# Herbology II

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## Contents in Herbology II

- **Herbs that Expel Wind Dampness**  
  - ---Chapter 5 (15 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 6 Herbs that Aromatically Transform Dampness

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Concept

• The concept of the Herbs that Aromatically transform dampness
  – Herbs that can aromatically transform dampness, invigorate the spleen and mainly treat dampness stagnation in the middle-jiao are called aromatic transforming dampness herbs
  – Characters: most of the herbs are pungent, warm, aromatic and dry
  – Herbs: Huo Xiang, Pei Lan, Cang Zhu, Hou Po, Sha Ren, Bai Dou Kou, Cao Dou Kou, Cao Guo
**Syndrome**

- **Dampness stagnation in middle-jiao syndrome:**
  - Abdominal distention, nausea or even vomiting, tasteless or sweet in the mouth and no thirst, poor appetite, lassitude, loose stool, white greasy tongue coating, soggy pulse.

**Cautions**

- **Cautions**
  - 1. Used in combination with other herbs according to different condition
  - 2. Often combined with regulating Qi herbs
  - 3. Often combined with tonify spleen herbs
  - 4. Used with caution in cases of yin deficiency
  - 5. Do not decoct long.
    - First time decocts 10-15 min and second decocts for 5-10 min.
Study Objective

• Understand the general information on herbs that aromatically transform dampness.
  • a. Concept, common function and indication.
  • b. Characters.
  • c. Compatibility.
  • d. Administration, and cooking method is addressed.
  • e. Caution and contraindications
• Be acquainted with the following individual information on herbs in this category.
  • a. Pinyin name, common English name and pharmaceutical name.
  • b. Characters.
  • c. Functions and indications.
  • d. Dosage and administration.
  • e. Cautions and contraindication.
• Compare the herbs that are from the same family to simplify, yet deepen the study.

- **Huo Xiang** 霍香 Herba Pogostemonis
- **Pei Lan** 佩兰 Herba Eupatorii Fortunei
- **Cang Zhu** 苍朮 Rhizome Atractylodis
- **Hou Po** 厚朴 Cortex Magnoliae Officinalis
- **Sha Ren** 砂仁 (Fructus Amomi)
- **Bai Dou Kou** 白豆蔻 Fructus Amimo Kravanh
- **Cao Dou Kou** 草豆蔻 Semen Alpiniae Katsumadai
- **Cao Guo** 草果 Fructus Tsao-ko
Huo Xiang (藿香)
Agastache

- **Latin name:** Agastache rugosa or pogostemon cablin
- **Pharmaceutical name:** Herba agastaches or herba pogostemonis
- **When harvested:** June to July when plants grow vigorously
- **Used part:** Aerial part of the herb
- **Preparation:** Dried in sunlight, cut, used unprepared
- **Flavor and properties:** Pungent, slightly warm
- **Channel entered:** Lung, spleen, stomach
Huo Xiang (藿香)  
Agastache

• **Functions:**
  – 1. Transforms dampness, harmonizes the Middle Jiao  
  – 2. Releases the exterior & transforms turbidity  
  – 3. Stops vomiting

• **Indications:**
  – 1. Turbid dampness obstructing middle-jiao syndrome, such as nausea, vomiting, abdominal distention, fullness, lack of appetite, diarrhea. with Ban Xia, Cang Zhu  
  – 2. Exterior syndrome due to wind cold with internal dampness, summer heat, and damp febrile disease. with Zǐ Su Ye, Hou Po (as Huo Xiang Zheng Qi San)  
  – 3. Various kinds of vomiting, include morning sickness, with Zhu Ru; Dang Shen, Bai Zhu; Sha Ren

**Dosage and administration:**
– 5 10g. decocted in water for an oral dose, decocted late  
– Double dosage if used fresh

**Cautions and contraindications:**
– Caution in cases of Yin deficiency or interior heat syndrome
Huo Xiang (藿香)
Agastache

- Modern Research
  - Antibiotic effect; antiviral
  - Stimulatory effect on the secretion of gastric acid
  - Huo Xiang in a formula has shown to effective for infantile diarrhea.
  - ......

Pei Lan (佩兰)
Eupatorium

- **Latin name**: Eupatorium fortunei
- **Pharmaceutical name**: Herba eupatorii Fortunei
- **When harvested**: Summer before flowers have bloomed
- **Used part**: Aerial part
- **Preparation**: Cut, dried in sunlight, use unprepared or use fresh
- **Flavor and properties**: Pungent, neutral
- **Channel entered**: Spleen, stomach
Pei Lan (佩兰)  
Eupatorium

• **Functions:**
  – 1. Aromatically *transforms dampness* from middle-jiao and invigorate spleen
  – 2. *Releases the exterior* due to summer heat with dampness

• **Indications:**
  – 1. *Turbid dampness obstructing the middle jiao syndrome*, such as nausea, vomiting, abdominal distention & fullness, lack of appetite. with Huo Xiang, Bai Dou Kou
  – 2. *Exterior damp summer-heat syndrome*, with Huo Xiang, Qing Hao
  – 3. *Early stages of damp warm febrile diseases*, with Hua Shi, Yi Yi Ren, Huo Xiang
Pei Lan (佩兰)
Eupatorium

• **Dosage and administration:**
  – 5–10g. decocted in water for an oral dose
  – Do not decoct longer

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

• **Modern Research**
  – Antiviral effect

Cang Zhu (苍术)
Atractylodes Rhizome

• **Latin name:** Atractylodes lancea, Atractylodes chinensis, Atractylodes japonica
• **Pharmaceutical name:** Rhizome atractylodis
• **When harvested:** Spring or autumn
• **Used part:** Rhizome
• **Preparation:** Dried in sunlight, sliced after soaked with rice water, used unprepared or slightly parch
• **Flavor and properties:** Pungent, bitter, warm
• **Channel entered:** Spleen and stomach
Cang Zhu (苍术)
Atractylodes Rhizome

- **Functions:**
  - 1. Dryly transforms dampness and strengthens spleen
  - 2. Expels wind-dampness and Releases exterior
  - 3. Clears dampness from the lower-jiao;
  - 4. Improves vision

- **Indications:**
  - 1. Dampness obstructing middle-jiao syndrome, such as nausea, vomiting, abdominal distention, fullness, lack of appetite, fatigue. with Hou Po, Chen Pi (as Ping Wei San)
  - 2. Bi syndrome due to wind-cold-damp, with Qiang Huo, Gui Zhi; Exterior syndrome due to wind-cold-damp.
  - 3. Damp-heat downward syndrome, such as vaginal discharge, swollen and sore joints, Huang Bai (as Er Miao San)
  - 4. Night blindness
Cang Zhu (苍术)
Atractylodes Rhizome

• **Dosage and administration:**
  – 5–10g decocted in water for an oral dose
  – Use unprepared for Bi syndrome
  – Use prepared for dampness obstructing middle-jiao
  – Strong. Good at upper, lower, interior, exterior dampness
  – Do not decoct longer

• **Cautions and contraindications:**
  – Contraindicated for deficiency of Yin or interior heat.

Cang Zhu (苍术)
Atractylodes Rhizome

• **Modern Research**
  – 1. Anti ulcer
  – 2. Protect liver
  – 3. Reduce blood sugar

• **Cang Zhu and Bai Zhu**
  – Cang Zhu
    • Dryly transform dampness and invigorate spleen
  – Bai Zhu
    • Strengthen the spleen and dry dampness
Hou Po (厚朴)  
Magnolia bark

- **Latin name**: Magnolia officinalis  
- **Pharmaceutical name**: Cortex magnoliae officinalis  
- **When harvested**: April to June, the bark of plants 15-20 years old is used  
- **Used part**: Bark  
- **Preparation**: Dried in shade, boiled with ginger and then cut into shreds, or stir-baked with ginger juice  
- **Flavor and properties**: Pungent, bitter, warm  
- **Channel entered**: Spleen, stomach, lung, large intestine
Hou Po (厚朴)
Magnolia bark

- **Functions:**
  - 1. Transforms dampness, moves Qi, resolves stagnation
  - 2. Improves bowel movement
  - 3. Transforms phlegm, directs Qi downward

- **Indications:**
  - 1. *Dampness obstructing in the middle-jiao* with Qi stagnation, such as food stagnation, vomiting, abdominal distention, fullness, lack of appetite, with Cang Zhu, Chen Pi (such as Ping Wei San)
  - 2. *Qi stagnation syndrome*, such as gastric and abdominal fullness
    - A. with cold and spleen yang deficiency, with Ren Shen, Gan Cao
    - B. with stool accumulation, with Da Huang, Zhi Shi (as Xiao Cheng Qi Tang)
  - 3. *Wheezing, cough with sputum*, with Xing Ren, Ban Xia, Xi Xin (as Gui Zhi Jia Hou Po Xing Zi Tang)

- **Dosage and administration:**
  - 3 9g decocted in water for an oral dose

- **Cautions and contraindications:**
  - 1. Caution during pregnancy.
  - 2. Use with caution in cases of Qi deficiency
  - 3. Do not decoct longer

- **Modern Research**
  - Antimicrobial effect: Streptococcus
  - Antiviral effect
  - Treatment of amebic dysentery
  - Gastrointestinal effect: promote gastrointestinal movement
  - Reduce BP
Sha Ren (砂仁)
Fructus Amomi

- **Latin name**: Amomum villosum or Amomum xanthioides
- **Pharmaceutical name**: Fructus amomi
- **When harvested**: August to September when fruit has ripened
- **Used part**: Fruit
- **Preparation**: Dried in sunlight, used unprepared
- **Flavor and properties**: Pungent, warm
- **Channel entered**: Spleen, stomach, kidney
Sha Ren（砂仁）
Fructus Amomi

• Functions:
  – 1. Transforms dampness
  – 2. Improves Qi and strengthens stomach
  – 3. Tonifies spleen and treats diarrhea
  – 4. Calms the fetus

• Indications:
  – 1. Dampness obstructing the middle-jiao with Qi stagnation, such as abdominal distention, fullness, nausea, vomiting, and diarrhea. with Dan Shen, Bai Zhu
  – 2. Spleen and stomach Qi stagnation syndrome
    • A. With food stagnation, with Mu Xiang, Zhi Ke, Bai Zhu (as Xiang Sha Zhi Shi Wan)
    • B. With spleen deficiency, with Ren Shen, Bai Zhu, Fu Ling (as Xiang Sha Lu Jun Tang)
  – 3. Diarrhea due to deficiency of spleen and stomach, with Dan Shen, Bai Zhu
  – 4. Morning sick or restless fetus

• Dosage and administration:
  – 5-10g decocted in water for an oral dose and the herb should be decocted late.
  – The herb should be crushed prior to use

• Cautions and contraindications:
  – Cautions in cases of Yin deficiency with heat signs

• Modern Research
  – Promote gastrointestinal movement
  – Anti ulcer
  – Inhibit blood platelet aggregation
Bai Dou Kou (白豆蔻)
Cluster, round cardamon

- **Latin name**: Amomum cardamomum
- **Pharmaceutical name**: Fructus cardamomi Kravanh
- **When harvested**: October to December when fruit is yellow green and not completely ripe
- **Used part**: Fruit
- **Preparation**: Dried in sunlight, used unprepared
- **Flavor and properties**: Pungent, warm
- **Channel entered**: Spleen, stomach, lung
Bai Dou Kou (白豆蔻)
Cluster, round cardamon

• Functions:
  – 1. Aromatically transforms dampness; Promotes Qi circulation or regulating Qi
  – 2. Warms middle-jiao to stop vomiting

• Indications:
  – 1. Dampness obstructing the middle-jiao with Qi stagnation, such as abdominal distention, fullness, lack of appetite. with Sha Ren, Hou Po, Chen Pi
  – 2. Vomiting due to damp-cold obstructing in middle-jiao, with Huo Xiang, Ban Xia
  – 3. Early stage of heat-dampness disease, with Yi Yi Ren, Xing Ren, (as San Ren Tang)

• Dosage and administration:
  – 3 6g decocted in water for an oral dose and it should be decocted late.
  – 2 5g in powder form, which is the preferred manner.
  – The herb should be crushed prior to use.
  – Good at upper and middle jiao.

• Cautions and contraindications:
  – Contraindicated in cases of Yin and blood deficiency.
  – Use with caution in cases without damp cold

• Modern Research
  – Antitubercular effect
Cao Dou Kou (草豆蔻)
Katsumadai seed

• **Latin name**: Alpinia katsumadai
• **Pharmaceutical name**: Semen Alpiniae katsumadai
• **When harvested**: Autumn when color of fruit changes from green to yellow
• **Used part**: Seed or fruit
• **Preparation**: Remove the skin of fruit, dried in sunlight, used unprepared
• **Flavor and properties**: Pungent, warm
• **Channel entered**: Spleen, stomach
Cao Dou Kou (草豆蔻) 
Katsumadai seed

**Functions:**
- 1. Dryly transforms dampness: Promotes Qi circulation or regulating Qi
- 2. Warms the middle-jiao and stops vomiting and diarrhea

**Indications:**
- 1. Dampness obstructing the middle-jiao, or with Qi stagnation, with Sha Ren, Hou Po, Ban Xia
- 2. Vomiting, diarrhea due to damp-cold obstructing middle-jiao, with Hou Po, Cang Zhu, Ban Xia with Rou Gui, Gan Jiang if severe cold

**Dosage and administration:**
- 5-10g decocted in water for an oral dose and the herb should be decocted late

**Cautions and contraindications:**
- Contraindicated in cases of Yin deficiency

**Modern Research**
- Antimicrobial effect: Streptococcus
- Treat nephritis
Cao Dou Kou (草豆蔻)  
Katsumadai seed

• Bai Dou Kou  
  – Spherical shape, with unsharp triangular prism, mill white or light yellow color, crisp.  
  – Better promote Qi circulation or regulating Qi, Warm middle-jiao to stop vomiting

• Cao Dou Kou  
  – Prolate shape, sharp tip and triangular base, brown and gray color, hard.  
  – Better dryly transform dampness

Cao Guo(草果)  
Tsaoko Fruit

• **Latin name**: Amomum tsao ko  
• **Pharmaceutical name**: Fructus amomi tsao ko  
• **When harvested**: October to November when fruit ripens and turns a reddish color  
• **Used part**: Fruit  
• **Preparation**: Dried in sunlight, remove the skin of fruit, used unprepared or stir-baked with ginger juice  
• **Flavor and properties**: Pungent, warm  
• **Channel entered**: Spleen, stomach
Cao Guo (草果)
Tsaoko Fruit

• Functions:
  – 1. Dries dampness and disperses cold
  – 2. Checks malaria

• Indications:
  – 1. Dampness obstructing middle-jiao (with cold better), such as abdominal distention, fullness, vomiting, and diarrhea. with Cao Dou Kou, Hou Po
  – 2. Malaria due to dampness stagnation, with Chang Shan, Hou Po
Cao Guo (草果)  
Tsaoko Fruit

- **Dosage and administration:**
  - 3-6g decocted in water for an oral dose
  - Do not decoct longer
  - Stir-baked with ginger juice can reduce the possible side effect of vomiting

- **Cautions and contraindications:**
  - 1. Contraindicated in cases of Qi or blood deficiency and no signs of cold and dampness.
  - 2. Over dosage can cause vomiting

- **Modern Research**
  - Antitussive and expectorant effects
  - Anti-inflammatory and anti-bacterial effect

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**Summarization**

- **Huo Xiang** 藿香 Herba Pogostemonis
- **Pei Lan** 佩兰 Herba Eupatorii Fortunei
- **Cang Zhu** 苍朮 Rhizome Atractylodis
- **Hou Po** 厚朴 Cortex Magnoliae Officinalis
- **Sha Ren** 砂仁 (Fructus Amomi)
- **Bai Dou Kou** 白豆蔻 Fructus Amimo Kravanh
- **Cao Dou Kou** 草豆蔻 Semen Alpiniae Katsumadai
- **Cao Guo** 草果 Fructus Tsao-ko
Questions

1. If a patient has chills and fever without sweating, headache, abdominal pain, vomiting, a white greasy tongue coating, and a soggy pulse (exterior syndrome due to wind-cold with dampness in the middle jiao), which of the following herbs is the best to use?
   - Bai Hua She (Agkistrodon seu Bungarus)
   - Cang Zhu (Rhizoma Atractylodis)
   - Gou Ji (Rhizoma Cibotii Barometz)
   - Huo Xiang (Herba Agastaches seu Pogostemi)

2. Which of the following herbs is the best to treat damp-heat in the spleen, marked by a sticky, sweet taste in the mouth, excessive saliva, and bad breath?
   - Gou Ji (Rhizoma Cibotii Barometz)
   - Cao Dou Kou (Semen Alpiniae Katsumadai)
   - Pei Lan (Herba Eupatorii Fortunei)
   - Cao Guo (Fructus Amomi Tsao-ko)

3. Which of the following herbs can dispel wind-dampness and be used for Bi syndrome?
   - Cang Zhu (Rhizoma Atractylodis)
   - Hou Po (Cortex Magnoliae Officinalis)
   - Pei Lan (Herba Eupatorii Fortunei)
   - Huo Xiang (Herba Agastaches seu Pogostemi)

4. Which of the following herb can be treat damp obstruction causing Qi stagnation?
   - A. Zi Su Ye (Folium Perillae Frutescentis)
   - B. Cang Zhu (Rhizoma Atractylodis)
   - C. Hou Po (Cortex Magnoliae Officinalis)
   - D. None of the above
5. What is the difference between Bai Dou Kou (Fructus Amomi Kravanh) and Cao Dou Kou (Semen Alpiniae Katsumadai)?
   - A. Bai Dou Kou can warm middle-jiao, Cao Dou Kou can’t
   - B. Bai Dou Kou can promote Qi circulation, Cao Dou Kou can’t
   - C. Cao Dou Kou is warmer and drier than Bai Dou Kou
   - D. Cao Dou Kou can transform dampness in the middle Jiao, Bai Dou Kou can’t

6. What is the common function of Bai Dou Kou, Sha Ren and Cao Dou Kou?
   - A. Resolve dampness and regulate qi
   - B. Warm the middle burner
   - C. Stop vomiting
   - D. All of the above

7. Sha Ren mainly treats:
   - A. Diarrhea due to summer-heat dampness
   - B. Diarrhea due to heat-toxin
   - C. Diarrhea due to SP coldness
   - D. Diarrhea due to food stagnation

8. Which herb can regulate the Qi and calm the fetus?
   - A. Sha Ren
   - B. Sang Ji Sheng
   - C. Bai Zhu
   - D. Huang Qin
• 9. Which herb treats malaria?
  – A. Chai Hu
  – B. Qing Hao
  – C. Cao Guo
  – D. All of the above

• 10. What is the general caution for using “Aromatics to transform dampness” herbs?
  – A. Yin deficiency with heat
  – B. Turbid damp in the middle burner
  – C. Summer-heat
  – D. Cold ST