

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 7b

- Chinese Herbs Listed Alphabetically – Part 2: H

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

Hai Er Cha



Properties: BITTER, ASTRINGENT - NEUTRAL

Dosage: 3 – 12g.

Black or Brown Cutch Paste

Meridian: LUNG

- drain damp – absorb seepage for sores, chronic non-healing sores
- stop bleeding – applied topically to external areas
- clear lung, transform phlegm – generate fluids, stop diarrhea, lung heat, thirst, summer heat

Hai Fu Shi



Properties: SALTY - COLD

Dosage: 6 – 15g.

Pumice

Meridian: LUNG

- clear lung heat – expel phlegm, thick sputum, bloody sputum
- soften hardness – dissipate phlegm nodules – scrofula
- promote urination – re lin, stone lin

Hai Ge Ke



Properties: BITTER, SALTY - NEUTRAL

Dosage: 6 – 15g.

Clam Shell

Meridian: KIDNEY, LUNG, STOMACH

- clear heat, direct lung Qi down – transform thick sputum with chest and or rib pain
- soften hardness, dissipate nodules – phlegm fire goiter and scrofula
- epigastric pain, acid reflux – (calcined powdered form)

Hai Jin Sha



Properties: SWEET - COLD

Dosage: 15 – 60g.

Japanese Fern

Meridian: BLADDER, SMALL INTESTINE

- clear heat, promote urination – stone lin, xue lin
- clear heat and toxic fire – swollen-painful throat

Hai Piao Xiao



Properties: SALTY, ASTRINGENT - WARM

Dosage: 4.5 – 12g.

Cuttlefish Bone

Meridian: KIDNEY, LIVER, STOMACH

- stop bleeding – uterine bleeding with vaginal discharge
- kidney deficiency – nocturnal emission, premature ejaculation, leucorrhea
- harmonize stomach – epigastric pain, acid reflux
- resolve dampness, promote healing – topically rashes, ulcers
- deficiency diarrhea – pain near navel, diarrhea/dysentery

Hai Tong Pi



Properties: BITTER, PUNGENT - NEURTRAL

Dosage: 6 – 15g.

Coral Bean Bark

Meridian: LIVER, SPLEEN, KIDNEY

- dispel wind-cold/hot-Damp, unblocks channels
- promote urination , reduce edema
- itchy skin – lesions, scabies

Hai Zao



Properties: BITTER, SALTY - COLD

Dosage: 4.5 – 15g.

Sargassum Seaweed

Meridian: KIDNEY, LIVER, LUNG, STOMACH

- clear heat, reduce phlegm nodules – goiter, scrofula
- promote urination – reduce edema, leg edema and floating edema

Han Fang Ji



Properties: BITTER, PUNGENT - COLD

Dosage: 3 – 9 g.

Stephania Root

Meridian: BLADDER, SPLEEN, KIDNEY

Family: Aristolochiaceae.

- edema in lower part of body
- easily damages stomach due to cold.

Also Known As: Birthwort, Long Birthwort, Pelican Flower, Red River Snakeroot, Sangree Root, Sangrel, Serpentaria, Snakeroot, Snakeweed, Texas Snakeroot, Virginia Serpentry, Virginia Snakeroot. *Aristolochia auricularia*; *Aristolochia clematidis*; *Aristolochia fangchi*; *Aristolochia heterophylla*; *Aristolochia kwangsiensis*; *Aristolochia moupinensis*; *Aristolochia reticulata*; *Aristolochia serpentaria*; other *Aristolochia* species.

Also Used For: Orally, aristolochia is used as an aphrodisiac, anticonvulsant, immune stimulant, and to promote menstruation. It is also used orally to treat allergic gastrointestinal colic and gallbladder colic.

Han Lian Cao



Properties: SWEET, SOUR – COOL

Dosage: 9-15g.

Ecliptic Prostate

Meridian: KIDNEY, LIVER

- liver/kidney Yin deficiency – dizzy, grey hair, bad vision
- cools blood, stop Yin deficient bleeding– uterine/nose/stool/urine

He Huan Pi



Properties: SWEET - NEUTRAL

Dosage: 9 – 15g.

Mimosa Tree Bark

Meridian: HEART, LIVER

- calms spirit, relieve constrained emotions – vexation, depression, insomnia, irritability, poor memory
- invigorate blood, alleviate pain – swelling due to trauma, abscesses

He Shou Wu



Properties: BITTER, SWEET, ASTRINGENT – WARM

Dosage: 9-30g.

Fleeceflower Root, Polygonum, Hosuwu

Meridian: LIVER, LUNG, KIDNEY

- nourish blood - tonifies liver & kidney – Yin/blood deficiency
- relieves toxic fire – carbuncles, sores, scrofula, neck lumps
- moistens intestines - unblocks bowels
- expels wind from skin – skin rash
- malaria

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.

Western Medicine: He shou wu 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; nourishing muscles, tendons, and bones. He shou wu is also used orally for hyperlipidemia, insomnia, limb numbness, lower back and knee soreness or weakness, premature graying, and dizziness with tinnitus. Topically, He shou wu is used for sores, carbuncles, skin eruptions, and itching.

He Zi



Properties: BITTER, SOUR, ASTRINGENT - NEUTRAL

Dosage: 3 – 9g.

Myrobalan Fruit

Meridian: LUNG, STOMACH, LARGE INTESTINE

Family: Combretaceae.

- binds intestines – hot or cold diarrhea, dysentery
- leakage of lung Qi – cough, wheezing, loss of voice

Also Known As: Arjuna, Axjun Argun, Bahera, Bahira, Bala Harade, Balera, Behada, Beleric Myrobalan, Bihara, Chebulic Myrobalan, Hara, Harada, Haritaki, He Zi, Hiral, Indian Almond, Myrobalan. *Terminalia arjuna*; *Terminalia bellirica*, synonym *Terminalia belerica*; *Terminalia chebula*.

Also Used For: Orally, He Zi/*Terminalia arjuna* is used for cardiovascular conditions, including ischemic heart disease and angina, hypertension, and hyperlipidemia. It is also used orally as a diuretic, for earaches, dysentery, venereal and urogenital diseases, and as an aphrodisiac. Orally, He Zi/*Terminalia belerica* and *Terminalia chebula* are used for hyperlipidemia and digestive disorders, including both diarrhea and constipation, and indigestion. They have also been used for HIV infection. *Terminalia belerica* is also used orally as a hepatoprotectant and for respiratory conditions, including respiratory tract infections, cough, and sore throat. *Terminalia chebula* is also used orally for dysentery. Topically, He Zi/*Terminalia belerica* and *Terminalia chebula* are used as a lotion for sore eyes. *Terminalia chebula* is also used topically as a mouthwash and gargle.

Intravaginally, *Terminalia chebula* is used as a douche for treating vaginitis. In traditional Ayurvedic medicine, He Zi/*Terminalia belerica* has been used as a "health-harmonizer" in combination with *Terminalia chebula* and *Emblica officinalis*. This combination is also used to lower cholesterol and to prevent necrosis of cardiac tissue. In traditional Ayurvedic medicine, *Terminalia arjuna* has been used to balance the three humors, kapha, pitta, and vata. It has also been used for asthma, bile duct disorders, scorpion stings, and for poisonings.

Hei Zhi Ma



Properties: SWEET - NEUTRAL

Dosage: 9-30g.

Black Sesame Seeds

Meridian: KIDNEY, LIVER

- nourish liver and kidney, yin deficiency – blurred vision, tinnitus, dizziness, recovery after illnesses
- nourish blood, clear wind – headache, dizziness, numbness
- moisten and lubricate intestine – constipation

Hong Hua



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Safflower Flower

Meridian: HEART, LIVER

Family: Asteraceae or Compositae.

- invigorate blood, unblock menstruation
- dispel blood stasis, stop pain due to injury or abscess

Also Known As: American Saffron, Bastard Saffron, Dyer's Saffron, Fake Saffron, False Saffron, Hing Hua, Honghua, Zaffer, Zafran. *Carthamus tinctorius*.

Also Used For: Orally, Hong Hua/Safflower seed oil is used for reducing the risk of cardiovascular disease and preventing atherosclerosis. In Chinese medicine, Hong Hua/Safflower flower is used for hyperemia in women and hair growth. In folk medicine, Hong Hua/Safflower is used orally for fever, tumors, coughs, bronchial conditions, blood stasis, pain, blood invigoration, amenorrhea, painful menses, stimulating menstruation, coronary heart disease, chest pain, traumatic injuries, inducing sweating, as a laxative, purgative, stimulant, antiperspirant, abortifacient, and expectorant. For food uses, safflower seed oil is used as a cooking oil. In manufacturing, safflower flower is used to color cosmetics and dye fabrics. Safflower seed oil is used as a paint solvent.

Hong Teng



Properties: BITTER, NEUTRAL

Dosage: 15 – 30g.

Sargentodoxa Vine

Meridian: LARGE INTESTINE, LIVER

- clear toxic heat and abscess – skin lesions, swelling pain
- invigorate blood, disperse stasis – trauma, dysmenorrhoea, joint pain

Hou Po



Properties: BITTER, PUNGENT – WARM, AROMATIC

Dosage: 3 – 9g.

Magnolia Bark

Meridian: LARGE INTESTINE, LUNG, SPLEEN, STOMACH

Family: Magnoliaceae.

- transform dampness, promote movement of Qi, resolves stagnation
- warms and transforms cold phlegm and directs rebellious lung Qi down

Also Known As: Beaver Tree, Holly Bay, Hou Po, Indian Bark, Red Bay, Swamp Laurel, Swamp Sassafras, Sweet Bay, White Bay, White Laurel. *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: Orally, Hou Po/Magnolia Bark is used for digestive disorders, as an anti-inflammatory, a stimulant, and to promote sweating. It is also used orally as a tonic, which is an agent used to invigorate, refresh, or restore body function.

Hu Huang Lian



Properties: BITTER - COLD

Dosage: 3 – 9g.

Picrorhiza Rhizome

Meridian: LIVER, STOMACH, LARGE INTESTINE

- drain damp heat – dysentery, sores
- clear deficient heat – yin deficiency heat symptoms
- clear heat – reduce childhood nutritional impairment, abdominal distention, afternoon fever.

Hu Jiao



Properties: PUNGENT - HOT

Dosage: 1.5 – 4.5g.

Black Pepper

Meridian LARGE INTESTINE, STOMACH

Family: Piperaceae.

- warms middle, disperse cold – stomach cold, vomiting, diarrhea, abdominal pain

Also Known As: Black Pepper, Blanc Poivre, Kosho, Pepe, Pepper, Pepper Extract, Pepper Plant, Peppercorn, Pfeffer, Pimenta, Pimienta, Piper, Poivre, Poivre Noir, White Pepper. *Piper nigrum*.

Also Used For: Orally, Hu Jiao/Black pepper is used for stomach upset, bronchitis, and cancer. White pepper is used orally for stomach upset, malaria, cholera, and cancer. Topically, Hu Jiao/Black pepper is used for treating neuralgia and scabies. Black and white pepper are also used topically as a counterirritant for pain. In foods and beverages, black pepper, white pepper, and pepper oil are used as flavoring agents.

Hu Po



Properties: SWEET - NEUTRAL

Dosage: 0.9 – 3g.

Amber

Meridian: BLADDER, HEART, LIVER

- calm spirit – tremor, palpitation, anxiety, excessive dreams, insomnia, poor memory, convulsions, seizures
- invigorate blood, dissipate stasis – amenorrhea with pain, palpable masses
- promote urination, invigorate blood – long bi, lin syndrome
- reduce swellings, promote healing – sores, carbuncles, ulcers

Hu Tao Ren



Properties: SWEET, WARM

Dosage: 9 – 30g.

Walnut Nut

Meridian: KIDNEY, LARGE INTESTINE, LUNG

Family: Juglandaceae.

- tonify kidney – weak back and knees with coldness, frequent urination
- warms lung, help kidney grasp lung Qi – chronic cough, wheezing
- moisten intestines – constipation in elderly

Also Known As: Fructus Cortex, Juglans, Juglandis, Juglandis Folium, Walnussblätter, Walnussfrüchtschalen, Walnut, Walnut Fruit, Walnut Hull, Walnut Leaf. *Juglans regia*.

Also Used For: Orally, Hu Tao Ren/English walnut fruit is used as a part of the diet for lowering cholesterol. The hull of English walnut is used to treat gastrointestinal mucous membrane inflammation. The leaf is used orally for treating diarrhea. Topically, Hu Tao Ren/English walnut hull is used for skin diseases, abscesses, and eye lid inflammation. The leaf is used topically for superficial inflammation of the skin; excessive hand and/or foot perspiration; and for skin conditions such as acne, eczema, scrophula, pyodermia, and ulcers. In combination with other herbs, Hu Tao Ren/English walnut hull is used to treat diabetes mellitus, gastritis, and anemia. Traditionally, Hu Tao Ren/English walnut hull has been used to treat "blood poisoning" and as a "blood purifier" to remove undesirable agents from the blood. The leaf is used traditionally for gastrointestinal mucous membrane inflammation, as an anthelmintic, and "blood-purifying" agent. In foods, Hu Tao Ren/English walnut is commonly consumed, usually as a snack, in baking, and in salads.

Hua Jiao (Chuan Jiao)



Properties: PUNGENT - HOT/TOXIC

Dosage: 1.5 – 6g.

Meridian: KIDNEY, SPLEEN, STOMACH

- warms middle jiao, alleviate abdominal pain, vomit & diarrhea
- Hu Jiao + Ku Shen together = skin rash wash for eczema and kills parasites

Hua Shi



Properties: SWEET, BLAND - COLD

Dosage: 6 - 15g

Talcum Powder

Meridian: KIDNEY

- promote urination, drain Heat from bladder lin syndrome
- clear heat, summer heat and damp heat through urine.
- absorbs dampness (oozing eczema) used topically.
- contraindicated during pregnancy

Huai Hua Mi



Properties: BITTER - COOL

Dosage: 6 – 15g.

Pagoda Tree Bud

Meridian: LIVER, LARGE INTESTINE

Family: Leguminosae or Fabaceae.

- cools blood, stop bleeding – damp heat in large intestine – dysentery, Hemorrhoids
- soothes liver fire – red eyes – dizziness

Also Known As: *Sophora japonica*, Pagoda Tree

Also Used For: Orally, pagoda tree is used in dilutions for dysentery.

Huang Bai



Properties: BITTER - COLD

Dosage: 3 – 12g.

Amur Cork Tree Bark (Phellodendron)

Meridian: KIDNEY, BLADDER

- drain damp heat – lower jiao – thick-yellow leucorrhea, diarrhea, dysentery, red-swollen-painful knee joints, jaundice
- drains kidney fire – steaming bone, night sweat, afternoon fever
- drain fire, relieve toxicity – sores and lesions

Huang Jing



Properties: SWEET - NEUTRAL

Dosage: 6 - 18g.

Siberian Solomon Seal - Rhizome (Polygenetic)

Meridian: LUNG, SPLEEN

Family: Liliaceae.

- tonify spleen and stomach Qi – poor appetite, fatigue, dry mouth, loss of taste, dry stool
- moisten lung – dry cough, little sputum
- tonify kidney, strengthen essence – lower back pain/weak, light headed

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, Huang Jing/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.

Huang Lian



Properties: BITTER - COLD

Dosage: 1.5 – 9g.

Coptis Rhizome

Meridian: HEART, LARGE INTESTINE, LIVER, STOMACH

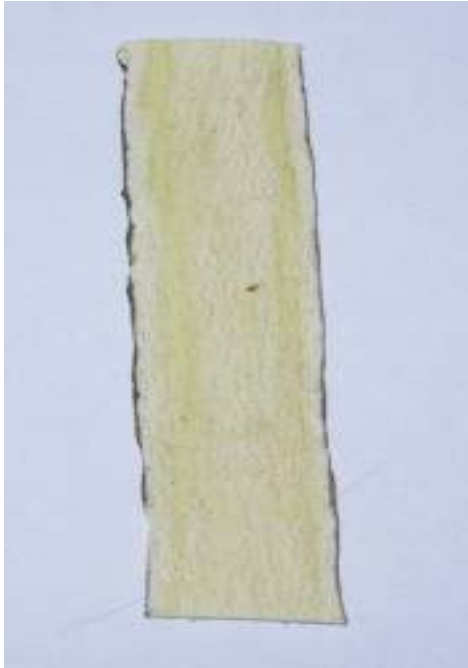
Family: Ranunculaceae.

- drain fire, relieve toxicity – high fever, irritability, disorientation, delirium, painful-red eyes, sore throat, boils carbuncles, abscesses
- clear heat, drain damp – stomach – diarrhea, dysentery, acid reflux, halitosis, belching
- clear heart fire – irritability, insomnia
- topically – red-painful ulcerations

Also Known As: Cankerroot, Chinese Goldthread, Coptide, Coptis, Coptis Chinesis, Gold Thread, Goldthread, Huang Lian, Mouth Root, Yellowroot. *Coptis chinensis*; *Coptis deltoidea*; *Coptis teetoides*; *Coptis trifolia*, synonym *Coptis groenlandica*.

Also Used For: Orally, goldthread is used for digestive disorders.

Huang Qi



Properties: SWEET - WARM

Dosage: 9-30g.

Astragalus Root

Meridian: LUNG, SPLEEN

Family: Leguminosae or Fabaceae.

- tonify spleen & lung Qi - raises Spleen & Stomach Qi (prolapse)
- tonify Wei Qi – stabilize exterior
- tonify Qi & blood due to loss of blood – postpartum fever
- promotes urination – Edema – discharge of pus – generates flesh

Also Known As: Astragali, Beg Kei, Bei Qi, Buck Qi, Huang Qi, Huang qi, Hwanggi, Membranous Milk Vetch, Milk Vetch, Mongolian Milk, Ogi. *Astragalus membranaceus*; *Astragalus mongholicus*.

Also Used For: Orally, Huang Qi/Astragalus is used for treating the common cold and upper respiratory infections; to strengthen and regulate the immune system; and to increase the production of blood cells particularly in individuals with chronic degenerative disease or in individuals with cancer undergoing chemotherapy or radiation therapy. It is also used orally for chronic nephritis and diabetes. Astragalus is also used orally as an antibacterial and antiviral; a tonic; liver protectant; anti-inflammatory; antioxidant; and as a diuretic, vasodilator, or hypotensive agent. Topically, Huang Qi/Astragalus is used as a vasodilator and to speed healing. In combination with *Ligustrum lucidum* (glossy privet), astragalus is used orally for treating breast, cervical, and lung cancers.

Huang Qin



Properties: BITTER - COLD

Dosage: 6 – 15g.

Baical Skullcap Root (*Scutellaria*)

Meridian: GALLBLADDER, LARGE INTESTINE, LUNG, STOMACH

Family: Lamiaceae or Labiatae.

- clear heat, drain fire – upper burner, fever, irritability, thirst, cough
- clear heat, dry damp – stomach – diarrhea, dysentery, thirst with no desire to drink, lin syndrome, jaundice
- clear heat, stop bleeding – vomit/cough blood, nosebleed, blood in stool
- clear heat, calm fetus – restless fetus due to heat
- clear liver yang rising – headache, irritability, red eyes, bitter taste

Also Known As: Baikal Scullcap, Baikal Skullcap Root, Chinese Skullcap, Huang Qin, Huangquin, Hwanggum, Ogon, Ou-gon, Scute, Scullcap, Skullcap, Wogon. *Scutellaria baicalensis*.

Also Used For: Orally, Huang Qin/Baikal skullcap is used to treat respiratory and gastrointestinal infections, allergic rhinitis, jaundice, viral hepatitis, nephritis, pelvic inflammation, sores or swelling, and fever. It is also used orally for scarlet fever, headache, irritability, red eyes, flushed face, seizures, epilepsy, hysteria, nervous tension, and a bitter taste in the mouth. In combination with shung hua, Huang Qin/Baikal skullcap constituent baicalin is used to treat upper respiratory tract infections. In combination with other herbs, Baikal skullcap is used to treat minimal brain dysfunction, prostate cancer, and hemorrhoids.

Huo Ma Ren



Properties: SWEET - NEUTRAL

Dosage: 9 – 15g.

Hemp Seeds

Meridian LARGE INTESTINE, SPLEEN, STOMACH

Family: Compositae.

- moisten and nourish intestines – elderly and postpartum constipation
- mildly tonify spleen Qi & Yin
- clear heat – promote healing of sores

Also Known As: Alpenkraut, Chanvrin, Donnerkraut, Dostenkraut, Drachenkraut, Dutch Agrimony, Dutch Eupatoire Commune, Eupatorium, Gemeiner Wasswedost, Herbe de Sainte Cunegonde, Hirshklee, Holy Rope, Kunigundendraut, Leberkraut, Origan De Marais, St. John's Herb, Sweet Mandulin, Sweet-Smelling Trefoil, Thoroughwort, Wasshanf, Waterhemp, Water Maudlin. *Eupatorium cannabinum*.

Also Used For: Orally, hemp agrimony is used for liver and gallbladder disorders, colds, and fever.

Huo Xiang



Properties: PUNGENT - WARM

Dosage: 4.5 – 9g.

Patchouli Stem & Leaf

Meridian: LUNG, SPLEEN, STOMACH

Family: Labiatae or Lamiaceae.

- aromatically transports turbid dampness
- harmonizes middle burner, stop vomiting
- release exterior (wind-damp-cold), stomach flu
- cook seeds in last 5 minutes of decoction

Also Known As: Huo xiang, Patchouli, Patchouly, Putcha-Pat. *Pogostemon cablin*, synonyms *Pogostemon heyneanus*, *Pogostemon patchouly*.

Also Used For: In Chinese medicine, Huo Xiang/Patchouly oil is used orally for colds, headaches, nausea, vomiting, diarrhea, and abdominal pain. It is also used orally to treat bad breath, particularly when it is associated with alcohol ingestion. The leaf, fruit, and flower are used to treat tumors. In Foods and beverages, patchouly oil is used as a flavor ingredient. In Manufacturing, patchouly oil is used in perfumes and cosmetics.

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 7b – 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. Which Chinese herb is used to color cosmetics and dye fabrics and as a paint solvent?
2. Which 2 Chinese herbs can be used as a skin rash wash for eczema and kills parasites?
3. What is amber used for?
4. What is a hematoma and which Chinese herb would you use for it?
5. What does leakage of lung Qi mean?
6. What does liver/kidney Yin deficiency mean?
7. What is Stephania Root used for?
8. What is a hypotensive agent?