

## CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 11

### Chinese Herbs Listed Alphabetically – Part 5: Z

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

#### Zhe Chong



Properties: SALTY - COLD/TOXIC  
Dosage: 3 – 6g.  
Meridian: LIVER, HEART, SPLEEN  
Wingless Cockroach

- breaks up blood stasis – abdominal masses, amenorrhea, numb swollen tongue
- renews sinews and joins bones – lacerations, fractures

## Zhi Ke - Zhi Ke Qiao



Properties: BITTER - COOL

Dosage: 1.5 – 4.5g.

Mature Bitter Orange

Meridian: SPLEEN, STOMACH

- move Qi, reduce distention with deficiency

Also Known As: Aurantii Pericarpium, Bitter Orange Flower, Bitter Orange Peel, Green Orange, Kijitsu, Neroli Oil, Seville Orange, Shangzhou Zhiqiao, Sour Orange, Zhi Ke, Zhi Qiao, Zhi Shi. *Citrus aurantium*, synonyms *Citrus aurantium amara*, *Citrus bergamia*, *Citrus bigaradia*, *Citrus vulgaris*.

## Zhi Mu



Properties: BITTER - COLD

Dosage: 6 – 12g.

Anemarrhena Rhizome

Meridian: LUNG, KIDNEY, STOMACH

- clear heat, drain fire – high fever in lung and stomach, irritability, thirst
- nourish yin, moisten dryness – night sweat, steaming bone, irritability, kidney heat patterns, spermatorrhea, nocturnal emission
- generates fluids and clears heat – oral ulcers and inflammation, thirst

## Zhi Shi



Properties: PUNGENT, BITTER - COOL

Dosage: 3 – 9g.

Immature Bitter Orange

*Citri aurantii* immature fruit

Meridian: LARGE INTESTINE, SPLEEN, STOMACH

- break up Qi stagnation, reduce accumulations
- transform phlegm, expel focal distention – abdominal pain, indigestion, constipation
- used with Qi tonifying herbs for prolapse of organs
- raise blood pressure

Also Known As: *Aurantii Pericarpium*, Bitter Orange Flower, Bitter Orange Peel, Green Orange, Kijitsu, Neroli Oil, Seville Orange, Shangzhou Zhiqiao, Sour Orange, Zhi Qiao, Zhi Shi. *Citrus aurantium*, synonyms *Citrus aurantium amara*, *Citrus bergamia*, *Citrus bigaradia*, *Citrus vulgaris*.

Other Uses: Bitter orange peel is used as an appetite stimulant and for dyspepsia. Bitter orange fruit and peel are also used orally for weight loss and nasal congestion. The bitter orange flower and its oil are used orally for gastrointestinal (GI) disturbances, duodenal ulcers, constipation, regulating blood lipid levels, lowering blood sugar in diabetes, blood purification, functional disorders of liver and gallbladder, stimulation of the heart and circulation, frostbite, as a sedative for sleep disorders, for kidney and bladder diseases, general feebleness, anemia, imbalances of mineral metabolism, impurities of the skin, and hair loss. Topically, bitter orange peel is used for inflammation of the eyelid, conjunctiva, and retina; retinal hemorrhage; exhaustion accompanying colds; headaches; neuralgia; muscular pain; rheumatic discomfort; bruises; phlebitis; and bed sores. Aromatherapy, the essential oil of bitter orange is used topically and by inhalation as an analgesic. Traditionally, bitter orange peel is used as a tonic, antifatulent, and for cancer. Food use, bitter orange oil is approved as a flavoring agent by the FDA. In manufacturing, bitter orange oil is used in pharmaceuticals, cosmetics, and soaps.

## Zhi Zi



Properties: BITTER - COLD

Dosage: 3 – 12g.

Cape Jasmine Fruit (Gardenia)

Meridian: HEART, LIVER, LUNG, STOMACH, SAN JIAO

Family: Oleaceae.

- clear heat, eliminate vexation – irritable, restlessness, insomnia, delirium
- drains damp heat – urinary dysfunction, constrained liver and gallbladder causing jaundice
- cools blood, stop bleeding – nosebleed, blood in vomit, dysentery, xue lin
- topically - blood stasis due to trauma, reduces swelling

Also Known As: Catalonina Jasmine, Common Jasmine, Italian Jasmine, Poet's Jessamine, Royal Jasmine, Spanish Jasmine. *Jasminium grandiflorum*, synonym *Jasminium officinale*.

Also Used For: Historically, Zhi Zi has been used for pepatitis, hepatic pain due to cirrhosis, and abdominal pain due to dysentery. Many *Jasminum* species have been used as a sedative, aphrodisiac, or in cancer treatment. Food uses, Zhi Zi is utilized to flavor beverages, frozen dairy desserts, candy, baked goods, gelatins, and puddings. Manufacturing, jasmine is used to add fragrance to creams, lotions, and perfumes.

## Zhu Ling



Properties: BLAND – COOL

Dosage: 6 - 15g

Fungus Nucleus

Meridian: SPLEEN, KIDNEY, BLADDER

- promotes urination, drains damp (combine with Fu Ling)
- Yang jaundice – lin syndrome

## Zhu Ru



Properties: SWEET - COOL

Dosage: 4.5 – 9g.

Bamboo Shavings

Meridian: HEART, LUNG, STOMACH

Family: Poaceae.

- clear/transform phlegm heat and cough
- clears heat from stomach, stops vomiting
- disturbed heart by phlegm heat (insomnia, restlessness)

Also Known As: *Arundinaria japonica*.

Used For: Chinese medicine, bamboo is used orally for asthma, coughs, and gallbladder disorders.

## Zi Cao



Properties: SWEET - COLD

Dosage: 3 – 9 g.

Groomwell Root (Lithospermum)

Meridian: HEART, LIVER

- relieves toxic fire, cool blood – encourages progression of rashes to vent
- topically - clears damp heat – damp heat skin lesion, itching
- moisten intestines, unblocks bowels - constipation



## Zi Hua Di Ding



Properties: PUNGENT, BITTER - COLD

Dosage: 9 – 15g.

Yedeon's Violet

Meridian: HEART, LIVER

- clear toxic heat and fire – hot swellings, red-swollen eyes/throat/ears
- clear hot sores – sores and abscess's of head and back - topically

## Zi Su Ye



Properties: PUNGENT, AROMATIC - WARM

Dosage: 3 – 9g.

Perilla Leaf

Meridian: LUNG, SPLEEN

- release exterior, disperse cold – fever, chills, headache, congestion, cough
- promotes Qi movement – expands chest – nausea, vomit, poor appetite
- calming restless fetus – alleviates morning sickness
- used alone or in combination with other herbs for seafood poisoning

Also Known As: Beefsteak Plant, Wild Coleus.

Western Herb Uses: Orally, perilla is used for treating asthma. It is also used orally for nausea, sunstroke, inducing sweating, and as an antispasmodic. In foods, perilla is used as a flavoring. In manufacturing, perilla seed oil is used commercially in the production of varnishes, dyes, and inks.

## Zong Lu Tan



Properties: BITTER, ASTRINGENT - NEUTRAL

Dosage: 9 – 15g.

Meridian LIVER, LARGE INTESTINE, LUNGS

POWDER: 1 – 1.5 g.

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- binds and stops bleeding – coughing blood, blood tinged sputum, nosebleed, blood in stools, uterine bleeding

## Ze Xie



Properties: SWEET, BLAND - COLD

Dosage: 6 - 15g

Water Plantain Root

Meridian: KIDNEY, BLADDER

- promote urination, drains damp in lower burner
- drain deficient kidney fire

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 11 – 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](mailto: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 “drains damp in lower burner” mean?
2. What does “clear/transform phlegm heat and cough” mean?
3. What is vexation?
4. What does it mean to “move Qi”?
5. List the Qi tonifying herbs.
6. What is spermatorrhea?
7. What is the ” Wingless Cockroach” used for?