Individual Herbs I

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Chapter 3 Cathartic/laxative herbs

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Cathartic/laxative herbs

• Concept
  – Herbs that stimulate, lubricate the large intestine to facilitate the expulsion of stool or induce diarrhea is called cathartic.

• Actions
  – 1. Purging large intestine
  – 2. Draining heat
  – 3. Discharge water retention

• Main indication
  – Constipation due to accumulation of cold or heat.
Classification

• Classification
  – **Purgatives**: For the most part, these are bitter and cold in nature, with rather strong heat-clearing properties. They are often used for constipation due to accumulation of heat.
  – **Mild purgatives**: Often nuts or seeds, these substances lubricate the intestines. They are mild in nature and are most appropriately prescribed for the debilitated, elderly, and those who are weakened from either a febrile disease or from childbirth.
  – **Drastic Purgatives**: These are very strong herbs that can induce pronounced diarrhea. Some of them are also diuretics and are useful in the treatment of pleural effusion and ascites. Because of their strong effects, they are only used in very severe cases.

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.
Contraindication

• Contraindication
  – Exterior and deficiency syndromes
  – The elderly, especial purgatives and drastic purgatives;
  – Pregnant, postpartum and menstruation period, nursing mothers.
  – SP and ST deficiency

Classification

• Section 1 Purgatives (4 types)
  – Da Huang, Mang Xiao, Fan Xie Ye, Lu Hui
• Section 2 Mild purgatives (2 types)
  – Huo Ma Ren, Yu Li Ren
• Section 3 Drastic Purgatives (6 types)
  – Gan Sui, Jing Da Ji, Yuan Hua, Shang Lu, Qian Niu Zi, Ba Dou
Chapter 3 Cathartic/laxative herbs

Section 1 Purgatives

Purgatives

• Section 1 Purgatives (4 types)
  – Da Huang (Radix et Rhizoma Rhei) 大黄
  – Mang Xiao (Mirabilitum) 芒硝
  – Fan Xie Ye (Folium Sennae) 番泻叶
  – Lu Hui (Herba Aloes) 芦荟
Da Huang (大黄)  
Radix et Rhizoma Rhei

- **English name:** rhubarb root and rhizome  
- **Alternate names:** 川军(chuan jun); 生军(sheng jun); 将军(jiang jun); 锦纹(jin wen)  
- **Literal English Translation:** “big yellow”  
- **Botanical Name:** Rheum palmatum L. Or r. Tanguticum Maxim  
- **Pharmaceutical Name:** Radix et Rhizoma Rhei  
- **When Harvested:** September to October after the stem and leaves wither and turn yellow  
- **Used Part:** Rhizome  
- **Flavor and Properties:** Bitter, cold  
- **Channel Entered:** Heart, large intestine, liver, stomach
Da Huang (大黃)  
Radix et Rhizoma Rhei

• **Actions**
  – 1. Drains heat and purges accumulations
  – 2. Drains fire
  – 3. Clears damp-heat, and promotes urination
  – 4. Drains blood heat
  – 5. Moves blood

• **Indications**
  – 1. For high fever, profuse sweating, thirst, constipation, abdominal distention and pain, Intestinal abscess as in Da Cheng Qi Tang. - with Mang Xiao, Zhi Shi, Hou Po (such as Da Cheng Qi Tang)
  – 2. For sore throat, hot, swollen, and painful eyes, fire toxin sores due to heat excess obstructing the blood level or burn, as in Huang Lian Jie Du Tang. - with Huang Qin, Huang Lian
  – 3. For damp-heat leading to such problems as edema, jaundice, painful urinary dribbling, as well as acute, hot dysenteric disorders. - with Yin Chen Hao, Zhi Zi, or with Mu Tong, Che Qian Zi
  – 4. For blood in the stool, vomiting blood or nosebleed accompanied by constipation. - with clearing heat and stopping bleeding herbs.
  – 5. For amenorrhea, fixed abdominal masses, or fixed pain due to blood stasis, traumatic injury. - with Tao Ren, Hong Hua, Dang Gui

• **Dosage and administration:**
  – 5-10g decocted in water for an oral dose
  – It is called the 'general'.
  – Boiled later (add near the end).
  – Raw for excessive heat.
  – Alcohol prepared for moving blood.
  – Charred for bleeding.

• **Cautions and contraindications:**
  – 1. Contraindicated in cases of exterior disorders.
  – 2. Contraindicated in cases of Qi or blood deficiency and cold from deficiency of the spleen and stomach
  – 3. Caution during pregnancy, menstruation or post partum.
  – 4. Caution for nursing mothers
Da Huang (大黄)  
Radix et Rhizoma Rhei

- **Pharmacological & Clinical Research:**
  - 1. Effect on the colon: purgative effect
  - 2. Antimicrobial effect
  - 3. Antineoplastic effect:
  - 4. Cardiovascular effect: lower blood pressure
  - 5. Hematological effect: shorten coagulation time
  - 6. Effect on serum lipid levels: lower cholesterol level.
  - 7. Treatment of trauma
  - 8. Treatment of the complications of schistosomiasis
  - 9. Treatment of dermatological inflammation: stomatitis, oral ulcers, and folliculitis
  - 10. Gastrointestinal effect: treat abdominal distention
  - 11. Pharmacokinetics: excreted by the kidney and turn acidic urine brown, and alkaline urine purple. They are also excreted in mothers’ milk, and for that reason the herb should not be used by nursing mothers.

Mang Xiao (芒硝)  
(Mirabilitum)

- **English name:** mirabilite, glauber’s salt
- **Alternate names:** 朴硝(pu xiao); 皮硝(pi xiao); 牙硝(ya xiao); 玄明粉(xuan ming fen);
- **Botanical Name:** Mirabilite.
- **Pharmaceutical Name:** Mirabilitum
- **Used Part:** Refined crystals
- **Flavor and Properties:** Acrid, bitter, salty, very cold
- **Channel Entered:** Stomach, large intestine
Mang Xiao\textsuperscript{4}\textsuperscript{17} 芒硝 (Mirabilitum)

- **Actions**
  - 1. Purges accumulation and guides out stagnation
  - 2. Clears heat and drains fire
  - 3. Clears heat and reduces swelling

- **Indications**
  - 1. For heat in the stomach and intestines with constipation; this substance moistens dryness and softens hardness. - with Da Huang, Hou Po, Zhi Shi (such as Da Cheng Qi Tang)
  - 2. For a wide variety of problems associated with heat in the lungs and/or stomach. Especially useful for accumulation such as phlegm or clumping in the Intestines.
  - 3. For red, swollen, painful eyes; painful, swollen, ulcerated mouth or throat; and red, swollen skin lesions including breast problems. For external use, it can be used alone for the early stages of breast abscess before it has suppurated. - with Peng Sha, Bing Pian
Mang Xiao芒硝
(Mirabilitum)

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose
  – Topically use for stopping nursing milk.

• **Cautions and contraindications:**
  – 1. Incompatible with Liu Huang.
  – 2. Contraindicated in cases of spleen deficiency and in the elderly.

• **Pharmacological actions**
  – 1. Laxative effect
  – 2. Gastrointestinal effect: increase activities of gastrointestinal.

Fan Xie Ye (番泻叶)
Folium Sennae

• **English name:** senna leaf
• **Alternate name:**泻叶(xie ye)
• **Literal English translation:** “purgative leaf of the foreigners”
• **Botanical Name:** Cassia angustifolia Vahl or C. Acutifolia Del.
• **Pharmaceutical Name:** Folium Sennae
• **When Harvested:** Before flowers bloom or in autumn when fruit has ripened
• **Used Part:** Leaf
• **Flavor and Properties:** Bitter, sweet, cold
• **Channel Entered:** Large intestine
Fan Xie Ye (番泻叶)
Folium Sennae

- **Actions**
  - Drains downward and guides out stagnation

- **Indications**
  - For constipation due to heat accumulation in the Intestines. Can be used for both acute and chronic problems. - used along or with Zhi Shi, Hou Po
Fan Xie Ye (番泻叶)  
Folium Sennae

• **Dosage and administration:**  
  – 1.5-3g for a mild laxative effect;  
  – 4.5-9g for a strong purge.  
  – Usually taken alone as a tea. If decocted, it should be added near the end.

• **Cautions and contraindications:**  
  – 1. Contraindicated during pregnancy, menstruation, and nursing mothers  
  – 2. Caution for weak patients.  
  – 3. Overdose may result in abdominal pain, nausea and vomiting.

• **Pharmacological actions**  
  – 1. Laxative effect  
  – 2. Treatment of constipation

Lu Hui (芦荟)  
Herba Aloes

• **English name:** dried concentrate of the juice of the aloe leaf  
• **Botanical Name:** Aloe vera L. Var. Chinensis Berger  
• **Pharmaceutical Name:** Herba Aloes  
• **When Harvested:** Year round  
• **Used Part:** Dried concentrate of the juice  
• **Flavor and Properties:** Bitter and cold  
• **Channel Entered:** Large intestine, liver, stomach
Lu Hui (芦荟)
Herba Aloes

• **Actions**
  – 1. Drains fire and guides out accumulation
  – 2. Clears Liver heat
  – 3. Kills parasites

• **Indications**
  – 1. For constipation, dizziness, red eyes, and irritability due to heat accumulation. Particularly indicated for hot constipation accompanied by exuberant Heart and Liver fire with irritability, restlessness, and insomnia. As a relatively mild herb, it is also used for chronic constipation. - with Long Dan Cao, Zhi Zi, Qing Dai
  – 2. For epigastric discomfort, dizziness, headache, tinnitus, irritability, constipation, and fever due to abundant heat in the Liver channel. - with Long Dan Cao, Huang Qin.
  – 3. For childhood nutritional impairment (Gan Ji), especially when due to roundworm. Also used for tinea. - with Shan Yao, Nan Gua Zi.
Lu Hui (芦荟)
Herba Aloes

- **Dosage and administration:**
  - 1-2g Used in pills or capsules;
  - Do not decoct.

- **Cautions and contraindications:**
  - Contraindicated in pregnancy.

- **Pharmacological actions**
  - 1. Gastrointestinal effect: purgative
  - 2. Effect on healing of wounds and burns
  - 3. Antineoplastic effect: inhibit growth of tumor
  - 4. Cardiovascular effect: inhibitory effect of heart
  - 5. Antifungal effect

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**Purgatives**

- **Section 1 Purgatives (4 types)**
  - Da Huang (Radix et Rhizoma Rhei) 大黄
  - Mang Xiao (Mirabilitum) 芒硝
  - Fan Xie Ye (Folium Sennae) 番泻叶
  - Lu Hui (Herba Aloes) 芦荟
Chapter 3 Cathartic/laxative herbs
Section 2 Mild purgatives

Mild purgatives

- **Main indications**
  - Constipation due to blood, Yin, or Qi deficiency.

- **Herbs**
  - Huo Ma Ren (Fructus Cannabis) 火麻仁
  - Yu Li Ren (Semen Pruni) 郁李仁
Huo Ma Ren (火麻仁)
Fructus Cannabis

- **English name:** hemp seeds, cannabis seeds, linum
- **Alternate name:** 麻仁 (ma ren); 麻子仁 (ma zi ren); 大麻仁 (da ma ren)
- **Literal English translation:** “fire hemp seeds”
- **Botanical Name:** Cannabis sativa L.
- **Pharmaceutical Name:** Semen Cannabis Sativae
- **When Harvested:** August to September
- **Used Part:** Seed
- **Flavor and Properties:** Sweet, neutral
- **Channel Entered:** Large intestine, spleen, stomach
Huo Ma Ren (火麻仁)
Fructus Cannabis

• **Actions**
  – Moistens intestine

• **Indications**
  – For constipation in the elderly, in the aftermath of a febrile disease, postpartum, and in cases of blood deficiency. It mildly tonifies the Yin and primarily used in cases of Yin deficiency with constipation.
    – A. Constipation in the elderly - with Dang Gui, Shu Di Huang, Xin Ren
    – B. Yin deficiency with constipation, or habitual constipation - with Da Huang, Hou Po, Bai Shao (such as Ma Zi Ren Wan)
    – C. Sores and ulcerations, oral or topical application

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose
  – Crush before decocting

• **Cautions and contraindications:**
  – Overdosage or long-term use may result in vaginal discharge or spermatorrhea, or nausea, vomiting, diarrhea, numbness of the extremities, irritability.

• **Pharmacological actions**
  – Cardiovascular effect: lower blood pressure.
Yu Li Ren (郁李仁)
Semen Pruni

- **English name:** bush cherry pit
- **Alternate name:** 郁李仁肉 (yu li ren rou)
- **Literal English translation:** “constrained plum pit”
- **Botanical Name:** Prunus japonica Thunb. Or humulis Bge.
- **Pharmaceutical Name:** Semen Pruni
- **When Harvested:** August to October when the fruit has ripened
- **Used Part:** Kernel
- **Flavor and Properties:** Acrid, bitter, sweet, neutral
- **Channel Entered:** Large intestine, small intestine
Yu Li Ren (郁李仁)
Semen Pruni

• Actions
  – 1. Moistens intestines
  – 2. Promotes urination and reduces edema

• Indications
  – 1. For constipation due to Qi deficiency in the intestines. - with Huo Ma Ren, Bai Zi Ren, Xing Ren (such as Wu Ren Wan)
  – 2. For edema with urinary difficulty. - with Sang Bai Pi, Chi Xiao Dou, Bai Mao Gen

• Dosage and administration:
  – 6-12g decocted in water for an oral dose
  – Crush before decocting
  – Purgative action is stronger than Huo Ma Ren;

• Cautions and contraindications:
  – Caution during pregnancy
Chapter 3 Cathartic/laxative herbs
Section 3 Drastic Purgatives

Drastic Purgatives

- **Main indications**
  - Constipation with stagnation of fluid in the thoracic or abdominal cavities

- **Common character**
  - 1. Drive out water forcefully for hydrothorax, ascites or edema.
  - 2. Toxic
  - 3. Contraindicated for pregnancy and deficiency syndromes.
  - 4. Given low dosage
  - 5. Some can be used externally for abscess or carbuncle
Drastic Purgatives

- Gan Sui (Radix Kansui) 甘遂
- Jing Da Ji (Radix Euphorbiae Pekinensis) 大戟
- Yuan Hua (Flos Genkwa) 芫花
- Shang Lu (Radix Phytolaccae) 商陆
- Qian Niu Zi (Semen Pharbitidis) 牵牛子
- Ba Dou (Semen CrotonTiglii) 巴豆

Gan Sui (甘遂)
Radix Kansui

- **English name:** kan-sui root
- **Literal English translation:** “sweet process”
- **Botanical Name:** Euphorbia kansui Liou
- **Pharmaceutical Name:** Radix Euphorbiae Kansui
- **When Harvested:** Spring before the flowers bloom or autumn after the aerial parts have withered
- **Used Part:** Root
- **Flavor and Properties:** Bitter, sweet, cold, toxic
- **Channel Entered:** Kidney, large intestine, lung
Gan Sui (甘遂)
Radix Kansui

- **Actions**
  1. Drains water downward and drives out thin mucus
  2. Drives out phlegm
  3. Clears heat and reduces swelling

- **Indications**
  1. For draining of severe accumulation of fluid in the chest and abdomen. Also for generalized edema, facial edema, and abdominal distention. This is a violent, cathartic herb that causes one to pass water. - with Da Ji, Yuan Hua, Da Zao (such as Shi Zao Tang)
  2. For seizures from wind-phlegm or withdrawal-mania from recalcitrant phlegm congealing and clumping.
  3. Used topically for swollen, painful, nodular skin lesions due to damp-heat. The herb is most appropriately used during the early stages of this disorder. Herbs that clear heat and resolve toxicity should be given orally at the same time.
**Gan Sui (甘遂)**
Radix Kansui

- **Dosage and administration:**
  - 0.5-1.5g decocted in water for an oral dose.
  - 0.3-1g as a powder. More effective as a pill or powder than decoction.

- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy
  - 2. This toxic substance should be used only for ascites or other excess-type disorders, and only for a very short time.
  - 3. Incompatible with Gan Cao

- **Pharmacological actions**
  - 1. Gastrointestinal effect: laxative
  - 2. Diuretic effect
  - 3. Interaction with Gan Cao ((Radix Glycyrrhizae Uralensis): agitation, dyspnea, and tremors, even death

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**Jing Da Ji (大戟)**
Radix Euphorbiae Pekinensis

- **English name:** peking spurge root, euphorbia
- **Alternate name:** 京大戟(jing da ji); 龙虎草(long hu cao); 红大戟(hong da ji)
- **Literal English translation:** “big lance from the capital”
- **Botanical Name:** Euphorbia pekinensis Rupr.
- **Pharmaceutical Name:** Radix Euphorbiae seu Knoxiae
- **When Harvested:** End of winter or early spring
- **Used Part:** Root
- **Flavor and Properties:** Bitter, acrid, cold, toxic
- **Channel Entered:** Kidney, large intestine, lung

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Jing Da Ji (大戟)
Radix Euphorbiae Pekinensis

- **Actions**
  - 1. Drains water downward and drives out thin mucus
  - 2. Reduces swelling and dissipates nodules

- **Indications**
  - 1. For relatively moderate accumulation of fluids in the chest and flanks with such symptoms as labored breathing, dull pain in the lateral aspect of the chest, expectoration of thick sputum, and thick, greasy tongue coating. - with Gan Sui, Yuan Hua (such as Shi Zao Tang)
  - 2. Applied topically for red, swollen, painful, toxic sores or scrofula.
Jing Da Ji (大戟)  
Radix Euphorbiae Pekinensis

- **Dosage and administration:**
  - 1.5-3g decocted in water for an oral dose.
  - 1g in powder
  - Frying in vinegar reduces its toxicity.

- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy
  - 2. Caution in cases of weak patient
  - 3. Incompatible with Gan Cao

- **Pharmacological actions**
  - 1. Effect on gastrointestinal tract: cathartic action
  - 2. Treatment of nephritis
  - 3. Treatment of ascites from schistosomiasis
  - 4. Interaction with Gan Cao (Radix Glycyrrhizae Uralensis)

Yuan Hua (芫花)  
Flos Genkwa

- **English name:** genkwa flower
- **Botanical Name:** Daphne genkwa Sieb. Et Zucc.
- **Pharmaceutical Name:** Flos Daphnes Genkwa
- **When Harvested:** Spring just before flowers bloom
- **Used Part:** Flower
- **Flavor and Properties:** Bitter, acrid, warm, toxic
- **Channel Entered:** Kidney, large intestine, lung
Yuan Hua (芫花)
Flos Genkwa

• **Actions**
  – 1. Drains water downward and drives out thin mucus
  – 2. Dispels phlegm and stops coughing
  – 3. Kills parasites

• **Indications**
  – 1. Used both as a harsh cathartic and a diuretic for accumulation of fluids in the chest and abdomen and thin mucus in the flanks. - with Gan Sui, Da Ji, Da Zao (such as Shi Zao Tang)
  – 2. For coughing and wheezing. Nowadays most often used for chronic bronchitis with a preponderance of dampness and cold. Can be taken alone with sugar.
  – 3. Used topically to kill such infestations as tinea.
Yuan Hua (芫花)
Flos Genkwa

- **Dosage and administration:**
  - 1.5-3g decocted in water.
  - 0.6 g in powder.
  - Fry with vinegar to reduce its toxicity.

- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy and in weak patients.
  - 2. Overdosage may cause tremors and dyspnea
  - 3. Incompatible with Gan Cao

- **Pharmacological actions**
  - 1. Diuretic effect
  - 2. Interaction with Radix Glycyrrhizae Uralensis

Shang Lu (商陆)
Radix Phytolaccae

- **English name:** poke root, phytolacca
- **Literal English translation:** “commerce continent”
- **Botanical Name:** Phytolacca acinosa Roxb or P. esculenta Van Hout
- **Pharmaceutical Name:** Radix phytolaccae
- **When Harvested:** Autumn through spring
- **Used Part:** Root
- **Flavor and Properties:** Bitter, cold, toxic
- **Channel Entered:** Bladder, kidney, large intestine, spleen
Shang Lu (商陆)  
Radix Phytolaccae

- **Actions**
  - 1. Drives out water through the urethra and anus
  - 2. Reduces sores and carbuncle

- **Indications**
  - 1. For edema associated with excess with such symptoms as **severe constipation and urinary difficulty**. - with Fu Ling, Bing Lang, Chi Xiao Dou, or use alone
  - 2. The fresh herb is used **topically for hot-type sores.**
# Shang Lu (商陆)  
**Radix Phytolaccae**

- **Dosage and administration:**
  - 5-10g decocted in water.
  - Processed with *vinegar* can reduce its toxicity
  - Ground up and applied as a paste with Vaseline, honey or egg white for skin lesions

- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy.
  - 2. Contraindicated in cases of deficiency

- **Pharmacological actions**
  - 1. Diuretic effect
  - 3. Pulmonary effect: strong expectorant effects
  - 4. Antibiotic effect
  - 5. Use for pulmonary disease: chronic bronchitis

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# Qian Niu Zi (牵牛子)  
**Semen Pharbitidis**

- **English name:** morning glory seeds, pharbitis
- **Alternate names:** 黑牵牛 (hei qian niu); 二丑 (er chou); 黑丑 (hei chou); 白丑 (bai chou); 黑白丑 (hei bai chou)
- **Literal English translation:** “cowherd seeds”
- **Botanical Name:** Pharbitis nil (L.) Choisy
- **Pharmaceutical Name:** Semen pharbitidis
- **When Harvested:** July to October when fruit has ripened
- **Used Part:** Seeds
- **Flavor and Properties:** Bitter, acrid, cold, toxic
- **Channel Entered:** Kidney, large intestine, lung, small intestine
Qian Niu Zi (牵牛子)
Semen Pharbitidis

• **Actions**
  – 1. Drains water and promotes urination
  – 2. Drives out phlegm
  – 3. Unblocks the bowels and removes accumulation
  – 4. Expels intestinal parasites

• **Indications**
  – 1. For edema and ascites from stagnation of pathogenic water or dampness. This is an especially suitable herb as it expels water through both the urine and stool and can be used by itself for this purpose.
  – 2. For cough, wheezing, and a sensation of fullness in the chest and abdomen due to thin mucus obstructing the Lungs. - with Ting Li Zi, Xing Ren, Hou Po
  – 3. For constipation due to accumulation and stagnation of damp-heat or food stagnation in the Stomach and Intestines. The dosage here is less than that for the previous purpose.
  – 4. For intestinal parasites, used with Bing Lang as (such as Niu Lang Wan)
Qian Niu Zi (牵牛子)  
Semen Pharbitidis

- **Dosage and administration:**
  - 3-6g decocted in water.
  - Crush before decocting.
- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy.
  - 2. Caution in cases of any kind of deficiency.
  - 3. Incompatible with Ba Dou (rotonis Fructus).
  - 4. Can be toxic if it is large doses and can affect kidneys leading to hematuria as well as neurological symptoms.

- **Pharmacological actions**
  - 1. Cathartic effect
  - 2. Renal effect:
  - 3. Antiparasitic effect

Ba Dou (巴豆)
Semen Croton Tigliii

- **English name:** croton seed
- **Alternate names:** 江子 (jiang zi); 刚子 (gang zi); 巴豆肉 (ba dou rou)
- **Literal English translation:** “clinging bean”
- **Botanical Name:** Croton tiglium L.
- **Pharmaceutical Name:** Semen Croton Tigliii
- **When Harvested:** Autumn
- **Used Part:** Seed
- **Flavor and Properties:** Acrid, hot, very toxic
- **Channel Entered:** Stomach, large intestine, lung
Ba Dou (巴豆) 
Semen CrotonTiglii

**Actions**
- 1. Warmly unblocks and vigorously purge
- 2. Drives out water and reduces edema
- 3. Breaks up clogged phlegm and improves the condition of the throat
- 4. Promotes the healing of abscess and ulcers

**Indications**
- 1. For severe cold accumulation in the interior leading to constipation and abdominal fullness, distention, and pain. - with Gan Jiang, Da Huang (such as San Wu Bei Ji Wan)
- 2. For ascites. At present, used for ascites due to end stage schistosomiasis. - With Xin Ren
- 3. For phlegm clogging the throat and causing difficult breathing, wheezing, and severe fullness and distention in the chest and diaphragm. Also for phlegm veiling the sensory orifices.
- 4. Used topically for abscesses that have suppurated but not yet ulcerated, to accelerate the ulcerating process. Also for severe ulcers. - with Ru Xiang, Mo Yao, external use.
Ba Dou (巴豆)
Semen Croton Tiglii

- **Dosage and administration:**
  - 0.1-0.3g in pill per day.
  - At present a defatted preparation such as Crotonis Fructus pulveratum (Ba Dou Shuang) is used.

- **Cautions and contraindications:**
  - 1. Contraindicated during pregnancy and in weak patients.
  - 2. Always use with extreme caution.
  - 3. Croton oil can cause diarrhea in doses as little as 0.01g.
  - 4. Twenty drops taken internally have been fatal due to massive fluid loss.
  - 5. Incompatible with Qian Nu Zi

- **Pharmacological actions**
  - 1. Effect on the digestive tract: cause abdominal pain, diarrhea.
  - 2. Effect on the skin: stimulate the skin and cause redness
  - 3. Carcinogenic effect:
  - 4. Treatment of intestinal obstruction

- **Section 1 Purgatives (4 types)**
  - Da Huang, Mang Xiao, Fan Xie Ye, Lu Hui

- **Section 2 Mild purgatives (2 types)**
  - Huo Ma Ren, Yu Li Ren

- **Section 3 Drastic Purgatives (6 types)**
  - Gan Sui, Jing Da Ji, Yuan Hua, Shang Lu, Qian Niu Zi, Ba Dou