Herbology II

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Chapter 8 Herbs that Reduce Food Stagnation

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• Herbs that Reduce Food Stagnation
  – Shan Zha Fructus Crataegi 山楂
  – Mai Ya Fructus Hordei Vulgaris 麦芽
  – Gu Ya Fructus Oryzea Sativae 谷芽
  – Shen Qu Massa Fermentata 神曲
  – Ji Nei Jin Endothelium Corneum 鸡内金
  – Lai Fu Zi Semen Raphani Sativi 莱菔子
Concept

• Herbs that Reduce Food Stagnation
  – The actions of this group of herbs are those that reduce or dissolve (xiao) and guide out (dao). These terms refer to their ability to reduce, dissolve, or digest food stagnation, and to guide out accumulations through the digestive tract.

Food Stagnation

• Hot types:
  – Severe bad breath, a feeling of distention in the abdomen, preference for cold food and beverages and an aversion to hot ones, yellow and greasy tongue coating, and forceful and slippery pulse.
  – Combine with herbs that clear heat

• Cold types:
  – Due to Sp or ST deficiency, or ingesting too much cold food.
  – Brackish feeling in the throat, nausea, spitting up clear fluids, feeling of distention in the abdomen, preference for hot food and beverages and an aversion to cold ones, white and greasy tongue coating, weak and thin pulse.
  – Combine with herbs that warm the interior

• Usually combined with herbs that regulate the middle Qi; If food stagnation is severe, purgatives may also be required.
Study Objective

- 1. Understand the general information on herbs that reduce food stagnation.
  - a. Concept, common function and indication.
  - b. Characters.
  - c. Compatibility.
  - d. Caution and contraindications
- 2. Get 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.
- 3. Compare the herbs’ function regarding to reducing food stagnation.

Shan Zha
Hawthorn Fruit, Crataegus

- **English name:** hawthorn fruit, crataegus
- **Alternate names:** 山楂肉（shan zha rou); 北山楂 (bei shan zha); 南山楂（nan shan zha)
- **Latin name:** Crataegus pinnatifida Bge
- **Pharmaceutical name:** Fructus Crataegi
- **When harvested:** Autumn when fruit has ripened
- **Used part:** Fruit
- **Flavor and properties:** Sour, sweet, slightly warm
- **Channel entered:** Liver, spleen, stomach
Shan Zha
Hawthorn Fruit, Crataegus

• Functions:
  – 1. Improves digestion, removes food stagnation
  – 2. Moves blood stasis
  – 3. Stops diarrhea

• Indications:
  – Accumulation due to meat or greasy foods with accompanying symptoms of abdominal distention pain, or diarrhea, with Shen Qu, Lai Fu Zi (as Bao He Wan)
  – For chest pain, post partum abdominal pain, dysmenorrhea and amenorrhea due to blood stasis. With brown sugar or Dang Gui, Chuan Xiong, Yi Mu Cao.
  – Diarrhea of chronic dysentery-like disorder due to food stagnation, spleen deficiency or damp-heat, with Mu Xiang, Rou Dou Kou, Bian Dou
  – Recently for hypertension, coronary artery disease, with Jue Ming Zi, Dan Shen
Shan Zha  
Hawthorn Fruit, Crataegus

• **Dosage and administration**  
  – 10-15g decocted in water. Up to 30g when used alone.  
  – Use **raw** for blood stasis, and **dry-fried** for food stagnation

• **Cautions and contraindications**  
  – Use with caution in cases of spleen and stomach deficiency without food stagnation.  
  – Caution in cases with acid regurgitation

Shan Zha  
Hawthorn Fruit, Crataegus

• **Modern research**  
  – Cardiovascular effect: lower blood pressure, vasodilation and atherosclerosis in animals’ experiments.  
  – Antibiotic effect: inhibitory effect in vitro against Shigella spp. And Pseudomonas aeruginosa.  
  – Use in infectious disease: acute bacillary dysentery.
Mai Ya  
Barley Sprout, malt

- **English name**: barley sprout, malt
- **Alternate name**: 大麦芽 (da mai ya)
- **Latin name**: Hordeum vulgare Li.
- **Pharmaceutical name**: Fructus Hordei Vulgaris Germinantus
- **When harvested**: Year-round
- **Used part**: Germinated fruit
- **Flavor and properties**: Sweet, neutral
- **Channel entered**: Liver, spleen, stomach
Mai Ya
Barley Sprout, malt

• **Functions:**
  - 1. Reduces food stagnation and strengthens the stomach
  - 2. Inhibits lactation
  - 3. Soothes liver Qi

• **Indications:**
  - Indigestion and food stagnation
    - Accumulation of undigested starchy food, with Shan Zha, Shen Qu
    - Indigestion of milk in infant, use alone
    - Indigestion due to deficiency of spleen and stomach, with Dang Shen, Fu Ling, Shan Yao
  - For woman who are discontinuing nursing, or who have distended and painful breast, use alone. It is usually used up to 120g for stopping lactation.
  - Liver Qi stagnation, with Bai Zhu, Chai Hu

• **Dosage and administration:**
  - 10-15g as a decoction, up to 120g to inhibit lactation.
  - 6-15 directly as a powder.

• **Cautions and contraindications:**
  - Contraindicated for nursing mothers

• **Modern research**
  - Gastrointestinal effect: help digestion
  - Treatment of hepatitis
<table>
<thead>
<tr>
<th><strong>Gu Ya</strong></th>
<th>Rice Sprout</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>English name:</strong></td>
<td>rice sprout</td>
</tr>
<tr>
<td><strong>Alternate name:</strong></td>
<td>稻芽（dao ya)</td>
</tr>
<tr>
<td><strong>Latin name:</strong></td>
<td>Orzya sativa L.</td>
</tr>
<tr>
<td><strong>Pharmaceutical name:</strong></td>
<td>Fructus Orzyae Sativae Germinantus</td>
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<td><strong>When harvested:</strong></td>
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<td><strong>Channel entered:</strong></td>
<td>Spleen, stomach</td>
</tr>
</tbody>
</table>
Gu Ya
Rice Sprout

• **Functions:**
  – Reduces food stagnation and strengthens the stomach

• **Indications:**
  – 1. Poor digestion due to stagnation and accumulation of undigested starchy food accompanying with abdominal distention, fullness and pain, with Sha Ren, Zhi Gan Cao
  – 2. Weak digestion and loss of appetite associated with spleen deficiency, with Bai Zhu

• **Dosage and administration:**
  – 1. 9-15g decocted in water for an oral dose.
  – 2. In its raw form, it is chiefly used to aid digestion.
  – 3. Dry-fried, its potency in strengthening the spleen and stomach is enhanced.

• **Cautions and contraindications**
  – None noted

• **Modern research**
  – Effect on digestion: assist in the digestion of starch.
Shen Qu
Medicated Leaven, Shen-chu

- **English name:** medicated leaven, shen-chu
- **Alternate name:** 六曲 (liu qu); 六神曲 (liu shen qu)
- **Literal English Name:** “divine fermented mass”
- **Pharmaceutical name:** Massa Fermentata
- **Used part:** Leaven
- **Flavor and properties:** Sweet, acrid, warm
- **Channel entered:** Spleen, stomach
Shen Qu
Medicated Leaven, Shen-chu

• **Functions:**
  – Improves digestion and strengthens stomach

• **Indications:**
  – 1. For abdominal distention, fullness and pain, borborygmus, lack of appetite, diarrhea. Due to stomach cold with food stagnation or accumulation, with Shan Zha, Lai Fu Zi (as Bao He Wan)
  – 2. Added to pills that contain minerals to aid their digestion and absorption

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Shen Qu
Medicated Leaven, Shen-chu

• **Dosage and administration:**
  • 6-15g decocted in water for an oral dose, may be dry-fried to enhance its effect on food stagnation.

• **Cautions and contraindications**
  • Caution during pregnancy.
  • Caution in cases with stomach fire.
Ji Nei Jin
Chicken Gizzard’s Internal Lining

- **English name**: chicken gizzard’s internal lining
- **Alternate name**: 内金 (nei jin), 鸡肫皮 (ji zhun pi)
- **Literal English Name**: “chicken inner gold”
- **Latin name**: Gallus gallus domesticus Brisson
- **Pharmaceutical name**: Endothelium Corneum Gigeriae Galli
- **When Harvested**: Year-round
- **Used part**: Internal lining of gizzard
- **Flavor and properties**: Sweet, neutral
- **Channel entered**: Bladder, small intestine, spleen, stomach
Ji Nei Jin
Chicken Gizzard’s Internal Lining

• **Functions:**
  – Strongly reduces food stagnation and improves the spleen’s function
  – Secures the essence and stops enuresis
  – Transforms hardness and dissolves stones

• **Indications:**
  – Various kinds of food stagnation:
    • Abdominal distention, alone or with Shan Zha, Shen Qu, Mai Ya
    • Abdominal distention with spleen deficiency, with Bai Zhu, Shan Yao, Fu Ling
  – Enuresis and frequent urination, with Sang Piao Xiao, Fu Pen Zi
  – Stone in either the urinary or biliary tract, with Jin Qian Cao, Hai Jin Sha

• **Dosage and administration:**
  – 3-10g in decoction.
  – 1.5-3g directly as a powder (more effective)
  – Usually dry-fried except used to treat stone.

• **Cautions and contraindications**
  – None noted

• **Modern research**
  – Gastrointestinal effect: increase in the acidity of the ST, the secretion of gastric juices, and the strength and frequency of gastric peristalsis, with a subsequent decrease in emptying time.
Lai Fu Zi
Radish Seed, Raphanus

- **English name**: radish seed, raphanus
- **Alternate name**: 萝卜子 (luo bo zi)
- **Latin name**: Raphanus sativus L.
- **Pharmaceutical name**: Semen Raphani Sativi
- **When harvested**: Summer to autumn when seeds have ripened
- **Used part**: Seeds
- **Flavor and properties**: Acrid, sweet, neutral
- **Channel entered**: Lung, spleen, stomach
Lai Fu Zi
Radish Seed, Raphanus

• **Functions:**
  – Reduces food stagnation and transforms accumulation
  – Directs Qi downward and expels phlegm

• **Indications:**
  – Food stagnation accumulating in the middle burner with abdominal distention with fetid odor, acid regurgitation, abdominal pain, diarrhea, with Shan Zha, Shen Qu, Chen Pi (as Bao He Wan)
  – Cough and dyspnea due to retention of excessive phlegm, chronic productive cough, used alone or with Bai Jie Zi, Su Zi (as San Zi Yang Qin Tang)

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

• **Cautions and contraindications**
  – Use with caution in cases of Qi deficiency
  – Do not use it with Ren Shen (Gingseng).

• **Modern research**
  – Antimicrobial effect
  – Antifungal effect
• Herbs that Reduce Food Stagnation
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  – Gu Ya Fructus Oryzae Sativae 谷芽
  – Shen Qu Massa Fermentata 神曲
  – Ji Nei Jin Endothelium Corneum 鸡内金
  – Lai Fu Zi Semen Raphani Sativi 莱菔子

Questions

• 1. Which digestive herb is especially for indigestion for meaty foods?
  – A. Shan Zha
  – B. Ma Ya
  – C. Ji Nei Jin
  – D. Lai Fu Zi

• 2. Which herb activate the blood and removes stasis
  – A. Mai Ya
  – B. Gu Ya
  – C. Shen Qu
  – D. Shan Zha
### Questions

3. Which digestive herb enters the LV channel and soothes the LV Qi when it is used raw?
- A. Shan Zha
- B. Mai Ya
- C. Gu Ya
- D. Lai Fu Zi

4. Large dosage of stir-fried Mai Ya can
- A. Quiet the fetus
- B. Hasten birth
- C. Promote lactation
- D. Inhibit lactation

5. Which herb can be added to pills containing heavy minerals to aid in digestion and absorption?
- A. Shan Zha
- B. Shen Qu
- C. Ji Nei Jin
- D. Lai Fu Zi

6. Ji Nei Jin is often combined with Yu Jin for the treatment of
- A. Constipation
- B. Diarrhea
- C. Seminal emission
- D. Billiary tract stones
Questions

7. Which digestive herb is often taken as powder or pill instead of cooking in decoction?
   - A. Shen Qu
   - B. Ji Nei Jin
   - C. Mai Ya
   - D. Lai Fu Zi

8. Which digestive herb can descend Qi and transform phlegm?
   - A. Shan Zha
   - B. Ji Nei Jin
   - C. Shen Qu
   - D. Lai Fu Zi