Individual Herbs I

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Chapter 4 Herbs that Urine Promoting and Dampness Draining

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Herbs that Urine Promoting and Dampness Draining

**Actions:**
- Promote urination
- Treat Lin syndrome
- Treat jaundice

**Indications:**
- Edema
- Urination retention
- Lin syndrome
- Jaundice
- Damp carbuncle
- Eczema
- Diarrhea
- Excessive vaginal discharge
- Damp Bi syndrome
- Phlegm retention

**Caution and contraindications**
- Yin deficiency.
Herbs that Urine Promoting and Dampness Draining

• Classification
  – Section 1 Herbs that benefit urination for treating edema
    • Fu Ling, Zhu Ling, Ze Xie, Yu Mi Xu, Yi Yi Ren, Chi Xiao Dou, Dong Gua Pi, Chuan Mu Tong
  – Section 2 Herbs that benefit urination and treat urinary tract disorder
    • Che Qian Zi, Hua Shi, Tong Cao, Deng Xin Cao, Ju Mai, Bian Xu, Shi Wei, Bi Xie, Hai Jin Sha, Di Fu Zi
  – Section 3 Herbs that benefit urination and treat jaundice
    • Yin Chen Hao, Jin Qian Cao, Hu Zhang, Chui Pen Cao

Chapter 4 Herbs that Urine Promoting and Dampness Draining

Section 1 Herbs that benefit urination for treating edema
Herbs that Urine Promoting and Dampness Draining

• Section 1 Herbs that benefit urination for treating edema (8 types)
  • Fu Ling (Poria) 茯苓
  • Zhu Ling Polyporus 猪苓
  • Ze Xie (Rhizoma Alismatis) 泽泻
  • Yu Mi Xu Stylus et Stigma Zeae Maydis 玉米须
  • Yi Yi Ren Semen Coicis 薏苡仁
  • Chi Xiao Dou Semen Phaseoli 赤小豆
  • Dong Gua Pi Exocarpium Benincaasae 冬瓜皮
  • Chuan Mu Tong Caulis Clematidis Armandii 川木通

Fu Ling (茯苓)

Poria

• English Name: sclerotium of tuckahoe, china-root, poria, boelen
• Alternate Names: 云苓 (yun ling), 白茯苓 (bai fu ling), 方茯苓 (fang fu ling)
• Botanical Name: Poria cocos (schw.) wolf
• Pharmaceutical Name: Sclerotium poriae cocos
• When Harvest: July through March
• Used Part: Sclerotium of the fungus.
• Flavor and Property: Sweet or tasteless in flavor, neutral in property.
• Channels Entered: Spleen, heart, lung and urinary bladder
Fu Ling (茯苓)  
Poria

- **Actions**
  - 1. Promotes urination
  - 2. Tonifies spleen
  - 3. Resolves phlegm
  - 4. Calms spirit

- **Indications**
  - 1. For all kinds of edema and urinary retention, whatever it is cold, heat, deficiency or excess syndrome.
    - A) For damp heat syndrome - with Mu Tong, Che Qian Zi
    - B) For damp cold syndrome - with Fu Zi, Gan Jiang
  - 2. For poor appetite, fatigue, loose stool and diarrhea due to spleen deficiency. - with Dang Shen, Bai zhu, and Gan Cao (such as Si Jun Zi Tang )
  - 3. For dizziness, shortness of breath, coughing palpitation and vomiting due to phlegm. - with Ban Xia, Chen Pi, Gan Cao (such as Er Chen Tang)
  - 4. For insomnia and palpitation due to heart and spleen deficiency.
    - A) Due to deficiency of both spleen and heart - with Dang Shen, Long Yan Rou, Suan Zao Ren
    - B) Due to phlegm retention in the interior or due to disharmony between the heart and kidney - with Yuan Zhi, Wu Wei Zi.
Fu Ling (茯苓)  
Poria

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose.
  – *Fu Ling Pi* (Peel of Fu Ling) is good at promoting urination.
  – *Fu Shen* (Fu Ling with tree root inside) is good at calming Shen.

• **Cautions and contraindications**
  – Caution with profuse urine, spermatorrhea, urogenital organs.

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Fu Ling (茯苓)  
Poria

• **Pharmacological & Clinical Research**
  – 1. Diuretic
  – 2. Anticancer
  – 3. Improve immune function
  – 4. Tranquilizing
  – 5. Antibiotic
  – 6. Antiulcer
  – 7. Protect liver
Zhu Ling (猪苓)
Polyporus

- **English Name:** polyporus sclerotium
- **Botanical Name:** Polyporus Umbellatus
- **Pharmaceutical Name:** Sclerotium Polypori Umbellate
- **When Harvested:** Spring or autumn
- **Used Part:** Sclerotium of the fungus
- **Preparation:** After collection, dried in sunlight, sliced and used unprepared.
- **Flavor and Property:** Sweet or tasteless in flavor, neutral in property
- **Channels Entered:** Spleen, kidney and urinary bladder
Zhu Ling (猪苓)
Polyporus

- **Actions**
  - Promotes urination
- **Indications**
  - For
    - 1. Edema, urinary retention due to water retention
    - 2. Diarrhea due to spleen deficiency
    - 3. Lin syndrome and excessive vaginal discharge due to heat, or damp-heat.
    - 4. Jaundice due to damp-heat.
  - Used with Fu Ling, Ze Xie; Huang Bai, Che Qian Zi (such as Wu Ling San or Zhu Ling Tang)

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Zhu Ling (猪苓)
Polyporus

- **Dosage and administration:**
  - 5-10g decocted in water for an oral dose
- **Cautions and contraindications:**
  - 1. Contraindicated in cases of no accumulation of water or dampness in the body.
  - 2. Long term use is discouraged, as this may injure the Yin.
- **Pharmacological actions**
  - Diuretic
  - Anti-cancer
  - Improve immune function
  - Liver protection
  - Antibiotic
Ze Xie (泽泻)
Rhizoma Alismatis

- **English name:** Water plantain, rhizome, alisma
- **Alternate name:** 福泽泻 (fu ze xie)
- **Literal English translation:** “marsh drain”
- **Botanical Name:** Alisma plantago aquatica L.
- **Pharmaceutical Name:** Rhizoma Alismatis Orientalitis
- **When Harvested:** Winter.
- **Used Part:** Rhizome, tuber.
- **Preparation:** Sliced, dried in sunlight and stir baked with wheat bran or in salt water.
- **Flavor and Properties:** Sweet and tasteless in flavor, cold in property.
- **Channel Entered:** Kidney, bladder.
Ze Xie (泽泻)
Rhizoma Alismatis

• **Actions**
  – 1. Promotes urination
  – 2. Clears lower Jiao damp-heat
  – 3. Clears kidney deficient fire

• **Indications**
  – 1. For edema, urinary retention, diarrhea, dizziness due to water or phlegm retention.
  – 2. For Lin syndrome, excessive vaginal discharge due to lower Jiao damp-heat. - with Zhu Ling, Fu Ling such as Wu Ling San
  – 3. For night sweating, spermatorrhea, tinnitus, lower back soreness due to kidney Yin deficiency. -such as Liu Wei Di Huang Wan

• **Dosage and administration:**
  – 5-10g decocted in water for an oral dose

• **Cautions and contraindications:**
  – 1. Contraindicated in cases of spermatorrhea or vaginal discharge due to kidney Yang, deficiency or damp cold.
  – 2. It may lead to spermatorrhea if used in large dosage.

• **Pharmacological actions**
  – 1. Diuretic
  – 2. Lowering serum lipid
  – 3. Loss weight
  – 4. Anti fatty liver
  – 5. Hypertension
 Yu Mi Xu (玉米须)  
Stylus et Stigma Zeae Maydis

- **English name:** cornsilk
- **Literal English translation:** “jade rice whiskers”
- **Botanical Name:** Zea mays
- **Pharmaceutical Name:** Stylus Zeae Mays
- **Where grown:** Throughout China
- **When Harvested:** Summer
- **Used Part:** Styles and stigmata
- **Preparation:** Dried in sunlight, use unprepared
- **Flavor and Properties:** Sweet, neutral
- **Channel Entered:** Bladder, gallbladder, liver

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Yu Mi Xu (玉米须)  
Stylus et Stigma Zeae Maydis

[Images of corn plants and products related to corn]
Yu Mi Xu (玉米须)
Stylus et Stigma Zeae Maydis

• **Actions**
  – 1. Promotes urination
  – 2. Clears damp-heat
  – 3. Reduces BP

• **Indications**
  – 1. For **edema, urinary retention, Lin syndrome.** - with Hai Jin Sha
  – 2. For both **Yin and Yang type jaundice.** - with Yin Chen Hao, Jin Qian Cao
  – 3. For **hypertension.**

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Yu Mi Xu (玉米须)
Stylus et Stigma Zeae Maydis

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

• **Cautions and contraindications:**
  – None noted

• **Pharmacological actions**
  – 1. Diuretic
  – 2. Reduce BP
  – 3. Reduce blood sugar
  – 4. Benefit GB
Yi Yi Ren (薏苡仁)
Semen Coicis
(Yi Mi薏米)

- **English name:** seeds of Job’s tears, coix
- **Alternate names:** 薏苡仁(yi ren), 薏米(yi mi), 薏仁米(yi ren mi)
- **Botanical Name:** Coix lachrymal jobif
- **Pharmaceutical Name:** Semen coicis
- **When Harvested:** End of autumn when seeds have ripened
- **Used Part:** Seed
- **Preparation:** Dried in sunlight and remove the hard husk of the Fruit
- **Flavor and Properties:** Sweet and tasteless, slightly cold
- **Channel Entered:** Spleen, stomach, lung and kidney

![Image of Yi Yi Ren](image1)

![Image of Yi Yi Ren](image2)
Yi Yi Ren (薏苡仁)
Semen Coicis
(Yi Mi薏米)

• **Actions**
  – 1. Promotes urination:
  – 2. Tonifies spleen:
  – 3. Expels pus:
  – 4. Expels wind dampness:

• **Indications**
  – 1. For edema, urinary retention, abdominal distention due to spleen deficiency with water retention. - with Dong Gua Pi
  – 2. For poor appetite and diarrhea due to spleen deficiency. - with Fu Ling, Chi Xiao Dou, Mu tong
  – 3. For lung and intestine abscess due to lung heat or intestinal damp-heat. - with Lu Gen, Dong Gua Ren, Tao Ren; Bai Jiang Cao, Mu Dan Pi
  – 4. For Bi syndrome, especially hot or damp Bi syndrome. - with Ma Huang for wind-damp-cold. - With Fang Ji, Sang Zhi for wind-damp-heat

• **Dosage and administration:**
  – 10-30g decocted in water for an oral dose
  – Herb should be dry fried for the use of tonifying the spleen.
  – This herb is a food and can be taken long term.

• **Cautions and contraindications:**
  – Use with caution during pregnancy.

• **Pharmacological actions**
  – 1. Effect on striated muscles: reduce muscle spasm
  – 2. Respiratory effect: bronchodilatory effect
Chi Xiao Dou (赤小豆)  
Semen Phaseoli  

- **English name:** aduki bean, phaseolus  
- **Literal English translation:** “dark red little bean”  
- **Botanical Name:** Phaseolus calcaratus  
- **Pharmaceutical Name:** Semen phaseoli  
- **When Harvested:** Summer or autumn when the seeds have ripened  
- **Used Part:** Seed  
- **Preparation:** Dried, use unprepared  
- **Flavor and Properties:** Sweet, sour, and neutral  
- **Channel Entered:** Heart, small intestine, spleen
Chi Xiao Dou (赤小豆) 
Semen Phaseoli

• Actions
  – 1. Promotes urination
  – 2. Expels pus
  – 3. Clears damp-heat

• Indications
  – 1. For edema, urinary retention due to kidney deficiency.
  – 2. For abscess, carbuncles due to damp-heat.
  – 3. For jaundice due to dampness.

• Dosage and administration:
  – 10-30g decocted in water for an oral dose
  – Ground into powder and mixed with vinegar for external use

• Cautions and contraindications:
  – Frequent ingestion of this bean can lead to dryness
Dong Gua Pi (冬瓜皮)
Exocarpium Benincaasae

- **English name:** winter melon peel
- **Botanical Name:** Benincasa hispidae cogn
- **Pharmaceutical Name:** Semen benincasae
- **Where grown:** Throughout China
- **When Harvested:** Late summer or early autumn when fruit has ripened
- **Used Part:** Peel
- **Preparation:** After collected, dried, and used unprepared
- **Flavor and Properties:** Sweet, slightly cold
- **Channel Entered:** Lung and small intestine
Dong Gua Pi (冬瓜皮)
Exocarpium Benincaasae

• **Actions**
  – 1. Promotes urination
  – 2. Stops thirst

• **Indications**
  – 1. For edema, especially heat type.
    with Fu Ling, Ze Xie
  – 2. For thirst due to summer heat.
    with Chi Xiao Dou, He Ye

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

• **Cautions and contraindications:**
  – None noted

• **Pharmacological actions**
  – 1. Diuretic
  – 2. Reduce blood sugar
Chuan Mu Tong (川木通 )
Caulis Clematidis Armandii

- **English name:** akebia caulis
- **Literal English translation:** “open-ended wood”
- **Botanical Name:** Akebia trifoliate or aristolochia manshuriensis
- **Pharmaceutical Name:** Caulis Mutong
- **When Harvested:** Spring and autumn.
- **Used Part:** Stem
- **Preparation:** Dried in sunlight, sliced and used unprepared.
- **Flavor and Property:** Bitter in flavor, cold in property
- **Channels entered:** Bladder, heart, small intestine.
Chuan Mu Tong (川木通 )
Caulis Clematidis Armandii

• **Actions**
  – 1. Promotes urination
  – 2. Promotes lactation

• **Indications**
  – 1. For edema, Lin syndrome, urinary retention, damp Bi syndrome. - with Che Qian Zi, Ze Xie
  – 2. For insufficient lactation. - with Tong Cao, Wang Bu Liu Xing

• **Dosage and administration:**
  – 5-10g decocted in water for an oral dose.
  – Another Mu Tong is called Guan Mu Tong 关木通 (Caulis Aristolochiae Manshuriensis) which is banned because of causing Chronic Renal Failure.

• **Cautions and contraindications:**
  – Caution in the case of Yin deficiency.
  – Contra indicated during pregnancy.

• **Pharmacological actions**
  – 1. Urinary effect
  – 2. Effect on the uterus
Section 1 Herbs that benefit urination for treating edema (8 types)

- Fu Ling (Poria) 茯苓
- Zhu Ling Polyporus 猪苓
- Ze Xie (Rhizoma Alismatis) 泽泻
- Yu Mi Xu  Stylus et Stigma Zeae Maydis 玉米须
- Yi Yi Ren  Semen Coicis 薏苡仁
- Chi Xiao Dou  Semen Phaseoli 赤小豆
- Dong Gua Pi  Exocarpium Benincaasae 冬瓜皮
- Chuan Mu Tong  Caulis Clematidis Armandii 川木通

Chapter 4 Herbs that Urine Promoting and Dampness Draining

Section 2 Herbs that benefit urination and treat urinary tract disorder
Section 2 Herbs that benefit urination and treat urinary tract disorder

- Che Qian Zi (Semen Plantaginis) 车前子
- Hua Shi Talcum 滑石
- Tong Cao Medulla Tetrapanacis 通草
- Deng Xin Cao Medulla Junci 灯心草
- Qu Mai Herba Dianthi 瞿麦
- Bian Xu Herba Polygoni Avicularis 蔓蓄
- Shi Wei Folium Pyrrosiae 石苇
- Bi Xie Rhizoma Dioscoreae Hypoglaucae 草薢
- Hai Jin Sha Spora Lygodii 海金沙
- Di Fu Zi Fructus Kochiae 地肤子

Che Qian Zi (车前子) (Semen Plantaginis)

- **English name:** plantago seeds
- **Alternate name:** 车前仁(che qian ren)
- **Literal English translation:** “before the cart seeds”
- **Botanical Name:** Plantago asiatica L.
- **Pharmaceutical Name:** Semen plantaginis
- **When Harvested:** Summer and autumn when seeds have ripened
- **Used Part:** Seeds, semen
- **Flavor and Properties:** Sweet, cold
- **Channel Entered:** Bladder, kidney, liver and lung
Che Qian Zi (车前子)  
(Semen Plantaginis)

**Actions**

1. Promotes urination
2. Checks diarrhea
3. Brightens eyes
4. Clears lung and expels phlegm

**Indications**

1. For hot Lin syndrome, stone Lin syndrome and edema due to damp-heat. - with Mu Tong, Hua Shi.
2. For diarrhea due to summer-heat. - with Xiang Ru, Fu Ling.
3. For red and swollen eyes or blurred vision due to liver and kidney deficiency or liver channel wind-heat.
   - A Due to either liver and kidney deficiency - with Sheng Di Huang, Mai Men Dong and Gou Qi Zi
   - B Due to heat in the liver channel - with Ju Hua, Long Dan Cao.
4. For coughing due to lung heat. - with Jie Geng, Xing Ren
Che Qian Zi (车前子) (Semen Plantaginis)

• **Dosage and administration:**
  – 5-15g wrapped in gauze and decocted in water for an oral dose.
  – Herb should be stir baked for the use of promoting urination and arresting diarrhea
  – Herb should be used unprepared for the function of resolving phlegm.

• **Cautions and contraindications:**
  – 1. Use with caution in cases of exhausted Yang qi, or spermatorrhea due to kidney deficiency
  – 2. Contraindicated for pregnant woman and a person without any heat and dampness symptoms.

Che Qian Zi (车前子) (Semen Plantaginis)

• **Pharmacological actions**
  – 1. Diuretic
  – 2. Expel stone
  – 3. Antitussive
  – 4. Expectorate
  – 5. Anti-inflammatory
  – 6. Anti-aging
Hua Shi (滑石)
Talcum

- **English name:** talcum
- **Literal English name:** “slippery rock”
- **Botanical Name:**
- **Pharmaceutical Name:** Talcum
- **Used Part:** Mineral
- **Flavor and Properties:** Sweet, tasteless, cold
- **Channel Entered:** Stomach, bladder
Hua Shi (滑石)  
Talcum

**Actions**
- 1. Promotes urination
- 2. Clears summer heat
- 3. Absorbs dampness

**Indications**
- 1. For hot Lin and stone Lin syndrome due to damp-heat. - with Mu Tong, Che Qian Zi (such as Ba Zheng San)
- 2. For summer damp-heat manifested as fever, thirst, dark urine. - with Gan Cao (such as Lu Yi San)
- 3. For damp skin lesion, eczema, prickly heat due to damp-heat. (Topically use) - with Huang Bai or use along.

**Dosage and administration:**
- 10-15g wrapped with cheese cloth when decocted in water for an oral dose.
- Proper dosage for external use

**Cautions and contraindications:**
- 1. Contraindicated in the case of spleen qi deficiency or spermatorrhea.
- 2. Contraindicated in the case of deficient fluids due to a warm febrile disease.
- 3. Use with caution during pregnancy.

**Pharmacological actions**
- 1. Constringent
Tong Cao (通草)  
Medulla Tetrapanacis

- **English name:** rice paper pith, tetrapanax  
- **Literal English translation:** “unblocking herb”  
- **Botanical Name:** Tetrapanax papyriferus  
- **Pharmaceutical Name:** Medulla tetrapanacis papyriferi  
- **When Harvested:** Autumn (two or three year old plants)  
- **Used Part:** Marrow (center part) of the stem  
- **Preparation:** Cut, collect the center parts of the stem, dried in the sunlight, use unprepared  
- **Flavor and Properties:** Sweet, tasteless, slightly cold  
- **Channel Entered:** Lung, stomach
Tong Cao (通草)
Medulla Tetrapanacis

• **Actions**
  – 1. Promotes urination
  – 2. Promotes lactation

• **Indications**
  – 1. For *Lin syndrome* and edema due to UB damp-heat. - with Hua Shi, Yi Yi Ren, Qu Mai
  – 2. For lactation deficiency. - with Chuan Shan Jia, Dang Gui

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

• **Cautions and contraindications:**
  – 1. Caution during pregnancy
  – 2. Caution in cases of Qi or Yin deficiency
Deng Xin Cao (灯心草)  
Medulla Junci

- **English name:** rush pith, juncus  
- **Alternate name:** 灯草 (deng cao), 灯芯 (deng xin)  
- **Literal English translation:** “lamp wick herb”  
- **Latin Name:** Juncus effuses L. or Decipiens Buchen  
- **Pharmaceutical Name:** Medulla Junci Effusi  
- **When Harvested:** end of summer through autumn  
- **Used Part:** aerial part of the plant  
- **Flavor and Properties:** sweet, bland, slightly cold  
- **Channel Entered:** Heart, Lung, small intestine

Deng Xin Cao (灯心草)  
Medulla Junci

![Image of Juncus effuses](image1.png)  
![Image of Medulla Junci Effusi](image2.png)
Deng Xin Cao (灯心草)  
Medulla Junci

• **Actions**  
  – 1. Promotes urination  
  – 2. Clears heart and checks irritability

• **Indications**  
  – 1. For *hot Lin syndrome due to damp-heat*. with Mu Tong, Zhi Zi and Hua Shi  
  – 2. For *insomnia due to heart fire disturbing Shen*, infantile night crying. used alone or with Chan Tui, Dan Zhu Ye

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Deng Xin Cao (灯心草)  
Medulla Junci

• **Dosage and administration:**  
  – 2-5g decocted in water for an oral dose.

• **Cautions and contraindications:**  
  – Caution in case of cold from deficiency.
Qu Mai (瞿麦)
Herba Dianthi

- **English name:** aerial parts (including flowers) of fringed pink (d. superbus) or Chinese pink (d. chinensis) dianthus
- **Alternate name:** 石竹草(shi zhu cao)
- **Botanical Name:** Dianthus superbus
- **Pharmaceutical Name:** Herba dianthi
- **When Harvested:** Summer and autumn when the plant is blooming
- **Used Part:** Aerial part (include flower)
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Bladder, heart, small intestine
Qu Mai (瞿麦)
Herba Dianthi

- **Actions**
  - 1. Promotes urination
  - 2. Moves blood

- **Indications**
  - 1. For hot and stone Lin syndrome due to damp-heat. - with Mu Tong, Che Qian Zi, Hua Shi (such as Ba Zheng San)
  - 2. For dysmenorrhea, amenorrhea due to blood heat and stasis. - with Dan Shen, Chi Shao, Hong Hua

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


Bian Xu (萹蓄)
Herba Polygoni Avicularis

- **English name:** knotweed, polygonum
- **Alternate name:** 萹蓄草 (bian xu cao)
- **Botanical Name:** Polygonum aviculare
- **Pharmaceutical Name:** Herba polygoni avicularis
- **When Harvested:** Summer
- **Used Part:** Aerial part of the plant
- **Preparation:** Dried in sunlight, sliced, and used unprepared
- **Flavor and Properties:** Bitter, slightly cold
- **Channel Entered:** Bladder
Bian Xu (萹蓄)
Herba Polygoni Avicularis

• **Actions**
  – 1. Promotes urination:
  – 2. Kills parasites and stops itching

• **Indications**
  – 1. For hot Lin and bloody Lin syndrome due to lower Jiao damp-heat. - with Hua Shi, Mu Tong, Qu Mai (such as Ba Zheng San)
  – 2. For damp skin lesion and roundworm abdominal pain. - with Bing Lang, Fei Zi

• **Dosage and administration:**
  – 10-30g decocted in water for an oral dose.
  – Proper dosage decocted in water as an external wash

• **Cautions and contraindications:**
  – Overdose can cause dermatitis or gastrointestinal disturbance and drain the essential qi.

• **Pharmacological & Clinical Research:**
  – 1. Diuretic
  – 2. Reduce BP
  – 3. Antibiotic
Shi Wei (石苇)
Folium Pyrrosiae

- **English name:** pyrrosia leaves
- **Literal English translation:** “stone reed”
- **Botanical Name:** Pyrrosia shearer i, pyrrosia lingua, pyrrosia petiolosa
- **Pharmaceutical Name:** Folium pyrrosiae
- **When Harvested:** Year round
- **Used Part:** Leaf
- **Preparation:** Dried in sunlight, cut into pieces, use unprepared
- **Flavor and Properties:** Bitter, sweet, slightly cold
- **Channel Entered:** Lung and bladder
Shi Wei (石苇)
Folium Pyrrosiae

• **Actions**
  – 1. Promotes urination
  – 2. Cools blood and stops bleeding
  – 3. Clears lung and expels phlegm

• **Indications**
  – 1. For **hot Lin, stone Lin and bloody Lin**. - with Qu Mai, Hua Shi, Dong Kui Zi
  – 2. For **bleeding** such as vomiting with blood, uterine bleeding, epistaxis due to **blood heat**. - with Pu Huang, Di Yu
  – 3. For **lung heat coughing**. - with Bing Lang

• **Dosage and administration:**
  – 5-10g decocted in water for an oral dose.

• **Cautions and contraindications:**
  – Caution in the absence of damp heat

• **Pharmacological & Clinical Research:**
  – 1. Diuretic
  – 2. Antitussive
  – 3. Expectorator
  – 4. Antibiotic
  – 5. Antiviral
  – 6. Increase WBC for chemo- therapy
Bei Xie (萆薢)  
Rhizoma Dioscoreae Hypoglaucae

- **English name:** fish-poison yam rhizome, tokoro
- **Alternate name:** 萆薢 (bi xie)
- **Botanical Name:** Dioscorea hypoglaucae
- **Pharmaceutical Name:** Rhizome dioscoreae hypoglaucae
- **When Harvested:** Spring or autumn
- **Used Part:** Rhizome
- **Preparation:** Sliced, dried in sunlight, and used unprepared
- **Flavor and Properties:** Bitter, neutral
- **Channel Entered:** Bladder, liver, stomach
Bei Xie (萆薢)  
Rhizoma Dioscoreae Hypoglaucae

• **Actions**  
  – 1. Promotes urination  
  – 2. Drains dampness

• **Indications**  
  – 1. For cloudy Lin syndrome due to lower Jiao dampness or damp-heat.  
  – 2. For Bi syndrome due to wind-cold-dampness or wind-heat-dampness.

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Bei Xie (萆薢)  
Rhizoma Dioscoreae Hypoglaucae

• **Dosage and administration:**  
  – 10-15g decocted in water for an oral dose.  
  – Proper dosage decocted in water as an external wash for skin problem

• **Cautions and contraindications:**  
  – Contraindicated in cases of kidney Yin deficiency

• **Pharmacological & Clinical Research:**  
  – 1. Prevent atherosclerosis  
  – 2. Antibiotic
Hai Jin Sha (海金沙)
Spora Lygodii

- **English name:** Japanese fern, lygodium
- **Literal English translation:** “sea gold sand”
- **Latin Name:** Lygodium japonicum (Thunb.) Sw.
- **Pharmaceutical Name:** Herba Lygodii Japonici
- **When Harvested:** August through September
- **Used Part:** spores
- **Flavor and Properties:** sweet, cold
- **Channel Entered:** Bladder, small intestine
Hai Jin Sha (海金沙)
Spora Lygodii

• **Actions**
  – Promotes urination

• **Indications**
  – For every Lin syndromes but good at stone Lin and bloody Lin syndrome.
    • A. Hot Lin, with Gan Cao
    • B. Bloody Lin, with Niu Xi, Hu Po, Xiao Ji
    • C. Stony Lin, with Ji Nei Jin, Hua Shi, Jin Qian Cao
    • D. Cloudy Lin, with Bei Xie, Hua Shi
    • E. Edema, with Ze Xie, Zhu Ling, Fang Ji, Mu Tong

• **Dosage and administration:**
  – 6-12g wrapped with cheese cloth when decocted in water for an oral dose.

• **Cautions and contraindications:**
  – None noted
Di Fu Zi (地肤子)
Fructus Kochiae

- **English name:** broom cypress or kochia fruit
- **Literal English translation:** “earth skin seeds”
- **Botanical Name:** Kochia scoparia
- **Pharmaceutical Name:** Fructus kochiae
- **When Harvested:** Autumn when fruit has ripened
- **Used Part:** Fruit
- **Preparation:** Dried in sunlight, collect the fruit, use unprepared fruit
- **Flavor and Properties:** Bitter, cold
- **Channel Entered:** Bladder, kidney
Di Fu Zi (地肤子)
Fructus Kochiae

- **Actions**
  - 1. Promotes urination
  - 2. Stops itching

- **Indications**
  - 1. For **hot Lin syndrome** due to UB damp-heat. - Zhu Ling, Tong Cao, Qu Mai
  - 2. For **damp skin lesion** such as vaginal itching, excessive vaginal discharge, eczema. - with Huang Bai, Ku Shen; - with She Chuang Zi for external vaginal itching.

- **Dosage and administration:**
  - 10-15g decocted in water for oral dose.
  - Both internally taking and topically wash for skin problems

- **Cautions and contraindications:**
  - Contraindicated in cases without damp heat

- **Pharmaceutical actions**
  - 1. Diuretic
  - 2. Antibiotic
  - 3. Antifungus
Section 2 Herbs that benefit urination and treat urinary tract disorder

- **Che Qian Zi** (Semen Plantaginis) 车前子
- **Hua Shi** Talcum 滑石
- **Tong Cao** Medulla Tetrapanacis 通草
- **Deng Xin Cao** Medulla Junci 灯心草
- **Qu Mai** Herba Dianthi 瞿麦
- **Bian Xu** Herba Polygoni Avicularis 茭蓄
- **Shi Wei** Folium Pyrrosiae 石苇
- **Bi Xie** Rhizoma Dioscoreae Hypoglaucæ 草薢
- **Hai Jin Sha** Spora Lygodii 海金沙
- **Di Fu Zi** Fructus Kochiae 地肤子

Chapter 4 Herbs that Urine Promoting and Dampness Draining

Section 3 Herbs that benefit urination and treat jaundice
Section 3 Herbs that benefit urination and treat jaundice

Indications
- Jaundice (For hepatitis, hepatocirrhosis, cholelithiasis etc.)
- Damp carbuncle
- Eczema

Herbs
- Yin Chen Hao (Herba Artemisiae Scopariae) 茵陈蒿
- Jin Qian Cao (Herba Lysimachiae) 金钱草
- Hu Zhang (Rhizoma Polygoni Cuspidati) 虎杖
- Chui Pen Cao (Herba Sedi) 垂盆草

Yin Chen Hao (茵陈蒿)
(Herba Artemisiae Scopariae)

- English name: yinchenhao shoots and leaves, capillaris
- Alternate names: 棉茵陈(mian yin chen), 棉陈(mian chen)
- Botanical Name: Artemisia capillaries Thunb.
- Pharmaceutical Name: Herba artemisiae capillaries
- When Harvested: Spring when plants are 6 - 10 cm tall
- Used Part: Young plant
- Preparation: Dried in sunlight, and used unprepared
- Flavor and Properties: Bitter, slightly cold
- Channel Entered: Liver, spleen, gallbladder and stomach
Yin Chen Hao (茵陈蒿) (Herba Artemisiae Scopariae)

• **Actions**
  – Clears damp-heat

• **Indications**
  – for 1. jaundice due to liver and gallbladder damp-heat; can be used for both Yin and Yang jaundice. 2. eczema, damp type carbuncles.
    – A) Jaundice due to damp heat - with Zhi Zi, Da Huang (such as Yin Chen Hao Tang)
    – B) Jaundice due to damp cold - with Fu Zi, Gan Jiang (such as Yin Chen Si Ni Tang)
### Yin Chen Hao (茵陈蒿) (Herba Artemisiae Scopariae)

**Dosage and administration:**
- 10-30g decocted in water for oral dose.

**Cautions and contraindications:**
- Contraindicated for deficient jaundice and the case of no dampness

**Pharmaceutical actions**
- 1. Protect liver
- 2. Benefit GB
- 3. Reduce blood lipid
- 4. Reduce blood sugar
- 5. Prevent atherosclerosis
- 6. Antibiotic
- 7. Antifungus
- 8. Improve immune function
- 9. Anticancer
- 10. Increase WBC for chemotherapy
- 11. Antipyretic
- 12. Diuretic
- 13. Calm wheezing

### Jin Qian Cao (金钱草) Herba Lysimachiae

- **English name:** lysimachia
- **Literal English translation:** “gold money herb”
- **Botanical Name:** Lysimachia christinae
- **Pharmaceutical Name:** Herba Lysimachiae
- **When Harvested:** Summer or autumn
- **Used Part:** Entire plant
- **Preparation:** Dried in sunlight, cut to pieces, and used unprepared.
- **Flavor and Properties:** Sweet, slightly salty in flavor; neutral in property
- **Channel Entered:** Liver, gallbladder, kidney and urinary bladder

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Jin Qian Cao (金钱草)
Herba Lysimachiae

• **Actions**
  – 1. Clears damp-heat
  – 2. Promotes urination
  – 3. Clears heat and resolves toxicity

• **Indications**
  – 1. For jaundice due to damp-heat. - with Yin Chen Hao, Zhi Zi
  – 3. For carbuncle, burn, snake bite.
Jin Qian Cao (金钱草)
Herba Lysimachiae

- **Dosage and administration:**
  - 30-60g decocted in water for oral dose.
  - Proper dosage of fresh herb ground into small pieces and juice for external use.

- **Cautions and contraindications:**
  - 1. Large dosage and long term use can cause dizziness and palpitations.
  - 2. Contraindicated in the case of jaundice not caused by heat and dampness.

- **Pharmaceutical actions**
  - 1. Diuretic
  - 2. Improve bile secretion
  - 3. Antibiotic
  - 4. Antiinflammation
  - 5. Analgesic
  - 6. Expel stone

Hu Zhang (虎杖)
(Rhizoma Polygoni Cuspidati)

- **English name:** bushy knotweed root and rhizome
- **Alternate names:** 阴阳莲 (yin yang lian), 大虫杖 (da chong zhang), 苦杖 (ku zhang)
- **Literal English translation:** "tiger's cane"
- **Botanical Name:** Polygonum Cuspidatum Rhizoma
- **Pharmaceutical Name:** Bushy Knotweed Root
- **When Harvested:** spring and fall
- **Used Part:** root
- **Preparation:** Dried in sunlight, cut to pieces, and used unprepared.
- **Flavor and Properties:** bitter, cold
- **Channel Entered:** Liver, Gallbladder, Lung
Hu Zhang (虎杖)  
(Rhizoma Polygoni Cuspidati)

• **Actions**  
  – 1. Clears damp-heat  
  – 2. Moves blood  
  – 3. Transforms phlegm  
  – 4. Clears heat and resolves toxicity

• **Indications**  
  – 1. For jaundice, Lin syndrome, excessive vaginal discharge due to damp-heat.  
  – 2. For amenorrhea, dysmenorrhea, injury, accumulations due to blood stasis.  
  – 3. For lung heat coughing.  
  – 4. For carbuncle, burn, snake bite
Hu Zhang (虎杖)  
(Rhizoma Polygoni Cuspidati)

- **Dosage and administration:**  
  - 10-30g decocted in water for oral dose.

- **Cautions and contraindications:**  
  - Contraindicated during pregnancy

- **Pharmaceutical actions**  
  - 1. Protect liver  
  - 2. Reduce blood lipid  
  - 3. Reduce blood sugar  
  - 4. Antibiotic  
  - 5. Antifungus  
  - 6. Anticancer  
  - 7. Sedative  
  - 8. Hemostasis  
  - 9. Diuretic  
  - 10. Antivirus

Chui Pen Cao (垂盆草)  
( Herba Sedi)

- **Botanical Name:** Sedum  

- **Pharmaceutical Name:** Hb Sedii Samentosi  

- **When Harvested:** summer and fall

- **Used Part:** grass

- **Preparation:** Dried in sunlight, cut to pieces, and used unprepared.

- **Flavor and Properties:** Sweet, Bland, Slightly Sour, Cool

- **Channel Entered:** Liver, Gallbladder, small intestine
Chui Pen Cao (垂盆草) (Herba Sedi)

• **Actions**
  – 1. Clears damp-heat
  – 2. Clears heat-toxicity

• **Indications**
  – 1. For jaundice due to damp-heat collecting in the Liver and Gallbladder.
  – 2. For a variety of sores and abscesses, including those affecting the throat. Also used for snakebite and burns. Can be used as a stand-alone herb for this purpose, usually as juice pressed from the fresh herb.
Chui Pen Cao (垂盆草) (Herba Sedi)

- **Dosage and administration:**
  - 15-30g decocted in water for oral dose.
- **Cautions and contraindications:**
  - none
- **Pharmaceutical actions**
  - 1. Antibiotic
  - 2. Protect liver
  - 3. Reduce elevated liver enzyme

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- **Section 3 Herbs that benefit urination and treat jaundice**

- **Herbs**
  - Yin Chen Hao (Herba Artemisiae Scopariae) 茵陈蒿
  - Jin Qian Cao (Herba Lysimachiae) 金钱草
  - Hu Zhang (Rhizoma Polygoni Cuspidati) 虎杖
  - Chui Pen Cao (Herba Sedi) 垂盆草
– Section 1 Herbs that benefit urination for treating edema
  • Fu Ling, Zhu Ling, Ze Xie, Yu Mi Xu, Yi Yi Ren, Chi Xiao Dou, Dong Gua Pi, Chuan Mu Tong

– Section 2 Herbs that benefit urination and treat urinary tract disorder
  • Che Qian Zi, Hua Shi, Tong Cao, Deng Xin Cao, Ju Mai, Bian Xu, Shi Wei, Bi Xie, Hai Jin Sha, Di Fu Zi

– Section 3 Herbs that benefit urination and treat jaundice
  • Yin Chen Hao, Jin Qian Cao, Hu Zhang, Chui Pen Cao