

## CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 7a

### • Chinese Herbs Listed Alphabetically – Part 2: G

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

### Gan Cao



Properties: SWEET – NEUTRAL (RAW)/WARM

Dosage: 2-12g.

Licorice Root

Meridian: ALL 12 – MAINLY- HEART, LUNG SPLEEN, STOMACH

- tonify spleen & stomach Qi – digestive disorders
- moisten lung – stops dry cough
- tonify heart Qi – regulates pulse
- clears heat & toxic fire
- alleviates pain – stops spasms
- harmonize & moderates characteristics of other herbs
- antidote for toxicity
- easily causes bloating, don't use with hypertension, edema, Hai Zao

Also Known As: Alcacuz, Alcazuz, Chinese Licorice, Gan Cao, Gan Zao, Glycyrrhiza, Isoflavone, Isoflavones, Lakritze, Licorice Root, Liquiritiae radix, Liquirizia, Liquorice, Orozuz, Phytoestrogen, Reglisse, Regliz, Russian Licorice, Spanish Licorice, Subholz, Sweet Root.

Also Used For: Gan Cao is used for gastric and duodenal ulcers, sore throat, bronchitis, chronic gastritis, colic, primary adrenocortical insufficiency, dry cough, arthritis, systemic lupus erythematosus, and for bacterial and viral infections. It is also used for liver disorders, hypokalemia, hypertonia, malaria, tuberculosis, abscesses, food poisoning, diabetes insipidus, and contact dermatitis. Licorice has antispasmodic, anti-inflammatory, expectorant, laxative, and soothing properties. The constituents, glycyrrhizin and glycyrrhetic acid, inhibit 11-beta-hydroxysteroid dehydrogenase. This inhibition blocks metabolism of prostaglandins E and F2 alpha and may be responsible for peptic ulcer healing observed with these products.

## Gan Jiang



Properties: PUNGENT - HOT

Dosage: 3 – 12g.

Dried Ginger Root

Meridian: HEART, LUNG, SPLEEN, STOMACH

Family: Zingiberaceae.

- restores devastated yang – expel interior cold – Yang Qi deficient cold
- spleen & stomach excess cold
- warms lungs and transforms phlegm - warms middle jiao
- warms channels – stops bleeding (Pao Jiang)

Also Known As: African Ginger, Black Ginger, Cochin Ginger, Gingembre, Ginger Root, Imber, Jamaica Ginger, Race Ginger, *Zingiber officinalis*, *Zingiberis rhizoma*. *Zingiber officinale*.

Other Used For: Orally, Sheng Jiang is used for motion sickness, morning sickness, colic, dyspepsia, flatulence, chemotherapy-induced nausea, rheumatoid arthritis, osteoarthritis, loss of appetite, post-surgical nausea and vomiting, migraine headache, and for discontinuing selective serotonin reuptake inhibitor (SSRI) drug therapy. It is also used orally for anorexia, upper respiratory tract infections, cough, bronchitis, and as a galactagogue. Topically, the fresh juice of ginger is used for treating thermal burns. The essential oil of ginger is used topically as an analgesic. Also in Chinese Medicine, Sheng Jiang is used as a diaphoretic, diuretic, and stimulant. Sheng Jiang is also used in Chinese Medicine for treating stomachache, diarrhea, nausea, cholera, and bleeding. Fresh ginger is used orally for treating acute bacterial dysentery, baldness, malaria, orchitis, poisonous snake bites, rheumatism, and toothaches. Foods and Beverages, ginger is used as a flavoring agent. Manufacturing, ginger is used as a fragrance component in soaps and cosmetics. The oleoresin of ginger is also used as an ingredient in digestive, laxative, antitussive, anti-flatulent, and antacid preparations.

## Gan Sui



Properties: BITTER, SWEET - COLD/TOXIC

Dosage: 1.5 – 3g.

Kan-Sui Root

Meridian KIDNEY, LUNG, LARGE INTESTINE

POWDER 0.3-1g.

- drain downward, drives out congested fluid – fluid in chest and abdomen -general edema – causes water to be passed anally
- clear heat, reduce swellings – swollen-painful skin lesions

## Gao Ben



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Chinese Lovage Root (Ligusticum Root)

Meridian: BLADDER

Family: Apiaceae or Umbelliferae.

- expel wind and cold, alleviate pain –headache at vertex, lower back pain

Also Known As: Lavose, Levistici radix, Love Parsley, Maggi Plant, Sea Parsley, Smallage, Smellage. *Levisticum officinale*, synonyms *Angelica levisticum*, *Hipposelinum levisticum*, *Ligusticum levisticum*.

Also Used For: Orally, Gao Ben/ Lovage is used as "irrigation therapy" for inflammation of the lower urinary tract, for prevention of kidney gravel, and as a diuretic for urinary tract infections or pedal edema. Folk medicine, Gao Ben / Lovage is used orally for indigestion, heartburn, stomach distention, and flatulence. It is also used orally as an expectorant, to loosen secretions in respiratory conditions, for menstrual irregularities, sore throat, boils, jaundice, malaria, pleurisy, gout, rheumatism, and migraines. Foods and beverages, lovage is used as a flavor component. In manufacturing, lovage is used as a fragrance component in soaps and cosmetics.

## Gao Liang Jiang



Properties: PUNGENT - HOT  
Dosage: 1.5 – 9g.  
Galangal Rhizome  
Meridian: SPLEEN, STOMACH  
Family: Zingiberaceae.

- warms middle jiao, alleviate epigastric/abdominal pain
- vomit, diarrhea, hiccup due to cold in middle burner

Also Known As: Catarrh Root, China Root, Chinese Ginger, Colic Root, East India Catarrh Root, East India Root, Galanga, Galangal, Gargaut, Gao Liang, India Root, Rhizome Galangae. *Alpinia officinarum*.

Also Used For: Orally, Gao Liang Jiang / *Alpinia* is used as a stimulant, anti-flatulent, antibacterial, antispasmodic, anti-inflammatory agent, and for fever.

## Ge Gen



Properties: SWEET, PUNGENT - COOL

Dosage: 6 – 12g.

Kudzu Root (*Pueraria*)

Meridian: SPLEEN, STOMACH

Family: Leguminosae or Fabaceae.

- release muscle, clear heat – fever, headache, stiffness in back and neck
- nourish fluids – alleviate thirst with stomach heat
- vents measles – accelerates rash at early stage
- clear heat, helps spleen deficiency – diarrhea, dysentery
- hypertension – headache, dizziness, tinnitus

Also Known As: Daidzein, Fen Ke, Fenge, Gange, Ge Gen, Gegen, Isoflavone, Isoflavones, Japanese Arrowroot, Kudzu, Kudzu Vine, Kwao Khruea, Mealy Kudzu, *Pueraria*, *Pueraria* Root, *Radix Puerariae*, Yege. *Pueraria montana* var. *lobata*, synonyms *Pueraria lobata*, *Pueraria thunbergiana*, *Pueraria pseudohirsuta*, *Dolichos lobatus*; *Pueraria montana* var. *thomsonii*, synonym *Pueraria thomsonii*; *Pueraria mirifica*; *Pueraria tuberosa*.

Also Used For: Orally, Ge Gen / kudzu is used alone or in combination with other products for symptoms of alcohol hangover, such as headache, upset stomach, dizziness, and vomiting. Also in traditional Chinese medicine, Ge Gen / kudzu is used orally for managing alcoholism and drunkenness, myalgia, measles, dysentery, gastritis, fever, diarrhea, thirst, cold, flu, neck stiffness, and as a diaphoretic. It is also used orally for hypertension, angina pectoris, arrhythmia, migraine, deafness, diabetes, traumatic injuries, sinusitis, urticaria, pruritus, and psoriasis. Kudzu root is consumed as food.

## Ge Jie



Properties: SALTY - NEUTRAL

Dosage: 3-7g.

Gecko

Meridian: KIDNEY, LUNG

- strengthen kidneys, tonify lungs – help kidney grasp lung Qi – wheezing
- assists kidney yang, strengthen essence and blood – impotence, day break diarrhea, urinary frequency

## Gou Qi Zi



Properties: SWEE - NEURTRAL  
Dosage: 6-18g.  
Chinese Wolfberry Fruit  
Meridian: LIVER, LUNG, KIDNEY  
Family: Solanaceae.

- nourish/tonify liver & kidney – Yin/blood deficiency
- benefits essence – brighten eyes
- enrich Yin – dry lung – consumptive cough (xiao ke)

Also Known As: Chinese Wolfberry, Di Gu Pi, Digupi, Fructus Lycii, Fructus Lycii Berry, Gou Qi Zi, Gouqizi, Lycii Berries, Matrimony Vine, Wolfberry. *Lycium chinense*, Synonym *Lycium barbarum*.

Also Used For: Orally, Gou Qi Zi / lycium is used for diabetes, hypertension, fever, malaria, and cancer. It's also used for improving circulation, erectile dysfunction, dizziness, and tinnitus. It is used as an eye tonic for blurred vision, macular degeneration, and other ophthalmic disorders. Lycium is also used orally to strengthen muscles and bone, and as a blood, liver, and kidney tonic. It is used orally to reduce fever, sweating, irritability, thirst, nosebleeds, hemoptysis, cough, and wheezing. In foods, the berries are eaten raw and used in cooking.



## Gou Teng



Properties: SWEET - COOL

Dosage: 6 – 15g.

Gambir Vine Stem

Meridian: HEART, LIVER

- clears wind and heat in liver – spasm, tremors, seizures, preeclampsia
- drains liver heat, ascends yang – headache, irritable, red eyes, dizzy
- release exterior wind-heat – fever, headache, red eyes

## Gu Jing Cao



Properties: SWEET - NEUTRAL

Dosage: 6 – 15g.

Pipewort Scapus (Inflorescence)

Meridian: LIVER, STOMACH

- disperse wind-heat – brighten eyes, red-painful eyes, floaters

## Gu Sui Bu



Properties: BITTER – WARM

Dosage: 6-18g.

Drynaria Rhizome

Meridian: KIDNEY, LIVER

- tonify kidney – diarrhea, toothache, bleeding gums, tinnitus
- mending sinews and bones due to falls, fractures, contusions, sprains
- stimulates growth of hair – alopecia - topically

## Gu Ya



Properties: SWEET - NEUTRAL

Dosage: 9 – 15g.

Rice Sprout

Meridian: SPLEEN, STOMACH

- reduce food stagnation, strengthen stomach
- stagnation caused by starchy food

## Gua Lou



Properties: SWEET - COLD

Dosage: 9 – 30g.

Trichosanthes Fruit

Meridian: LARGE INTESTINE, LUNG, STOMACH

Family: Curcubitaceae.

Pi (peel)

- clears and transforms phlegm heat, dissipates nodules

Ren \ Zi (seeds)

- expels pus and promotes healing of sores (mastitis)
- moistens intestines (constipation due to dry)

Also Known As: Chinese Snake Gourd, Compound Q, Gua Lou, Gua-Lou, Trichosanthes, Trichosanthes Fruit Peel. *Trichosanthes kirilowii*.

Also Used For: Orally, Chinese cucumber fruit is used for coughing, reducing fever, swelling, tumors, and diabetes. Intravaginally, Chinese cucumber fruit is used as an abortifacient.

**PREGNANCY: UNSAFE ...when used orally - May induce abortion**

## Gui Ban



Properties: SWEET, SALTY - COLD

Dosage: 9-30g.

Fresh Water Turtle Shell

Meridian: HEART, KIDNEY, LIVER

- nourish Yin, anchors Yang, Int.-liver wind
- benefits kidneys – strengthen bones
- cool blood – uterine bleeding
- tonify blood, nourish heart, calm heart – anxiety/insomnia

## Gui Zhi



Properties: PUNGENT, SWEET - WARM

Dosage: 3- 9g.

Cinnamon Twig

Meridian: HEART, LUNG, BLADDER

Family: Lauraceae.

- pertains to Ying and Wei Qi levels – exterior cold with deficiency
- warms channels, disperse cold – wind-cold, painful joints, dysmenorrhea
- unblocks Yang Qi in chest – palpitations

Also Known As: Ague Tree, Cinnamon Wood, Common Sassafras, Kuntze Saloop, Sassafras, Saxifrax. *Sassafras ablidum*, synonyms *Sassafras officinale*, *Sassafras varifolium*.

Also Used For: Orally, Gui Zhi is used for urinary tract disorders, mucous membrane inflammation, syphilis, and as a tonic and "blood purifier". Topically, Gui Zhi is used to treat skin eruptions, rheumatism, eye inflammation, sprains, swelling, and for relief of insect bites or stings. Sassafras oil is also used topically as an antiseptic and pediculicide. Folk medicine, Gui Zhi is used for bronchitis, geriatric high blood pressure, gout, arthritis, skin problems, kidney disorders, and cancers. In beverages and candy, a safrole-free bark extract has limited use as a flavoring agent.

**CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 7a – QUESTION & ANSWERS**

NAME:

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ADDRESS:

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CITY, STATE, ZIP, PC:

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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 is primary adrenocortical insufficiency and what Chinese herb would you use?
2. What does disperse wind-heat mean?
3. What does expel wind and cold mean?
4. Which Chinese herb would you use if you had a client with floaters?
5. What are sinews?
6. Which Chinese herb is used for tinnitus?
7. What is hypokalemia?