

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 10

Chinese Herbs Listed Alphabetically – Part 4: T-Y

Reference: Benskey & Gamble 1986, Chinese Herbal Medicine Materia Medica, Seattle Washington, Eastland

Tai Zi Shen



Properties: BITTER, SWEET - NEUTRAL

Dosage: 9 – 30g.

Pseudostellaria

Meridian: LUNG, SPLEEN

Family: Rosaceae

- strengthen spleen and stomach Qi – fatigue, reduced appetite
- tonify lung Qi – spontaneous sweating
- generates fluids – thirst, fever, summer heat in children, febrile disease

Also Known As: Feuilles d'Alchemille, Frauenmantelkraut, Lady's Mantle, Ladys Mantle, Leontopodium, Lion's Foot, Lions Foot, Marienmantel, Nine Hooks, Silerkraut, Stellaria. *Alchemilla xanthochlora*, synonym *Alchemilla vulgaris*.

Also Used For: Orally, Tai Zi Shen is used for mild diarrhea, heavy menstrual flow, and diabetes. Topically, Tai Zi Shen is used as an astringent for bleeding and to improve wound healing. Folk medicine, Tai Zi Shen is used orally for menopausal complaints, painful menses, gastrointestinal disorders, as a relaxant for muscle spasms, an anti-inflammatory, a diuretic, and as a gargle for mouth and throat inflammation. *Alchemilla* is used topically in folk medicine for ulcers, eczema, skin rashes, and as a bath additive for treating lower-abdominal ailments.

Tan Xiang



Properties: PUNGENT - WARM, AROMATIC

Dosage: 3 – 9g.

Sandalwood

Meridian: LUNG, SPLEEN, STOMACH

Powder 1.5 – 3g.

Family: Santalaceae.

- promote Qi movement, alleviate pain – chest and abdomen pain

Also Known As: East Indian Sandalwood, Sandalwood, Santali Lignum Albi, Tan Xiang, White Saunders, Yellow Sandalwood, Yellow Saunders. Santalum album.

Also Used For: Orally, white sandalwood wood is used as an adjunct therapy for lower urinary tract infections, treating colds, cough, bronchitis, fevers, inflammatory conditions of the mouth, pharynx, or efferent urinary tract, and for liver and gallbladder complaints. Folk medicine, white sandalwood wood is used for heat stroke, sun stroke and associated fever, gonorrhea, and as an anti-aphrodisiac.

Tao Ren



Properties: BITTER, SWEET - NEUTRAL

Dosage: 4.5 – 9g.

Peach Seed

Meridian: HEART, LARGE INTESTINE, LIVER, LUNG

- invigorate blood, remove stasis
- abscess of large intestine & lung
- moisten intestines, unblock bowels

Tian Hua Fen



Properties: BITTER, SWEET - COLD

Dosage: 9 – 15g.

Trichosanthes Root

Meridian: LUNG, STOMACH

Family: Cucurbitaceae

- drains lung heat – transforms phlegm – moistens lung dryness
- drains heat, generates fluids – thirst, irritability, cough, thick sputum
- relieves toxicity, expels pus - toxic hot carbuncles, breast abscess

Also Known As: Chinese Snake Gourd, Compound Q, Tian Hua Fen, Tian-Hua-Fen, Trichosanthes.

Also Used For: Orally, Chinese cucumber root is used to treat HIV infection. Intramuscularly, Chinese cucumber root is used to induce abortions (by intramuscular injection). Chinese medicine, cucumber root is used orally to treat coughs, fever, swelling, tumors and diabetes. A starch extract is used for treating abscesses, amenorrhea, jaundice, frequent urination, and tumors.

Tian Ma



Properties: SWEET - NEUTRAL

Dosage: 3 – 9g.

Gastrodia Root

Meridian: LIVER

POWDER 0.9–1.5g.

- calm liver, clears wind, hot or cold – spasm, tremors, headache, epilepsy
- disperse painful obstruction due to wind damp – numbness, pain, dizzy

Tian Men Dong



Properties: SWEET/BITTER – COLD

Dosage: 6-15g.

Asparagus Tuber

Meridian: KIDNEY, LUNG

Family: Liliaceae.

- moisten lung, clear lung heat, dry mouth-coughing up blood
- nourish kidney Yin, generates fluids – constipation

Also Known As: Asparagi Rhizoma Root, Asperge, Garden Asparagus, Sativari, Spargelkraut, Spargelwurzelstock, Sparrow Grass. *Asparagus officinalis*.

Ting Li Zi



Properties: PUNGENT, BITTER - COLD

Dosage: 3 – 9g.

Descurainia Seeds

Meridian LUNG, BLADDER

- drains lung heat, relieve phlegm, calm wheezing – excess type wheezing and coughing with excess sputum and gurgling sound in throat
- moves water, reduce edema – facial edema, fluid accumulation in chest and abdomen, urinary difficulty

Tong Cao



Properties: SWEET, BLAND - COLD

Dosage: 3 – 6 g.

Rice Paper Pith

Meridian: LUNG, STOMACH

- promote urination, clear heat – lin syndrome, damp warm-febrile disease
- promote lactation

Tu Si Zi



Properties: SWEET, PUNGENT - NEURTAL

Dosage: 9-15g.

Chinese Dodder Seeds

Meridian: KIDNEY, LIVER

Family: Convolvulaceae.

- tonify kidneys, strengthen yin, secures essence, reserves urine
- tonify liver, improves vision
- strengthen spleen, stops diarrhea
- calms fetus, habitual/threatened miscarriage

Also Known As: Beggarweed, Cuscutae, Devil's Guts, Dodder Of Thyme, Hellweed, Lesser Dodder, Scaldweed, Strangle Tare, Tu Si Zi, Tu Sizi. *Cuscuta epithymum*; *Cuscuta chinensis*.

Also Used For: Orally, dodder is used for urinary tract, spleen, and hepatic disorders.

Wa Leng Zi



Properties: SWEET, SALTY - NEUTRAL

Dosage: 9 – 15g.

Cockle Shell (Ark Shell)

Meridian: LIVER, SPLEEN

- invigorate blood, dissolve phlegm – dissipate nodules, abdominal masses (all types)
- absorb acid, alleviate pain – chronic stomach pain, ulcer, vomiting acid

Wang Bu Liu Xing



Properties: BITTER - NEUTRAL

Dosage: 3 – 9g.

Vaccaria Seeds

Meridian: LIVER, STOMACH

- invigorate blood in upper body channels – promote lactation, unblocks menses, amenorrhea
- swelling – breast or testicular swellings with pain

Wei Ling Xian



Properties: PUNGENT, SALTY - WARM

Dosage: 6 – 12g.

(FISH BONE 15 – 30g.)

Clematis Root

Meridian: BLADDER

Family: Ranunculaceae.

- dispel wind-damp and unblocks channels, relieves pain
- fish bone lodged in throat

Also Known As: Upright Virgin's Bower, Clematis recta.

Also Used For: Orally, clematis is used for treatment of rheumatic pains, headaches, and varicose veins. Traditionally, clematis is used orally to treat syphilis, gout, rheumatism, bone disorders, chronic skin conditions, and as a diuretic. Folk medicine, clematis is used topically for blisters and as a poultice to treat purulent wounds and ulcers.

Wu Bei Zi



Properties: SOUR, SALTY - COLD

Dosage: 1.5 – 6g.

Gallnut of Chinese Sumac

Meridian: KIDNEY, LARGE INTESTINE, LUNG

- contains lung Qi – stop chronic cough due to deficient lung
- binds intestines, stop diarrhea – diarrhea, dysentery, prolapse
- restrains leakage – spermatorrhea, excessive sweat, bleeding
- absorbs moisture – swellings, toxic fire, sores, ringworm, ulcers
- topically on scar tissue

Wu Gong



Properties: PUNGENT – WARM/TOXIC

Dosage: 0.9 – 3g.

Centipede

Meridian: LIVER

- clears wind and spasm – lock jaw, seizures, convulsions
- dissipate toxins and nodules - sores, carbuncles, neck lumps snake bite
- unblocks collaterals - painful headaches

Wu Jia Pi



Properties: PUNGENT, BITTER - WARM

Dosage: 4.5 – 15g.

Acanthopanax Root Bark

Meridian: KIDNEY, LIVER

- dispel wind-cold-damp, kidney deficiency. (motor function delays, elderly)
- transform damp, reduce edema

Wu Ling Zhi



Properties: BITTER, SWEET - WARM

Dosage: 3 – 9g.

Flying Squirrel Feces

Meridian: LIVER, SPLEEN

- disperse blood stasis, alleviate pain – amenorrhea, dysmenorrhea, post partum abdominal pain, epigastric pain due to blood stasis
- transform stasis, stop bleeding – uterine bleeding, lochioschesis
- childhood nutritional impairment with focal distention
- use raw to invigorate blood and dry-fry to stop bleeding

Wu Mei



Properties: SOUR – WARM

Dosage: 3 – 9g.

Mume Fruit

Meridian: LARGE INTESTINE, LIVER, LUNG, SPLEEN

- inhibit leakage of lung Qi – lung deficiency - chronic cough
- binds intestines – chronic diarrhea or dysentery
- generates fluids – alleviates thirst
- expels roundworms – alleviate abdominal pain

Wu Wei Zi



Properties: SOUR - WARM

Dosage: 1.5 - 3g. raw

Schisandra Fruit/Seed

Meridian: HEART, KIDNEY, LUNG

TONIC 6 – 9 g.

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- constrain lung Qi – chronic cough and wheezing
- tonify kidney, binds essence – stop diarrhea, nocturnal emission, spermatorrhea, leucorrhea, frequent urination
- inhibits sweating, generates fluids – thirst with excess sweat – Xiao Ke
- quiet spirit, calm heart – irritable, palpitation, insomnia

Wu Yao



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Lindera Root

Meridian: BLADDER, KIDNEY, LUNG, SPLEEN

- promote movement of Qi, alleviate pain, Lower Jiao
- abdominal pain, hernia, menses pains
- warm kidney - stop enuresis & urine frequency

Wu Zhu Yu



Properties: PUNGENT, BITTER - HOT/TOXIC

Dosage 3 – 9 g

Evodia Fruit

Meridian: KIDNEY, LIVER, SPLEEN, STOMACH

- warms middle, disperse cold, relieve liver channel to alleviate pain
- redirects stomach Qi downwards – vomiting of sour fluids
- leads fire downwards – mouth/tongue cankers
- warms spleen & expels damp cold - stops diarrhea

Xi Xian Cao



Properties: BITTER – COLD

Dosage: 6 – 15g.

Siegesbeckia Plant

Meridian: KIDNEY, LIVER

- dispel wind-heat-damp, strengthen sinews
- hot Bi, pain in extremities
- calm spirit, pacifies liver, detoxifies

Xi Xin



Properties: PUNGENT - WARM

Dosage: 1 - 3g.

Chinese Wild Ginger

Meridian: LUNG, KIDNEY

Family: Aristolochiaceae.

- release exterior, disperse damp and cold – headache, body ache
- warms lung, transforms phlegm – coughing, excessive watery sputum
- unblocks Qi for nasal congestion

Also Known As: Asaroun, Asarum, Azarum, False Coltsfoot, Hazelwort, Public House Plant, Snakeroot, Wild Ginger, Wild Nard. *Asarum europaeum*.

Also Used For: Orally, asarabacca is used for acute and chronic bronchitis, bronchial spasms, and bronchial asthma. Folk medicine, it has been used as an emetic, antitussive, menstrual stimulant, abortifacient, and to treat pneumonia, angina pectoris, migraines, liver disease and jaundice, and dehydration.

Xi Yang Shen



Properties: sweet, bitter, cooling, moistening, restoring, raising, relaxing, nourishing
Meridians: Heart hand shaoyin, Kidney foot shaoyin, Lung hand taiyin
Family: Araliaceae

Actions:

- tonifies the Qi (Lung, Spleen/Stomach/Intestines- digestive function)
- nourishes Yin (Lungs)
- clears Fire from Lung Yin deficiency
- moistens via generating body fluids

Indications:

- Yin deficiency with Heat (dry cough with blood tinged sputum, insomnia, irritability, night sweat, anxiety, flushed cheeks, loss of voice, wheezing).
- after a febrile disease the Yin is usually damaged
- poor appetite, fatigue, weight loss (emaciation), dyspnea, hot flashes, general weakness, stress, palpitations
- Pulmonary Tuberculosis

People use it for (indications) increasing resistance to environmental stresses, general tonic, stimulant, diuretic, digestive aid, anemia, diabetes, insomnia, neurasthenia, gastritis, impotence, fever, hangover, immune function, attention deficit hyperactivity disorder (ADHD), pseudomonas infections in cystic fibrosis, aging, stamina, blood and bleeding disorders, atherosclerosis, loss of appetite, vomiting, colitis, dysentery, cancer, insomnia, neuralgia, rheumatism, memory loss, dizziness, headaches, convulsions, and disorders of pregnancy and childbirth.

Dosage:

Traditionally- 2.5-9g is often cooked separately from other herbs in a double boiler. Good quality is hard, light weight, and aromatic with dense striations on the surface. Tincture 1-4ml. With occasional breaks of several days, it can be administered continuously for maintenance in people who tend towards Qi and Lung Yin deficiency.

Science today- young healthy people 0.25-0.5g twice per day, elderly 0.4-0.8g twice per day, children with ADHD 200mg twice daily with Ginkgo Biloba, for reducing postprandial glucose levels in type 2 diabetics 3-9g no more than 2 hours before a meal (this helps avoid

potential hypoglycaemia). Some recommend to take the root for 15-20 days then taking 2 weeks off, repeating as desired.

Also Known As: Panax Quinquefolius (L) American Ginseng, Anchi Ginseng, Canadian Ginseng, Ginseng, North American Ginseng, Ontario Ginseng, Red Berry, Ren Shen, Sang, Tienchi Ginseng, Wisconsin Ginseng, Five fingers, Cherokee root, Jinshard, Garantogen, Ninsin, Manroot, Sei Yang Sam, Fa Kei Sam, Seiyojin

History

Xi Yang Shen (American Ginseng) was actually discovered in 1716 just north of Montreal Canada by a missionary named Francois Lafiteau. In Folk medicine it was used primarily by the Native American tribes; Senecas, Cherokees, Menominees, & Penobscots as a restoing, relaxing, and strengthening tonic. Once it was adopted by Eupoean Folk settlers & the Chinese, its use expanded to improving stress resistance, preventing aging, improving stamina, blood and bleeding disorders, atherosclerosis, loss of appetite, vomiting, colitis, dysentery, cancer, insomnia, neuralgia, rheumatism, memory loss, dizziness, headaches, convulsions, chronic illness, lung tuberculosis conditions, and disorders of pregnancy and childbirth. Today it is used in some soft drinks, soaps and cosmetics. The older the root, the greater the medicinal properties and price. The shape is also of utmost importance to the Chinese, a good root is said to be the shape of a young healthy strong man walking tall & comfortable. In 1976 a four hundred year old root was found on an island off the shore of Korea- it sold for \$10,000an once. Its total weight was fourteen and one-half pounds which meant that its total value was no less than 1.32 million US dollars! These crazy prices happen through tales of herbalists living healthy lives of over 200 years!?!

Botanical Description & Cultivation

Xi Yang Shen (ginseng) is a perennial herb propagated by seed only. Seedlings appear about the last of April or the first of May. At first, they somewhat resemble newly sprouted beans. They send up the two cotyledons with a stem bearing three green leaves, seldom rising more than two or three inches above the ground. The work of the plant during the first year is to develop the bud at the crown of the root, which is to produce the next season's stem and leaves. In the autumn the stem dies and breaks off, leaving a scar at the side, which is the bud for next season. In the spring of the second year this bud produces a straight erect stem, at the top of which from two to three leaf stems appear and from five to eleven leaflets. Occasionally a stem root will send up more than one stem, each developing a top. The flower stem does not appear the first year, and with but few exceptions does it appear until the third year. The seed stem which puts forth from the middle of the stem, the first year reaches about an inch in length, increasing until it reaches the extreme height of from four to eight inches. The stem bears an umbel of small greenish-yellow flowers on little stalks, from one-half to an inch long, the whole forming a compact cluster or umbel. The number of flowers on each umbel varies from three to more than one hundred. Like everything else, with this plant, there is a great variation in the number of flowers with the individuals, with age, and with environment. The flower stem appears soon after the plant unfolds, but it matures the bloom from the first of June to July. Berries form on each stem of the umbel, and ripen sometimes as early as the latter part of July, continuing on up to frost. the berries are a bright crimson with a shiny surface, and each berry is from one to four seeded. The fruit is edible and has a taste similar to the root.

Xi Yang Shen (American ginseng) is a very shy plant and possesses many peculiar traits. It loves seclusion, and hence is found mostly in unfrequented locations. It is found growing almost entirely in the shade. Direct sunlight seems to be nearly always fatal. The seed s germinate in eighteen months instead of six, as is the case with ordinary plants. The

berries, on the same umbel, vary greatly in time of ripening, number of seed and shape of berry. The root when deprived of its top or bud will lay in the ground all summer forming a new bud for the next spring growth. The roots may be divided at the neck and treated the same as budless plant, and in the following spring, each will send up a new tip. The plant is very hardy and may be cultivated with profit, but must be grown in the shade. The best location is a northern slope, though most any may be used. Soil should be thoroughly enriched by stirring in leaf mould, stable manure, compost, etc., as the amount of ground occupied by a nursery would be very small. You can take almost any soil and give it the proper qualities, but the deeper the soil, the better, as it will hold the moisture longer and drain itself better. Moisture is necessary to the plants, but a heavy, clay, water soaked soil will not do, and a hard subsoil of clay is likely to stay too wet in the spring and too dry in the summer. After you have your beds prepared and planted, you have but a little cultivation to do, except keeping the weeds pulled out and see that no enemies bother, such as man, beast, or insects, and notice that your plants are kept in healthful condition. Roots for market should be dug in the fall, as they are not so full of sap, and will lose less in weight. After plants get seven or eight years old, other roots start from near the top that take the strength from the old roots, which soon become soft and spongy and of little value for drying. The small top roots can be cut off and used and will grow good plants. In digging be careful not to break or bruise the roots. Use a spading fork or some similar tool. After they are dug, wash immediately before the dirt becomes dry and hard. They can be dried in or around the stove or in open air. If roots are not thoroughly dried, they mould and spoil. After drying put in a clean box and ship away to market. In every large city you will find dealers in Ginseng.

Part Used: root

Therapeutic Action: Adaptogen – these are immune system enhancers which help the body adjust and regulate to restore natural immune resistance to a wide variety of physical, chemical, and biological stresses. They adapt to what is needed by the body. Smart!

Chemical Constituents: saponin glycosides ginsenoside and panaxoside 5-7%, essential oil 3%, camphoraceous substance, resin, arabinose, mucilage, starch, glucose, polysaccharides, panaxin, panacic acid, panaquillin, panacene, ginsenin, sitosterol, 18 amino acids, trace minerals (copper, zinc, selenium, iodine, manganese). Panaxin has been shown to stimulate the midbrain, heart and blood vessels. Panax acid is a stimulant to the heart and to general metabolism. Panagullin stimulates internal secretions and panacen and sapogenin (volatile oils) stimulate the central nervous system. Gensenin reduces blood sugar and has a general stimulant effect on the adrenal cortex. It increases the urine output of corticosteroids, and eosinophil cell counts drop after administration of Xi Yang Shen.

Scientific Effectiveness: Possibly effective when used orally for reducing post-prandial blood glucose levels in type 2 diabetics. At least 3 grams up to 2 hours before a meal can significantly reduce postprandial glucose levels, however doses greater than 3 grams do not seem to offer any additional benefit. Possibly effective when used orally for attention deficit hyperactivity disorder (ADHD) with Ginkgo Biloba.

Therapeutic Mechanism of action: The principle constituents of American Ginseng are known as ginsenosides or as panaxosides. It contains primarily ginsenoside Rb-1, which reportedly lowers blood pressure, is antihemolytic, antipyretic, antipsychotic, depresses the CNS, protects the GI from ulcers, increases GI motility, and decreases islet insulin concentrations. It also decreases LH (leutenizing hormone) levels and seems to increase serum ceruloplasmin oxidase activity (a measure of estrogenic activity in the liver) in animals. Some research says it may reduce breast cancer cell growth, although some say its

estrogenic effects outweigh its possibility for this use. It may have immunomodulating activity. American ginseng also seems to activate monocytes and induce tumor necrosis factor (TNF)-alpha. Other sources say that it has a neuroendocrine restorative effect. Treating cerebral deficiencies (chronic depression, memory loss, insomnia). It is also said that it has an adrenocortical restorative action therefore making it great for the endurance needed by the immune system for stress. Here it is also said that it can help gonadal and estrogen deficiencies. A Russian scientist once stated that this root produces an 'M-Ray' which is a force quite similar to the force made when cells divide during mitosis. He concluded that if faulty cell division is a major cause of aging then this root would prove wonderful for this purpose. Others after him feel that it helps in the transfer-RNA mobility and DNA coding during protein synthesis. American Ginseng has a special influence on the endocrine system. It tones the glands and increases their power and optimal functioning. This may be why it has been esteemed as an aphrodisiac. Particularly for men, it has a unique 'increase of male hormone production' effect on the male androgens and testes, therefore making it a good choice for impotency and libido. Also, because of this, it is not recommended for long term use by females as it can induce secondary male characteristics to develop. Women should not use it for more than a six week period followed by a six month break.

Cautions & Contraindications:

- Do not use in cases of Damp-Cold in the Stomach and Intestines.
- Do not use with the Chinese herb Li Lu.

Adverse Reactions: No adverse reactions have been reported specifically with the use of 'Panax Quinquefolius'.

Interactions with herbs foods or supplements: Caffeine, coffee, guarana, mate, & tea all theoretically can potentiate the stimulant effects of American Ginseng.

Interactions with Drugs:

- Anti-diabetic drugs- together with American Ginseng may induce a hypoglycaemic state, monitor blood glucose levels closely to adjust herb/drug dosage.
- Antipsychotic drugs
- Hormone therapy
- Monoamine Oxidase Inhibitors (MAOI's)- have been reports of this combination causing insomnia, headache, tremors, and hypomania.
- Stimulant drugs
- Warfarin

Interactions with lab tests: May distort outcome of blood glucose tests, because of its hypoglycaemic activity.

Interactions with Diseases or Conditions:

- Bleeding conditions- can decrease blood coagulation.
- Cardiac conditions- may have negative inotropic and chronotropic activity and hypotensive effects.
- Diabetes- has hypoglycaemic activity, use with caution.
- Hormone sensitive cancers or conditions- because of its estrogenic effects it should be avoided during breast, uterine, or ovarian cancer, endometriosis, and uterine fibroids.
- Insomnia- it may worsen this condition in some patients.
- Schizophrenia- may cause insomnia or agitation.

Xia Ku Cao



Properties: BITTER, PUNGENT - COLD

Dosage: 9 – 15g.

Selfheal Spike (Prunella)

Meridian: GALLBLADDER, LIVER

USED ALONE – 30 g

- ascending liver fire- dry-painful eye, brighten eyes, headache, dizzy
- dissipate phlegm fire nodules – neck lumps, scrofula, lipoma, goiter
- hypertension

Xian He Cao



Properties: BITTER, PUNGENT - NEUTRAL

Dosage: 9 – 15g

Agrimony Grass

Meridian: LUNG, LIVER, SPLEEN

FRESH – 15-30 g

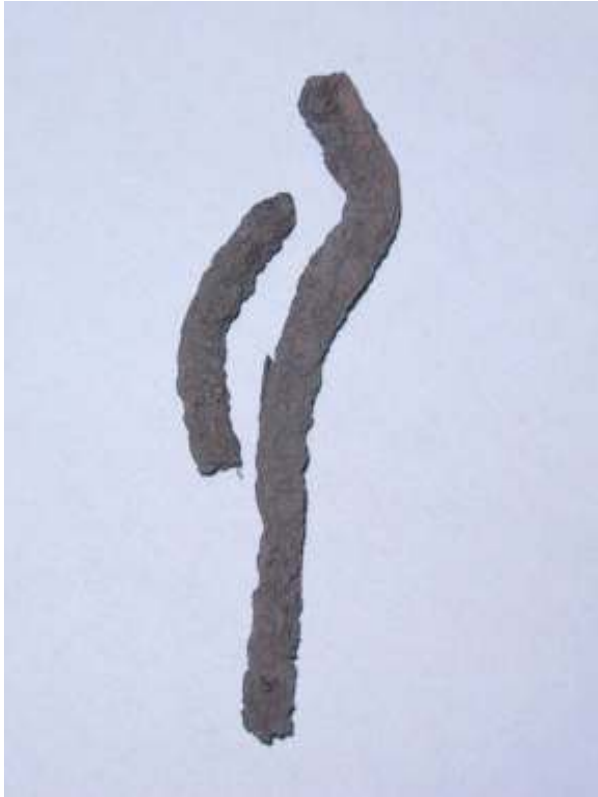
Family: Rosaceae.

- stop bleeding due to cold/hot/excess/deficient
- alleviate diarrhea/dysentery
- kills parasites

Also Known As: Ackerkraut, Agrimoniae herba, Agromonia, Cocklebur, Fragrant Agrimony, Funffing, Funffingerkraut, Herba eupatoriae, Herbe d'Aigremoine, Herbe de Saint-Guillaume, Liverwort, Stickwort. *Agrimonia eupatoria*; *Agrimonia procera*.

Also Used For: Orally, Xian He Cao/Agrimony is used for sore throat, upset stomach, and mild, nonspecific diarrhea. Topically, Xian He Cao/Agrimony is used as a mild astringent and for mild skin inflammation. The ethanolic extracts of agrimony are used for their antiviral properties. Historically, Xian He Cao/Agrimony has been used for gallbladder disorders, tuberculosis, bleeding, corns, warts, as a gargle, antitumor agent, cardiostimulant, diuretic, sedative, and antihistamine.

Xian Mao



Properties: PUNGENT – HOT - TOXIC

Dosage: 3-9g.

Golden Eye Grass Rhizome

Meridian: KIDNEY, LIVER

- tonify kidney, strengthen yang – reproductive/urinary disorder
- expel cold, eliminate damp – pain/weakness in bones and sinews

Xiang Fu



Properties: PUNGENT, BITTER, SWEET - NEUTRAL

Dosage: 4.5 – 12g.

Nut Grass Rhizome

Meridian: LIVER, SAN JIAO

- spreads and regulates Qi , soothes Liver
- regulates menses, alleviates pain

Xiang Ru



Properties: PUNGENT, AROMATIC - WARM

Dosage: 3 – 9g.

Aromatic Madder

Meridian: LUNG, STOMACH

- release exterior, expel summer heat, transform damp – chill, fever, no sweat, body ache, diarrhea
- promote urination – reduces edema and swellings, lin syndrome

Also Used For: Orally, Xiang Ru/Madder is used for preventing kidney stones and for disintegrating kidney stones. Historically, Xiang Ru/Madder has been used for menstrual and urinary disorders.

Xiao Hui Xiang



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Fennel Seed

Meridian: LIVER, KIDNEY, SPLEEN, STOMACH

Family: Apiaceae or Umbelliferae.

- soothes liver Qi, warms kidney, expels cold – alleviate pain
- regulates & harmonize stomach Qi

Also Known As: Dyer's Madder, Farberrote, Garance, Robbia, Rubia, Rubiae tinctorum radix. Rubia tinctorum. Bitter Fennel, Carosella, Common Fennel, Finnochio, Florence Fennel, Garden Fennel, Large Fennel, Phytoestrogen, Sweet Fennel, Wild Fennel. Foeniculum vulgare, synonyms Foeniculum officinale, Foeniculum capillaceum, Anethum foeniculum.

Also Used For: Orally, Xiao Hui Xiang/Fennel fruit/seed is used to enhance lactation, promote menstruation, facilitate birth, increase libido, treat indigestion, upper respiratory tract mucous membrane inflammation, cough, bronchitis, loss of appetite, visual problems, and colic in infants. In Chinese medicine, Xiao Hui Xiang/Fennel fruit/seed is used orally in combination formulas for cholera, backache, and bedwetting. Fennel powder is used topically in Chinese medicine as a poultice for hard-to-heal snake bites.

Xiao Ji



Properties: SWEET - COOL

Dosage: 4.5 – 15g.

Small Thistle

Meridian LIVER, SPLEEN

- stops bleeding (weaker than Da Ji) – blood in urine

Xie Bai



Properties: PUNGENT, BITTER - WARM

Dosage: 4.5 – 9g

Chive Bulb

Meridian: LARGE INTESTINE, LUNG, STOMACH

FRESH – 30-60 g

- unblock Yang Qi in chest due to cold phlegm, disperse cold phlegm
- promote movement of Qi & Blood, alleviate pain – upper jiao
- direct Qi downward, reduce stagnation

Xin Yi Hua



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Magnolia Flower

Meridian: LUNG, STOMACH

Family: Magnoliaceae.

- expel wind-cold, unblocks nasal passages – nasal discharge/congestion, loss of smell, sinus headache

Also Known As: Flos Magnoliae, Hou Po. *Magnolia biondii*, synonym *Magnolia fargesii*; *Magnolia denudata*, synonym *Magnolia heptaperta*; *Magnolia glauca*; *Magnolia officinalis*; *Magnolia sprengeri*; *Magnolia sargentiana*, synonym *Magnolia emarginata*; *Magnolia wilsonii*; *Magnolia salicifolia*; other *Magnolia* species.

Also Used For: In Chinese medicine, magnolia flower bud is used both orally and topically for nasal congestion, runny nose, common cold, headache, and facial dark spots. It is also used topically for toothaches. In skin care products, magnolia flower bud extract is used topically as a skin whitener and to minimize or counteract irritant effects of other ingredients.

Xing Ren



Properties: BITTER - WARM/TOXIC

Dosage: 3 – 9g.

Apricot Seed

Meridian: LARGE INTESTINE, LUNG

Family: Rosaceae.

- stop cough and calm wheezing due to hot or cold
- moistens intestines, unblocks bowels
- use bitter seeds (from north) not sweet seeds (from south)

Also Known As: Amygdalocide, Apricots, Armeniaca, Chinese Almond, Laetrile, Madelonitrile, Vitamin B17. *Prunus armeniaca*.

Also Used For: Orally, small amounts of toxic kernel constituent, hydrocyanic acid, a source of HCN is used orally for asthma, cough, and constipation. Folk medicine, apricot is used orally for hemorrhage, infertility, eye inflammation, spasm, and vaginal infections. Historically, laetrile, the semi-synthetic derivative of amygdalin constituent, has been fraudulently acclaimed as a cancer treatment. In manufacturing, apricot oil is used in cosmetics or as a vehicle for pharmaceutical preparations.

Xiong Huang



Properties: PUNGENT BITTER - WARM/TOXIC

Dosage: 0.15 – 0.6g.

Realgar

Meridian: HEART, LIVER, STOMACH

- relieve toxicity, kill parasites, skin itchiness, inflammation, abscess
- topically – scabies, ringworm, dam rashes
- kills parasites – accumulation symptoms with roundworms
- dries dampness, expel phlegm – wheezing, seizures, malarial conditions

Xu Duan



Properties: BITTER, PUNGENT - WARM

Dosage: 6-21g.

Japanese

Meridian: KIDNEY, LIVER

- Teasel Root -tonify liver and kidney –strengthen sinews and bones, lower back/knee weakness, stiff joints – tonify without causing stagnation
- stops uterine bleeding, calm fetus, bleeding during pregnancy
- promote blood circulation, alleviate pain, generate flesh – trauma injuries

Xuan Fu Hua



Properties: PUNGENT, BITTER - WARM

Dosage: 3 – 12g.

Inula Flower

Meridian: LIVER, LUNG, STOMACH, SPLEEN

Family: Asteraceae or Compositae.

- redirect lung Qi downward, expel cold-phlegm
- stop vomiting, rebellious Qi

Also Known As: Alant, Elfdock, Elfwort, Horse-Elder, Horseheal, Inula, Scabwort, Velvet Dock, Wild Sunflower, Yellow Starwort. *Inula helenium*, synonyms *Helenium grandiflorum*, *Aster officinalis*, *Aster helenium*.

Also Used For: Orally, Xuan Fu Hua is used as an expectorant, antitussive, and diaphoretic, for diseases of the respiratory tract, as an anthelmintic, for improving stomach function, and as a diuretic. Folk medicine, Xuan Fu Hua is used for asthma, bronchitis, whooping cough, cough associated with tuberculosis, nausea, and diarrhea. In foods and beverages, Xuan Fu Hua is used as a flavoring ingredient. In other manufacturing processes, Xuan Fu Hua is used as a fragrance component in cosmetics and soaps.

Xuan Shen



Properties: SWEET, SALTY, BITTER - COLD

Dosage: 9 – 30g.

Ningpo Figwort Root (*Scrophularia*)

Meridian: KIDNEY, LUNG, STOMACH

- clear heat, cool blood – bleeding, fever, dry mouth
- nourish yin – constipation, irritability
- drain fire, relieve toxicity – swollen-red eyes, , sore throat
- soften hardness, dissipates phlegm fire nodules – swollen-sore throat

Also Known As: Carpenter's Square, Common Figwort, Heal-all, Rosenoble, Scrophula Plant, *Scrophularia*, Throatwort. *Scrophularia mailandica*; *Scrophularia nodosa* (*Scrophylariaceae*).

Also Used For: Orally, figwort is used as a diuretic. Topically, figwort is used for chronic skin diseases such as eczema, itching, and psoriasis, and hemorrhoids, swelling, and eruptions.

Xue Jie



Properties: SWEET, SALTY - NEUTRAL

Dosage: 0.3 – 1.5g.

Dragons Blood

Meridian: HEART, LIVER

Family: Arecaceae or Palmae.

- dispel blood stasis, relieve pain - traumatic injuries causing fractures, contusion, sprains, bruising and stops bleeding (topically)
- protect decay of ulcer's surface, generate flesh, chronic non-healing sores

Also Known As: Draconis Resina, Dracorubin, Dragons Blood, Dragon's-Blood Palm, Sanguis Draconis, Xue Jie. *Daemonorops draco*, synonym *Calamus draco*.

Also Used For: Orally, dragon's blood is used for diarrhea, digestive disorders and as a coloring agent. Topically, dragon's blood is used as an astringent.

Xue Yu Tan



Properties: BITTER - NEUTRAL

Dosage: 1.5 – 9g.

Charred Human Hair

Meridian: HEART, LIVER, KIDNEY

- stop bleeding – uterine bleeding – many types
- promote urination – xue lin

Yan Hu Suo



Properties: PUNGENT, BITTER - WARM

Dosage: 4.5 – 12g.

Corydalis Rhizome

Meridian: HEART, LIVER, LUNG, STOMACH

Family: Fumariaceae.

- invigorate blood, promote movement of Qi
- alleviate pain

Also Known As: Early Fumitory, Squirrel Corn, Turkey Corn. *Corydalis cava*.

Also Used For: Orally, Yan Hu Suo is used for mild depression, neuroses, emotional disturbances, severe nerve damage, and limb tremors. It is also used orally as a mild sedative and tranquilizer, hallucinogen, to lower blood pressure, and to relax small intestine peristalsis.

Ye Jiao Teng



Properties: SWEET, BITTER - NEUTRAL

Dosage: 9 – 30g.

Polygonum Multiflorum Vine

Meridian: HEART, LIVER

Family: Polygonaceae.

- calm spirit, nourish heart and blood – insomnia, irritability, dream disturbed sleep
- nourish blood – weakness, soreness, pain, numbness due to deficiency

Also Known As: Chinese Cornbind, Chinese Knotweed, Climbing Knotweed, Flowery Knotweed, Fo Ti, Fo-Ti-Tient, Foti, He Shou Wu, He-Shou-Wu, Heshouwu, Ho Shou Wu, Ho-Shou-Wu, Hoshouwu, Multiflora Preparata, Polygonum, Radix Polygoni Multiflori, Radix Polygoni Shen Min, Shen Min, Shou Wu, Shou-Wu, Shouwu, Shou-Wu-Pian, Zhihe Shou Wu, Zhihe-Shou-Wu, Zhiheshouwu, Zi Shou Wu, Zi-Shou-Wu, Zishouwu. Polygonum multiflorum.

Also Used For: Orally, fo-ti is used for treating lymph node tuberculosis, cancer, and constipation. It is also used orally as a liver and kidney tonic; as a blood and vital essence toner; and to fortify muscles, tendons, and bones. Fo-ti is also used orally for hyperlipidemia, insomnia, limb numbness, lower back and knee soreness or weakness, premature graying, and dizziness with tinnitus. Topically, fo-ti is used for sores, carbuncles, skin eruptions, and itching. In manufacturing, fo-ti extract is used as an ingredient in hair and skin care products. Avoid confusion with the commercial product Fo-ti-Teng which contains no fo-ti

Ye Ju Hua



Properties: BITTER, PUNGENT - COOL

Dosage: 6 – 12g.

Wild Chrysanthemum Flower

Meridian: LUNG, LIVER

Family: Asteraceae or Compositae.

- clear toxic heat and fire – carbuncles, swollen throat, wind-fire, red eyes

Also Known As: Florist's Chrysanthemum, Ju Hua, Mum. *Anthemis grandiflorum*; *Anthemis stipulacea*; *Chrysanthemum morifolium*; *Chrysanthemum sinense*; *Chrysanthemum stipulaceum*; *Dendranthema morifolium*; *Matricaria morifolia*.

Also Used For: Orally, chrysanthemum is frequently used in herbal combinations. In one specific combination with seven other herbs (PC-SPEs), the dried chrysanthemum flower is used to treat prostate cancer. In combination with licorice (*Glycyrrhiza uralensis*) and *Panax notoginseng*, the dried chrysanthemum flower is used to treat precancerous lesions. The chrysanthemum product, jiangtanggang, is used to treat non-insulin dependent diabetes. Folk medicine, the dried chrysanthemum flower is widely used as an antipyretic, to clear the eye and the mind, and as an antitoxin. It is also used orally for colds, headache, dizziness, and swelling. In southern China, chrysanthemum is very popular as a summertime tea.

Yi Yi Ren



Properties: SWEET, BLAND - COOL

Dosage: 9 – 30g.

Seeds of Jobs Ears

Meridian: SPLEEN, LUNG, KIDNEY

- Promote urination, drains damp
- strengthen spleen, stops diarrhea
- expel wind-damp, relieve joint and muscle pain
- *contraindicated during pregnancy

Yi Zhi Ren



Properties: PUNGENT - WARM

Dosage: 3-9g.

Black Cardamon

Meridian: KIDNEY, SPLEEN

- warms kidney, retain essence, hold urine – reproductive/urinary disorder
- warms spleen – stop diarrhea, excess salivation, thick/bad taste in mouth

Yin Chai Hu



Properties: SWEET - COOL

Dosage: 3 – 9g.

Stellaria Root

Meridian: LIVER, STOMACH

- clear deficient heat – steaming bone, deficient yin fever
- clear heat – fever, thirst, irritability, childhood nutritional impairment
- cool blood, stop bleeding – coughing up blood, nosebleed, xue lin

Also Known As: Alchemille, Frauenmantelkraut, Lady's Mantle, Ladys Mantle, Leontopodium, Lion's Foot, Lions Foot, Marienmantel, Nine Hooks, Silerkraut, Stellaria.

Also Used For: Orally, Yin Chai Hu is used for mild diarrhea, heavy menstrual flow, and diabetes. Topically, Yin Chai Hu is used as an astringent for bleeding and to improve wound healing. Folk medicine, Yin Chai Hu is used orally for menopausal complaints, painful menses, gastrointestinal disorders, as a relaxant for muscle spasms, an anti-inflammatory, a diuretic, and as a gargle for mouth and throat inflammation. Alchemilla is used topically in folk medicine for ulcers, eczema, skin rashes, and as a bath additive for treating lower-abdominal ailments.

Yin Chen Hao



Properties: BITTER, PUNGENT - COOL

Dosage: 9 – 15g.

Meridian: LIVER, SPLEEN, GALLBLADDER, STOMACH

Seedling

- clear damp heat from liver and gallbladder, relieves jaundice (yang or yin)
- clear heat, Shao Yang Syndrome.

Also Known As: Armoise Capillaire, Capillary Wormwood, Chiu, In Chen, Inchin-Ko-To, Inchinko, Kawara-Yomogi, Kyunchinho, Rumpot Roman, Shih Yin Ch'en, Yin Ch'en, Yin Ch'en Hao, Yin Chen Hao.

Also Used For: In Chinese and Japanese medicine, yin chen is used orally to treat hepatitis, infectious cholecystitis, and hyperlipidemia. Yin chen is used to stimulate the bile flow, liver, and gallbladder. Yin chen is also used orally for newborn kernicterus, for symptoms of intermittent fever and chills, bitter taste in the mouth, chest constriction, flank pain, dizziness, nausea, and loss of appetite. In addition, it is used for headache, constipation, painful urination, fever, itching, tumors, catarrh, rheumatism, painful menses, malaria, and spasms. In Chinese and Japanese herbal combinations, yin chen is used orally for jaundice with fever, urinary dysfunction, constipation, and abdominal distention. Yin chen is contained in inchin-ko-to, a Kampo (Chinese/Japanese) medicine used to treat hepatitis C.

Yin Yang Huo



Properties: PUNGENT, SWEET - WARM

Dosage: 6 – 15g.

Arial Parts of Epimedium

Meridian: KIDNEY, LIVER

Family: Berberidaceae.

- tonify kidney yang – impotence, spermatorrhea, frequent urination, poor memory, painful and cold lower back and knees
- expel wind-damp cold – spasms, cramps, joint pain, numbness
- strengthen yin and yang, liver yang rising – dizziness, low back pain, irregular menses

Also Known As: Barrenwort, Herba Epimedii, Horny Goat Weed, Japanese Epimedium, Xian Ling Pi, Yin Yang Huo. *Epimedium acuminatum*; *Epimedium brevicornum*; *Epimedium grandiflorum*; *Epimedium koreanum*; *Epimedium pubescens*; *Epimedium sagittatum*; *Epimedium wushanense*; and other *Epimedium* species.

Also Used For: Orally, epimedium is used for impotence, involuntary ejaculation, weak back and knees, arthralgia, mental and physical fatigue, memory loss, hypertension, coronary heart disease, bronchitis, chronic hepatitis, polio, chronic leukopenia, viral myocarditis, and as a tonic and aphrodisiac. Epimedium is included in some personal care products for its antimicrobial effects.

When large amounts are used orally - Some species can cause respiratory arrest. As many as 15 *Epimedium* species are interchangeable as "yin yang huo"

Yu Jin



Properties: PUNGENT, BITTER - COOL

Dosage: 4.5 – 9g.

Tumeric Rhizome

Meridian: HEART, LUNG, LIVER

Family: Zingiberaceae.

- invigorate blood, promote movement of Qi
- alleviate pain (liver Qi with Heat)
- clears heart , cools blood
- benefits gallbladder – jaundice
- stone in syndrome

Also Known As: Curcuma, Curcumae longae rhizoma, Curcumin, Indian Saffron, Tumeric, Turmeric Root.

Tumeric Is Also used For: Dyspepsia, hemorrhage, jaundice, hepatitis, flatulence, abdominal bloating, feelings of fullness after meals, loss of appetite, liver and gallbladder complaints, headaches, abdominal pains, chest infections, fever, diarrhea, amenorrhea, "blood rushes", and colorectal cancer. Topically, turmeric is used for analgesia, ringworm, bruising, leech bites, festering eye infections, inflammatory skin conditions, inflammation of the oral mucosa, and infected wounds. In folk medicine, turmeric is used for diarrhea, intermittent fever, edema, bronchitis, colds, worms, leprosy, kidney inflammation, cystitis, and as an anticancer treatment. In food and manufacturing, the essential oil is used in perfumes, and turmeric and its resin are used as a flavor and color component in foods. Turmeric is also a culinary spice and a major ingredient in curry powder.

Yu Li Ren



Properties: PUNGENT, BITTER, SWEET - NEUTRAL

Dosage: 3 – 9g.

Bush Cherry Pit

Meridian: LARGE INTESTINE, SMALL INTESTINE, SPLEEN

- Qi stagnation, moisten Intestines - constipation
- promote urination – edema in legs

Yu Mi Xu



Properties: SWEET - NEUTRAL

Dosage: 1.5 – 4.5g.

Cornsilk

Meridian BLADDER, GALLBLADDER, LIVER

Family: Gramineae.

- promote urination – re lin, stone lin, edema
- regulate gallbladder – jaundice
- wasting, thirst disorder

Also Known As: Cornsilk, Indian Corn, Maidis Stigma, Maize Silk, Stigma Maydis, Zea. Zea mays.

Also Used For: Orally, corn silk is used for cystitis, urethritis, nocturnal enuresis, prostatitis, and acute chronic inflammation of the urinary system.

Yi Mu Cao



Properties: PUNGENT, BITTER - COOL

Dosage: 9 – 60g.

Motherwort Grass

Meridian: HEART, LIVER, BLADDER

Family: Lamiaceae or Labiatae

- invigorate blood, regulate menses Lochioschesis (discharge post delivery)
- induce urination, reduce swelling – xue lin syndrome
- edema

Also Known As: Leonuri cardiaca herba, Leonurus, Lion's Ear, Lion's Tail, Roman Motherwort, Throw-Wort. Leonurus cardiaca and other Leonurus species.

Also Used For: Orally, motherwort is used for cardiac symptoms of neurosis, cardiac insufficiency, fast heart rate or other arrhythmias, and hyperthyroidism. The seeds of Leonurus artemisia or Leonurus heterophyllus are used to improve eyesight and as a general tonic. Folk medicine, motherwort is used for treating amenorrhea and flatulence.

Yu Xing Cao



Properties: PUNGENT - COOL

Dosage: 15 - 60g.

Houttuynia

Meridian: LARGE INTESTINE, LUNG

- clear toxic lung heat – swellings, abscess, thick-yellow sputum
- relieves toxicity – expels pus for toxic sores (internal and external)
- drains damp heat – promote urination, diarrhea, lin syndrome

Yu Zhu



Properties: SWEET – COOL

Dosage: 9-15g.

Solomon's Seal Rhizome

Meridian LUNG, STOMACH

Family: Liliaceae.

- nourish yin, moisten dryness, lung and stomach dry heat with cough, dry throat, thirst, irritability, steaming bone disorder, excess hunger, constipation
- clear wind, nourish sinews – moistens sinews, spasms, dizziness

Also Known As: Dropberry, Lady's Seals, Ladys Seals, Sealroot, Sealwort, Solomons Seal, St Marys Seal, St. Mary's Seal. *Polygonatum multiflorum*.

Also Used For: Historically, Solomon's seal was used for respiratory and lung disorders, and as an astringent and anti-inflammatory. It was also used topically for bruises, furuncles, ulcers or boils on the fingers, hemorrhoids, skin redness, edema, and hematoma.

Yuan Zhi



Properties: BITTER, PUNGENT - WARM

Dosage: 3 – 9g.

Senega Root

Meridian: HEART, LUNG

Family: Polygalaceae.

- calm spirit, quiet heart – insomnia, palpitations, anxiety, restlessness
- expel phlegm from lungs, clears orifices – copious sputum, mental confusion
- reduces abscesses, dissipate swellings – boils, sores, painful breasts

Also Known As: Chinese Senega, Flax, Klapperschlangen, Milkwort, Mountain Polygala, Polygalae radix, Rattlesnake Root, Senega Snakeroot, Seneca, Seneca Snakeroot, Senega, Senega Snakeroot, Seneka, Snake Root.

Also Used For: Orally, senega is used for respiratory tract mucous membrane inflammation, bronchial asthma, chronic bronchitis, emphysema, for inducing sweating, increasing saliva, as an expectorant, and an emetic. Topically, senega is used as a gargle for pharyngitis. Historically, senega was a cure for rattlesnake bite.

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 10 – QUESTION & ANSWERS

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP, PC: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns. Please use a separate sheet to do this assignment.

1. What does “strengthen spleen and stomach Qi” mean?
2. Which Chinese herb expels pus?
3. Which Chinese herb promotes urination?
4. Which Chinese herb expels roundworms?
5. What is leucorrhea?
6. Which Chinese herb is used for lock jaw?
7. What does “constrain lung Qi” mean?
8. Which Chinese herb can you fry to stop bleeding?
9. What is sputum?
10. What is dyspnea?
11. What does “direct Qi downward” mean?
12. What are scabies?
13. What does it mean to “drain fire”?
14. Which Chinese herb is used for chronic non-healing sores?
15. What does “deficient yin fever” mean?
16. What is a Shao Yang Syndrome?