraceae
• **When Harvested:** Summer
• **Used Part:** Entire plant
• **Flavor and Properties:** Sour, cold
• **Channel Entered:** Large intestine, liver
Ma Chi Xian (马齿苋)  
Purslane or Portulaca

- **Actions**
  - 1. Resolves fire toxicity and cools the blood
  - 2. Clears damp-heat and treats sores
  - 3. Stops bleeding and unblocks painful urinary dribbling
  - 4. Also used as an antidote for the pain and swelling of wasp stings and snakebite

- **Indications**
  - 1. For damp-heat or fire toxin dysenteric disorders. Also for bloody or hot painful urinary dribbling. At present, primarily used for bacillary dysentery with incomplete bowel movements.
  - 2. Primarily for fire toxin carbuncles or sores, as well as red-and-white vaginal discharge. For these purposes it is applied topically and taken internally. Often the fresh herb is used. Used with Huang Qin, Huang Lian
  - 3. For uterine bleeding (especially postpartum), painful bloody urinary dribbling, and hot painful urinary dribbling. Used with Mu Tong, Xiao Ji
  - 4. Also used as an antidote for the pain and swelling of wasp stings and snakebite. Used with Pu Gong Ying.
Ma Chi Xian (马齿苋)
Purslane or Portulaca

- **Dosage and Administration:**
  - 1. 9-15g decocted in water for an oral dose.
  - 2. Double dosage if fresh juice is used.
  - 3. When used for skin problems, it is prepared as a wash.
- **Cautions and Contraindications:**
  - 1. Contraindicated in cases of spleen and stomach cold from deficiency.
  - 2. Contraindicated during pregnancy.
- **Pharmacological actions**
  - 1. Antibiotic effect
  - 2. Effect on the uterus: increase in frequency and intensity of uterine contractions.
  - 3. Use in the prevention and treatment of dysentery
  - 4. Treatment of parasites
  - 5. Treatment of appendicitis

Hong Teng (红藤)
Sargentodoxa vine

- **English name:** sargentodoxa vine
- **Alternate name:** 大血藤 (da xue teng)
- **Literal English name:** "red vine"
- **Latin Name:** Sargentodoxa cuneata
- **Pharmaceutical Name:** Caulis Sargentodoxae Cuneatae
- **When Harvested:** Autumn, winter
- **Used Part:** stem
- **Flavor and Properties:** bitter, neutral
- **Channel Entered:** Large intestine, Liver
Hong Teng (红藤）
Sargentodoxa vine

• Actions
  – 1. Clears heat, resolves toxicity, reduces abscesses
  – 2. Invigorates the blood and disperses stasis

• Indications
  – 1. For Intestinal abscess and skin lesions with heat, swelling, and pain.
  – 2. For trauma, dysmenorrhea, and joint pain.
Hong Teng (红藤)
Sargentodoxa vine

- **Dosage and Administration:**
  - 9-15g decocted in water for an oral dose.

- **Cautions and Contraindications:**
  - Caution during pregnancy.

- **Pharmacological actions**
  - Antimicrobial effect
  - Treatment of appendicitis

Bai Xian Pi (白鲜皮)
Dictamnus Root Bark or Cortex of Chinese Dittany Root

- **English name:** cortex of Chinese dittany root, dictamnus root bark
- **Literal English translation:** “white fresh bark”
- **Botanical Name:** Dictamnus dasycarpus Turcz.
- **Pharmaceutical Name:** Cortex Dictamni dasycarpi
- **When Harvested:** Spring or autumn
- **Used Part:** Root bark
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Spleen, stomach
Bai Xian Pi (白鲜皮)
Dictamnus Root Bark or Cortex of Chinese Dittany Root

- **Actions**
  - 1. Clears heat, resolves fire toxicity, expels wind, and dries dampness
  - 2. Clears damp-heat, stops itching

- **Indications**
  - 1. For wind-heat or damp-heat sores, carbuncles, and rashes. These are characterized by much pus or leaking of a yellow fluid, moist skin, and pruritus. Also used (only in combination) for damp-heat jaundice or painful obstruction. Used with Ku Shen, She Chuang Zi
  - 2. For vaginal pruritis with discharge. Used with Ren Dong Teng
Bai Xian Pi (白鲜皮）
Dictamnus Root Bark or Cortex of Chinese Dittany Root

• **Dosage and Administration:**
  – 6-10g decocted in water for an oral dose.

• **Cautions and Contraindications:**
  – Contraindicated in cases of cold from deficiency.

• **Pharmacological actions**
  – 1. Antifungal effect
  – 2. Cardiovascular effect: increase cardiac output
  – 3. Effect on smooth muscle: stimulates the smooth muscle of the uterus in rabbits and guinea pigs

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Ban Zhi Lian (半枝莲）
Herba Scutellariae Barbatae

• **English name:** barbat skullcap, scutellaria
• **Literal English translation:** “half-branch lotus”
• **Botanical Name:** Scutellaria barbata D. Don. (Labiatae)
• **Pharmaceutical Name:** Herba Scutellariae Barbatae
• **When Harvested:** Fall
• **Used Part:** Entire plant
• **Flavor and Properties:** Pungent, bitter, cold
• **Channel Entered:** Lung, liver, kidney
Ban Zhi Lian (半枝莲)
Herba Scutellariae Barbatae

• **Actions**
  – 1. Clears heat, resolves toxicity, invigorates the blood, and reduces swellings
  – 2. Promotes urination and reduces edema
  – 3. Mildly dispels blood stasis and stops bleeding

• **Indications**
  – 1. For furuncles, sores, and abscesses, as well as snakebite and trauma. Promotes movement and disperses in the course of clearing.
  – 2. For edema from such problems as damp-heat or the ascites of cirrhosis.
  – 3. Trauma, vomiting blood, nosebleeds, or painful bloody urinary dribbling.
Ban Zhi Lian (半枝莲)  
Herba Scutellariae Barbatae

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

• **Cautions and Contraindications:**  
  – Contraindicated in the case of deficiency syndrome

• **Pharmacological actions**  
  – Use in treating cancer: esophageal or lung cancer

Ban Bian Lian (半边莲)  
Chinese Lobelia, or Lobelia

• **Botanical Name:** Lobeliae chinensis  
• **Pharmaceutical Name:** Herba lobeliae  
• **When Harvested:** Summer  
• **Used Part:** Entire plant including the root  
• **Preparation:** Use fresh or dried in sunlight, use unprepared  
• **Flavor and Properties:** Sweet, neutral  
• **Channel Entered:** Heart, lung, small intestine
Ban Bian Lian (半边莲)  
Chinese Lobelia, or Lobelia

- **Actions**
  - 1. Resolves toxicity
  - 2. Promotes urination

- **Indications**
  - 1. For carbuncles, boils due to heat toxicity and snake bite.
    - A. Poisonous snakebite, wasp stings and initial stage of carbuncles and sores. Used with Huang Qin, Huang Lian, Jin Yin Hua
    - B. Fire toxin syndrome such as tonsillitis
  - 2. For edema with big abdomen. Used with Ze Xie, Zhu Ling
Ban Bian Lian (半边莲)
Chinese Lobelia, or Lobelia

- **Dosage and Administration:**
  - 10-15g decocted in water for an oral dose.
  - Ground into powder and mixed with water for external use.

- **Cautions and Contraindications:**
  - Contraindicated in the case of deficiency syndrome

- **Pharmacological actions**
  - 1. Urinary effect
  - 2. Effect on blood pressure
  - 3. Treatment of parasites.

She Gan (射干)
Belamcanda Rhizome

- **English name:** belamcanda rhizome
- **Alternate name:** 乌扇 (wu shan)
- **Literal English translation:** “arrow shaft”
- **Botanical Name:** Belamcanda chinensis (L.) DC.
- **Pharmaceutical Name:** Rhizoma Belamcandae
- **When Harvested:** Early spring or late autumn
- **Used Part:** Rhizome
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Lung
She Gan (射干)
Belamcanda Rhizome

- **Actions**
  - 1. Clears heat, resolves toxicity, and improves the condition of the throat
  - 2. Transforms phlegm and clears the Lungs

- **Indications**
  - 1. For swelling and pain of the throat due to fire excess, fire toxin, or phlegm-heat obstruction. Sometimes used alone for sore throat. Used alone or with Huang Qin, Jie Geng
  - 2. For cough and wheezing with phlegm obstruction. Its effect on phlegm is so strong that it is combined with warming herbs in treating obstruction and clogging due to cold-phlegm. Used with Xing Ren, Jie Geng
She Gan (射干)
Belamcanda Rhizome

• **Dosage and Administration:**
  – 3-10g decocted in water for an oral dose.
  – Ground into powder and mixed with water for external use.

• **Cautions and Contraindications:**
  – 2. Contraindicated in cases of spleen deficiency with diarrhea.

• **Pharmacological actions**
  – 1. Antifungal and antiviral effect
  – 2. Effect on secretions: increase secretion of saliva

Ma Bo (马勃)
Fruiting body of Puffball or Lasiosphaera

• **English name:** fruiting body of puffball, lasiosphaera
• **Botanical Name:** Lasiosphaera fenslii Reich.
• **Pharmaceutical Name:** Fructificatio Lasiosphaerae seu Calvatiae
• **When Harvested:** July through September when fruiting body is ripe
• **Used Part:** Fruiting body
• **Flavor and Properties:** Pungent, neutral
• **Channel Entered:** Lung
Ma Bo (马勃)
Fruiting body of Puffball or Lasiosphaera

• **Actions**
  – 1. Clears the Lungs, resolves fire toxicity, and improves the condition of the throat
  – 2. Stops bleeding

• **Indications**
  – 1. For fire toxin affecting the throat causing pain, swelling, and loss of voice. Also cough due to Lung heat. Used with Ban Lan Gen, Xuan Shen
  – 2. Used both internally and topically to stop bleeding, most often in the oral cavity or lips; also for bleeding gums associated with frostbite.
Ma Bo (马勃)
Fruiting body of Puffball or Lasiosphaera

- **Dosage and Administration:**
  - 1.5-5g wrapped in cheesecloth decocted in water for an oral dose.
  - Proper amount used topically as a powder to stop bleeding or for sore and swollen throat.

- **Cautions and Contraindications:**
  - Contraindicated in cases of the loss voice due to wind-cold.

- **Pharmacological actions**
  - 1. Hemostatic effect
  - 2. Antimicrobial effect

Shan Dou Gen (山豆根)
Subprostrate or sophora root

- **English name:** subprostrate, sophora root
- **Alternate name:** 广豆根 (guang dou gen)
- **Literal English translation:** “mountain bean root”
- **Latin Name:** Sophora tonkineenis Gapnep
- **Pharmaceutical Name:** Radix Sophorae Tonkinensis
- **When Harvested:** Autumn or spring
- **Used Part:** root
- **Flavor and Properties:** bitter, cold
- **Channel Entered:** Large intestine, Lung
Shan Dou Gen (山豆根)
Subprostrate or sophora root

• **Actions**
  – 1. Clears heat, resolves fire toxicity, and improves the condition of the throat
  – 2. Clear heat, resolves fire toxicity, and disperses swellings

• **Indications**
  – 1. For **swollen, painful throat**. Can be used alone, both internally and as a gargle. Used with Niu Bang Zi and Jie Geng
  – 2. For **abscesses and other toxic sores**. Also used for cancers, especially of the **throat and lungs**. Used with Xing Ren
Shan Dou Gen (山豆根)
Subprostrate or sophora root

- **Dosage and Administration:**
  - 3-9g decocted in water for an oral dose.
- **Cautions and Contraindications:**
  - 1.Contraindicated during pregnancy.
  - 2.Contraindicated in case of diarrhea due to spleen deficiency.
- **Pharmacological actions**
  - Antineoplastic effect
  - Use in gynecology

Bai Guo (白果)
Semen Ginkgo

- **English name:** ginkgo nut
- **Alternate name:** 银杏(yin xing)
- **Literal English Translation:** “silver almond”
- **Latin Name:** Ginkgo biloba L.
- **Pharmaceutical Name:** Semen Ginkgo Bilobae
- **When Harvested:** Autumn or spring
- **Used Part:** seed
- **Flavor and Properties:** sweet, bitter, astringent, neutral, slightly toxic, highly toxic for children
- **Channel Entered:** Kidney, Lung
Bai Guo (白果)
Semen Ginkgo

- **Actions**
  - 1. Astringe lung and stop wheezing
  - 2. Stop excessive vaginal discharge
  - 3. Stabilize essence and control urination

- **Indications**
  - 1. For *coughing and wheezing* due to wind cold, phlegm, lung heat, or lung deficiency.
  - 2. For *excessive vaginal discharge* due to dampness or spleen and kidney deficiency.
  - 3. For *spermatorrhea, frequent urination, enuresis*. 
Bai Guo (白果)
Semen Ginkgo

• **Dosage and Administration:**
  – 5-10g for an oral dose.

• **Cautions and Contraindications:**
  – Contraindications: not to be used in the initial stages of cough, not to be used in sticky phlegm due to Yin deficiency, not to be used long term or in large quantity.
  – Caution: Bai Guo is **very toxic** for children

Bai Lian (白敛)
Ampelopsis Radix

• **Latin Name:** Ampelopsis japonica (Thunb.) Makino (Vitaceae)
• **Pharmaceutical Name:** Radix Ampelopsis Japonicae
• **When Harvested:** Autumn or spring
• **Used Part:** root
• **Flavor and Properties:** Bitter, Acrid, Neutral Cold
• **Channel Entered:** Heart, Stomach, Liver
Bai Lian (白敛)  
Ampelopsis Radix

• **Actions**  
  – Clear heat, resolve toxicity, reduce abscesses, disperse clumps, and generate flesh

• **Indications**  
  – For clogging collections of heat toxin leading to sores and abscesses. Can be used as a stand-alone herb for this purpose
Bai Lian (白敛)
Ampelopsis Radix

- **Dosage and Administration:**
  - 3-10g for an oral dose.
- **Cautions and Contraindications:**
  - Incompatible with *Radix Aconiti (Wu Tou)*.

Lu Dou (绿豆)
Mung Bean or *phaseolus*

- **Botanical Name:** Phaseolus radiatus L. Also known as *phaseolus mungo*
- **Pharmaceutical Name:** Semen phaseoli Radiati
- **When Harvested:** after the autumnal equinox when ripe
- **Used Part:** Seeds
- **Flavor and Properties:** Sweet, cool
- **Channel Entered:** Heart, stomach
Lu Dou (绿豆)
Mung Bean or phaseolus

• **Actions**
  – 1. Clears summerheat
  – 2. Clears heat and resolves toxicity
  – 3. Antidote

• **Indications**
  – 1. For summer-heat patterns of irritability and fever, especially when thirst is an important symptom. This herb is often made as a tea in the summertime to prevent the occurrence of summer-heat.
  – 2. For toxic sores and swellings. For this purpose it can be ground into a powder and taken as a tea.
  – 3. As an antidote for poisoning due to Aconiti Radix lateralis preparata (zhi fu zi) or fava beans.
## Lu Dou (绿豆)
**Mung Bean or phaseolus**

- **Dosage and Administration:**
  - 15-30g for an oral dose.

- **Cautions and Contraindications**
  - Contraindicated in cases of spleen yang deficiency

- **Pharmacological actions**
  - 1. Treatment of poisoning
  - 2. Treatment of burns

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## Herbs that clear heat and relieve toxicity

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Practice questions

1. Common function of Xia Ku Cao (prunellae spica) and Long Dan Cao (gentianae radix)?
   - A. Clear HT
   - B. Clear LU
   - C. Clear LV
   - D. Clear ST

2. Which of the following herbs is very commonly used for intestinal abscess?
   - A. Pu Gong Ying (Dandelion)
   - B. Ban Lan Gen (woat root or Isatis root)
   - C. Bai Jiang Cao (Patrinia or Thiaspi)
   - D. Yu Xing Cao (Houtuynia)

3. Which of the following herbs is very commonly used for lung abscess?
   - A. Ju Hua (Flos chrysanthemi morifolii)
   - B. Ban Lan Gen (woat root or Isatis root)
   - C. Bai Jiang Cao (Patrinia or Thiaspi)
   - D. Yu Xing Cao (Houtuynia)

4. Which of the following herbs is very commonly used for breast abscess?
   - A. Pu Gong Ying (dandelion)
   - B. Ban Lan Gen (woat root or Isatis root)
   - C. Bai Jiang Cao (Patrinia or Thiaspi)
   - D. Yu Xing Cao (Houtuynia)
5. Which of the following statements is the function of Shan Dou Gen (Radix Sophorae Tonkinensis)?
   - A. Relieve exterior wind-cold and clear heat
   - B. Clear heat and dry the dampness
   - C. Clear heat, resolve fire toxicity and benefit throat
   - D. Clear heat, relieve toxicity and invigorate the blood

6. Which of the following herbs has the functions of clearing heat and relieving fire toxicity, expelling external wind-heat and clearing damp-heat from the lower-Jiao, and is the one of the best for skin sores, carbuncles and epidemic febrile diseases at Wei level?
   - A. Jin Yin Hua (Honeysuckle flower or Lonicera)
   - B. Da Qing Ye (Folium Daqingye)
   - C. Pu Gong Ying (Herba Taraxaci Mongolici cum Radice)
   - D. Bai Jiang Cao (Patrinia or Thiaspi)

7. Ban Lan Gen (Radix Isatidis seu Baphicacanthi) is one of the best herbs for ___________.
   - A. Sore and swollen throat due to toxic heat
   - B. Skin sores, carbuncles and internal abscesses
   - C. The heat in the Ying and blood level during the epidemic febrile disease
   - D. Dysentery due to damp-heat

8. Da Qing Ye (Folium Daqingye) is one of the best herbs for which of the following?
   - A. Sore and swollen throat due to toxic heat
   - B. Skin sores, carbuncles and internal abscesses
   - C. The heat in the Ying level and early blood level during the epidemic febrile disease
   - D. Dysentery due to damp-heat
9. Ye Ju Hua (Flos Chrysanthemi Indici) has the function of which of the following?
   - A. Clearing deficient heat
   - B. Clearing heat and relieving toxicity
   - C. Clearing heat and cooling the blood
   - D. Purging downward

10. Chuan Xin Lian (Chiretta or Kariyat or Andrographis) is the best herb for which of the following?
   - A. Breast abscess
   - B. Lung abscess
   - C. Dysentery due to damp-heat or fire toxin
   - D. Cough, sore throat due to Lung-heat

11. Which of the following herb has all the following functions: clearing heat and relieving toxicity, expelling external wind-heat and dissipating nodules?
   - A. Jin Yin Hua (Flos Lonicerae Japonicae)
   - B. Lian Qiao (Fructus Forsythiae Suspensae)
   - C. Da Qing Ye (folium daqing ye)
   - D. Ban Lan Gen (radix isatidis seu baphicacanthi)

12. Which of following herb is an important herb for chronic cold stagnation dysenteric disorders (Xiu Xi Li) that wax and wane, or alternating hard and soft stools?
   - A. Bai Tou Weng (anemone)
   - B. Ya Dan Zi (Bruceae Fructus)
   - C. Ma Chi Xian (Portulaca)
   - D. Hong Teng (Sargentodoxa vine)
13. Which of the following herb can resolve fire toxicity, cool the blood, clear damp-heat, stop bleeding and unblock painful urinary dribbling and also used as an antidote for the pain and swelling of wasp stings and snakebite?
   - A. Bai Xian Pi (Cortex of Chinese Dittany Root)
   - B. Ban Zhi Lian (Herba Scutellariae Barbatae)
   - C. Ban Bian Lian (Lobelia)
   - D. Ma Chi Xian (Portulaca)

14. Which of the following herb can be not only used for intestinal abscess and skin lesions with heat, swelling, and pain but also for trauma, dysmenorrhea, and joint pain?
   - A. Ban Bian Lian (Lobelia)
   - B. Ban Zhi Lian (Herba Scutellariae Barbatae)
   - C. Hong Teng (Sargentodoxa vine)
   - D. She Gan (Belamcanda Rhizome)

15. Which of the following herb can clear damp-heat to stop itching and use for vaginal pruritis with discharge?
   - A. She Gan (Belamcanda Rhizome)
   - B. Ma Bo (Lasiosphaera)
   - C. Shan Dou Gen (sophora root)
   - D. Bai Xian Pi (Cortex of Chinese Dittany Root)

16. What is the common action between Ban Zhi Lian (Herba Scutellariae Barbatae) and Ban Bian Lian (Lobelia)?
   - A. Clear heat and resolve toxicity
   - B. Promote urination and reduce edema
   - C. Both A and B
   - D. Only A
17. Which herb does not benefit the throat?
A. She Gan (Belamcanda Rhizome)
B. Ban Lan Gen (woat root or Isatis root)
C. Shan Dou Gen (sophora root)
D. Yu Xing Cao (Houtuynia)

18. Which of the following statement is correct?
A. She Gan (Belamcanda Rhizome) can transform phlegm and clear the Lungs, while Ma Bo (Lasiosphaera) can stop bleeding.
B. Ma Bo (Lasiosphaera) should be wrapped in cheesecloth decocted in water for an oral dose.
C. Both can clear heat, resolve toxicity and improve the condition of throat.
D. All of them.

19. Which of the following herb is not toxic?
A. Ya Dan Zi (Bruceae Fructus)
B. Bai Guo (Semen Ginkgo)
C. Lu Dou (Mung Bean or phaseolus)
D. Xi Xin(Asarum)

20. Which of the following herb can astringe lung, stop wheezing, stop excessive vaginal discharge and stabilize essence and control urination?
A. Bai Guo (Semen Ginkgo)
B. Bai Lian (Ampelopsis Radix)
C. Lu Dou (Mung Bean or phaseolus)
D. Ya Dan Zi (Bruceae Fructus)
21. Which of the following herb can clear heat, resolve toxicity, reduce abscesses, disperse clumps, and generate flesh?
   • A. Bai Guo (Semen Ginkgo)
   • B. Bai Lian (Ampelopsis Radix)
   • C. Lu Dou (Mung Bean or phaseolus)
   • D. Ya Dan Zi (Bruceae Fructus)

22. Which of the following herb is often made as a tea in the summertime to prevent the occurrence of summer-heat?
   • A. Bai Guo (Semen Ginkgo)
   • B. Bai Lian (Ampelopsis Radix)
   • C. Lu Dou (Mung Bean or phaseolus)
   • D. She Gan (Belamcanda Rhizome)

Chapter 2 Herbs that Clear Heat

Section 6 Herbs that clear deficient heat
Herbs that clear deficient heat

- Herbs that clear deficient heat
  - The herbs in this section enter the Yin aspect and are used to clear deficient heat and reduce steaming bone disorder.
  - They are used when Liver and Kidney Yin deficiency leads to deficient fire manifested as tidal fevers or afternoon fevers, heat in the palms and soles, night sweats and loss of semen, all of which are accompanied by a red tongue with a sparse coating and a thin, rapid pulse.

Herbs that clear deficiency heat

- These herbs are also useful in the later stages of febrile diseases where the pathogenic heat is not yet fully expended, but the yin fluids have already been injured.
- This usually manifests in fevers at night followed by coolness in the morning, marked by an absence of normal sweating when the fever recedes. The tongue is usually dark red and the pulse is thin and rapid.
- For the latter problem, these herbs are usually combined with other herbs that clear heat, cool the blood, and nourish the Yin such as Sheng Di Huang (Rehmanniae Radix) and Xuan Shen (Scrophulariae Radix) to address both the manifestation and the root.
Herbs that clear deficiency heat

- Section 6 Herbs that clear deficiency heat (5 types)
  - Qing Hao (herba Artemisiae Annuae) 青蒿
  - Di Gu Pi (Cortex Lycci Radicis) 地骨皮
  - Bai Wei (Radix Cynanchi Atrati) 白薇
  - Yin Chai Hu (Radix Stellariae) 银柴胡
  - Hu Huang Lian (Picrorhizae Rhizoma) 胡黄连

Qing Hao (青蒿)
herba Artemisiae Annuae

- **English Name:** wormwood, ching-hao
- **Botanical Name:** Artemisia annua L.
- **Pharmaceutical Name:** Herba Artemisiae Annuae
- **When Harvested:** Summer before the flowers bloom
- **Used Part:** Aerial parts
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Kidney, liver, gallbladder
Qing Hao (青蒿)
herba Artemisiae Annuae

- **Actions**
  - 1. Checks malaria
  - 2. Clears deficient heat
  - 3. Cools blood and reduces fever
  - 4. Clears summer-heat

- **Indications**
  - 1. For the alternating fever and chills of *malarial disorders*. It is one of the best anti-malarial medicine among western and herbal medicine. - use fresh one alone, or use with Huang Qin, Zhu Ru, (such as Hao Qin Qing Dan Tang).
  - 2. For fevers from either *blood deficiency* or as the *sequelae of the febrile disease*. Especially useful when steaming bone patterns are marked by an absence of sweating. - with Bie Jia, Mu Dan Pi, Sheng Di Huang (such as Qing Hao Bie Jia Tang)
  - 3. For *febrile diseases with Yin damaged* manifested as fever which is worse at night and better in the morning. - with Sheng Di Huang, Mu Dan Pi, Ce Bai Ye.
  - 4. Especially for *summer-heat* with low fever, headache, dizziness, and a stifling sensation in the chest. - with Lv Dou, He Ye.
Qing Hao (青蒿)
herba Artemisiae Annuae

- **Dosage and Administration:**
  - 1. 6-12g decocted in water for an oral dose
  - 2. Do not decoct longer.

- **Cautions and Contraindications:**
  - 1. Contraindicated in post partum women with blood deficiency.
  - 2. Contraindicated in cases of spleen and stomach Yang deficiency.

- **Pharmacological actions**
  - 1. Antibiotic effect
  - 2. Antimalarial effects

---

Di Gu Pi (地骨皮)
Cortex Lycci Radicis

- **English Name:** cortex of wolfberry root, lycium bark
- **Literal English Translation:** “earth bone bark”
- **Botanical Name:** Lycium chinense Mill. Or I. Barbarum L.
- **Pharmaceutical Name:** Cortex Lycii Radicis
- **When Harvested:** Year-round, though best in early spring
- **Used Part:** Root
- **Flavor and Properties:** Sweet, cold
- **Channel Entered:** Lung, liver, kidney
Di Gu Pi (地骨皮)
Cortex Lycci Radicis

- **Actions**
  - 1. Cools blood and reduces steaming
  - 2. Clears heat and cools the blood
  - 3. Clears Lung heat

- **Indications**
  - 1. For *Kidney fire with deficiency heat* manifested as night sweats, steaming bone disorder with sweating, chronic low grade fever, irritability, and thirst. - with Zhi Mu, Bie Jia
  - 2. For *febrile diseases with bleeding*, such as purpuric rashes or nosebleed due to heat in the blood. - with Ce Bai Ye, Bai Mao Gen
  - 3. For *Lung heat cough or wheezing*. - with Sang Bai Pi, Gan Cao, Jing Mi (such as Xie Bai San)
Di Gu Pi (地骨皮)
Cortex Lycci Radicis

- **Dosage and Administration:**
  - 6-15g decocted in water for an oral dose

- **Cautions and Contraindications:**
  - Contraindicated in cases of stomach and spleen Yang deficiency and exterior syndrome.

- **Pharmacological actions**
  - 1. Effect on temperature regulation: lower
  - 2. Treatment of malaria
  - 3. Effect on blood pressure: lower
  - 4. Treatment of hypertension
  - 5. Endocrine effect: raise serum glucose and lower it
  - 6. Use in dermatology: eczema
  - 7. Use in dentistry: lower pain and inflammation

Bai Wei (白薇)
Radix Cynanchi Atrati

- **English Name:** swallowwort root
- **Alternate names:** 白薇根 (bai wei gen), 香白薇 (xiang bai wei)
- **Pharmaceutical Name:** Radix Cynanchi Baiwei
- **When Harvested:** autumn (best) and spring
- **Used Part:** root
- **Flavor and Properties:** bitter, salty, cold
- **Channel Entered:** Lung, Stomach, Kidney
Bai Wei (白薇)  
Radix Cynanchi Atrati

**Actions**
- 1. Clears heat and cools the blood
- 2. Cools the blood and promotes urination
- 3. Resolves toxicity

**Indications**
- 1. For **heat entering the nutritive or blood levels**, Yin-deficient fever, persistent summertime fever in children, postpartum fever, and lingering fever as the sequelae of a warm-heat pathogen disease that injures the blood or Yin. Used with Sheng Di, Xuan Shen
- 2. For **hot or painful bloody urinary dribbling (bloody Lin)**, especially before or after giving birth. Used with Mu Tong, Hua Shi, Shi Wei
- 3. For **toxic sores, swollen and painful throat, and snakebite**.
Bai Wei (白薇)  
Radix Cynanchi Atrati  

- **Dosage and Administration:**  
  – 3-12g decocted in water for an oral dose  

- **Cautions and Contraindications:**  
  – Caution in case of spleen deficiency  

- **Pharmacological actions**  
  – Cardiovascular effect: Cardiac glycosides for heart failure.

Yin Chai Hu (银柴胡)  
Radix Stellariae  

- **English Name:** stellaria root  
- **Alternate name:** 银胡 (yin hu)  
- **Literal English Translation:** “silver barbarian kindling”  
- **Botanical Name:** Stellaria dichotoma L. Var. Lanceolata Bge.  
- **Pharmaceutical Name:** Radix Stellariae Dichotomae  
- **When Harvested:** Autumn  
- **Used Part:** Root  
- **Flavor and Properties:** Sweet, cool  
- **Channel Entered:** Liver, stomach
Yin Chai Hu (银柴胡)
Radix Stellariae

- **Actions**
  - 1. Clears deficiency heat
  - 2. Clears heat and reduces childhood nutritional impairment

- **Indications**
  - 1. For fire from Yin deficiency with steaming bone disorder, or any Yin-deficient fever. - with Qing Hao, Di Gu Pi, Hu Huang Lian (such as Qing Gu San)
  - 2. For fever, thirst, and irritability associated with childhood nutritional impairment (malnutrition) due to accumulation with heat. - with Huang Qi, Hu Huang Lian
Yin Chai Hu (银柴胡)
Radix Stellariae

• **Dosage and Administration:**
  – 3-9g decocted in water for an oral dose

• **Cautions and Contraindications:**
  – Contraindicated in cases of exterior syndrome.

Hu Huang Lian (胡黄连)
Picrorhizae Rhizoma

• **English Name:** picrorhiza rhizome
• **Alternate name:** 胡连（hu lian）
• **Literal English Translation:** “barbarian yellow link”
• **Botanical Name:** Picrorhiza scrophulariaeeflora Pennell or P. Kurroa Royle ex Benth.
• **Pharmaceutical Name:** Rhizoma Picrorhizae
• **When Harvested:** Autumn when the aerial parts have withered.
• **Used Part:** Rhizome
• **Flavor and Properties:** Bitter, cold
• **Channel Entered:** Liver, stomach, large intestine
Hu Huang Lian (胡黄连)
Picrorhizae Rhizoma

• **Actions**
  – 1. Clears deficiency heat
  – 2. Clears heat and reduces childhood nutritional impairment
  – 3. Drains damp-heat

• **Indications**
  – 1. For *Yin deficiency with heat signs.*
  – 2. Most appropriate when the disorder is accompanied by *abdominal distention, afternoon fevers, and dysenteric diarrhea.*
  – 3. For *damp-heat dysenteric disorder* or sores.
Hu Huang Lian (胡黄连)  
Picrorhizae Rhizoma

• **Dosage and Administration:**  
  – 1.5-9g decocted in water for an oral dose

• **Cautions and Contraindications:**  
  – Caution in cases of spleen or stomach Yang deficiency.

• **Pharmacological actions**  
  – Antibiotic effect

Herbs that clear deficiency heat

• Section 6 Herbs that clear deficiency heat (5 types)  
  – Qing Hao (herba Artemisiae Annuae) 青蒿  
  – Di Gu Pi (Cortex Lycci Radicis) 地骨皮  
  – Bai Wei (Radix Cynanchi Atrati) 白薇  
  – Yin Chai Hu (Radix Stellariae) 银柴胡  
  – Hu Huang Lian (Picrorhizae Rhizoma) 胡黄连
Practice Questions

1. Which “clearing deficient heat” herb can clear summer heat and stop malaria?
   - A. Qing Hao (Herba Artemisiae Annuae)
   - B. Di Gu Pi (Cortex Lycii Radicis)
   - C. Bai Wei (Radix Cynanchi Atrati)
   - D. Yin Chai Hu (Radix Stellariae)

2. Which of the following herb can cool Blood, reduce Bone-steaming emission of Heat, and Clear and Drain Lung Heat?
   - A. Hu Huang Lian (Picrorhizae Rhizoma)
   - B. Zhi Mu (anemarrenha rhizome)
   - C. Di Gu Pi (cortex of wolfberry root/lycium bark)
   - D. Huang Bai (phellodendron)

3. Which “clearing deficient heat” herb can cool the blood, promote urination and resolve toxicity?
   - A. Qing Hao (Herba Artemisiae Annuae)
   - B. Ban Bian Lian (Herba Lobeliae Chinensis)
   - C. Bai Wei (Radix Cynanchi Atrati)
   - D. Yin Chai Hu (Radix Stellariae)

4. Which of the following herbs can treat childhood nutritional impairment manifested by fever, thirst, and irritability due to heat?
   - A. Hu Huang Lian (Picrorhizae Rhizoma), Qing Hao (Herba Artemisiae Annuae)
   - B. Yin Chai Hu (Radix Stellariae), Di Gu Pi (cortex of wolfberry root/lycium bark)
   - C. Qing Hao (Herba Artemisiae Annuae), Di Gu Pi (cortex of wolfberry root/lycium bark)
   - D. Hu Huang Lian (Picrorhizae Rhizoma), Yin Chai Hu (Radix Stellariae)
Practice Questions

5. Which of the following herb is the best one for steaming bone due to Kidney fire with deficiency heat manifested as night sweats, steaming bone disorder with sweating, chronic low grade fever, irritability, and thirst?
   – A. Qing Hao (Herba Artemisiae Annuae)
   – B. Di Gu Pi (Cortex Lycci Radicis)
   – C. Bai Wei (Radix Cynanchi Atrati)
   – D. Yin Chai Hu (Radix Stellariae)