Herbology II

Dr. Li, Dongcheng
Office: 954-763-9840
E-mail: dcljdl@yahoo.com

Contents in Herbology II

• Herbs that Expel Wind Dampness
  — ---Chapter 5 (18 herbs)
• Herbs that Aromatically transform dampness
  — ---Chapter 6 (8 herbs)
• Herbs that Resolve Phlegm, Stop Cough and Wheezing
  — ---Chapter 7 (26 herbs)
• Herbs that Reduce Food Stagnation
  — ---Chapter 8 (6 herbs)
• Herbs that Regulate the Qi
  — ---Chapter 9 (14 herbs)
• Herbs that Regulate the Blood
  — ---Chapter 10 (47 herbs)
• Herbs for warming the interior and expelling cold
  — ---Chapter 11 (11 herbs)
Chapter 5 Herbs that Expel Wind Dampness

Dr. Li, Dongcheng
Office: (954) 763-9840
E-mail: dli@acaom.edu

Concept

• The concept of the expelling wind-dampness herbs
  – Expel pathogenic wind-dampness from muscles, tendons, channels, collaterals, joints and bones, and relieve pain
  – Some herbs can also tonify kidney and liver or unblock the channels and collaterals.
  – This type of herbs are mainly indicated for Bi syndrome, spasm of muscles and tendons, and numbness.
  – Most are pungent and bitter flavor. Most are liver and kidney channel entered. Warm or cold varies.
Bi Syndrome

• Bi syndrome
  – Bi-syndrome is a disorder resulting from the obstruction of meridians, sluggishness of Qi and blood circulation after the invasion of pathogenic wind, cold, dampness or heat.
  – Characterized by pain, numbness and heaviness of muscles, tendons and joints or swelling, hotness and limitation of movement of joints.
  – Wind Bi, Cold Bi, Heat Bi, Damp Bi, Obstinate Bi etc.
  – Rheumatic arthritis, rheumatoid arthritis, osteoarthritis, tuberculous arthritis, pyogenic arthritis, muscular rheumatism, sciatica, gout, subacromial bursitis, olecranal bursitis, carpal tunnel syndrome, etc., may be classified and treated as discussed in this section. 5

Cautions

• Cautions
  – 1. The properties of this type herbs are different, so suitable herbs should be selected according to the characteristics and location of the Bi syndrome
  – 2. If necessary, combination with other kinds of herbs
  – 3. Easy damage spleen and stomach, for long term have patients taken breaks between
  – 4. Some herbs should be used with caution in patients with blood or yin deficiency.
Category

- **Category**
  - Section 1 Herbs that expel wind-dampness and dispel cold (8 types)
    - Du Huo, Wei Ling Xian, Can Sha, Mu Gua, Hai Feng Teng, Qi She (Bai Hua She), Wu Shao She, Chuan Wu
  - Section 2 Herbs that expel wind-dampness and clear heat (5 types)
    - Qin Jiao, Xi Lian Cao, Luo Shi Teng, Sang Zhi, Si Gua Luo
  - Section 3 Herbs that expel wind-dampness and strengthen tendons and bones (5 types)
    - Wu Jia Pi, Sang Ji Sheng, Qian Nian Jian, Gou Ji, Xu Duan

Study Objective

- **Understand the general information on wind-dampness expelling herbs.**
  - Concept, common function and indication.
  - Characters.
  - Compatibility.
  - Administration, and dosage form is addressed.
  - Caution and contraindications
- **Grasp the following individual information on herbs in this category.**
  - Pinyin name, common English name and pharmaceutical name.
  - Characters, and focus is on property of each herb.
  - Functions and indications.
  - Dosage and administration.
  - Cautions and contraindications
Section 1 Herbs that expel wind-dampness and dispel cold

- Du Huo  Radix Angelicae Pubescentis 独活
- Wei Ling Xian  Radix Clematidis 威灵仙
- Can Sha  Excrementum Bombycis Mori 蚕砂
- Mu Gua  Frutus Chaenomelis 木瓜
- Hai Feng Teng  Caulis Piperis Futokadsurae 海风藤
- Qi She (Bai Hua She)  Agkistrodon 蕲蛇
- Wu Shao She  Zaocys Dhumnades 乌梢蛇
- Chuan Wu  Radix Aconiti 川乌

Du Huo (独活)
Pubescent Angelica Root

- **English name:** pubescent angelica root, tu-huo
- **Latin name:** Angelica pubescens or angelica
- **Pharmaceutical name:** Radix angelicae pubescentis
- **When harvested:** Early spring when it starts sprouting, or late fall when the aerial parts have withered
- **Used part:** Root
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, bitter, slightly warm
- **Channel entered:** Kidney, bladder
Du Huo (独活)
Pubescent Angelica Root

- **Functions:**
  - 1. Expels wind dampness to stop pain.
  - 2. Releases the exterior.

- **Indications:**
  - 1. Bi syndrome (painful obstruction due to wind cold damp) can be used for both acute and chronic, especial for lower body Bi syndrome, with Xi Xin, Qin Jiao, Qiang Huo
  - 2. Exterior syndrome due to wind cold damp, for wind headache, and the exterior syndrome due to wind cold or wind cold dampness. with Ma Huang, Fang Feng
Du Huo (独活)
Pubescent Angelica Root

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

• **Cautions and contraindications:**
  - Contraindication for deficient yin and blood and excessive fire syndrome

• **Modern Research**
  - Analgesic
  - Immune adjusting
  - Anti-arrhythmia

Du Huo (独活)
Pubescent Angelica Root

• **Modern Research**
  - Bergapten can absorb ultraviolet radiation. It can be used to curing Vitiligo (a type of dermatosis).
  - Columbianadin can treat some skin disease such as rheumatism, itch, inflammation, and effusion, etc.
  - Bergapten is photosensitive. It is nutritious to melanin cell and improve its function. Bergapten makes skin sensitive to ultraviolet radiation. It generates melanin accumulation under the skin, then change the white color to normal.
Du Huo (独活)
Pubescent Angelica Root

• Du Huo and Qiang Huo
  – Common points
    • Expel wind-dampness and release exterior.
  – Different points
    • Du Huo
      – Weak effect in relieving exterior, Strongly treat low body Bi syndrome.
    • Qiang Huo
      – Strong effect of relieving exterior, Strongly treat upper body Bi syndrome.

Wei Ling Xian （威灵仙）
Clematis or Chinese Clematis Root

• English name: Chinese clematis root, clematis
• Literal English translation: “awesome spiritual immortal”
• Alternate name: 灵仙根(ling xian gen)
• Latin name: Clematis chinensis
• Pharmaceutical name: Radix clematidis
• Where grown: jiangsu, Zhejiang, Jiangxi, Anhui
• When harvested: Autumn
• Used part: Root and rhizome
• Preparation: Dried in sunlight, used unprepared or stir-baked with wine
• Flavor and properties: Pungent, salty, warm
• Channel entered: Bladder
Wei Ling Xian (威灵仙)
Clematis or Chinese Clematis Root

- **Functions:**
  - 1. Dispels wind dampness and unblocks all 12 channels to stop pain.
  - 2. Reduces phlegm.
  - 3. Softens and transforms fish bones

- **Indications:**
  - 1. Bi syndrome of whole body due to wind-damp (better for cold Bi), with Qiang Huo, Niu Xi
  - 2. Local distention and accumulation in the middle burner
  - 3. Fish bone lodged in the throat, with vinegar and brown sugar
Wei Ling Xian （威灵仙）
Clematis or Chinese Clematis Root

• **Dosage and administration:**
  – 5 15g. Decocted in water for an oral dose
  – For fish boles stuck in the throat, use 15 30g made in to a thick decoction with vinegar and brown sugar, and swallow slowly

• **Cautions and contraindications:**
  – Contraindication for Qi and blood deficiency syndrome

• **Modern study**
  – Analgesic
  – Benefit GB
  – Anti-histamine
  – Anti-diuresis
  – Relax smooth muscle
  – Soften fish bone
  – Anti-bacteria

Wei Ling Xian （威灵仙）
Clematis or Chinese Clematis Root

• **Modern Research**
  – Used for joint pain due to rheumatoid arthritis, especially symptoms associated to wind such as wandering pain, soreness and pain of joints, tendons and bones.
  – Anti-rheumatic, analgesic, anti-diuretic, anti-bacterial
  – Anti-tumor effects
  – Treat acute hepatitis with jaundice, calculus in the urinary tract and gall bladder, tonsillitis, bones lodged in the throat*, inflammation or the mammary glands, bone spurs, hemorrhoids etc.
    • *Maybe relax the smooth muscle of throat directly, not soften fish bones.
Can Sha（蚕沙）
Silkworm feces

• **English name:** silkworm feces
• **Alternate name:** 晚蚕沙 (wan can sha)
• **Latin name:** Bombyx mori L.
• **Pharmaceutical name:** Excrementum bombycis mori
• **Where found:** Jiangsu, Zhejiang, Sichuan, Guangdong
• **When harvested:** June to August
• **Used part:** Silkworm Feces
• **Preparation:** Dried, used unprepared
• **Flavor and properties:** Sweet, pungent, warm
• **Channel entered:** Liver, spleen, stomach
Can Sha（蚕沙）
Silkworm feces

• **Functions:**
  - 1. Expels wind-cold-dampness and stops pain
  - 2. Harmonizes the stomach and transforms turbid dampness
  - 3. Relaxes spasm of gastrocnemius
  - 4. Stops itching

• **Indications**
  - 1. For mild Bi syndrome, Tendon or bone pain, rigidity of joints whatever it is hot or cold syndrome. with Du Huo, Niu Xi
  - 2. Internal obstruction due to turbid dampness such as **vomiting**, **diarrhea**, cramps, abdominal pain, and spasms of the calf muscles, with Wu Zhu Yu, Huang Qin, Mu Gua
  - 3. Itchy rashes due to wind damp, for measles, eczema topically or orally

• **Dosage and administration:**
  - 5. 15g. Be **wrapped** in cheesecloth and decocted in water for an oral dose

• **Cautions and contraindications:**
  - no special

• **Modern Research**
  - Promote grow of tissue (related to protein in Can Sha)
  - Anti-tumor effect
  - Improve haematogenous function
  - Anti-virus
  - Anti-biotic
  - Protect liver
Mu Gua (木瓜)
Chaenomeles Fruit or Chinese Quince

- **English name:** Chinese quince fruit, chaenomeles
- **Literal English translation:** “wood melon”
- **Alternate names:** 陈木瓜 (chen mu gua); 宣木瓜 (xuan mu gua)
- **Latin name:** Chaenomeles lagenaris
- **Pharmaceutical name:** Fructus chaenomelis
- **Where grown:** Anhui, Hubei, Sichuan, Zhejiang
- **When harvested:** Autumn when fruit has ripened
- **Used part:** Fruit
- **Preparation:** Cut, scalded in the boiling water, dried in sunlight
- **Flavor and properties:** Sour, slightly warm
- **Channel entered:** Liver, spleen
Mu Gua (木瓜)
Chaenomeles Fruit or Chinese Quince

• **Functions:**
  – 1. Dispels wind-damp, unblocks the channels and stops pain
  – 2. Harmonizes the stomach and transforms the dampness
  – 3. Reduces food stagnation

• **Indications:**
  – 1. Bi syndrome, spasm and cramping pain (better for damp Bi), with Huo Xiang, Sha Ren, Bai Shao
  – 2. Abdominal pain, vomiting, diarrhea due to dampness or cold-dampness stagnation in the middle Jiao, with Wu Zhu Yu, Xiao Hui Xiang, Sheng Jiang
  – 3. Indigestion

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

• **Cautions and contraindications:**
  – Use cautiously for patients with exterior syndromes or Yin deficiency syndrome.
  – Over use may harm the teeth and bone.
  – Contraindicated for patient with much stomach acid.

• **Modern study**
  – Reduce swollen of arthritis
  – Relax muscle spasm
  – Protect liver
  – Anti-bacteria
Mu Gua (木瓜)
Chaenomeles Fruit or Chinese Quince

• Modern Research
  – The fruit contains papaya, papain, rennet, carotene, etc.; and the rich in more than 17 kinds of amino acids and a variety of nutritional elements; which contains oleanolic fruit ingredient is a kind of Liver down enzymes, anti-inflammatory bacteria, reducing the effectiveness of blood lipids and other compounds.
  – Papaya in the high content of vitamin C was actually Apple's 48 times.
  – Papaya can soften blood vessel, anti-bacterial, anti-inflammatory, anti-aging beauty, anti-cancer, enhance the physical health effects; Papaya is a nutrient-rich, there are 100 beneficial rather than harmful to the fruit of the treasures.
  – Breast beauty and anti-aging beauty-----Lady’s favorite
  – Not quite ripe can cause irritation and provoke allergic reaction in some people.

Hai Feng Teng (海风藤)
Kadsura Stem or Futokadsura Stem

• English name: kadsura stem, futokadsura stem
• Literal English translation: “sea wind vine”
• Latin name: Piper kadsura or piper futokadsura
• Pharmaceutical name: Caulis piperis futokadsurae
• Where grown: Fujian, Guangdong, Taiwan, Zhejiang
• When harvested: Summer and autumn
• Used part: Stem
• Preparation: Dried in sunlight and used unprepared
• Flavor and properties: Pungent, bitter, slightly warm
• Channel entered: Liver
Hai Feng Teng (海风藤)
Kadsura Stem or Futokadsura Stem

• **Functions:**
  – 1. Dispels wind-dampness and unblocks the channels and collaterals
  – 2. Disperses cold and alleviates pain

• **Indications:**
  – 1. Bi syndrome and cramping of the muscles and tendons due to wind-cold-damp, with Gui Zhi, Wei Ling Xian
  – 2. Epigastric and abdominal pain and diarrhea due to cold invading the spleen and stomach
Hai Feng Teng（海风藤）
Kadsura Stem or Futokadsura Stem

• **Dosage and administration:**
  – 5 15g. decocted in water for an oral dose

• **Cautions and contraindications:**
  – No special cautions and contraindications

• **Modern Research**
  – Anti-tumor effect
  – Protect effect on ischemic brainstem
  – Anti-thrombosis
  – Improve coronary artery blood supply

Qi She（蕲蛇）(Bai Hua She)
Agkistrodon

• **English name:** agkistrodon; bungarus, multibanded krait (inner organs are removed)
• **Literal English translation:** “white-patterned snake”
• **Alternate name:** da bai hua she(大白花蛇)(agkistrodon); jin qian bai hua she(金钱白花蛇)(bungarus)
• **Latin name:** Agkistrodon acutus or bungarus multicinctus
• **Pharmaceutical name:** Agkistrodon seu bungarus
• **Where found:** Jiangxi, Zhejiang, Fujian, Guangdong, Guangxi, Jiangxi
• **When harvested:** Summer
• **Used part:** snake body
• **Preparation:** Remove inner organs, fix on a piece of bamboo, dry, soak in rice wine, and cut
• **Flavor and properties:** Sweet, salty, warm, toxic
• **Channel entered:** Liver, spleen
Qi She (蕲蛇) (Bai Hua She)  
Agkistrodon

• **Functions:**
  – 1. Powerfully dispels wind damp and unblocks the channels and collateral
  – 2. Expels wind and stops itching
  – 3. Stops convulsion

• **Indications:**
  – 1. For hard-treated Bi syndrome due to wind-cold-dampness; stroke. with Qiang Huo, Fang Feng, Qin Jiao
  – 2. For leprosy, scabies, and another dermatosis. with Quan Xie, Wu Gong
  – 3. For seizures, tetanus of pediatric patients. It is one of the important convulsion control herbs. with Quan Xie, Dang Gui
Qi She（蕲蛇）(Bai Hua She)
Agkistrodon

• **Dosage and administration:**
  – 5 15g in decoction, medicated wine, ointment.
  – 1 1.5g in pill, powder

• **Cautions and contraindications:**
  – 1. Contraindicated for Yin deficiency and blood heat.
  – 3. Use with caution in cases of blood deficiency
  – 4. Can not be taken long-term

• **Modern research**
  – Analgesic
  – Hypnotic
  – Reduce BP
  – Dilate blood vessel
  – Anti-ulcer

---

Modern Research

– Central nervous system effect: preparations of Agkistrodon (Bai Hua She) have shown a sedative, hypnotic, and analgesic effect in mice.

– Effect on blood pressure: preparations of Agkistrodon (Bai Hua She) lowered blood pressure, primarily through direct vasodilation, when given by injection to anesthetized dogs.
Wu Shao She (乌梢蛇)
Zaocys or Black Striped Snake

- **English name**: zaocys, black-striped snake
- **Literal English translation**: “black-striped snake"
- **Alternate name**: wu she (乌蛇)
- **Latin name**: Zaocys Dhumnades
- **Pharmaceutical name**: Zaocys Dhumnades
- **Where found**: Zhejiang, Jiangsu, Anhui, Jiangxi, Fujian
- **When harvested**: Summer or autumn
- **Used part**: Snake body
- **Preparation**: Remove inner organs, fix on a piece of bamboo, dry, and cut
- **Flavor and properties**: Sweet, salty, **neutral**
- **Channel entered**: Liver, spleen
Wu Shao She (乌梢蛇)
Zaocys or Black Striped Snake

• **Functions:**
  - 1. Dispels wind-damp and unblocks the channels and collaterals
  - 2. Stops itching
  - 3. Calms tremor and stops convulsion

• **Indications:**
  - 1. For Bi syndrome whatever it is due to damp-heat or damp-cold, stroke, numbness of limbs. with Qiang Huo, Qin Jiao
  - 2. For lepra, scabies, and dermatosis. with Chan Tui, Jing Jie, Chi Shao
  - 3. For seizures, tetanus of pediatric patients. It is one of the important convulsion control herbs. with Bai Hua She

• **Dosage and administration:**
  - 5–10g decocted in water for an oral dose.
  - 2-3g when taken directly as a powder

• **Cautions and contraindications:**
  - 1. Contraindicated in cases of yin deficiency with heat signs.
  - 2. Use with caution in cases of blood deficiency and during pregnancy

• **Modern Research**
  - 1. Analgesic
  - 2. Anti-inflammation
  - 3. Anti-convulsion
Chuan Wu  （川乌）
Radix Aconiti

- **Latin name**: Aconitum carmichaeli Debx.
- **Pharmaceutical name**: Radix Aconiti Carmichaeli
- **Where found**: Si Chuan, Shan Xi
- **When harvested**: Summer or autumn (June or August)
- **Used part**: root
- **Preparation**: dry, clean and remove fiber root
- **Flavor and properties**: Acrid, Bitter, **Hot, Very Toxic**
- **Channel entered**: UB
Chuan Wu (川乌)
Radix Aconiti

**Actions**
- 1. Expels wind-cold-dampness and stops pain
- 2. Expels cold and stops pain

**Indications**
- 1. For Bi syndrome; headache, bodyache due to cold-dampness; spasm of tendons.
- 2. For cold pain of abdomen, hernia and cold extremities.

**Dosage and administration:**
- 3 9g decocted in water for an oral dose.
- Decocted 1 hour early. Do not use it longer.

**Cautions and contraindications:**
- Contraindicated for pregnancy.
- Contraindicated with Xi Jiao (Cornu Rhinoceri) 犀角.
- Incompatible with Bei Mu, Gua lou, Ban Xia, Ba Lian, Ba Ji.

**Modern Research**
- Analgesic
- Anti-inflammation
- Hypnotic
Questions

1. Which of the following herbs is especially effective for Bi pain due to wind-cold-dampness in the lower part of the body?
   A. Du Huo (Radix Angelicae Pubescentis)
   B. Wei Ling Xian (Radix Clematidis)
   C. Can Sha (Excrementum Bombycis Mori)
   D. Mu Gua (Frucrus Chaenomelis)

2. Which of the following herbs can unblock the all 12 channels and soften the fish bone lodged in the throat?
   A. Hai Feng Teng (Caulis Piperis Futokadsurae)
   B. Du Huo (Radix Angelicae Pubescentis)
   C. Wei Ling Xian (Radix Clematidis)
   D. Bai Hua She (Agkistrodon seu Bungarus)

3. Which of the following herbs needs to be wrapped for decoction?
   A. Du Huo (Radix Angelicae Pubescentis)
   B. Wei Ling Xian (Radix Clematidis)
   C. Can Sha (Excrementum Bombycis Mori)
   D. Mu Gua (Frucrus Chaenomelis)

4. Which of the following herbs is good for food stagnation?
   A. Hai Feng Teng (Caulis Piperis Futokadsurae)
   B. Du Huo (Radix Angelicae Pubescentis)
   C. Wei Ling Xian (Radix Clematidis)
   D. Mu Gua (Frucrus Chaenomelis)
5. Which of the following herbs can dispel wind-dampness, unblock channels, relieve spasm, and is used for tetanus and hemiplegia due to wind-stroke?
   A. Bai Hua She (Agkistrodon seu Bungarus)
   B. Wu Shao She (Zaocys Dhumnades)
   C. Can Sha (Excrementum Bombycis Mori)
   D. Mu Gua (Frucrus Chaenomelis)

6. Which of the following herbs is the best for spasm of legs?
   A. Du Huo (Radix Angelicae Pubescentis)
   B. Wei Ling Xian (Radix Clematidis)
   C. Can Sha (Excrementum Bombycis Mori)
   D. Mu Gua (Frucrus Chaenomelis)

7. Which of the following herbs is toxic and shouldn’t be taken for a long-term?
   A. Du Huo (Radix Angelicae Pubescentis)
   B. Wei Ling Xian (Radix Clematidis)
   C. Bai Hua She (Agkistrodon seu Bungarus)
   D. Mu Gua (Frucrus Chaenomelis)

8. Which of the following herbs can release the exterior, and is good for exterior syndrome due to wind-clod-dampness?
   A. Du Huo (Radix Angelicae Pubescentis)
   B. Wei Ling Xian (Radix Clematidis)
   C. Can Sha (Excrementum Bombycis Mori)
   D. Bai Hua She (Agkistrodon seu Bungarus)
9. Which of the following herbs is very toxic and contraindicated with Xi Jiao?
   - A. Du Huo (Radix Angelicae Pubescentis)
   - B. Chuan Wu (Radix Aconiti)
   - C. Can Sha (Excrementum Bombycis Mori)
   - D. Bai Hua She (Agkistrodon seu Bungarus)

Section 2 Herbs that expel wind-dampness and clear heat

- Qin Jiao Radix Gentianae Qinjiao 秦艽
- Fang ji Stephania root or tetrandra root 防己
  - Prohibited by FDA due to CRF
- Xi Xian Cao Herba Siegesbeckiae 豨莶草
- Luo Shi Teng Caulis Trachelospermi 络石藤
- Sang Zhi Ramulus Mori Albae 桑枝
- Si Gua Luo Luffae Fructus Retinervus 丝瓜络
Qin Jiao (秦艽)
Large leaf gentianroot

- **English name:** gentiana macrophylla root, chin-chiu
- **Latin name:** Gentiana macrophylla pall., gentiana straminea
- **Pharmaceutical name:** Rradix gentianae
- **When harvested:** Spring or autumn
- **Used part:** Root
- **Preparation:** Cut, dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, bitter, neutral or slightly cold
- **Channel entered:** Gallbladder, liver, stomach
Qin Jiao (秦艽)
Large leaf gentianroot

• **Functions:**
  – 1. Dispels wind dampness and relieves pain.
  – 2. Clears heat of deficiency type
  – 3. Resolves dampness and reduces jaundice

• **Indications:**
  – 1. Bi syndrome, especially in the extremities, can be used for both acute and chronic conditions (any Bi if you are confusing), with Fang Feng, Du Huo, Qiang Huo, Zhi Mu, Ren Dong Teng
  – 2. Low grade fever or tidal fever in chronic diseases, with Bie Jia, Qing Hao, Di Gu Pi
  – 3. Jaundice due to damp heat, especially in acute cases and in infants, with Huang Qin, Cang Zhu

• **Dosage and administration:**
  – 5 – 15g, decocted in water for oral dose
  – Do not decoct longer or with high temperature.
  – For any kind of Bi syndrome. Best for hot type.

• **Cautions and contraindications:**
  – 1. Contraindicated in cases with frequent urination, or chronic pain with emaciation.
  – 2. Caution for spleen deficiency with diarrhea.
  – 3. Overdosage can lead to nausea and vomiting.
Qin Jiao (秦艽)
Large leaf gentianroot

- **Modern Research**
  - Analgesic
  - Anti-inflammatory
  - Anti-pyretic
  - Anti-allergic shock
  - Anti-histamine
  - Reduce BP, HR
  - Increase Blood sugar
  - Antibiotic
  - Antifungal

(Guang or Han) Fang ji (防己)
Stephania root or tetrandra root

- **English name:** aristolochia root, stephania; stephania root
- **Latin name:** Stephania tetrandra, Aristolochia fangchi
- **Pharmaceutical name:** Radix aristolochiae fangchi, radix stephaniae tetrandrae
- **Where grown:** Zhejiang, Anhui, Jiangxi, Hubei
- **When harvested:** Autumn
- **Used part:** Root
- **Preparation:** Cut, dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, bitter, cold
- **Channel entered:** Bladder, spleen, kidney
(Guang or Han) Fang ji 防己
Stephania root or tetrandra root

• Han (Fen) Fang Ji:
  – Radix Stephania tetrandra
  – Han fang ji (fen fang ji) is distributed in Zhejiang, Anhui, Jiangxi, Hubei provinces.

• Guang (Mu) Fang Ji
  – Radix aristolochiae fangchi
  – Guang fang ji (Mu fang ji) is distributed in Guang Dong and Guang Xi provinces.
(Guang or Han) Fang ji (防己)
Stephania root or tetrandra root

- Han Fang Ji (Fen Fang Ji)
  - Crisp, Easily broken, no flavor, taste bitter.
  - Better in promoting urination and reducing edema
- Guang Fang Ji (Mu Fang Ji)
  - Hard, Not easily broken, slightly aromatic smelling, slightly bitter and astringent
  - Overdose may harm the kidneys
  - Better in expelling wind, damp and alleviating Bi pain
- Moreover, they are different in chemical components, grow location, botanical genus etc.

Functions:
- 1. Expels wind dampness and alleviates Bi pain
- 2. Promotes urination and reduces edema

Indications:
- 1. Bi syndrome due to wind damp heat (better for heat Bi), with Wei Ling Xian, Yi Yi Ren
- 2. Edema (esp.. in the lower parts of the body) and other disorders due to damp-heat in the lower-jiao, with Fu Ling, Gui Zhi, Huang Qi, Bai Zhu
(Guang or Han) Fang ji (防己)
Stephania root or tetrandra root

- **Dosage and administration:**
  - 1. 3 12g. decocted in water for an oral dose
  - 2. Guang Fang Ji is better for Bi syndrome
  - 3. Han Fang Ji is better for edema

- **Cautions and contraindications:**
  - 1. Use with caution in cases of Yin deficiency.
  - 2. Use with caution in cases of spleen and stomach deficiency.

- **Modern Research**
  - Han fang ji showed that it can regulate body temperature.
  - Han fang ji can lower blood pressure, treat arrhythmia and anti ischemic cardiac muscle.
  - Han fang ji can treat asthma, edema, trigeminal pain etc.
  - Guang fang ji showed the properties of diuretics and relieve pain of nerve inflammation.
Xi Xian Cao（豨莶草）
Herba Siegesbeckiae

- **English name**: siegesbeckia
- **Latin name**: Siegesbeckia orientalis L., Siegesbeckia pubescens Makino, Siegesbeckia glabrescens Makino (Compositae)
- **Pharmaceutical name**: Herba Siegesbeckiae
- **Where grown**: Predominantly: Hubei, Hunan, Jiangsu
- **When harvested**: collected in summer and autumn before or at flowering stage
- **Used part**: Grass
- **Preparation**: removed from foreign matter, dried in the sun, and cut into pieces
- **Flavor and properties**: bitter, cold
- **Channel entered**: Heart, liver
Xi Xian Cao（豨莶草）
Herba Siegesbeckiae

• **Actions:**
  – 1. Dispels wind-dampness
  – 2. Resolves toxicity and clears damp heat
  – 3. Lowers BP

• **Indications**
  – 1. For Bi syndrome. Good at wind-dampness in the bone and sinew.
  – 2. For carbuncle and eczema
  – 3. For hypertension.

• **Dosage and administration:**
  – 10–15g. decocted in water for an oral dose
  – Do not decoct longer if it is used for hypertension.

• **Cautions and contraindications:**
  – Caution with Spleen and Stomach deficiency.
Xi Xian Cao (豨莶草)
Herba Siegesbeckiae

- Modern Research
  - Reduce BP
  - Anti-inflammation
  - Enlarge blood vessel
  - Antibiotic, antivirus
  - Anti-pregnancy

Luo Shi Teng (络石藤)
Chinses star jasmine stem

- **English name:** star jasmine stem
- **Literal English translation:** “collateral stone vine”
- **Alternate name:** 络石 (luo shi)
- **Latin name:** Trachelospermum jasminoides
- **Pharmaceutical name:** Caulis trachelopsermi
- **Where grown:** Throughout china
- **When harvested:** Winter
- **Used part:** Foliferous stem
- **Preparation:** cut, dried in sunlight, used unprepared
- **Flavor and properties:** Bitter, slightly cold
- **Channel entered:** Liver, kidney
Luo Shi Teng (络石藤)
Chinses star jasmine stem

• Functions:
  – 1. Dispels wind and damp and unblocks the channels and collaterals.
  – 2. Cools the blood and reduces swellings

• Indications:
  – 1. Bi syndrome due to wind damp, spasms of the tendons and muscles, with Wu Jia Pi, Niu Xi, Ren Dong Teng
  – 2. Swollen and sore throat, with Jie geng, She gan
  – 3. Abscesses and other toxic sores, with Pu Gong Ying, Gua Lou
Luo Shi Teng (络石藤)  
Chinses star jasmine stem

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

- **Cautions and contraindications:**
  - Contraindicated for a person with diarrhea

- **Modern Research**
  - Effect on blood pressure: vasodilator and lower blood pressure in animals
  - Effect on smooth muscle: inhibits the contraction of rabbit uterus specimens

Sang zhi (桑枝)  
Morus branch or mulberry branch

- **English name:** mulberry twig, morus twig
- **Alternate name:** 老桑枝 (lao sang zhi)
- **Latin name:** Morus alba
- **Pharmaceutical name:** Ramulus mori albae
- **Where grown:** Most areas of China
- **When harvested:** Late spring or early summer
- **Used part:** Tender branch
- **Preparation:** Cut, dried in sunlight, used unprepared or slightly parched
- **Flavor and properties:** Bitter, slightly cold or neutral
- **Channel entered:** Liver
Sang zhi (桑枝)
Morus branch or mulberry branch

• **Functions:**
  – 1. Dispels wind, unblocks the channels and collaterals, and benefiting the joints
  – 2. Promotes urination

• **Indications:**
  – 1. Bi syndrome, spasm and cramping pain due to wind damp, especially in the arm (better for wind Bi), with Guang Fang Ji, Wei Ling Xian
  – 2. Edema
  – 3. High blood pressure (modern use)
Sang zhi (桑枝)
Morus branch or mulberry branch

• **Dosage and administration:**
  – 10–30g. Decocted in water for an oral dose

• **Cautions and contraindications:**
  – No special cautions and contraindications.

• **Modern Research**
  – Immune effect
    • In one study of patients with reduced rates of blastogenesis, the group that took decoctions of Sang Zhi had a marked decrease in the rate of blastogenesis of lymphocytes, while the control group showed no increase at all.

Si Gua Luo (丝瓜络)
Luffae Fructus Retinervus

• **English name:** dried skeleton of vegetable sponge
• **Literal English translation:** “net of string melon”
• **Latin name:** Luffa cylindrica (L.) Roem. (Cucurbitaceae)
• **Pharmaceutical name:** Retinervus Luffae Fructus
• **When harvested:** collected in summer and autumn when the fruit is ripe
• **Used part:** fruit
• **Preparation:** the pericarp turns to yellow and the inner part withered, removed from exocarp and sarcocarp, washed clean, dried in the sun, removed from the seed, and cut into pieces.
• **Flavor and properties:** Sweet, neutral
• **Channel entered:** Lung, Liver, Stomach
Si Gua Luo (丝瓜络)  
Luffae Fructus Retinervus

• **Actions**
  – 1. Resolves toxicity and reduces swelling
  – 2. Unblocks the channels and dispels wind
  – 3. Expels phlegm
  – 4. As well as used for insufficient lactation

• **Indications**
  – 1. For abscesses and other toxic sores. Often used for breast abscess, breast dis-tention and lumps
  – 2. For Bi syndrome, pain and soreness in the muscles and sinews, and stiffness in the joints. For chest and hypochondriac pain, particularly useful when phlegm is part of the pattern.
  – 3. For cough due to heat in the Lungs with high fever, chest pain, and sputum that is difficult to expectorate. Used in both adults and children.
Si Gua Luo (丝瓜络)
Luffae Fructus Retinervus

• **Dosage and administration:**
  – 6 – 10g. Up 60g. Decocted in water for an oral dose

• **Cautions and contraindications:**
  – No special cautions and contraindications.

• **Modern Research**
  – Analgesic
  – Anti-inflammatory
  – Sedative

- Qin Jiao Radix Gentianae Qinjiao 秦艽
- Fang Ji Stephania root or tetrandra root 防己
  – Prohibited by FDA due to CRF
- Xi Xian Cao Herba Siegesbeckiae 猪莶草
- Luo Shi Teng Caulis Trachelospermi 络石藤
- Sang Zhi Ramulus Mori Albae 桑枝
- Si Gua Luo Luffae Fructus Retinervus 丝瓜络
Questions

1. Which of the following is Not a function of Qin Jiao (Radix Gentianae Qinjiao)?
   - A. Dispelling wind-dampness, alleviating Bi pain
   - B. Clearing deficient heat
   - C. Resolving dampness and reducing jaundice
   - D. Harmonizing the stomach and stopping vomiting

2. Which of the following herbs used in overdose may harm the kidneys?
   - A. Mu Gua (Frucrus Chaenomelis)
   - B. Can Sha (Excrementum Bombycis Mori)
   - C. Guang Fang Ji (Radix Aristolochia Fangji)
   - D. Han Fang Ji (Radix Stephania tetrandra)

3. Which of the following herbs is the best, if a patient with Bi syndrome complains of painful arm that responds favorably to cold, accompanied with such heat signs as thirst, red tip of the tongue with slightly yellow coating, and a little rapid pulse?
   - A. Du Huo (Radix Angelicae Pubescentis)
   - B. Qin Jiao (Radix Gentianae Qinjiao)
   - C. Wei Ling Xian (Radix Clematidis)
   - D. Sang Zhi (Ramulus Mori Albae)

4. Which of the following herbs is good for food stagnation?
   - A. Hai Feng Teng (Caulis Piperis Futokadsurae)
   - B. Luo Shi Teng (Caulis Trachelospermi Jasminoidis)
   - C. Mu Gua (Frucrus Chaenomelis)
   - D. Can Sha (Excrementum Bombycis Mori)
5. Which of the following herbs can used for Bi syndrome, is good at wind-dampness in the bone and sinew, and for carbuncle and eczema, as well as for hypertension?
   - A. Sang Zhi (Ramulus Mori Albae)
   - B. Luo Shi Teng (Caulis Trachelospermi Jasminoidis)
   - C. Si Gua Luo (Luffae Fructus Retinervus)
   - D. Xi Xian Cao (Herba Siegesbeckiae)

6. Which of the following herbs can used for insufficient lactation?
   - A. Qin Jiao (Radix Gentianae Qinjiao)
   - B. Luo Shi Teng (Caulis Trachelospermi Jasminoidis)
   - C. Si Gua Luo (Luffae Fructus Retinervus)
   - D. Xi Xian Cao (Herba Siegesbeckiae)

7. Which of the following herbs can low blood pressure?
   - A. Sang Zhi (Ramulus Mori Albae)
   - B. Luo Shi Teng (Caulis Trachelospermi)
   - C. Si Gua Luo (Luffae Fructus Retinervus)
   - D. All of them
Section 3 Herbs that expel wind-dampness and strengthen tendons and bones

Wu Jia Pi  Cotex Acanthopanacis  五加皮
Sang Ji Sheng  Ramulus Sangjisheng  桑寄生
Qian Nian Jian  Rhizome Homalomenae  千年健
Gou Ji  Rhizoma Cibotii Barometz  狗脊

Wu Jia Pi (五加皮)
Acanthopanax Gacilistylus

- **English name:** acanthopanax root bark
- **Literal English translation:** “bark of five additions”
- **Alternate name:** nan wu jia pi (南五加皮)
- **Latin name:** Acanthopanax gracilistylus
- **Pharmaceutical name:** Cortex acanthopanacis radicis
- **Where grown:** Hubei, henan, Sichuan, Hunan, Anhui
- **When harvested:** Summer of autumn
- **Used part:** Root bark
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, warm
- **Channel entered:** Liver, kidney
**Wu Jia Pi (五加皮)**  
Acanthopanax Gacilistylus

### Functions:
- 1. Dispels wind-dampness, strengthens sinews and bones
- 2. Promotes urination

### Indications:
- 1. For Bi syndrome with **kidney and liver deficiency** and cold, weakness of back and knee, child walking retardation. With Wei Ling Xian, Qiang Huo, Qin Jiao, Sang Ji Sheng, Niu Xi
- 2. For **edema**. with Da Fu Pi, Fu Ling Pi
Wu Jia Pi (五加皮)
Acanthopanax Gacilistylus

• **Dosage and administration:**
  – 5–15g. Commonly soaked in wine.

• **Cautions and contraindications:**
  – Use with caution in cases of yin deficiency with heat signs

• **Addendum**
  – Nan (South) Wu Jia Pi: better in tonifying liver and kidney, no toxicity.
  – Bei (North) Wu Jia Pi: better in relieve pain and reduce edema, use with caution, no overdose, no long term take, toxicity.

--

Wu Jia Pi (五加皮)
Acanthopanax Gacilistylus

• **Modern Research**
  – 1. Analgesic
  – 2. Anti-inflammatory
  – 3. Anti-fatigue
  – 4. Anti-stress(high or low temperature anoxic)
  – 5. Reduce blood sugar
Sang Ji Sheng (桑寄生)
Loranthus or mulberry mistletoe

- **English name**: mulberry mistletoe stems, loranthus
- **Literal English translation**: “mulberry parasite”
- **Alternate names**: 桑寄(sang ji); 北桑寄(bei sang ji); 广桑寄(guang sang ji)
- **Latin name**: Loranthus parasiticus
- **Pharmaceutical name**: Ramulus loranthi
- **Where grown**: North China and Zhejiang, Hunan, Henan, Fujian, Guangdong, Guangxi
- **When harvested**: Winter, except in Henan and Hunan where it is picked from March to August
- **Used part**: Foliferous stem and branch
- **Preparation**: Cut, dried, used unprepared
- **Flavor and properties**: Bitter, neutral
- **Channel entered**: Liver, kidney
Sang Ji Sheng (桑寄生)
Loranthus or mulberry mistletoe

• **Functions:**
  – 1. Dispels wind-dampness, strengthens sinews and bones
  – 2. Calms fetus.

• **Indications:**
  – 1. For Bi syndrome with *kidney deficiency and cold*, weak back and knee. with Du Huo, Niu Xi, Ji Xue Teng
  – 2. For excessive menstruation, for *restless fetus*. with Xu Duan, Tu Si Zi, Huang Qi, Bai Zhu

• **Dosage and administration:**
  – 10 15g. Decocted in water for an oral dose

• **Cautions and contraindications:**
  – 1. Contraindication with heat
  – 2. Large overdoses may result in vomiting, diarrhea, and death.
Sang Ji Sheng (桑寄生)
Loranthus or mulberry mistletoe

• Modern Research
  – 1. Reduce BP
  – 2. Reduce blood lipid
  – 3. Sedative
  – 4. Diuretic
  – 5. Improve coronary circulation

Qian Nian Jian（千年健）
Rhizome Homalomenae

• **English name:** homalomena rhizome
• **Literal English translation:** “thousand years of health”
• **Latin name:** Homalomena occulta (Lour.) Schott (Araceae)
• **Pharmaceutical name:** Rhizoma Homalomenae Occultae
• **Where grown:** South Guangxi
• **When harvested:** collected in spring and autumn
• **used part:** Root
• **preparation:** washed clean, removed from the external bark, dried in the sun, and cut into pieces
• **Flavor and properties:** Acrid, Bitter, Warm
• **Channels entered:** Liver, kidney
Qian Nian Jian (千年健)
Rhizome Homalomenae

• **Function:**
  – Dispels wind-dampness, strengthens sinews and bones

• **Indication:**
  – For Bi syndrome with kidney and liver deficiency, weak back and knee, numbness of limbs.
Qian Nian Jian（千年健）
Rhizome Homalomenae

- **Dosage and administration:**
  - 5-15g. Decocted in water for an oral dose

- **Cautions and contraindications:**
  - No special cautions and contraindications.

- **Modern Research**
  - 1. Analgesic
  - 2. Anti-inflammatory

Gou Ji（狗脊）
Cibota or Chain Fern Rhizome

- **English name:** chain fern rhizome, cibota, cibotum
- **Literal English name:** “dog spine”
- **Alternate name:** jin mao gou ji（金毛狗脊）
- **Latin name:** Cibotium Barometz
- **Pharmaceutical name:** Rhizoma Cibotii Barometz
- **Where grown:** Fujian, Sichuan, Yunnan, Zhejiang
- **When harvested:** late autumn to early winter
- **Used part:** Root and stem
- **preparation:** Cut, dried in sunlight, used unprepared or cooked with steam and dried in sunlight
- **Flavor and properties:** Bitter, sweet, warm
- **channel entered:** Liver, kidney
Gou Ji (狗脊)  
Cibota or Chain Fern Rhizome

• **Functions:**
  – 1. Dispels wind-dampness, strengthens sinews and bones
  – 2. Controls urination

• **Indication:**
  – 1. For Bi syndrome & weakness of back and knee. with Sang Ji Sheng, Gui Zhi
  – 2. For frequent urination and enuresis due to kidney deficiency, excessive vaginal discharge due to Chong and Ren deficiency cold. with Du Zhong, Niu Xi
Gou Ji (狗脊)
Cibota or Chain Fern Rhizome

• **Dosage and administration:**
  – 10-15g, decocted in water for an oral dose
  – 4-9g, ground into powder

• **Cautions and contraindications:**
  – 2. Contraindicated in cases with heat syndrome.

• **Modern Research**
  – 1. Improve heart blood supply
  – 2. Hemostasia
Questions

1. Which of the following is Not a function of Wu Jia Pi (Cortex Acanthopanacis Gacilistyli Radicis)?
   - A. Dispelling wind-dampness
   - B. Clearing deficient heat
   - C. Tonifying liver and kidney to strengthen the tendons and bones
   - D. Promoting urination to reduce edema

2. Which of the following statement is correct?
   - A. Nan Wu Jia Pi is toxic
   - B. Bei Wu Jia Pi is not toxic
   - C. Nan Wu Jia Pi is better in relieve pain and reduce edema
   - D. Nan Wu Jia Pi is better in tonifying liver and kidney

3. Which of the following herbs is the best for chronic Bi syndrome with liver and kidney deficiency?
   - A. Can Sha (Bombycis Mori, Excrementum)
   - B. Sang Ji Sheng (Sangjisheng, Ramulus)
   - C. Fang Ji (Stephania Tetrandrae, Radix)
   - D. Wei Ling Xian (Clematidis, Radix)

4. Which of the following herbs is good for restless fetus and uterine bleeding during pregnancy due to liver and kidney deficiency?
   - A. Mu Gua (Frucrus Chaenomelis)
   - B. Can Sha (Excrementum Bombycis Mori)
   - C. Sang Ji Sheng (Sangjisheng, Ramulus)
   - D. Hai Feng Teng (Caulis Piperis Futokadsurae)
5. Which of the following herbs is the best if a patient has urinary incontinence due to kidney yang deficiency?
   - A. Fang Ji (Radix Stephaniae Tetrandrae)
   - B. Du Huo (Radix Angelicae Pubescentis)
   - C. Wei Ling Xian (Radix Clematidis)
   - D. Gou Ji (Rhizoma Cibotii Barometz)

6. Which of the following herbs is the best for Bi syndrome due to wind-heat-dampness?
   - A. Fang Ji (Radix Stephaniae Tetrandrae)
   - B. Du Huo (Radix Angelicae Pubescentis)
   - C. Wei Ling Xian (Radix Clematidis)
   - D. Gou Ji (Rhizoma Cibotii Barometz)

In sum

- Section 1 Herbs that expel wind-dampness and dispel cold (8 types)
  - Du Huo, Wei Ling Xian, Can Sha, Mu Gua, Hai Feng Teng, Qi She (Bai Hua She), Wu Shao She, Chuan Wu

- Section 2 Herbs that expel wind-dampness and clear heat (5 types)
  - Qin Jiao, Xi Lian Cao, Luo Shi Teng, Sang Zhi, Si Gua Luo

- Section 3 Herbs that expel wind-dampness and strengthen tendons and bones (5 types)
  - Wu Jia Pi, Sang Ji Sheng, Qian Nian Jian, Gou Ji, Xu Duan