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Chapter 9 Herbs that Regulate the Qi

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Concept

• Herbs that Regulate the Qi
  – The herbs that have the function of regulating the functional activities of Qi and promoting the flow of Qi or unblocking stagnation of Qi, and mainly treat Qi stagnation or adverse upward flow of Qi are called Regulating Qi Herbs
Qi stagnation

There are three major types of Qi stagnation, differentiated according to the organs, that are primarily divided into:

1. Stagnation of spleen and stomach Qi:
   • The main symptoms: epigastric and abdominal distention and pain, belching, acid regurgitation, nausea, vomiting, and diarrhea or constipation

2. Stagnation of liver Qi:
   • The main symptoms are: stiffness sensation in the chest, pain or fullness in the hypochondria, depression, irritability and even hernial pain, or irregular menstruation and tender breasts

3. Stagnation of lung Qi:
   • The main symptoms are coughing and wheezing accompanied by labored breathing and a stifling sensation in the chest

Caution

• 1. Regulating Qi herbs are rarely used alone, and should be combined with other herbs
• 2. Caution for Yin deficiency
• 3. Use cautiously for Qi deficiency because the herbs disperse the Qi
• 4. Long-term use may injure the Yin because most are dry in nature.
• 5. Decocted late (within the last 15 minutes), because most are aromatic, which contain volatile oils.
Study Objective

• 1. Understand the general information on herbs that regulate Qi.
  – a. Concept, common function and indication.
  – b. Characters, and focus is on channel entered.
  – c. Compatibility.
  – d. Administration, and cooking method is addressed.
  – e. Cautions and contraindications

• 2. Know the following individual information on herbs in this category.
  – a. Pinyin name, common English name and pharmaceutical name.
  – b. Characters, and channel entered is stressed.
  – c. Functions and indications.
  – d. Dosage and administration.
  – e. Cautions and contraindication.

Herbs that Regulate the Qi

– Chen Pi  Pericarpium Citri Reticulatae 陈皮
– Qing Pi  Pericarpium Citri Reticulatae Viride 青皮
– Zhi Shi  Fructus Immaturus Citri Aurantii 枳实
– Mu Xiang  Radix Aucklandiae Lappae 木香
– Chen Xiang  Lignum Aquilaiae 沉香
– Xiang Fu  Rhizoma Cyperi Rotundi 香附
– Chuan Lian Zi  Frutus Meliae Toosendan 川楝子
– Wu Yao  Radix Linderae Strychifoliae 乌药
– Li Zhi He  Semen Litchi Chinensis 荔枝核
– Fo Shou  Fructus Citri Sarcodactylis 佛手
– Xiang Yuan  Fructus Citri 香橼
– Xie Bai  Bulbus Allii 薤白
– Da Fu Pi  Pericarpium Arecae Catechu 大腹皮
– Shi Di  Calyx Diospyri Kaki 柿蒂
Chen Pi (陈皮)  
Tangerine Peel or Citrus

- **English Name:** tangerine peel, citrus
- **Alternate names:** 橘皮 (ju pi); 广橘皮 (guang ju pi); 广柑皮 (guang gan pi)
- **Literal English Translation:** “aged peel”
- **Latin name:** Citrus reticulata blanco
- **Pharmaceutical name:** Pericarpium Citri Reticulatae
- **Where grown:** South of China
- **When harvested:** Following the first frost
- **Used part:** Peel
- **Preparation:** Dried in sunlight or in shade, used unprepared
- **Flavor and properties:** Pungent, bitter, warm, aromatic
- **Channels entered:** Lung, Spleen, Stomach
Chen Pi （陈皮）
Tangerine Peel or Citrus

• **Function:**
  – 1. Regulates Qi and tonifies spleen
  – 2. Dries dampness and transforms phlegm
  – 3. Prevents stagnation

• **Indication:**
  – 1. Spleen or stomach Qi stagnation, such as epigastric or abdominal distention, fullness, bloating, belching, and nausea and vomiting, loss of appetite, Ex:
    ● A. Accompanied with dampness in the middle jiao, with Cang Zhu, Hou Po (as Ping Wei San)
    ● B. Accompanied with cold and stomach Qi rebellion, with Sheng Jiang (as Ju Pi Tang)
    ● C. With stomach Qi rebellion and heat, with Zhu Ru, Sheng Jiang (as Ju Pi Zhu Ru Tang)
    ● D. With spleen and stomach deficiency, with Dang Shen, Bai Zhu (as Yi Gan San)
    ● E. With diarrhea caused by liver Qi attack stomach, with Bai Shao, Fang Feng (as Tong Xie Yao Fang)
  – 2. Cough with profuse sputum due to phlegm-damp accumulation in the lung, with Ban Xia, Fu Ling, Gan Cao (Er Chen tang)
  – 3. Used with tonifying herbs to prevent their cloying nature from causing stagnation
Chen Pi （陈皮）
Tangerine Peel or Citrus

• **Dosage and administration:**
  – 3-10g decocted in water for an oral dose
  – **Ju Hong**—red tangerine peel (outmost)
  – **Ju He**—seeds, pip
  – **Ju Luo**—pith, web
  – **Ju Ye**—leaf
  – **Hua Ju Hong**—Pomelo flavedo.

• **Caution and Contraindications:**
  – Contraindication in cases of dry cough due to Yin or Qi deficiency

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Chen Pi （陈皮）
Tangerine Peel or Citrus

• **Modern Research**
  – Effect on smooth muscle: inhibitory effect on the smooth muscle of many animals.
  – Cardiovascular effect: positive inotropic effect and increased cardiac output (small doses); inhibitory effect (large doses)
  – Anti-inflammatory effect: gastritis
  – Use for infectious disease: mastitis
Chen Pi (陈皮)
Tangerine Peel or Citrus

• Addendum:
  – Ju Hong (Pars Rubra Epicarpii Citri Erythrocarpae)
    • The red part of the tangerine peel.
    • It is acrid, bitter, and warm and enters the Lung and Stomach channels.
    • It is more drying and aromatic than Chen Pi, but less effective in harmonizing the middle and regulating the Stomach and Spleen.
    • It is used primarily for vomiting and belching, and for treating phlegm-damp coughs.

Qing Pi (青皮)
Immature or green tangerine peel or Blue Citrus

• **English Name:** immature or green tangerine peel, blue citrus
• **Literal English Translation:** “green peel”
• **Latin name:** Citrus reticulata Blanco
• **Pharmaceutical name:** Pericarpium Citri Reticulatae
• **Where grown:** North and center of China
• **When harvested:** May through June
• **Used Part:** Peel
• **Preparation:** Dried in sunlight, used unprepared or stir-baked with vinegar
• **Flavor and properties:** Bitter, pungent, warm
• **Channel entered:** Gallbladder, liver, stomach
Qing Pi（青皮）
Immature or green tangerine peel or Blue Citrus

- **Function:**
  - 1. Smoothing the liver Qi and breaking up stagnation Qi
  - 2. Dissipating clumps and removing food stagnation

- **Indication:**
  - 1. Liver Qi stagnation syndrome: distention and pain in chest, breast, hypochondriac region, hernial pain.
    - A. Bloating and pain in the hypochondrium, with Chai Hu, Xiang Fu
    - B. Breast pain, with Gua Lou, Xiang Fu
    - C. Hernia pain, with Wu Yao, Mu Xiang (as Tian Tai Wu Yao San)
  - 2. Food stagnation, abdominal distention, fullness, pain, with Shan Zha, Shen Qu, Mai Ya
  - 3. Masses or pain due to Qi and blood stagnation, with San Leng, E Zhu, Bie Jia, Xiang Fu
  - 4. Hypotension (modern use)
Qing Pi (青皮)
Immature or green tangerine peel or Blue Citrus

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

**Cautions and contraindications:**
- Use with caution in cases of Qi deficiency

**Modern Research**
- Anti-shock
- Increase blood pressure
- Promote secretion of bile

Zhi Shi (枳实)
Immature Fruit of the Bitter Orange

**English Name:** immature fruit of the bitter orange, chih-shih
**Latin name:** Citrus aurantium
**Pharmaceutical name:** Fructus Immature Citri Aurantii
**Where grown:** Jiangxi, Sichuan, Hubei, Guizhou
**When harvested:** May through June before the fruit has ripened
**Used Part:** Fruit
**Preparation:** Cut, dried, used unprepared or parch with wheat husk
**Flavor and properties:** Bitter, pungent, slightly cold
**Channel entered:** Spleen, stomach, large intestine
Zhi Shi (枳实)  
Immature Fruit of the Bitter Orange

• **Function:**
  – 1. **Breaks up** stagnant Qi and reduces accumulation
  – 2. **Transforms phlegm and expels distention**
  – 3. **Directs the Qi downward and unblocks the Bowels**
  – 4. **Raise organ prolapse**
Zhi Shi (枳实)
Immature Fruit of the Bitter Orange

• Indication
  – 1. Qi stagnation and accumulation syndrome: epigastric or abdominal pain and distention, constipation, diarrhea.
    • A. Epigastric or abdominal pain and bloating due to food stagnation, with Shan Zha, Mai Ya, Shen Qu
    • B. Epigastric or abdominal bloating due to spleen and stomach deficiency, with Bai Zhu (as Zhi Zhu Wan)
    • C. Dysentery or diarrhea due to accumulation of dampness, with Da Huang, Huang Lian, Fu Ling, Ze Xie (as Zhi Shi Dao Zhi Wan)
  – 2. Constipation and abdominal pain, with Da Huang, Mang Xiao, Hou Po (as Da Sheng Qi Tang)
  – 3. Bloating and fullness in the chest and epigastrium due to phlegm obstructing the Qi, with Ban Xia, Xie Bai, Gui Zhi, (as Zhi Shi Xie Bai Gui Zhi Tang)
  – 4. Gastric distension (dilation of stomach), gastroptosis, rectal prolapse, or uterine prolapse, with tonifying Qi herbs

• Dosage and administration:
  – 3-9g decocted in water for an oral dose
  – 1-2g powder taken directly
  – Usually combine with Da Huang, Hou po

• Cautions and contraindications:
  – 1. Caution during pregnancy
  – 2. Caution in cases of Qi deficiency
Zhi Shi (枳实)
Immature Fruit of the Bitter Orange

• Modern research
  – Effect on the uterus: shows contractile effect on uterine specimens in animals.
  – Effect on intestines: inhibitory effect on intestinal specimens in mice and rabbits.
  – Cardiovascular effect: stimulatory effect with small doses, while inhibitory effect with large doses on frog heart specimens.
  – Effect on reproduction: inhibits the activity of periovular hyaluronidase. (contraceptive effect)

Zhi Shi (枳实)
Immature Fruit of the Bitter Orange

• Addendum: Zhi Ke (Fructus Citri Aurantii)
  – The ripe fruit of this plant
  – It is bitter and cool and enters the Spleen and Stomach channels.
  – It is milder in action than Zhi Shi.
  – It is frequently used to move the qi and reduce distention and pressure, and is especially appropriate when the patient is deficient or weak.
  – If there is constipation, Zhi shi is a more appropriate choice.
Mu Xiang (木香)
Costus Root or Saussurea or Aucklandia

- **English Name**: costus root, saussurea, aucklandia
- **Alternate Name**: 广木香 (guang mu xiang)
- **Literal English Translation**: “wood fragrance”
- **Latin name**: Aucklandia Lappa
- **Pharmaceutical name**: Radix Aucklandiae Lappae
- **Where grown**: Yunnan, Shichuan
- **When harvested**: October through January
- **Used Part**: Root
- **Preparation**: Dried, cut, used unprepared or prepared
- **Flavor and properties**: Pungent, bitter, warm
- **Channel entered**: Spleen, stomach, gallbladder, large intestine
Mu Xiang (木香)
Costus Root or Saussurea or Aucklandia

• Function:
  – 1. Regulating Qi (promoting the circulation of Qi) and alleviating pain
  – 2. Harmonizing the middle-jiao
  – 3. Move liver Qi and benefit gallbladder
  – 4. Preventing stagnation

• Indication
  – 1. Spleen and stomach Qi stagnation
    • A. With Huo Xiang, Sha Ren, Bai Dou Kou, Zhi ke (as Mu Xiang Shun Qi Wan)
    • B. Accompanied with deficiency of spleen, with Bai Zhu, Fu Ling, Bai Chao (as Xiang sha Lu Jun Wan)
  – 2. Dysentery and diarrhea, especially with obvious tenesmus
    • A. due to damp-heat stagnated in the stomach and intestine, with Huang Lian (as Xiang Lian Wan)
    • B. due to food stagnation, with Bing Lang, Zhi Shi, Da Huang
  – 3. Damp-heat in the liver and gallbladder with Qi stagnation, with Chai Hu, Yu Jin, Yin Chen Hao
  – 4. Used with tonifying herbs to ameliorate their cloying nature from causing stagnation (as Gui Pi Wan)

• Dosage and administration:
  – 3-10g decocted in water for an oral dose, decocted late
  – For chronic diarrhea, roasted in ash to increase its absorptive properties
  – Usually combine with Da huang, Bai zhu

• Cautions and contraindications
  – Contraindicated in cases of Yin deficiency
Mu Xiang (木香)
Costus Root or Saussurea or Aucklandia

• Modern research
  – Effect on smooth muscle: inhibitory effect on bronchospasm and intestinal spasm in guinea pigs.

• Addendum: Chuan Mu Xiang (Radix Vladimiriae)
  – It is the root of Vladimiria souliei (Franch.) Ling or V. denticulata Ling.
  – Its properties and actions are similar to those of Mu Xiang, only weaker.

Chen Xiang (沉香)
Aloeswood or Aquilaria

• English Name: aloeswood, aquilaria
• Alternate Name: 落水沉 (luo shui chen)
• Literal English Translation: “sinking fragrance”
• Latin name: Aquilaria Agallocha Roxb. or Aquilaria sinensis
• Pharmaceutical name: Lignum Aquilariae
• Where grown: Indonesia, Malaysia, Cambodia, Vietnam, Taiwan(A. agallocha); Guangdong, Guangxi
• When harvested: When the trees are several years old
• Used Part: The wood
• Preparation: Dried in shade, used as powder
• Flavor and properties: Pungent, bitter, warm, aromatic
• Channel entered: Spleen, stomach, kidney
Chen Xiang（沉香）
Aloeswood or Aquilaria

• **Function:**
  – 1. Promoting the movement of Qi and alleviating pain
  – 2. Directing rebellious Qi downward and regulating the middle-jiao
  – 3. Helping the kidney to receive Qi

• **Indication**
  – 1. Qi stagnation syndrome, epigastric or abdominal pain and distention due to Qi stagnation with cold or spleen and stomach deficiency cold. with Wu Yao, Bing Lang (as Si Mo Tang)
  – 2. Stomach Qi rebellious syndrome, such as vomiting, belching or hiccup, with Ding Xiang, Bai Dou Kou, Zi SuYe, Shi Di
  – 3. Asthma and wheezing
    • A. Excess in the upper and deficiency in the lower, with Su Zi, Ban Xia, Chen Pi (as Su Zi Jiang Qi Tang)
    • B. Kidney can not receive Qi, with Rou Gui, Bu Gu Zhi
Chen Xiang（沉香）
Aloeswood or Aquilaria

- **Dosage and administration:**
  - 1-1.5g as a powder or pill.
  - If used with decoctions, can *infuse in the tea*
- **Cautions and contraindications:**
  - 1. Use with caution *in cases of prolapse due to Qi deficiency*
  - 2. Use with caution *in case of yin deficiency with heat signs*
- **Modern research**
  - Antimicrobial effect: inhibitory effect against *Mycobacterium tuberculosis and Shigella flexneri.*

Xiang Fu （香附）
Nut-grass rhizome, or Cyperus

- **English Name:** nut-grass rhizome, cyperus
- **Literal English Translation:** “aromatic appendage”
- **Latin name:** Cyperaceae
- **Pharmaceutical name:** Rhizoma Cyperi Rotundi
- **Where grown:** Throughout China
- **When harvested:** Autumn
- **Used Part:** Rhizome
- **Preparation:** Boiled or steamed, dried in sunlight, used unprepared or stir-baked with vinegar
- **Flavor and properties:** Pungent, slightly bitter, slightly sweet, neutral
- **Channel entered:** Liver, San-jiao
Xiang Fu (香附)
Nut-grass rhizome, or Cyperus

**Function:**
- 1. Smoothing and regulating liver Qi
- 2. Regulating menstruation and alleviating pain

**Indication**
- 1. *Liver Qi stagnation syndrome*, hypochondriac pain epigastric distention. Used with Chai Hu, Bai Shao, Zhi Shi (as Chai Hu Shu Gan San)
- 2. Disharmony between the liver and spleen, with Mu Xiang, Fo Shou
- 3. Dysmenorrhea or irregular menstruation, especially due to *liver Qi stagnation*, used alone or with different herbs according to different conditions
Xiang Fu (香附)
Nut-grass rhizome, or Cyperus

• Dosage and administration:
  – 6-12g decocted in water for an oral dose
  – Stir-baked with vinegar increases regulating liver Qi function
  – Stir-baked with wine increases the function of penetrating all channels
  – “Head herb of Qi disorder and gynecological diseases”

• Caution and contraindication
  – 1. Contraindication in cases of Qi deficiency without stagnation
  – 2. Caution in cases of yin deficiency or blood heat

Xiang Fu (香附)
Nut-grass rhizome, or Cyperus

• Modern research
  – Effect on the uterus: inhibitory effect in both pregnant and nonpregnant uteri in many animal experiments.
  – Endocrine effect: The volatile oils of Xiang Fu contain an estrogen-like substance
  – Analgesic effect: Subcutaneous injection of Xiang fu significantly raise the pain threshold in mice
Chuan Lian Zi (川楝子)
Melia or Sichuan pagoda tree fruit or Sichuan chinaberry

- **English Name:** sichuan pagoda tree fruit, sichuan chinaberry, melia
- **Alternate Name:** 金铃子（jin ling zi）
- **Latin name:** Melia toosendan Sieb. et Zucc.
- **Pharmaceutical name:** Fructus Meliae Toosendan
- **Where grown:** Gansu, Sichuan, Yunnan, Guizhou
- **When harvested:** Autumn or winter when fruit has ripened
- **Used Part:** Fruit
- **Preparation:** Dried in sunlight, used unprepared or parched, crushed before use
- **Flavor and properties:** Bitter, cold, slightly toxic
- **Channel entered:** Bladder, liver, small intestine, stomach
Chuan Lian Zi (川楝子)
Melia or Sichuan pagoda tree fruit or Sichuan chinaberry

- **Function:**
  - 1. Promoting the movement of Qi and alleviating pain
  - 2. Clears heat from the liver
  - 3. Clears heat and drying dampness
  - 4. Kills parasites

- **Indication**
  - 1. Liver Qi stagnation or disharmony between liver and stomach, with Yan Hu Suo (Jin Ling Zi San)
  - 2. Qi stagnation with damp-heat, such as fullness in epigastria, abdomen, hypochondria, with Da Huang, Yan Hu Suo
  - 3. Hernial pain, Wu Zhu Yu, Mu Xiang, Xiao Hui Xiang
  - 4. Pain due to parasites, such as ascariasis, roundworm, tapeworm.
  - 5. In addition, head tinea, external use, with Bing Lang

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

- **Caution and contraindication:**
  - 1. Contraindicated in cases of cold from deficiency of the spleen and stomach
  - 2. Large dosage may lead to dizziness, vomiting, diarrhea, difficult breath, palpitation, tremor and spasm, even unconsciousness. (200g in experiments on pigs)

- **Modern research**
  - Antimicrobial effect: inhibitory effect against Staphylococcus aureus.
Wu Yao (乌药)
Lindera Root

- **English Name:** lindera root
- **Alternate Name:** 台乌 (tai wu); 梅子 (mei zi)
- **Latin name:** Lindera strychnifolia
- **Pharmaceutical name:** Radix Linderae Strychnifoliae
- **Where grown:** Zhejiang, Hunan, Anhui, Guangdong, Guangxi
- **When harvested:** Winter or spring
- **Used Part:** Root
- **Preparation:** Cut, dried in sunlight, used unprepared or parched with wheat husk
- **Flavor and properties:** Pungent, warm
- **Channel entered:** Spleen, lung, kidney, bladder
Wu Yao （乌药）
Lindera Root

• Function:
  – 1. Promoting the movement of Qi and alleviating pain
  – 2. Warming the kidney and dispelling cold

• Indication
  – 1. Qi stagnation with cold accumulation, epigastric or abdominal pain and distention, flank pain due to Qi stagnation with cold.
    • A. Fullness sensation in the chest, hypochondriac pain, with Xie Bai, Gua Lou, Yu Jin
    • B. Epigastric and abdominal pain and distention, with Mu Xiang, Wu Zhu Yu, Zhi Ke
    • C. Lower abdominal pain, hernial disorder, with Xiao Hui Xiang, Mu Xiang, Qing Pi (as Tian Tai Wu Yao San)
    • D. Menstrual pain, with Xiang Fu, Dang Gui, Mu Xiang (Jia Wei Wu Yao Tang)
  – 2. Frequent urination or urinary incontinence due to kidney yang deficiency and bladder cold, with Yi Zhi Ren, Shan Yao

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

• Cautions and contraindications
  – Caution in cases of Qi deficiency or interior heat

• Modern research
  – Effect on metabolism: put on more weight for long periods of time
  – Gastrointestinal effect: increase peristalsis and expel flatulence
  – Local effect: vasodilation, increase in blood flow, and muscle relaxation
Li Zhi He (荔枝核)
Lychee Nut

- **English Name:** lychee nut
- **Latin name:** Litchi chinensis Sonn.
- **Pharmaceutical name:** Semen Litchi Chinensis
- **Where grown:** Guangdong, Guangxi, Fujian, Sichuan
- **When harvested:** June to July when fruit has ripened
- **Used Part:** Nut
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Sweet, astringent, warm
- **Channel entered:** Liver, stomach
Li Zhi He (荔枝核)
Leechee Nut

- **Function:**
  - 1. Regulating the Qi and relieving pain
  - 2. Dispersing cold and stagnation

- **Indication:**
  - 1. Liver Qi stagnation syndrome, such as Dysmenorrhea, post partum abdominal pain. Used with Xiang Fu
  - 2. Hernial or testicular pain due to cold blocking the liver channel, with Ju Hua, Xiao Hui Xiang

- **Dosage and administration:**
  - 1. 10-15g decocted in water for an oral dose
  - 2. Crushed before decocted
  - 3. 2-4g, ground into powder

- **Cautions and contraindications:**
  - Use only in cases of stagnant Qi

- **Modern research**
  - Endocrine effect: reduction in serum glucose and hepatic glycogen stores.
Fo Shou (佛手)
Finger Citron Fruit

- **English Name:** finger citron fruit
- **Alternate Names:** 陈佛手 (chen fo shou); 佛手柑 (fo shou gan)
- **Literal English Translation:** “Buddha hand”
- **Latin name:** Citrus medica L.
- **Pharmaceutical name:** Fructus Citri Sarcodactylis
- **Where grown:** Sichuan, Guangdong, Fujian, Yunnan
- **When harvested:** October through December when fruit has ripened
- **Used Part:** Fruit
- **Preparation:** Cut, dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, bitter, slightly warm
- **Channel entered:** Liver, lung, stomach
Fo Shou (佛手)
Finger Citron Fruit

• **Function:**
  1. Smoothing and regulating the liver Qi
  2. Harmonizing middle-jiao
  3. Drying dampness and transforming phlegm

• **Indication**
  1. *Liver Qi stagnation syndrome*, hypochondriac pain, chest distention due to liver Qi stagnation. with Mu Xiang, Qing Pi, Zhi Ke
  2. For epigastric pain, poor appetite, belching, vomiting due to *liver Qi overacting stomach or spleen and stomach Qi stagnation*. with Chen Pi, Huang Lian, Huo Xiang
  3. For cough with chest pain due to *phlegm-dampness*. with Ban Xia, Fu Ling

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

• **Caution and contraindication:**
  – Use with caution in cases of *Yin* deficiency

• **Modern research**
  – Gastrointestinal effect: relaxing effect on rat intestine specimens
  – Cardiovascular effect: inhibit the heart and a drop in blood pressure.
Xiang Yuan (香橼)
Fructus Citri

- **English Name:** Citron Fruit
- **Alternate Names:** 香园 (xiang yuan)
- **Latin name:** Citrus medica L.
- **Pharmaceutical name:**
- **Where grown:** zhe jiang, jiang su, guang dong, guang xi
- **When harvested:** October through December when fruit has ripened
- **Used Part:** Fruit
- **Preparation:** Cut, dried in sunlight, used unprepared
- **Flavor and properties:** Acrid, slightly bitter, sour, warm
- **Channel entered:** Liver, lung, spleen, stomach
Xiang Yuan (香橼)  
Fructus Citri

**Actions**
- 1. Soothe liver Qi
- 2. Regulate Qi and harmonize the middle
- 3. Dry dampness and transform phlegm

**Indications**
- 1. For hypochondriac pain, chest distention due to liver Qi stagnation
- 2. For epigastric pain, poor appetite, belching/vomiting
- 3. For cough with chest pain due to phlegm-dampness.

**Dosage and administration:**
- 3-10g decocted in water for an oral dose
- Similar, weaker to Fo Shou, but good at transform phlegm.

**Caution and contraindication:**
- Use with caution in cases of Yin deficiency
**Xie Bai**（薤白）
Bulb of Chinese Chive or Macrostem Onion

- **English Name:** bulb of Chinese chive, macrostem onion, bakeri
- **Alternate Name:** 野白头 (ye bai tou)
- **Latin name:** Allium macrostemon
- **Pharmaceutical name:** Bulbus Allii
- **Where grown:** Throughout China
- **When harvested:** Spring or summer through autumn
- **Used Part:** Bulb
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** Pungent, bitter, warm
- **Channel entered:** Large intestine, lung, stomach
Xie Bai (薤白)
Bulb of Chinese Chive or Macrostem Onion

- **Function:**
  - 1. Unblocking the Yang Qi and dispersing cold phlegm
  - 2. Promoting the movement of Qi and blood and alleviating pain
  - 3. Directing the Qi downward and reducing stagnation

- **Indication:**
  - 1. Chest Bi (painful obstruction of the chest) due to cold turbid phlegm obstructing the chest yang, such as stifling sensation or pain in chest, hypochondria or upper back, dyspnea, coughing, wheezing, with Gua Lou, Ban Xia (as Gua lou Xie bai Ban xia Tang)
  - 2. Stagnation of Qi with cold, such as epigastric fullness & abdominal pain, with Yan Hu Suo, Wu Yao
  - 3. Dysentery due to damp and Qi stagnation in the large intestine
    - A. with heat, with Huang Bai, Qin Pi
    - B. with cold, with Huo Xiang, Shen Qu
**English Name:** betel husk, areca peel

**Literal English Translation:** “big abdomen peel”

**Latin name:** Areca catechu L.

**Pharmaceutical name:** Pericarpium Arecae Catechu

**Where grown:** South of China

**When harvested:** Winter through early spring

**Used Part:** Fruit peel

**Preparation:** Dried in sunlight, used unprepared

**Flavor and properties:** Pungent, slightly warm

**Channel entered:** Spleen, stomach, large intestine, small intestine
Da Fu Pi （大腹皮）
Betel Husk, Areca Peel

• **Function:**
  – 1. Promoting the movement of Qi and reducing food stagnation
  – 2. Promoting urination and reducing edema
• **Indication:**
  – 1. For stomach and intestine Qi stagnation manifested as epigastric and abdominal distention and fullness, constipation or reluctant movement, regurgitation of food. with Hou Po, Shan Zha, Mai Ya
  – 2. For edema, urination retention. with Fu Ling Pi, Chen Pi, Jiang Pi (as Wu Pi Yin)

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Da Fu Pi （大腹皮）
Betel Husk, Areca Peel

• **Dosage and administration:**
  – 5-10g decocted in water for an oral dose
• **Caution and contraindication:**
  – Use with caution in cases of Qi deficiency
• **Modern research**
  – Effect on the gastrointestinal system: strengthen the contractions and tension of the intestines.
Shi Di (柿蒂)
Calyx Diospyri Kaki

- **English Name:** persimmon calyx, kaki
- **Latin name:** Diospyros kaki L.
- **Pharmaceutical name:** Calyx Diospyri Kaki
- **Where grown:** Si chuan, Guangdong, Fujian, Shandong, Henan
- **When harvested:** August to September when fruit has ripened
- **Used Part:** calyx
- **Preparation:** Dried in sunlight, used unprepared
- **Flavor and properties:** bitter astringent neutral
- **Channel entered:** Lung, Stomach
Shi Di (柿蒂)
Calyx Diospyri Kaki

• **Actions**
  – Direct Qi downward and stop hiccup

• **Indications**
  – For belch or hiccup due to stomach dysfunction

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

• **Caution and contraindication:**
  – None
In conclusion

Herbs that Regulate the Qi

– Chen Pi  Pericarpium Citri Reticulatae 陈皮
– Qing Pi  Pericarpium Citri Reticulatae Viride 青皮
– Zhi Shi  Fructus Immaturus Citri Aurantii 枳实
– Mu Xiang  Radix Aucklandiae Lappae 木香
– Chen Xiang  Lignum Aquilaiae 沉香
– Xiang Fu  Rhizoma Cyperi Rotundi 香附
– Chuan Lian Zi  Frutus Meliae Toosendan 川楝子
– Wu Yao  Radix Linderae Strychifolae 乌药
– Li Zhi He  Semen Litchi Chinensis 荔枝核
– Fo Shou  Fructus Citri Sarcodactylis 佛手
– Xiang Yuan  Fructus Citri 香橼
– Xie Bai  Bulbus Allii 薤白
– Da Fu Pi  Pericarpium Arecae Catechu 大腹皮
– Shi Di  Calyx Diospyri Kaki 柿蒂

Questions

• 1. Which herb is preferred for bloating, belching, nausea and vomiting due to SP and ST Qi stagnation?
  • A. Chen Pi
  • B. Ban Xia
  • C. Cang Zhu
  • D. Fu Ling

• 2. Which herb can soothe the LV Qi?
  • A. Qing Pi
  • B. Mai Ya
  • C. Xiao Hui Xiang
  • D. All of the above
Questions

3. Which herb has the strongest effect of regulating LV Qi?
   • A. Chen Pi
   • B. Qing Pi
   • C. Zhi Shi
   • D. Zhi Ke

4. Which herb can break up Qi, disperse stagnation, and eliminate phlegm?
   • A. Ban Xia
   • B. Chen Pi
   • C. Zhi Shi
   • D. Xiang Fu

5. Which of the following Qi regulators is an essential gynecological herb?
   • A. Mu Xiang
   • B. Zhi Shi
   • C. Chen Pi
   • D. Xiang Fu

6. Which Qi regulator can promote urination?
   • A. Mu Xiang
   • B. Chen Xiang
   • C. Da Fu Pi
   • D. Xiang Fu
Questions

7. Which of the following herbs can soothe LV Qi, regulate menstruation and stop pain?
   - A. Xiang Fu
   - B. Dang Gui
   - C. Bai Shao
   - D. Chai Hu

8. Which herb is best for treating disharmony in menstruation with symptoms like menstrual pain, breast distention?
   - A. Wu Yao
   - B. Chen Xiang
   - C. Chuan Lian Zi
   - D. Xiang Fu

9. Which Qi regulator herb not only clear Damp-Heat but kills parasites and treat skin disease?
   - A. Mu Xiang
   - B. Chen Xiang
   - C. Tan Xiang
   - D. Chuan Lian Zi

10. Which is the best choice for treating hypochondriac pain, abdominal pain, hernia pain, and swelling testicle pain due to LV and ST Qi stagnation?
    - A. Li Zhi He
    - B. Chuan Lian Zi
    - C. Chen Pi
    - D. Wu Yao
Questions

• 11. Which Qi regulator can move Qi, stops pain and warm the KD to disperse Cold?
  • A. Wu Yao
  • B. Mu Xiang
  • C. Gan Jiang
  • D. Rou Gui

• 12. Which of the following herbs is best for frequent urination and urinary incontinence due to KD yang deficiency, or Deficient cold in the UB?
  • A. Chen Xiang
  • B. Wu Yao
  • C. Mu Xiang
  • D. Ru Xiang

Questions

• 13. Which herb regulates Qi, stops pain, warms the KD and promotes KD’s grasping of Qi?
  • A. Xiang Fu
  • B. Mu Xiang
  • C. Huo Xiang
  • D. Chen Xiang

• 14. Which herb can regulate Qi, alleviate pain, and is effective for treating Qi stagnation in the SP and ST?
  • A. Mu Xiang
  • B. Chuan Lian Zi
  • C. Xiang Fu
  • D. Qing Pi
Questions

• 15. Which herb is for pain due to LV Qi stagnation?
  • A. Xiang Fu
  • B. Qing Pi
  • C. Chuan Lian Zi
  • D. All of the above