Herbology II

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Chapter 7 Herbs that transform phlegm and stop cough

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Category

- **Category**
  - Section 1 Cool herbs that transform phlegm-heat (10 types)
    - Qian Hu, Jie Geng, Bei Mu (chuan Bei Mu and Zhe Bei Mu), Gua Lou, Zhu Ru, Zhu Li, Pang Da Hai, Hai Zao, Kun Bu
  - Section 2 Warm herbs that transform phlegm-cold (7 types)
    - Ban Xia, Tian Nan Xing, Bei Jie Zi, Bai Fu Zi, Zao Jiao, Xuan Fu Hua, Bai Qian
  - Section 3 Herbs that relieve cough and wheezing (9 types)
    - Xing Ren, Su Zi, Bai Bu, Zi Wan, Kuan Dong Hua, Pi Pa Ye, Sang Bai Pi, Ting Li Zi, Luo Han Guo
Concepts

- Phlegm
  - In TCM, phlegm refers to the pathological accumulation of thick fluid in the respiratory and digestive tracts, as well as in the muscles, integument, and other body tissues.
  - Phlegm divides concrete phlegm and formless phlegm.
  - It is important to remember, however, that the meaning of phlegm in TCM is not limited to the presence of sputum in the Lungs. Phlegm is often implicated in such diverse disorders as epilepsy, convulsions, scrofula, goiter, and some chronic skin problems.

Etiology and Pathology

- 1) Pathogenic factors: six exogenous factors, improper diet, seven emotional factors.
  - Lungs are receptacle of phlegm
  - Spleen generates phlegm
  - Lung, kidney and San jiao are passage of water metabolism
Symptoms and treatment principles

• Symptoms of phlegm fluid: different symptoms in different organs.
  – Phlegm accumulating in the Lungs
    • Symptoms: coughing, wheezing, stifling sensation in the chest, or pain in the ribs.
    • Treatment: open the Lungs and transform the phlegm.
  – Phlegm accumulating in the Stomach
    • Symptoms: nausea, vomiting, loss of appetite, or epigastric distention, sometimes accompanied by coughing.
    • Treatment: harmonize the Stomach and transform the phlegm.
  – Phlegm stagnating in the channels
    • Symptoms: various disorders including scrofula (Luo Li) and goiter (Ying Liu), which are attributed to phlegm-fire.
    • Treatment: soften the hardness and reduce the phlegm. In modern biomedicine these disorders would encompass chronic lymphadenitis and simple goiter.

– Turbid Phlegm obstructing the orifice of the Heart
  • Symptoms: wind-stroke, coma, lockjaw, and contracted limbs, symptoms associated with such problems as cerebral vascular accident and certain seizure disorders.
  • Treatment: disperse the wind and expel the phlegm. From the perspective of Western pharmacology, the herbs used for this purpose have sedative, antispasmodic, and expectorant properties.
Supplements

• Most herbs in this chapter enter lung and spleen channels.
• Some of the herbs that transform phlegm are expectorants that intensely stimulate the lungs. These herbs should not be used in patients with hemoptysis.
• For the type of cough that accompanies the early stages of measles, herbs that lightly spread the Lung qi are of primary importance. In treating this disorder, herbs that stop coughing — especially those that are warm or having binding properties — should not be used.

Concept

• The concept of Cool Herbs that Resolve Heat-phlegm
  – The herbs that are cold in property, have resolving heat-phlegm function and treat cough, epilepsy, convulsion, scrofula, goiter and metastatic abscesses due to heat-phlegm and dry phlegm are called clearing and resolving heat-phlegm herbs
Cautions

– Cautions:
  • 1. Often combined with clearing heat herbs
  • 2. Contraindication in case of cold-phlegm syndrome and deficiency of spleen and stomach
  • 3. Caution in case of cough with hemoptysis

Study Objective

• 1. Understand the general information on cool herbs that resolve phlegm.
  – Concept, common function and indication.
  – Characters.
  – Compatibility.
  – Caution and contraindications

• 2. Know the following individual information on herbs in this category.
  – Pinyin name, common English name and pharmaceutical name.
  – Characters
  – Functions and indications
  – Dosage and administration
  – Cautions and contraindication
Section 1 Cool Herbs that Resolve Heat-phlegm

- **Qian Hu** 前胡 Radix Peucedani
- **Jie Geng** 桔梗 Platycodon root or Balloonflower root
- **Chuan Bei Mu** 川贝母 Bulbus Fritillariae Cirrhosae
- **Zhe Bei Mu** 浙贝母 Bulbus Fritillariae Thunbergii
- **Gua Lou** 瓜蒌 Fractus Trichosanthis
- **Zhu Ru** 竹茹 Caulis Bambusae in Taeniis
- **Zhu Li** 竹沥 Succus Bambusae
- **Pang Da Hai** 胖大海 Semen Sterculiae Scsphigerae
- **Hai Zao** 海藻 Herba Sargassii
- **Kun Bu** 昆布 Thallus Algae

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Qian Hu (前胡 )
Peucedanum root or Hogfennel root

- **English Name:** Hogfennel root, peucedanum
- **Literal Name:** “Before barbarians”
- **Latin name:** Peucedanum praeruptorum or Peucedanum decursivum
- **Pharmaceutical name:** Radix peucedani
- **When harvested:** Winter when aerial parts have withered
- **Used part:** Root
- **Preparation:** Remove the hair of root, dried in sunlight, cut, used unprepared
- **Flavor and properties:** Pungent, bitter, slightly cold
- **Channel entered:** Lung and spleen
Qian Hu (前胡 )
Peucedanum root or Hogfennel root

• **Functions:**
  – 1. Redirects Qi downward and expels phlegm
  – 2. Disperses wind heat

• **Indications:**
  – 1. **Cough** and dyspnea due to undescended lung Qi and phlegm stagnation, with Xing Ren, Sang Bai Pi, Bei Mu
  – 2. **Cough** due to wind-heat, with Bo He, Niu Bang Zi, Jie Geng
Qian Hu (前胡)
Peucedanum root or Hogfennel root

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

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

- **Modern Research**
  - 1. Expectorate
  - 2. Anti-inflammatory
  - 3. Relax spasm
  - 4. Antiallergy
  - 5. Enlarge vessel
  - 6. Improve heart function
  - 7. Anticoagulate
  - 8. Anti tumor

Jie Geng (桔梗)
Platycodon root or Balloonflower root

- **English Name:** Balloon Flower Rhizome
- **Latin name:** Platycodon grandiflorum
- **Pharmaceutical name:** radix platycodigrandiflori
- **When harvested:** Spring or autumn
- **Used part:** Root
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Bitter, pungent, neutral
- **Channel entered:** Lung
Jie Geng (桔梗)
Platycodon root or Balloonflower root

- **Functions:**
  - 1. Disperses lung and expels phlegm
  - 2. Benefits the throat
  - 3. Promotes pus discharge and subdues carbuncles
  - 4. Directs the effect of other herbs upward to upper region of body

- **Indications:**
  - 1. Cough
    - A. due to wind-heat, with Sang Ye, Ju Hua, Xing Ren (as Sang Ju Yin)
    - B. due to wind-cold, with Xing Ren, Su Ye (as Xing Su San)
  - 2. Sore throat or loss of voice, especially due to external heat, with Bo He, Niu Bang Zi, Chan Tui
  - 3. Lung abscess with Gan Cao; or Lu Gen, Yi Yi Ren, Yu Xing Cao
Jie Geng (桔梗)
Platycodon root or Balloonflower root

- **Dosage and administration:**
  - 3–9g decocted in water for an oral dose
- **Cautions and contraindications:**
  - 1. Use with caution in cases of hemoptysis.
  - 2. Large dosage may cause nausea.
- **Modern Research**
  - Respiratory effect: dogs and cats experiments
  - Endocrine effect: lower plasma glucose levels in rabbits
  - Effect on lipid metabolism: reduce in the cholesterol content of the liver
  - Antifungal effect: inhibitory effect in vitro against many common dermatomycoses.

Chuan Bei Mu (川贝母) and Zhe Bei Mu (浙贝母)
Tendrilled fritillary bulb or thunberg fritillary bulb

- **English Name:** Tendrilled fritillaria bulb, fritillaria; Thunberg fritillaria bulb, fritillaria
- **Literal Name:** "Shell mother from Sichuan"; Shell mother from Zhejiang
- **Alternate Chinese Names:** 川北(chuan bei), 尖北母(jian bei mu); 浙贝(zhe bei), 象贝(xiang bei), 大贝母(da bei mu)
- **Latin name:** Fritillaria cirrhosa or fritillaria thunbergii
- **Pharmaceutical name:** Bulbus fritillariae cirrhosae or bulbus fritillariae thunbergii
- **When harvested:** Summer or autumn; early summer after the aerial parts have whithered
- **Used part:** Rhizome or tuber
- **Preparation:** Mixed with calcining shell powder, dried in sunlight, used unprepared
- **Flavor and properties:** Bitter, sweet, slightly cold and cold for Zhe Bei Mu
- **Channel entered:** Heart, lung
Chuan Bei Mu (川贝母)
Bulbus Fritillariae Cirrhosae

Zhe Bei Mu (浙贝母)
Bulbus Fritillariae Thunbergii
Chuan Bei Mu (川贝母) and Zhe Bei Mu (浙贝母)
Tendrilled fritillary bulb or thunberg fritillary bulb

• Functions:
  – 1. Clears heat and transforms phlegm
  – 2. Clears toxicity and dissipates nodules

• Indications:
  – 1. Cough
    – A. due to heat-phlegm, with Zhi Mu (Er Mu San)
    – B. due to wind-heat or stagnation of phlegm fire, with Sang Ye, Xing Ren
    – C. Chronic cough due to lung deficiency, with Sha Shen, Mai Men Dong, Tian Men Dong
  – 2. Scrofula, sores and abscesses
    – A. scrofula, with Xuan Shen, Mu Li
    – B. Brest carbuncles, with Pu Gong Ying, Tian Hua Fen
    – C. Lung abscess, with Yu Xing Cao, Lu Gen, Yi Yi Ren

• Dosage and administration:
  – 3 10g, decocted in water for an oral dose or 1 2g when taken as a powder.
  – Chuan Bei is better for for moistening lung. Zhe Bei has strong activity of clearing heat, dissipating nodules;

• Cautions and contraindications:
  – Incompatible with Wu Tou (Radix Aconite)
Chuan Bei Mu (川贝母) and Zhe Bei Mu(浙贝母)
Tendrilled fritillary bulb or thunberg fritillary bulb

• Modern research
  – Chuan Bei Mu
    • Effect on smooth muscle: cats experiments showed prolonged decrease in blood pressure.
  – Zhe Bei Mu
    • Respiratory effect: bronchodilatory effect on cat or rabbit bronchial specimens.
    • Effect on the uterus: stimulatory effect on rabbit or rat uterine specimens.
    • Effect on the autonomic nervous system: mydriatic (dilation of the pupil) and pupillary reflex.

Gua Lou (瓜蒌)
Trichosanthe

• English Name: Trichosanthes fruit
• Alternate Chinese Names: 全瓜蒌 (quan gua lou), 瓜蒌实 (gua lou shi)
• Latin name: Trichosanthes kirilowii or Trichosanthes uniflora
• Pharmaceutical name: Fructus trichosanthis
• When harvested: Autumn when the fruit has ripened
• Used part: Whole fruit (Gua Lou) or fruit skin (Gua Lou Pi) only or fruit seed (Gua Lou Ren); Gua Lou root (Tian Hua Fen)
• Preparation: Dried in shade, or dried the skin and seeds separated, used unprepared (seed can be parched)
• Flavor and properties: Sweet, cold
• Channel entered: Lung, large intestine, stomach
Gua Lou (瓜蒌)
Trichosanthe

- **Functions:**
  - 1. Clears heat and transforms phlegm
  - 2. Expands chest
  - 3. Dissipates abscess
  - 4. Lubricates intestine

- **Indications:**
  - 1. For coughing caused by phlegm-heat or dry phlegm. with Huang Qin
  - 2. Chest fullness or pain
  - A. due to obstruction of phlegm-Qi in chest, with Xie Bai, (as Gua Luo Xie Bai Bai jiuTang)
  - B. due to accumulation of heat-phlegm, with Ban Xia, Huang Lian (as Xiao Xian Xiong Tang)
  - 3. For lung, intestine and breast abscesses. with Pu Gong Ying, JinYin Hua; Yu Xing Cao
  - 4. Constipation due to intestinal dryness, with Huo Ma Ren
Gua Lou (瓜蒌)
Trichosanthe

• **Dosage and administration:**
  – 10 20g decocted in water for an oral dose

• **Cautions and contraindications:**
  – 1. Caution in cases of Yang deficiency of the spleen and stomach
  – 2. This herb is incompatible with Wu Tou
  – 3. Gua Lou Pi (peel of Gua Lou) is good at expanding chest, Gua Lou Ren is good at lubricating intestine

• **Modern research**
  – 1. Expectorant
  – 2. Enlarge coronary artery
  – 3. Laxative
  – 4. Antibiotic
  – 5. Antitumor

Zhu Ru (竹茹)
Bamboo shavings

• **English Name:** Bamboo shavings
• **Alternate Chinese Names:** 青竹茹 (qing zhu ru), 竹二青 (zhu er qing), 淡竹茹 (dan zhu ru)
• **Latin name:** Phyllostachys nigra or Bambusa breviflora
• **Pharmaceutical name:** Caulis bambusae in taenis
• **When harvested:** Year round, winter is best
• **Used part:** Outside green skin removed
• **Preparation:** Used fresh or dried in sunlight, used unprepared or stir-baked with ginger juice
• **Flavor and properties:** Sweet, slightly cold
• **Channel entered:** Lung, gallbladder, stomach
Zhu Ru (竹茹)
Bamboo shavings

• **Functions**:  
  – 1. Clears heat and transforms phlegm  
  – 2. Clams Shen  
  – 3. Stops vomiting

• **Indications**:  
  – 1. For **coughing** caused by **phlegm-heat**. with Huang Qin, Gua Lou  
  – 2. For **insomnia** caused by coughing or caused by **phlegm-fire** disturbing heart. with Chen Pi, Fu Ling, Zhi Shi (Wen Dan Tang)  
  – 3. For **stomach heat vomiting**. with Chen Pi (as Ju Pi Zhu Ru Tang)
Zhu Ru (竹茹)
Bamboo shavings

• **Dosage and administration:**
  – 6–10g. decocted in water for an oral dose
  – Often fried in ginger juice to mitigate its cold properties

• **Cautions and contraindications:**
  – Contraindication for stomach and spleen yang deficiency or cold food stagnation

• **Modern research**
  – Antimicrobial effect: inhibitory effect in vitro

Zhu Li (竹沥)
Bamboo sap

• **English Name:** dried bamboo sap
• **Alternate Chinese Names:** 竹油 (zhu you)
• **Latin name:** Bambusa breviflora or phyllostachys nigra
• **Pharmaceutical name:** Succus phyllostachys nigra
• **When harvested:** Year round
• **Used part:** Bamboo sap
• **Preparation:** Cutting both sides of a bamboo stalk and heating it and collecting juice
• **Flavor and properties:** sweet, very cold
• **Channel entered:** heart, lung, stomach
Zhu Li (竹沥)
Bamboo sap

• **Functions:**
  – 1. Clears heat and transforms phlegm (*better than Zhu Ru*)
  – 2. Opens orifices

• **Indications:**
  – 1. Cough due to heat phlegm, with Jiang Ban Xia, Huang Qin
  – 2. Stroke, coma, epilepsy or hemiplegia due to heat-phlegm, use alone or with Sheng Jiang juice
Zhu Li (竹沥)
Bamboo sap

- **Dosage and administration:**
  - 15–30ml juice for an oral dose
  - Take directly and may be mixed with ginger juice to reduce its cold properties.

- **Cautions and contraindications:**
  - Contraindication for cough due to cold, and loose stools due to spleen deficiency

- **Modern research**
  - Relieve cough and expel phlegm

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Pang Da Hai (胖大海)
Boat sterculia seed

- **English Name:** boat sterculia seed
- **Literal Name:** “fat big sea”
- **Alternate Chinese Names:** 安南子 (an nan zi)
- **Latin name:** Sterculia scaphigera
- **Pharmaceutical name:** Semen sterculiae scaphigerae
- **When harvested:** April to June
- **Used part:** Dried seed
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Slightly sweet, cool
- **Channel entered:** Lung, large intestine, stomach
Pang Da Hai (胖大海)
Boat sterculia seed

- **Functions:**
  - 1. Clears lung heat and benefits throat
  - 2. clears LI heat and unblocks bowels

- **Indications:**
  - 1. Sore throat, hoarseness, use alone or with Jie Geng, Niu Bang Zi
  - 2. Cough due to heat-phlegm, use alone or with Jie Geng, Chan Tui, Bo He
  - 3. Constipation due to heat, use alone
Pang Da Hai (胖大海)
Boat sterculia seed

• **Dosage and administration:**
  - 3–9g (3–5 pieces) decocted in water for an oral dose
  - Can be used as an infusion or applied topically

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

• **Modern research**
  - Gastrointestinal effect: mild laxative effect in rabbits by increasing the volume of stool.
  - Effect on blood pressure: lower blood pressure in dogs and cats by what appears to be a Central nervous system
  - Use in otolaryngology: treat acute tonsillitis

Hai Zao(海藻)
Sargassum, Seaweed

• **English Name:** seaweed, sargassum
• **Latin name:** Sargassum fusiforme or sargassum pallidum
• **Pharmaceutical name:** Herba sargassii
• **When harvested:** Summer
• **Used part:** Whole herbs
• **Preparation:** Dried in sunlight, used unprepared
• **Flavor and properties:** Bitter, salty, cold
• **Channel entered:** Lung, kidney, spleen, liver, stomach
Hai Zao (海藻)  
Sargassum, Seaweed

**Functions:**
- 1. Reduces phlegm and softens the hardness
- 2. Promotes urination and reduces swelling

**Indications:**
- 1. Various kinds of **nodules** in the neck or fullness, with Jiang Can, Xia Ku Cao
- 2. **Edema** and **beriberi**, with herbs that promote urination and excrete dampness
Hai Zao (海藻)  
Sargassum, Seaweed

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

- **Cautions and contraindications:**  
  - 1. Caution in cases with cold from deficiency of the spleen or stomach.  
  - 2. Incompatible with Gan Cao

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Hai Zao (海藻)  
Sargassum, Seaweed

- **Modern research**  
  - Treatment of thyroid disorders: both hyperthyroid and hypothyroid disorders.  
  - Hematological effect: anticoagulant action  
  - Effect on lipid metabolism: lower cholesterol in rats experiment  
  - Antifungal effect:  
  - Effect on blood pressure: very large doses has the effect of lowering blood pressure in dogs and rabbits experiment  
  - Antitumor
Kun Bu (昆布)
Kelp Thallus or Laminaria or Ecklonia

- **English Name**: kelp thallus, laminaria
- **Alternate Chinese Names**: 
- **Latin name**: Laminaria japonica or Ecklonia kurome
- **Pharmaceutical name**: Thallus algae
- **When harvested**: Summer or autumn
- **Used part**: Thallus
- **Preparation**: Dried in sunlight, used unprepared
- **Flavor and properties**: salty, cold
- **Channel entered**: kidney, spleen, liver, stomach
Kun Bu (昆布)
Kelp Thallus or Laminaria or Ecklonia

• **Functions:**
  – 1. Reduces phlegm and softens hardness
  – 2. Promotes urination and reduces swelling

• **Indications:**
  – 1. Various kinds of nodules in the neck or fullness due to phlegm such as goiter and scrofula, with Hai Zao (as Kun Bu Wan)
  – 2. Edema and beriberi, with herbs that promote urination and excrete dampness

• **Dosage and administration:**
  – 6 12g decocted in water for an oral dose

• **Cautions and contraindications:**
  – Caution for cold or cold damp syndrome due to Yang deficiency of spleen and stomach

• **Modern research**
  – Treatment of thyroid disease: both hyperthyroid and hypothyroid
  – Respiratory effect: anti-asthmatic and antitussive effect in animals’ experiment
  – Cardiovascular effect: lower blood pressure in dogs experiment
  – Effect on smooth muscle: inhibitory effect on all smooth muscles
  – Laxative
  – Antibiotic
Sum-up

• Section 1 Cool Herbs that Resolve Heat-phlegm
  – Qian Hu 前胡 Radix Peucedani
  – Jie Geng 桔梗 Platycodon root or Balloonflower root
  – Chuan Bei Mu 川贝母 Bulbus Fritillariae Cirrhosae
  – Zhe Bei Mu 浙贝母 Bulbus Fritillariae Thunbergii
  – Gua Lou 瓜蒌 Fractus Trichosanthis
  – Zhu Ru 竹茹 Caulis Bambusae in Taeniis
  – Zhu Li 竹沥 Succus Bambusae
  – Pang Da Hai 胖大海 Semen Sterculiae Scsphigerae
  – Hai Zao 海藻 Herba Sargassii
  – Kun Bu 昆布 Thallus Algae

Questions

• 1. Which of the following is an indication of Qian Hu (Peucedani, Radix)?
  A. Bi Syndrome due to wind-heat-dampness
  B. Dampness in the middle Jiao
  C. Cough due to wind heat
  D. Restless fetus due to liver and kidney deficiency

• 2. Which of the following herbs can direct the effect of other herbs upward to upper region of body?
  A. Bai Dou Kou (Amomi Kravanh, Fructus)
  B. Hou Po (Magnoliae Officinalis, Cortex)
  C. Jie Geng (Platycodi Granorum, Radix)
  D. Sha Ren (Amonmi, Fructum)
Questions

• 3. Which of the following is (are) the indication(s) of Jie Geng (Radix Platycodi Granorum)
  – A. Cough due to impaired dispersing and descending of lung Qi
  – B. Sore throat or loss of voice
  – C. Lung abscess
  – D. All of the above

• 4. What is the difference between Chuan Bei Mu (Fritillariae Carrhosae, Bulbus) and Zhe Bei Mu (Fritillariae Thunbergii, Bulbus)?
  – A. Chuan Bei Mu is cold in property, Zhe Bei Mu is warm in property
  – B. Chuan Bei Mu is stronger at moistening lung, Zhe Bei Mu is stronger at clearing heat and dissipating nodules
  – C. Chuan Bei Mu is incompatible with Wu Tou (radix aconite), Zhe Bei Mu is incompatible with Gan Cao (licorice root)
  – D. All of the above

Questions

• 5. Which of the following herbs has the functions of resolving phlegm and promoting the flow of Qi to relieve chest oppression, and is commonly used for chest Bi?
  – A. Tian Nan Xing (arisaema)
  – B. Gua Lou (Trichosanthis, Fructus)
  – C. Xu Duan (Dipsaci Asperi, Radix)
  – D. Sha Ren (Amonmi, Fructum)

• 6. Which of the following herbs is the best for vomiting due to stomach heat?
  – A. Huo Xiang (Agastaches seu Pogostemi, Herba)
  – B. Ban Xia (Pinelliae Ternatae, Rhizoma)
  – C. Xuan Fu Hua (Inulae, Flos)
  – D. Zhu Ru (Bambusae in Taeniis, Caulis)
Questions

• 7. Which of the following herbs can be used as tea (infusion) for benefiting throat and improving voice?
  – A. Pang Da Hai (Sterculiae Scaphigerae, Semen)
  – B. Qian Hu (Peucedani, Radix)
  – C. Gua Lou (Trichosanthis, Fructus)
  – D. Zhu Ru (Bambusae in Taeniis, Caulis)

• 8. Which of the following herb groups is the best for goiter and scrofula due to phlegm?
  – A. Bai Dou Kou (Amomi Kravanh, Fructus), Sha Ren (Amonmi, Fructum)
  – B. Kun Bu (Algae, Thallus), Hai Zao (Sargassii, Herba)
  – C. Xu Duan (Dipsaci Asperi, Radix), Sang Ji Sheng (Sangjisheng, Ramulus)
  – D. Zhu Ru (Bambusae in Taeniis, Caulis), Gua Lou (Trichosanthis, Fructus)

Questions

• 9. Which of the following herbs is best for cough due to LU yin deficiency?
  – A. Chuan Bei Mu
  – B. Zhe Bei Mu
  – C. Ban Xia
  – D. Ma Huang

• 10. Which herb is incompatible with Hai Zao?
  – A. Kun Bu
  – B. Sheng Jiang
  – C. Da Zao
  – D. Gan Cao
• **Section 2 Warm herbs that transform phlegm-cold**
  - Ban Xia 半夏 Rhizoma Pinellae Ternatae
  - Tian Nan Xing 天南星 Rhizoma Arisaematis
  - Bai Fu Zi 白附子 Rhizoma Typhonii Gigantei
  - Bai Jie Zi 白芥子 Semen Sinapis Albae
  - Xuan Fu Hua 旋覆花 Flos Inulae
  - Bai Qian 白前 Radix et Rhizoma Cynanchi
  - Zao Jia 皂荚 (Fructus Gleditsiae)

**Concept**

• **The concept of Warm Herbs that Resolve Cold-phlegm**
  – The herbs that are **warm** and **dry** in property, have a transforming cold-phlegm function and treat cough, dyspnea or other disorders due to cold-phlegm are called transforming cold-phlegm herbs
Cautions

– Cautions
  • 1. If need, combine with drying dampness and invigorating spleen herbs
  • 2. Contraindication for cough or wheezing due to heat-phlegm or deficiency of yin
  • 3. Contraindication for hemoptysis and hematemesis

Study Objective

• 1. Understand the general information on warm herbs that resolve cold phlegm.
  – Concept, common function and indication.
  – Characters, and the toxicity of the several toxic herb are addressed.
  – Compatibility.
  – Caution and contraindications
• 2. Be acquainted with the following individual information on herbs in this category.
  – Pinyin name, common English name and pharmaceutical name.
  – Processing method of toxic herbs.
  – Characters.
  – Functions and indications.
  – Dosage and administration, and emphasis are on toxic herbs.
  – Cautions and contraindication
• 3. Compare the herbs that are from the same family to simplify, yet deepen the study.
Ban Xia (半夏)
Pinellia

- **English Name:** pinellia rhizome
- **Literal Name:** “half summer”
- **Alternate Chinese Names:** 法半夏 (fa ban xia); 姜半夏 (jiang ban xia); 姜夏 (jiang xia)
- **Latin name:** Pinellia ternata
- **Pharmaceutical name:** rhizome pinelliae
- **Where grown:** Sichuan, Hubei, Henan, Guizhou
- **When harvested:** July to September
- **Used part:** Tuber
- **Preparation:** Dried in sunlight, used unprepared or deep-fried with ginger, vinegar or alum
- **Flavor and properties:** Pungent (acrid), warm, toxic
- **Channel entered:** Lung, Spleen, Stomach
# Ban Xia (半夏)
**Pinellia**

**Functions:**
- 1. Dries dampness and transforms phlegm
- 2. Harmonizes stomach
- 3. Dissipates nodules
- 4. Reduces swollen and stops pain

**Indications:**
- 1. For cough. It is one of the important herbs for treating damp phlegm and cold phlegm, especially phlegm in the Zang Fu organs. with Chen Pi, Fu Ling (as Er Chen Tang)
- 2. For vomiting due to stomach Qi rebelling upward. It is one of the important herbs for treating vomiting. It is used many kinds of vomiting, especially vomiting due to clog phlegm or stomach cold. with Shen Jiang (as Xiao Ban Xia Tang)
- 3. All kinds of disorders caused by phlegm obstructing in any part of the body
  - A. Epigastric and abdominal fullness or distention, with Chen Pi, Hou Po or Gan Jiang, Huang Lian (As Ban Xia Xie Xin Tang)
  - B. Phlegm nodules in the neck (goiter, scrofula), with Kun Bu, Hai Zao
  - C. Plum pit Qi, with Hou Po, Fu Ling (as Ban Xia Hou Po Tang)
- 4. Internally use for goiter (Ying Liu). Externally use for carbuncle, scrofula, snake bite. mixed with egg white for external use

**Dosage and administration:**
- 3-10g, decocted in water for an oral dose (only use prepared herb)
- Sheng (unprepared) Ban Xia is toxic and only for external use.
- Zhi (prepared) Ban Xia is soaked with juice of Sheng Jiang (Ginger) or power of Ming Fan (Alumen mineral) and then dried.

**Cautions and contraindications:**
- Contraindicated in case of bleeding, cough due to yin deficiency
- Caution in case of heat syndrome
- Incompatible with Wu Tou
- More than 30g of processed Ban Xia or 0.1-2.4g unprocessed Ban Xia can be poisoning.
Ban Xia (半夏)
Pinellia

- Modern research
  - Respiratory effect: Zhi Ban Xia was an effective antitussive in cats with artificially-induced cough.
  - Antiemetic effect: the effective ingredient appears to be an alkaloid.
  - Central nervous system effect: antidotal effect
  - Antiearly pregnancy
  - Use in dentistry: acute toothache
  - Use in otolaryngology: acute suppurative otitis media

Tian Nan Xing (天南星)
Arisaema or jack in the pulpit

- **English Name:** jack-in-the-pulpit rhizome, arisaema
- **Literal Name:** "star of the southern heavens"
- **Alternate Chinese Names:** 南星 (nan xing); 制南星(zhi nan xing)
- **Latin name:** Arisaema consanguineum or Arisaema amurense or arisaema heterophyllum
- **Pharmaceutical name:** Rhizoma arisaematis
- **Where grown:** Throughout china
- **When harvested:** Autumn or winter
- **Used part:** Tuber
- **Preparation:** Dried in sunlight, used unprepared or boiled with ginger (Zhi Nan Xing), cut, dried in sunlight, prepared with ox bile (Dan Nan Xing)
- **Flavor and properties:** Bitter, pungent, warm, toxic
- **Channel entered:** Lung, liver, spleen
Tian Nan Xing (天南星)
Arisaema or jack in the pulpit

• **Functions:**
  – 1. Dries dampness and transforms phlegm
  – 2. Disperses wind-phlegm and stops spasm
  – 3. Reduces swollen & stops pain

• **Indications:**
  – 1. For **cough** due to **damp-cold phlegm**. with Ban Xia, Chen Pi, Fu Ling (As Dao Tan Tang)
  – 2. For **dizziness**, **stroke**, and **seizure** due to **wind phlegm**. with Ban Xia, Tian Ma
  – 3. Carbuncle, scrofula, goiter (**external use**)
Tian Nan Xing (天南星)
Arisaema or jack in the pulpit

- **Dosage and administration:**
  - 1. 3-10g decocted in water for an oral dose, Zhi Nan Xing (prepared one) only
  - 2. 0.3-1g powder in pills for an oral dose
  - 3. Proper amount (3-9g) for external use

- **Cautions and contraindications:**
  - 1. Contraindication during pregnancy
  - 2. Contraindication in case of Yin deficiency and dry cough

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Tian Nan Xing (天南星)
Arisaema or jack in the pulpit

- **Modern research**
  - Central nervous system effect: reduce the frequency and severity of convulsions
  - Antitetanus effect:
  - Respiratory effect: increase respiratory tract secretions in rabbits
  - Antineoplastic (antitumor) effect:
  - Use in oncology: cervical cancer
  - Use in infectious disease: parotitis
Tian Nan Xing (天南星)
Arisaema or jack in the pulpit

• Difference Ban Xia and Tian Nan Xing
  – Ban Xia is better for damp-phlegm in spleen and lung
  – Tian Nan Xing is better for damp-phlegm in channels, such as dizziness, stroke, facial paralysis, tetanus due to phlegm accumulation or wind-damp obstruction in channels
  – Dan Nan Xing is better in convulsion and twitch due to heat-phlegm than Tian Nan Xing

Bai Fu Zi (白附子)
Typhonium Tuber

• English Name: typhonium rhizome
• Literal Name: “white appendage”
• Alternate Chinese Names: 白附 (bai fu), 禹白附 (yu bai fu)
• Latin name: Typhonium giganteum
• Pharmaceutical name: Rhizoma typhonii gigantei
• Where grown: Henan, Gansu, Hubei
• When harvested: Autumn
• Used part: Tuber, rhizome
• Preparation: Boiled with ginger, cut, dried in sunlight
• Flavor and properties: Pungent, sweet, warm, toxic
• Channel entered: Spleen, stomach, liver
Bai Fu Zi (白附子)
Typhonium Tuber

**Functions:**
- 1. Transforms *wind-phlegm*
- 2. Relieves toxicity & dissipates nodules

**Indications:**
- 1. Stroke, facial paralysis, headache, especially migraine.
  - A. Wind stroke, facial paralysis, hemiplegia, or tetanus due to *wind phlegm*, with Jiang Can, Quan Xie (as Qian Zheng San) for facial paralysis; with Tian Nan Xing, Tian Ma, and Fang Feng for tetanus.
  - B. Pain or numbness due to *cold-phlegm* or *wind-phlegm*, such as migraine headaches, with Bai Zhi, Chuan Xiong
- 2. Scrofula, carbuncle, snake bite. With Xu Chang Qing for snake bite; usually used topically with Xiong Huang for scrofula and carbuncle due to phlegm and toxicity.
Bai Fu Zi (白附子)
Typhonium Tuber

- **Dosage and administration:**
  - 3–6g decocted in water for an oral dose, decocted first to reduce toxicity
- **Cautions and contraindications:**
  - Contraindication for pregnant woman and in cases of yin deficiency with heat signs
- **Modern research**
  - 1. Anticonvulsion
  - 2. Sedative
  - 3. Antibiotic

Bai Jie Zi (白芥子)
White mustard seed

- **English Name:** white mustard seed
- **Latin name:** Brassica alba
- **Pharmaceutical name:** Semen sinapis albae
- **Where grown:** Anhui, Henan, Sichuan, Shaanxi, Zhejiang
- **When harvested:** July to September when fruit has ripened
- **Used part:** Seed
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Pungent (acrid), warm
- **Channel entered:** Lung, stomach
Bai Jie Zi (白芥子)  
White mustard seed

• **Functions:**
  – 1. Warms lung and transforms sputum
  – 2. Dissipates nodules, reduces swollen & stops pain
  – 3. External use

• **Indications:**
  – 1. **Coughing and wheezing, chest distention** with thin phlegm due to cold phlegm. with Zi Su Zi
  – 2. Numbness of limbs, joint pain and swollen due to phlegm in the channels, body ache, Yin type boil due to cold phlegm. (as Yang He Tang)
  – 3. External use as point **plaster** in the summer to prevent from coughing and wheezing in winter.
## Bai Jie Zi (白芥子)
### White mustard seed

- **Dosage and administration:**
  - 3-6g decocted in water for an oral dose
  - Good at expel *phlegm in channels*.

- **Cautions and contraindications:**
  - 1. Contraindication in case of *cough* due to *lung deficiency* and *yin deficiency* with *heat signs*.
  - 2. Do not use topically for patients with skin sensitivities, may cause skin lesion.
  - 3. Large dosage internally use can cause gastrointestinal tract disorders with abdominal pain and diarrhea.

- **Modern research**
  - Antifungal effect: inhibitory effect in vitro against many dermatomycoses.
  - Treatment of pulmonary disease: asthmatic bronchitis, wheezing and difficulty in expectoration.

## Xuan fu hua (旋覆花)
### Inula flower; Elecampane

- **English Name:** inula flower
- **Literal Name:** “revolved, upturned flower”
- **Alternate Chinese Names:** 复花（fu hua）
- **Latin name:** Inula japonica or Inula britannica
- **Pharmaceutical name:** Flos Inulae
- **Where grown:** Throughout china
- **When harvested:** August to September when flowers have bloomed
- **Used part:** Flower head
- **Preparation:** Dried in sunlight or shade, used unprepared or stir-baked with honey
- **Flavor and properties:** Bitter, pungent, *slightly warm*
- **Channel entered:** Lung, liver, stomach, spleen
Xuan fu hua (旋覆花)
Inula flower; Elecampane

• **Functions:**
  – 1. Directs lung Qi downward & transforms sputum
  – 2. Directs stomach Qi downward

• **Indications:**
  – 1. **Cough** and **wheezing** with phlegm and chest congestion. with Ban Xia, Xi Xin
  – 2. **Vomiting, belching and hiccup.** with Ban Xia, Dai Zhe Shi (As Xuan Fu Dai Zhe Tang)
    • (Xuan Fu Hua is better for lung and stomach qi rebellion.)
Xuan fu hua (旋覆花)
Inula flower; Elecampane

**Dosage and administration:**
- 3 10g, place in cheesecloth bag (wrapped decoction), decocted in water for an oral dose
- Use honey-fried herb for lung deficiency to ameliorate its warmth and prevent it from harming the Qi or Yin.

**Cautions and contraindications:**
- Use sparingly in case of deficiency

**Modern research**
- Effect on the nervous system: similar to caffeine
- Effect on smooth muscle: increase in the rate and force of peristalsis and in smooth muscle tone in general.
- Cardiovascular effect: negative chronotropic effect on the heart.
Bai Qian (白前)
Root and Rhizome of Cynanchun

- **English Name**: root and rhizome of cynanchum
- **Literal Name**: “white before”
- **Latin name**: Cynanchum stautoni or cynanchum glaucescens
- **Pharmaceutical name**: Radix et rhizoma cynanchi baiqian
- **Where grown**: Zhejiang, Jiangsu, Anhui
- **When harvested**: Autumn
- **Used part**: Root and rhizome
- **Preparation**: Dried in sunlight, cut, used unprepared or stir-baked with honey
- **Flavor and properties**: Pungent, sweet, slightly warm
- **Channel entered**: lung
Bai Qian (白前)  
Root and Rhizome of Cynanchun

• **Functions:**
  – Directs lung Qi downward, transforms phlegm.

• **Indications:**
  – For all kinds of wheezing and coughing due to lung Qi ascending with phlegm obstructing.
    • A. Due to cold, with Ban Xia, Zi Wan
    • B. Due to heat, with Sang Bai Pi, Di Gu Pi
    • C. Cough with gurgling in the throat, with Zi Wan, Ban Xia

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

**Cautions and contraindications:**
– Contraindication for cough due to lung Qi deficiency or the inability of the kidney to grasp the Qi
– Do not use it for dry cough. It can irritate stomach, do not use it for stomach ulcer or stomach bleeding patents.

**Modern research**
– Expectorate
– Antitussive
– Calm wheezing
– Antiinflammatory
Zao Jiao (皂角)
Honeylocust fruit or gleditsia

- **English Name:** Chinese honeylocust fruit, gleditsia
- **Literal Name:** “soap thorn”
- **Latin name:** Gleditsia sinensis
- **Pharmaceutical name:** Fructus gleditsiae sinensis
- **Where grown:** Sichuan, shandong, Shaanxi, Henan
- **When harvested:** Autumn when Fruit has ripened
- **Used part:** Fruit
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, warm, slightly toxic
- **Channel entered:** Lung, large intestine
Zao Jiao (皂角)
Honeylocust fruit or gleditsia

• **Functions:**
  – 1. Strongly dispels phlegm
  – 2. Opens the orifices and revives the spirit.
  – 3. Dissipates clumps, reduces swellings and kills parasites.

• **Indications:**
  – 1. **Cough** or wheezing with profuse sputum (difficult to expectorate) with Da Zao, or Ban Xia, Gan Cao
  – 2. Phlegm obstruction, phlegm nodules
  – 3. Sudden loss of consciousness with facial paralysis or seizures due to excessive phlegm, with Xi Xin
  – 4. Abscesses and boils, with Jin Yin Hua, Bai Zhi

• **Dosage and administration:**
  – 1.5  5g in pill and powder form only.
  – Appropriate amount (3-6g), apply topically
  – Good at expel hard phlegm

• **Cautions and contraindications:**
  – 1. Contraindication during pregnancy and in cases with qi or yin deficiency, or hemoptysis.
  – 2. Overdosage can cause vomiting and diarrhea

• **Modern research**
  – Respiratory effect: increase secretions in the stomach and respiratory tract.
  – Antibiotic effect: inhibitory effect in vitro against Gram-negative bacteria
Zao Jiao (皂角)
Honeylocust fruit or gleditsia

• Addendum
  – Zao Jiao Ci (Gleditsiae Spina)
    • The spine of Zao Jiao. Acrid and warm. LV and ST channel entered.
    • Reduce swellings, discharge pus, invigorate the blood, and reduce abscesses.
    • Used during the early stages of swollen sores to encourage suppuration, or to induce those already formed to burst. Also expels wind and kills parasites, and used for leprosy and ringworm.
    • Contraindicated during pregnancy and when ulcers have already burst.

Sum-up

• Ban Xia 半夏 Rhizoma Pinellae Ternatae
• Tian Nan Xing 天南星 Rhizoma Arisaematis
• Bai Fu Zi 白附子 Rhizoma Typhonii Gigantei
• Bai Jie Zi 白芥子 Semen Sinapis Albae
• Xuan Fu Hua 旋覆花 Flos Inulae
• Bai Qian 白前 Radix et Rhizoma Cynanchi
• Zao Jia 皂荚 (Fructus Gleditsiae)
Questions

1. Which of the following herbs is the best to transform damp(cold)- phlegm , and descend rebellious stomach Qi downward to stop vomiting?
   - Ban Xia (Pinelliae Ternatae, Rhizoma)
   - Du Huo (Angelicae Pubescentis, Radix)
   - Huo Xiang (Agastaches seu Pogostemi, Herba)
   - Zhu Ru (Bambusae in Taeniis, Caulis)

2. Which of the following statement about Ban Xia (Pinelliae Ternatae, Rhizoma) is correct?
   - A. Is incompatible with Wu Tou (radix acnite)
   - B. Sheng Ban Xia (unprepared ) should not be taken orally.
   - C. Is toxic
   - D. All of above

3. Tian Nan Xing (Arisaematis,Rhizoma) and Bai Fu Zi (Typhonii Gigantei, Rhizoma) share which of the following functions?
   - A. Drying dampness and transforming phlegm
   - B. Clearing heat from the lungs and stomach
   - C. Transform heat phlegm
   - D. Moisten the lung and large intestine

4. Which of the following herbs used topically is good for asthma of cold type, but may cause skin lesion in patients with sensitive skin?
   - A. Pi Pa Ye(Eriobotryae Japonicae, Folium)
   - B. Bai Jie Zi (Sinapis Albae, Semen)
   - C. Pang Da Hai (Sterculiae Scaphigerae, Semen)
   - D. Sang Bai pi (Mori Albae Radicis, Cortex)
Questions

5. Which of the following herbs can direct both rebellious lung and stomach Qi downward and are good for cough, wheezing, vomiting, and hiccoughs due to cold (damp) phlegm accumulation?
   - A. Xuan Fu Hua (Inulae, Flos)
   - B. Qian Hu (Peucedani, Radix)
   - C. Bai Fu Zi (Typhonii Gigantei, Rhizoma)
   - D. Huo Xiang (Agastaches seu Pogostemi, Herba)

6. Which of the following is the function of Bai Qian (Cynanchi Baiqian, Radix et Rhizoma)?
   - A. Dispel wind-dampness to relieve Bi syndrome
   - B. Extinguishing internal wind and relieving spasm
   - C. Directing stomach Qi downward to stop vomiting
   - D. Transforming phlegm and descending adverse lung Qi to stop cough

7. Which of the following herb is the most effective in treating damp and phlegm?
   - A. Bei Mu
   - B. Ban Xia
   - C. Tian Nan Xing
   - D. Dan Nan Xing

8. Which herbs are often combined with Ban Xia to treat damp and phlegm?
   - A. Cang Zhu, Bai Zhu
   - B. Chen Pi, Fu Ling
   - C. Hou Po, Sha Ren
   - D. Sha Ren, Yi Yi Ren
Questions

• 9. Which herb is effective in treating Wind-phlegm?
   – A. Tian Nan Xing
   – B. Dan Nan Xing
   – C. Bai Jie Zi
   – D. All of the above

• 10. How do you cook Xuan Fu Hua?
   – A. Cook 30 minute longer
   – B. Cook last 5 minutes
   – C. Mixed with other herbs
   – D. Wrapped

Questions

• 11. What is common of both Bai Qian and Qian Hu?
   – A. Dissipate nodules
   – B. Disperse wind-cold
   – C. Disperse wind-heat
   – D. Descend Qi and expel phlegm

• 12. Which herb is best for treating aching and numbness sensation of the extremities and joints?
   – A. Bai Jie Zi
   – B. Bei Mu
   – C. Xuan Fu Hua
   – D. Ban Xia
### Section 3 Herbs that Stop Cough and Wheezing

- *(Ku) Xing Ren*  杏仁  *(Semen Pruni Armeniacae)*
- *Su Zi*  苏子  *Fructus Perileae Frutescentis*
- *Bai Bu*  百部  *Radix Stemonae*
- *Zi Wan*  紫菀  *Radix Asteris Tatarici*
- *Kuan Dong Hua*  款冬花  *Flos Tussilaginis Farfarae*
- *Pi Pa Ye*  枇杷叶  *Folium Eriobotryae*
- *Sang Bai Pi*  桑白皮  *(Cotex Mori Albae Radicis)*
- *Ting Li Zi*  藁苈子  *Semen Descurainiae seu Lepidi*
- *Mu Hu Die*  木蝴蝶  *Semen Oroxyli Indici*
- *Luo Han Guo*  罗汉果  *(Fractus Momordicae)*

### Concept

**The concept of Herbs that Stop Cough and Wheezing**

- The herbs that can nourish lung or lower the adverse flow of Qi to relieve cough and wheezing, and treat *cough* and *asthma* are called relieving cough and wheezing herbs.
Cautions

– Cautions

• 1. Can be combined with suitable herbs for different conditions, cold or heat or deficiency or excessive
• 2. Contraindication for cough at early stage of measles

Study Objective

• 1. Understand the general information on herbs that stop cough and wheezing.
  – Concept, common function and indication.
  – Characters.
  – Compatibility, and address on searching for the cause of cough and applying herbs in this category with the ones that take care of the cause.
  – Administration.
  – Caution and contraindications
• 2. Know the following individual information on herbs in this category.
  – Pinyin name, common English name and pharmaceutical name.
  – Characters.
  – Functions and indications.
  – Dosage and administration.
  – Cautions and contraindication.
• 3. Compare a couple of herb pairs to simplify, yet deepen the study.
Xing Ren (杏仁)
Apricot kernel

- **English name**: apricot seed or kernel
- **Alternative names**: 苦杏仁 (ku xing ren), 北杏 (bei xing)
- **Latin name**: Prunus armeniaca
- **Pharmaceutical name**: Semen pruni armeniacae
- **Where grown**: Liaoning, Hebei, Inner Mongolia, Shandong, Jiangsu and throughout northern China
- **When harvested**: Summer when fruit has ripened
- **Used part**: Seed
- **Preparation**: Dried in sunlight, used unprepared
- **Flavor and properties**: Bitter, slightly warm, slightly toxic
- **Channel entered**: Lung, large intestine
Xing Ren (杏仁)
Apricot kernel

• **Functions:**
  – 1. Stops coughing & calms wheezing
  – 2. Moistens intestine & unblocks bowels

• **Indications:**
  – 1. Many kinds of **cough** and **wheezing** caused by either heat or cold, especially for **dry cough** due to external dry, ex:
    • A. Cool dryness, with Zi Su Ye, Chen Pi, Qian Hu (as Xing Su San)
    • B. Wind heat, with Sang Ye, Ju Hua (as Sang Ju Yin)
    • C. Warm dryness, with Sang Ye, Bei Mu (Sang Xing Tang)
    • D. Excessive heat in the lung, with Shi Gao, Ma Huang (as Ma Xing Shi Gan Tang)
  – 2. **Constipation**, with Huo Ma Ren, Bai Shao

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

• **Cautions and contraindications:**
  – 1. Caution in treating infants and in case of diarrhea.
  – 2. **Overdosage may causes dizziness, nausea, vomiting, and headache**, which can progress to dyspnea, spasms, dilated pupils, arrhythmrias and coma.
  – 3. Lethal dosage in adults has been reported in the area of 50 – 60 kernels (30g or more), and in children at 10 kernels. Cooling, removal of the outer coating and mixing with sugar reduces its toxicity.
Xing Ren (杏仁)
Apricot kernel

- **Modern Research**
  - Treatment of pulmonary disease: coughing wheezing and production of phlegm.
  - Use in gynecology: topical application for vaginitis. Stop itching.

- **Bitter apricot and sweet apricot**
  - Bitter apricot (northern apricot, grown northern China) is better at cough and wheezing due to excessive heat.
  - Sweet apricot (southern apricot, grown southern China) is better at dry and deficient coughs.

Su Zi (苏子)
Purple Perilla Fruit, or Perilla Seed

- **English name:** purple perilla fruit, perilla seed
- **Alternate name:** 紫苏子 (zi su zi)
- **Latin name:** Perilla frutescens
- **Pharmaceutical name:** Fructus Perillae Frutescentis
- **Where grown:** Jiangsu, Zhejiang, Hebei
- **When harvested:** Autumn when it has ripened
- **Used part:** Seed
- **Preparation:** Dried in sunlight, used unprepared or slightly parch
- **Flavor and properties:** Pungent, warm
- **Channel entered:** Lung, large intestine
Su Zi (苏子)
Purple Perilla Fruit, or Perilla Seed

**Functions:**
- 1. Stops coughing and wheezing, redirects Qi downward
- 2. Moistens intestine to looses the bowels.

**Indications:**
- 1. Cough and wheezing (dyspnea) with profuse phlegm due to accumulation of phlegm and reversed flow qi, with Bai Jie Zi, Lai Fu Zi (as San Zi Yang Qin Tang)
- 2. Abundant accumulation of phlegm and fluid (fullness in chest and diaphragm region, cough, wheezing, shortness of breath), with Chen Pi, Ban Xia, Qian Hu (Su Zi Jiang Qi Tang)
- 3. Constipation due to dry intestine, with Huo Ma Ren, Gua Lou Ren, Xing Ren
Su Zi (苏子)
Purple Perilla Fruit, or Perilla Seed

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

• **Cautions and contraindications:**
  – Contraindication in cases of chronic diarrhea due to spleen deficiency

• Zi Su Zi and Bai Su Zi
  – Zi Su Zi is more popular and much stronger in function.

Bai Bu (百部)
Stemona Root

• **English name:** stemona root
• **Literal English translation:** “hundred parts”
• **Latin name:** Stemona sessilifolia or stemona japonica or stemona tuberosa
• **Pharmaceutical name:** Radix Stemonae
• **Where grown:** Anhui, Jiangsu, Hubei, (S. sessilifolia, S. japonica); Hubei, Fujian, Sichuan, (S. tuberosa)
• **When harvested:** Spring before new sprouts have emerged, or autumn after aerial parts have withered
• **Used part:** Tuber or root
• **Preparation:** Scalded or steamed, cut, dried in sunlight, used unprepared or stir-baked with honey
• **Flavor and properties:** Sweet, bitter, slightly warm
• **Channel entered:** Lung
Bai Bu (百部)  
Stemona Root

- **Functions:**
  - 1. Moistens the lungs and stops coughing
  - 2. Expels parasites and kills lice

- **Indications:**
  - 1. Many kinds of coughing, acute or chronic and cold or heat, especially deficiency cough. Including lung yin deficiency, use alone or with different herbs according to different condition.
    - **Ex:**
      - A. Due to external wind-cold, with Ma Huang, Xing Ren
      - B. Due to wind, with Jing Jie, Jie Geng (as Zhi Su San)
      - C. Due to lung Yin deficiency, with Mai Men Dong, Sheng Di Huang, Chuan Bei Mu
      - D. Due to lung heat, with Bei Mu, Zi Wan
  - 2. Internal parasites, such as pinworm threadworm, trichomonad, use alone (as retention enema)
  - 3. Head or body lice, with Ku Shen (as external wash)
Bai Bu (百部)  
Stemona Root

• **Dosage and administration:**
  – 5 15g decocted in water for an oral dose
  – 30 60g raw Bai Bu every day for 3 days for pinworm
  – Proper amount of raw Bai Bu for external wash

• **Cautions and contraindications:**
  – Contraindicated in cases of spleen deficiency of loose stool

Bai Bu (百部)  
Stemona Root

• **Modern research**
  – Antimicrobial effect:
  – Antiparasitic effect: lice and bedbugs
  – Respiratory effect: reduce coughing
  – Use in infectious disease: pertussis.
### Zi Wan (紫苑)
Purple Aster Root or Aster

- **English name:** purple aster root, aster
- **Latin name:** Aster tataricus
- **Pharmaceutical name:** Radix Asteris Tatarici
- **Where grown:** Hebei, Anhui, Henan, Heilongjiang, Shanxi
- **When harvested:** Spring or autumn
- **Used part:** Root
- **Preparation:** Dried in sunlight, cut, used unprepared or stir-baked with honey
- **Flavour and properties:** Bitter, slightly warm
- **Channel entered:** Lung
**Zi Wan (紫苑)**
Purple Aster Root or Aster

- **Functions:**
  - 1. Descends lung Qi, Resolves phlegm to stop cough
  - 2. Moistens the lungs

- **Indications:**
  - Many kinds of cough, with different herbs according to different conditions. *(especially profuse sputum)*
  - Ex:
    - A. Cough with profuse phlegm due to phlegm stagnation, with Kuan Dong Hua
    - B. Cough with profuse sputum due to external wind cold, with Jing Jie, Bai Qian, Chen Pi
    - C. Cough with blood due to lung deficiency, with Zhi Mu, Bei Mu, E Jiao

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**Zi Wan (紫苑)**
Purple Aster Root or Aster

- **Dosage and administration:**
  - 5 - 10g decocted in water for an oral dose
  - Stir-baked with honey will strengthen the function of moistening lung
  - Comparison with Kuan Dong Hua, it is good at resolving phlegm.
  - Can be used for all kind of cough: acute and chronic, cold and heat, excess and deficient.

- **Cautions and contraindications:**
  - Use with caution in cough with excessive heat.

- **Modern research**
  - Respiratory effect: expectorant and reduce cough effect in animals experiments
  - Antimicrobial effect

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Kuan Dong Hua (款冬花)
Coltsfoot Flower or Tussilago

- **English name:** coltsfoot flower, tussilago
- **Alternate name:** 款冬 (kuan dong); 冬花 (dong hua)
- **Literal English Translation:** “welcome, winter flower”
- **Latin name:** Tussilago farfara
- **Pharmaceutical name:** Flos tussilaginis farfarae
- **Where grown:** Henan, Gansu, Shanxi, Shaanxi
- **When harvested:** End of October through December
- **Used part:** Flower
- **Preparation:** Dried in shade, used unprepared or stir-baked with honey
- **Flavour and properties:** Pungent, warm
- **Channel entered:** Lung
Kuan Dong Hua (款冬花)  
Coltsfoot Flower or Tussilago

• **Functions:**
  – 1. Descends lung Qi, Resolve phlegm to stop cough
  – 2. Moistens lung

• **Indications:**
  – Cough and wheezing due to many different etiologies. especially due to different types of cold. *(Better for cough)*
    • Ex:
      – A. Due to cold-phlegm, with Xi Xin, Zi Wan (She Gan Ma Huang Tang)
      – B. Chronic cough with blood, with Bai He

• **Dosage and administration:**
  – 5 10g.decocted in water for an oral dose
  – Stir-baked with honey enhances the ability of moisten the lung
  – Comparison with Zi Wan, it is good at stopping cough. Good at cold cough.

• **Cautions and contraindications:**
  – Use cautiously for cough with heat
Kuan Dong Hua (款冬花)
Coltsfoot Flower or Tussilago

• Modern research
  – Respiratory effect: antitussive, expectorant, and antiasthmatic effects in animal experiments.
  – Cardiovascular effect: first lower blood pressure and then raised it in cats experiments.

• Zi Wan and Kuan Dong Hua
  – Zi Wan is stronger for resolving phlegm and weaker for stopping cough
  – Kuan Dong Hua is stronger for stopping cough and weaker for resolving phlegm

Pi Pa Ye (枇杷叶)
Loquat leaf or eriobotrya

• English name: loquat leaf, eriobotrya
• Alternate name: 枇杷叶 (pa ye)
• Latin name: Eriobotrya japonica
• Pharmaceutical name: Folium eriobotrae
• Where grown: Throughout central eastern and southern China, especially Guangdong, Jiangsu
• When harvested: Late spring and early summer
• Used part: Leaf
• Preparation: Dried in sunlight, hair be scrubbed, cut, used unprepared or stir-baked with honey
• Flavor and properties: Bitter, cool
• Channel entered: Lung, stomach
Pi Pa Ye (枇杷叶)
Loquat leaf or eriobotrya

• **Functions:**
  – 1. Transforms phlegm and clears heat to relieve cough
  – 2. Descends the adverse Qi and harmonizes the stomach

• **Indications:**
  – 1. Cough due to lung heat, with Xing Ren, Sang Ye, Qian Hu
  – 2. Nausea, vomiting, hiccoughs and belching due to stomach heat, with Xiang Fu, Bai Mao Gen
Pi Pa Ye (枇杷叶)
Loquat leaf or eriobotrya

• **Dosage and administration:**
  - 10 15g. decocted in water for an oral dose, wrapped.
  - 15 30g if used fresh.
  - Stir-baked in honey for cough, stir-baked in ginger juice for nausea and vomiting

• **Cautions and contraindications:**
  - 1. Contraindication in cases of vomiting due to stomach cold
  - 2. Contraindication in cases of cough due to external cold contracting the lung

• **Modern research**
  - Treatment of pulmonary disease: Chronic bronchitis. No effect in stopping wheezing.

Sang Bai Pi (桑白皮)
Bark of mulberry root or morus bark

• **English name:** bark of mulberry root, morus bark
• **Alternate name:** 桑根白皮（sang gen bai pi）
• **Literal English Translation:** “mulberry white bark”
• **Latin name:** Morus alba
• **Pharmaceutical name:** Cortex mori albae radicis
• **Where grown:** Throughout china
• **When harvested:** Winter
• **Used part:** Bark
• **Preparation:** Cut, dried, used unprepared or stir-baked with honey
• **Flavor and properties:** Sweet, cold
• **Channel entered:** Lung, spleen
Sang Bai Pi (桑白皮)
Bark of mulberry root or morus bark

- **Functions:**
  - 1. Clears heat from the lung and relieves coughing and wheezing.
  - 2. Promotes urination and reduces edema

- **Indications:**
  - 1. **Coughing and wheezing** due to lung heat, with Di Gu Pi, Gan Cao (as Xie Bai San)
  - 2. **Edema** due to lung qi obstruction, such as floating edema, facial edema, swelling of the extremities, difficulty in urination , with Fu Ling Pi, Da Fu Pi (as Wu Pi Yin)
Sang Bai Pi (桑白皮)
Bark of mulberry root or morus bark

- **Dosage and administration:**
  - 5–15g. decocted in water for an oral dose
  - Honey fried for coughing and wheezing
- **Cautions and contraindications:**
  - 1. Contraindication in cases of profuse urination
  - 2. Caution in cases of cough due to wind-cold and lung Qi deficiency
- **Modern research**
  - Diuretic effect: increase in urine output and excretion of chloride
  - Lower blood pressure
  - Central nervous system effect: tranquilizing effect in mice.

Ting Li Zi (葶苈子)
Descurainia Seeds or Lepidium Seeds

- **English name:** descurainia seeds, lepidium seeds
- **Alternate name:** 甜葶苈 (tian ting li)
- **Latin name:** Descurainia sophia or Lepidium apetalum
- **Pharmaceutical name:** Semen Descurainiae seu Lepidii
- **Where grown:** Eastern and south-central China (descurainia); northern and northeastern China (lepidium)
- **When harvested:** Late summer when fruit has ripened
- **Used part:** Seeds
- **Preparation:** Dried in sunlight, used unprepared or slightly parch
- **Flavor and property:** Acris, Bitter, cold
- **Channel entered:** Lung, bladder
Ting Li Zi (葶苈子)
Descurainaia Seeds or Lepidium Seeds

• Functions:
  – 1. Purges (draining) lung and transforms (resolving) phlegm to stop wheezing
  – 2. Expels water to reduce edema

• Indications:
  – 1. Excessive type wheezing or coughing due to phlegm accumulation or fluid retention in the lung or lung heat, with Da Zao (as Ting Li Da Zao Xie Fei Tang)
  – 2. Facial edema or fluid accumulation in the chest or abdomen with urinary difficulty due to lung Qi stagnation, with Fang Ji, Da Huang (as Ji Jiao Li Huang Wan)
Ting Li Zi (葶苈子)
Descurainia Seeds or Lepidium Seeds

- **Dosage and administration:**
  - 5-15g decocted in water for an oral dose, crushed before decocted
- **Cautions and contraindications:**
  - 1. Contraindication for cough and wheezing due to Lung Qi deficiency
  - 2. Contraindication for edema due to spleen deficiency
- **Modern research**
  - Cardiovascular effect: increases cardiac output and reduces venous pressure

Mu Hu Die (木蝴蝶)
Oroxylum Seeds

- **English name:** oroxylum seeds
- **Alternate name:** 玉蝴蝶（yu hu die）
- **Literal English Translation:** “wood butterfly”
- **Latin name:** Oroxylum indicum (L). Vent.
- **Pharmaceutical name:** Semen oroxyli Indicit
- **used part:** Seed
- **preparation:** Dried in sunlight, use unprepared
- **Properties:** Sweet, tasteless (bland), cool
- **Channels entered:** Lung, liver
Mu Hu Die (木蝴蝶)  
Oroxylum Seeds

- **Function:**
  - 1. Clears the lung and opens the voice.
  - 2. Smoothes the liver and regulates the Qi

- **Indication:**
  - 1. Cough, sore throat, and hoarseness, with Pang Da Hai, Chan Tui
  - 2. Hypochondriac and epigastric pain due to qi stagnation, with Xiang Fu, Chuan Lian Zi
Mu Hu Die (木蝴蝶)
Oroxyllum Seeds

- **Dosage and administration:**
  - 1.5 6g decocted in water for an oral dose

- **Contraindication and Cautions:**
  - None

Luo Han Guo (罗汉果)
Momordica Fruit

- **English name:** Momordica Fruit
- **Latin name:** Momordica Grosvenori Swingle
- **Pharmaceutical name:** Fructus Momordicae
- **used part:** Fruit
- **preparation:** Dried in sunlight, use unprepared
- **Properties:** Sweet, Neutral
- **Channels entered:** Lung, spleen
Luo Han Guo (罗汉果)  
Momordica Fruit

• **Function:**
  – 1. Moistens lung Yin.
  – 2. Generates fluid and benefits pharynx
  – 3. Moistens intestine

• **Indication:**
  – 1. For coughing due to lung heat.
  – 2. For dry and painful pharynx, loss of voice due to heat damage Yin.
  – 3. For constipation due to large intestine dryness.
Luo Han Guo (罗汉果)
Momordica Fruit

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

- **Contraindication and Cautions:**
  - None

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**Sum-up**

- (Ku) Xing Ren 杏仁 (Semen Pruni Armeniacae)
- Su Zi 苏子 Fructus Perileae Frutescentis
- Bai Bu 百部 Radix Stemonae
- Zi Wan 紫菀 Radix Asteris Tatarici
- Kuan Dong Hua 款冬花 Flos Tussilaginis Farfarae
- Pi Pa Ye 枇杷叶 Folium Eriobotryae
- Sang Bai Pi 桑白皮 (Cotex Mori Albae Radicis)
- Ting Li Zi 藿苈子 Semen Descurainiae seu Lepiddi
- Mu Hu Die 木蝴蝶 Semen Oroxyli Indici
- Luo Han Guo 罗汉果 (Fractus Momordicae)
Questions

• 1. Which herb moisten the intestines?
  – A. Xing Ren
  – B. Su Zi
  – C. Gua Lou Ren
  – D. All of the above

• 2. Which herb must be used cautiously for infants?
  – A. Xing Ren
  – B. Zi Su Ye
  – C. Huo Xiang
  – D. Gan Cao

Questions

• 3. Su Zi is used for
  – A. Cough with copious phlegm
  – B. Stiffling sensation in the chest
  – C. Constipation
  – D. All of the above

• 4. What is the common function of Zi Wan and Kuan Dong Hua?
  – A. Clear LU, stop cough, expel phlegm
  – B. Moisten LU, stop cough, expel phlegm
  – C. Astringe LU, stop cough, expel phlegm
  – D. Purge LU, stop cough, expel phlegm
Questions

• 5. Common function of Zhu Ru and Pi Pa Ye is
  – A. Descend ST Qi and stop vomiting
  – B. Clear Heat and remove irritability
  – C. Kill parasites and stop itching
  – D. Moisten intestines

• 6. Which herb lubricates the LU, stops cough and kills parasites and worms?
  – A. Zi Wan
  – B. Kuan Dong Hua
  – C. Xing Ren
  – D. Bai Bu

Questions

• 7. Which herb is warm and moistening, but is not dry or greasy and can stop coughing and astham?
  – A. Zi Wan
  – B. Kuan Dong Hua
  – C. Bai Bu
  – D. All of the above

• 8. Which of the following herbs is most effective in purging LU Heat and calming asthma?
  – A. Shi Gao
  – B. Zhi Mu
  – C. Sang Bai Pi
  – D. Huang Qin
Questions

• 9. What is the common channel of “Transforming Phlegm” and “Stop cough” category herbs?
  – A. LU
  – B. SP
  – C. KD
  – D. LV

• 10. If a patient complains of edema with urinary difficulty, accompanied by cough, wheezing, fullness in the chest, red tongue with yellow coating, slippery and rapid pulse, which of the following herbs is the best?
  – A. Kuan Dong Hua (Tussilaginis Farfarae, Flos)
  – B. Zi Wan (Asteris Tatarici, Radix)
  – C. Pi Pa Ye (Eriobotryae Japonicae, Folium)
  – D. Ting Li Zi (Descurainiae seu Lepidii, Semen)

Questions

• 11. Which of the following herbs is the best for sore throat, hoarseness and loss of voice due to wind heat attacking the lungs?
  – A. Sang Bai pi ((Mori Albae Radicis, Cortex)
  – B. Mu Hu Die(Oroxyli Indici, Semen)
  – C. Kuan Dong Hua (Tussilaginis Farfarae, Flos)
  – D. Zi Wan (Asteris Tatarici, Radix)

• 12. What is the difference between Kuan Dong Hua (Tussilaginis Farfarae, Flos) and Zi Wan (Asteris Tatarici, Radix)?
  – A. Kuan Dong Hua can direct stomach Qi downward to stop vomiting, Zi Wan cannot
  – B. Zi Wan can moisten lung, Kuan Dong Hua cannot
  – C. Kuan Dong Hua is better at descending rebellious lung Qi
  – D. Zi Wan is better at descending rebellious lung Qi
Questions

• 13. Which of the following herbs can stop cough due to lung heat?
  – A. Pi Pa Ye (Folium Eriobotryae)
  – B. Sang Bai Pi (Cotex Mori Albae Radicis)
  – C. Luo Han Guo (Fractus Momordicae)
  – D. All of above