Herbology II

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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 5-10min.
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** 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
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. Transform dampness, harmonize the Middle Jiao
  – 2. Release the exterior & transform turbidity
  – 3. Stop 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 Zi 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 transform dampness from middle-jiao and invigorate spleen
  - 2. Release 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-summerheat 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 transform dampness and strengthen spleen
  - 2. Expel wind-dampness and Release exterior
  - 3. Clear dampness from the lower-jiao;
  - 4. Improve 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
  - 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.

• 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. Transform dampness, move Qi, resolve stagnation
  - 2. Improve bowel movement
  - 3. Transform phlegm, direct 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 Zhi 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 xanthioide
- **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. Transform dampness
- 2. Improve Qi and strengthen stomach
- 3. Tonify spleen and treat diarrhea
- 4. Calm 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
- **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 transform dampness; Promote Qi circulation or regulating Qi
- 2. Warm 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
- Antituberculcular 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 transform dampness; Promote Qi circulation or regulating Qi
  – 2. Warm the middle-jiao and stop 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
  - Sphericity 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. Dry dampness and disperse cold
- 2. Check 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