

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 8a

- Chinese Herbs Listed Alphabetically – Part 3: J-L

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

Ji Nei Jin



Properties: SWEET - NEUTRAL

Dosage: 3 – 9g.

Chicken Gizzard (stomach lining)

Meridian: BLADDER, SMALL INTESTINE, SPLEEN, STOMACH

- strongly reduce food stagnation, improves spleen transport
- Malnutrition in children
- secures kidney essence, stop enuresis
- transform hardness – gallbladder/bladder/kidney STONES

Ji Xue Teng



Properties: BITTER, SWEET - WARM

Dosage: 9 – 15g.

Milletia Vine

Meridian: HEART, LIVER, SPLEEN

- promote movement of blood, tonify blood
- invigorate channels, relax sinews

Jiang Can



Properties: PUNGENT, SALTY - NEUTRAL

Dosage: 3 – 9g.

Silkworm

Meridian: LIVER, LUNG

- clears liver wind, stop pain – spasm, facial paralysis, seizures headache, red sore eyes, sore swollen throat, loss of speech
- transforms phlegm, clears heat – skin rash, nodules

Jiang Huang



Properties: PUNGENT, BITTER - WARM

Dosage: 3 – 9g.

Tumeric Rhizome

Meridian: SPLEEN, STOMACH, LIVER

Family: Zingiberaceae.

- invigorate blood, unblock menses – chest and abdominal pain, amenorrhea, dysmenorrhea with cold deficiency, swelling pain
- expel wind, promote movement of blood – painful obstruction

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

Also Used For: Orally, Jiang Huang/Turmeric is 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, Jiang Huang/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, Jiang Huang/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.

Jiang Xiang



Properties: PUNGENT - WARM

Dosage: 6 – 9g.

Dalbergia Heartwood

Meridian: LIVER, SPLEEN, STOMACH

POWDER 1.5 – 3g.

- disperses blood stasis, stop bleeding – internal injuries due to trauma
- invigorate blood, promote Qi movement – epigastric and abdominal pain
- spleen and stomach Qi stagnation – chest pain

Jie Geng



Properties: BITTER, PUNGENT - NEUTRAL

Dosage: 3 – 9g.

Balloon Flower Rhizome

Meridian: LUNG

- opens up lung Qi, Expel phlegm (hot or cold), benefits throat
- promote discharge of pus
- guiding herb to lung

Jin Qian Cao



Properties: SWEET, BLAND - NEUTRAL

Dosage: 15 – 60g.

Lysimachia

Meridian: BLADDER, GALLBLADDER, KIDNEY, LIVER

Whole Plant

Family: Primulaceae.

- promote urination, stone lin syndrome
- clears damp, jaundice (yang or yin) , red-swollen eyes

Also Known As: Yellow Willow herb. *Lysimachia vulgaris*.

Also Used For: Orally, loosestrife is used for scurvy, diarrhea, dysentery, and as an astringent. It is also used for hemorrhages, including nose bleeds and heavy menstrual flow. Topically, loosestrife is used for wounds.

Jin Ying Zi



Properties: SOUR, ASTRINGENT - NEUTRAL

Dosage: 4.5 – 9g.

Cherokee Rosehip

Meridian: BLADDER, KIDNEY, LARGE INTESTINE

Family: Rosaceae.

- stabilize kidney –spermatorrhea, incontinence, leucorrhea, rectal prolapse
- binds intestines – stop diarrhea and dysentery

Also Known As: Chinese Rosehip, Fructus Rosae Laevigatae, Jinyingzi. *Rosa laevigata*, synonyms *Rosa sinica*, *Rosa cherkensis*, *Rosa ternata*, *Rosa nivea*, *Rosa camellia*.

Also Used For: Food and Flavoring Chinese medicine, Jin Ying Zi/Cherokee rosehip is used for male sexual dysfunction (nocturnal emission, spermatorrhea, neurasthenia), gynecologic problems (leukorrhea, uterine bleeding), night sweats, polyuria, enuresis, chronic diarrhea, chronic cough, hypertension, and enteritis.

Jing Jie



Properties: PUNGENT, AROMATIC - WARM

Dosage: 3 – 9g.

Schizonepeta Stem or Bud

Meridian: LUNG, LIVER

- release exterior, expel wind – wind cold or wind heat – chills fever, carbuncles or boils in initial stages of eruption
- vents rashes and alleviate itching of measles and pruritic skin disease
- stops bleeding – blood in stool, uterine bleeding

Ju Hua



Properties: SWEET, BITTER - COOL

Dosage: 4.5 – 15g.

Chrysanthemum Flower

Meridian: LIVER, LUNG

Family: Asteraceae or Compositae.

- disperse wind, clear heat – headache, fever
- clears liver – red-painful-dry eyes, excessive tearing, floaters
- calms liver – dizziness, headache, deafness, blurred vision

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, Ju Hua/Chrysanthemum is used to treat angina, hypertension, type 2 diabetes, fever, cold, headache, dizziness, and swelling. In combination with other herbs, chrysanthemum is used orally to treat prostate cancer. In combination with licorice (Gan Cao) (*Glycyrrhiza uralensis*) and (Ren Shen) *Panax notoginseng*, it is used to treat precancerous lesions. As a beverage, Ju Hua/Chrysanthemum is very popular as a summertime tea in southern China.

Ku Lian Gen Pi



Properties: BITTER - COLD/TOXIC

Dosage: 6 – 15g.

China Tree Root Bark (Melia Root Bark)

Meridian: LIVER, SPLEEN, STOMACH

- kills parasites – roundworm, hook worm, pin worm and vaginal trichomonas infection
- topically – tinea infections

Ku Shen



Properties: BITTER - COLD

Dosage: 3 – 15g.

Sophora Root

Meridian: BLADDER, HEART, LIVER, LARGE INTESTINE, SMALL INTESTINE

- clear heat, dry damp – dysentery, leucorrhea, jaundice, sores
- expels wind, kills parasites - itching, skin lesions
- clear heat, promote urination – lin syndrome, hot edema

Kuang Dong Hua



Properties: PUNGENT - WARM

Dosage: 1.5 – 9g.

Coltsfoot Flower

Meridian: LUNG

- relieves cough, expels phlegm
- redirects rebellion Qi downward and stop coughing
- frying in Honey enhances moistening function of lungs(strongest function)
- USED with ZI WAN

Kun Bu



Properties: SALTY - COLD

Dosage: 4.5 – 15g.

Kelp

Meridian: KIDNEY, LIVER, STOMACH

Family: Fucaceae.

- reduce phlegm, soften hardness – nodules in neck, fullness in chest due to phlegm
- promote urination, reduce swelling – lower extremity edema

Also Known As: Black Tang, Bladder Fucus, Bladder Wrack, Blasentang, Cutweed, Fucus, Kelp, Kelp-Ware, Kelpware, Knotted Wrack, Meereiche, Quercus Marina, Rockweed, Rockwrack, Schweintang, Seawrack, Tang, Varech. *Ascophyllum nodosum*; *Fucus vesiculosus*; other *Fucus* species and other brown seaweed species.

Also Used For: Orally, Kun Bu/Bladderwrack is used for thyroid disorders, iodine deficiency, lymphadenoid goiter, myxedema, obesity, arthritis, and rheumatism. In folk medicine, Kun Bu/Bladderwrack is used for arteriosclerosis, digestive disorders, "blood cleansing," constipation, bronchitis, emphysema, genitourinary disorders, decreased resistance to disease, anxiety, skin diseases, burns, and insect bites.

Lai Fu Zi



Properties: PUNGENT, SWEET - NEUTRAL

Dosage: 6 – 12g.

Radish/Turnip Seeds

Meridian: LUNG, SPLEEN, STOMACH

Family: Brassicaceae.

- reduce food stagnation, transform accumulations (raw)
- caused lung Qi to descend, cough with damp phlegm (dry-fried)

Also Known As: Radis, Raphani sativi radix, Small Radish, Turnip Radish. *Raphanus sativus*.

Also Used For: Orally, Lai Fu Zi/Radish is used for peptic disorders, dyskinesia of the bile ducts, loss of appetite, inflammation of the mouth and pharynx, tendency towards infections, inflammation or excessive mucus of the respiratory tract, bronchitis, fever, colds, and cough.

Li Zhi He



Properties: SWEET, ASTRINGENT - WARM

Dosage: 6 – 15g.

Leechee Nut

Litchi chinensis seed

Meridian: LIVER, STOMACH

- regulate Qi, stop pain – abdominal pain, PMS pain, postpartum pain
- disperse cold and stagnation – hernia and testicular pain

Lian Qiao



Properties: BITTER, PUNGENT - COOL

Dosage: 6 – 15g.

Forsythia Fruit

Meridian: HEART, LIVER, GALLBLADDER

- clear heat and toxins - dissipates nodules, carbuncles and hot sores
- expel wind heat – fever, chills, sore throat, headache

Lian Zi Xin



Properties: BITTER - COLD

Dosage: 1.5 – 6g.

Lotus Plumule

Meridian: HEART, PERICARDIUM

Family: Nymphaeaceae.

- drains heart fire – confusion, delirium, insomnia, irritability
- stops bleeding, binds essence – vomiting blood

Also Known As: Lotus Flower, Lian Fang, Lian Xu. *Nelumbo nucifera*.

Also Used For: Orally, Lian Zi Xin/Lotus flowers are used as an astringent for bleeding.

Lian Zi



Properties: SWEET, ASTRINGENT - NEUTRAL

Dosage: 6 – 15g.

Lotus Seed

Meridian: HEART, KIDNEY, SPLEEN

Family: Nymphaeaceae.

- tonify and binds spleen – stops chronic diarrhea
- tonify kidneys – stop leucorrhea and spermatorrhea
- nourish heart – calm spirit – stop sweat, anxiety, palpitations, insomnia

Also Known As: Lotus Seed, Lian Zi. *Nelumbo nucifera*.

Also Used For: Orally, lotus seed is used for digestive disorders and diarrhea.

Ling Yang Jiao



Properties: SALTY - COLD

Dosage: 1.5 – 3g

Antelope Horn

Meridian: HEART, LIVER

POWDER: 0.3 - 3g.

- clears wind and heat in liver– spasms, convulsion, seizure
- calms/clears liver and anchors yang – dizziness, headache, red eyes, photophobia, spasms, convulsions
- drains heat and fire – delirium, manic behavior, loss of consciousness

Liu Huang



Properties: SOUR - HOT/TOXIC

Dosage: 1.5 – 6g.

Sulphur

Meridian: KIDNEY, LARGE INTESTINE

- relieve toxicity, kill parasites, stop itching
- topically - scabies, ringworm, damp sores, ulcers, carbuncles
- tonify vitality gate fire, strengthen yang – interior yin cold symptoms
- kidney yang deficiency - cold lower back and knees, impotence
- spleen deficiency cold – asthma, constipation (elderly + Ban Xia)

Liu Ji Nu



Properties: BITTER - WARM

Dosage: 3 – 9g.

Artemesia

Meridian: HEART, SPLEEN

- dispel blood stasis, unblock menses – amenorrhea, post partum abdominal pain, pain due to trauma
- topically - burns, bleeding, contusions

Long Yan Rou



Properties: SWEET - WARM

Dosage: 6 – 15g.

Longnan Fruit Flesh

Meridian: HEART, SPLEEN

- tonify heart and spleen – nourish blood, calm spirit, insomnia, palpitations, poor memory, vertigo

Long Dan Cao



Properties: BITTER - COLD

Dosage: 3 – 9g.

Chinese Gentian Root (Gentiana)

Meridian: GALLBLADDER, LIVER, STOMACH

Family: Gentianaceae.

- drain damp heat from liver and gallbladder – red-swollen-sore throat/eyes/ears, jaundice, painful-swollen genitals, leucorrhea
- clears ascending liver fire – headache, red eyes, fever, spasm, convulsions

Also Known As: Bitter Root, Bitterwort, Gall Weed, Gentiana, Gentianae radix, Pale Gentian, Stemless Gentian, Yellow Gentian, Wild Gentian. *Gentiana lutea*; *Gentiana acaulis*.

Also Used For Orally, Long Dan Cao/Gentian is used for digestive disorders, such as loss of appetite, fullness, and flatulence. It is used orally for fever, for hysteria, to stimulate menstrual flow, as an anthelmintic, and antiseptic. Topically, Long Dan Cao/Gentian is used for treating wounds and cancer. Combination with European elder flower, verbena, cowslip flower, and sorrel, gentian is used orally for maintaining healthy sinuses and treating sinusitis. It is used in combination with other products for malaria. In traditional medicine, Long Dan Cao/Gentian has been used orally for diarrhea, gastritis, heartburn, and vomiting. Foods and Beverages, Long Dan Cao/Gentian is used as an ingredient. In manufacturing, Long Dan Cao/Gentian is used in cosmetics.

Long Gu



Properties: SWEET, ASTRINGENT - NEUTRAL

Dosage: 15 – 30g

Fossilized Bones

Meridian: HEART, KIDNEY, LIVER

COOK 20-30 MIN EXTRA

- calms spirit/heart – emotional distress, insomnia, palpitations, anxiety
- calms liver, anchors floating Yang – irritable, blurred vision, vertigo
- prevents leakage of fluids due to deficiency
- topically for chronic non-healing sores and ulcerations

Lu Feng Fang



Properties: SWEET - NEUTRAL/TOXIC

Dosage: 6 – 12g. decocted

Hornet Nest

Meridian: LUNG, STOMACH

POWDERS: 1.5 – 3g.

- relieve toxicity, expel wind, alleviate pain – tooth ache (gargle)
- topically – skin rash, itching, scabies, ringworm, sores, carbuncles
- expel wind, dry damp – painful obstruction, wind rash

Lu Gan Shi



Properties: SWEET - NEUTRAL

Dosage: TOPICAL

Smithsonite (Calamine)

Meridian: LIVER, STOMACH

EXTERNAL USE

- brighten eyes – superficial visual obstruction, red-swollen eyes
- dry dampness, generate flesh – chronic draining pus from open sores

Lu Gen



Properties: SWEET - COLD

Dosage: 15 – 30g.

Reed Rhizome

Meridian: LUNG, STOMACH

USED ALONE – 60g.

- clear heat, generate fluids – high fever, irritability, thirst
- clear lung heat – cough, thick-yellow sputum
- clear stomach heat – vomiting, belching
- clear heat, diuretic – dark-scanty urine, xue lin, accompanied by thirst
- encourages rash's to surface

Also Known As: Reed. *Phragmites communis*.

Also Used For: Orally, Lu Gen/Reed herb is used for digestive disorders. Topically, Lu Gen/Reed herb is used to relieve insect bites. Also In Chinese Medicine, Lu Gen/Reed herb is used for diabetes, leukemia, and breast cancer.

Lu Hui



Properties: BITTER - COLD

Dosage: 0.3 – 1.5 g.

Aloe Crystalline Solid

Meridian LARGE INTESTINE, LIVER, STOMACH

Family: Liliaceae.

- purge accumulations, drains fire, cools liver
- kills parasites, strengthen stomach.

Also Known As: Aloe Capensis, Aloe Dried Juice from Leaf, Aloe Juice, Burn Plant, Cape Aloe, Elephant's Gall, Hsiang-Dan, Lily of the Desert, Lu-Hui, Miracle Plant, Plant of Immortality. Aloe Africana; Aloe arborescens natalensis; Aloe barbadensis, synonym Aloe vera; Aloe ferox; Aloe perfoliata; Aloe perryi; Aloe spicata.

Also Used For: Orally, aloe latex is used as a laxative or cathartic. It is also used orally for seizures, asthma, colds, ulcers, bleeding, amenorrhea, colitis, depression, diabetes, glaucoma, multiple sclerosis, hemorrhoids, peptic ulcers, varicose veins, bursitis, arthritis, and vision problems.

Lu Rong



Properties: SWEET, SALTY – WARM

Dosage: 1-3g.

Elk/Deer

Meridian: KIDNEY, LIVER

Horn Velvet

- tonify kidneys , strengthen Yang,
- tonify Governing-Penetrating-Conception vessels
- strengthen sinews/bones, stabilizes Dai Mai, reproductive disorders
- nourish Qi/blood – Yin type boils

Also Known As: Cornu Cervi Parvum, Deer Antler, Deer Antler Velvet, Horns of Gold, Lu Rong, Nokyong, Rokujo, Velvet Antler, Velvet of Young Deer Horn. *Cervus nippon*; *Cervus elaphus*.

Also Used For: Orally, Lu Rong/Deer velvet is used to boost strength and endurance, for muscle aches and pains, to promote youthfulness, increase mental clarity, as an aphrodisiac, to treat sexual dysfunction, to boost estrogen and testosterone levels, to counter the effects of stress, to improve immune system functioning, and to promote rapid recovery from illness. Lu Rong/Deer velvet is also used to improve fertility, for menstrual and menopause problems, to reduce hormone replacement therapy dose, to reduce cholesterol and high blood pressure, for liver and kidney disorders, to protect the liver from toxins, for migraines, asthma, indigestion, osteoporosis, and acne. Lu Rong/Deer velvet is also used for its anticancer and anti-inflammatory properties, as a source of growth factors IGF-1 & IGF-2, to stimulate production and circulation of blood, to increase blood count, and lower the level of free radicals. Herbal Combinations, Lu Rong/Deer velvet is used to improve athletic performance, for an anti-aging effect, arthritis and osteoporosis, anemia, gonadotropic disorders, gynecological disorders, skin conditions, tissue and bone rejuvenation. Lu Rong/Deer velvet can also be used to increase mental capacity and performance, increase blood circulation to the brain, reduce early stages of muscular degeneration, to improve eyesight and hearing, to help PMS, impotence, and reduce stress. Chinese Medicine, Lu Rong/Deer velvet has also been used to treat symptoms of impotence; cold extremities; soreness and weakness in the lower back and knees; leukorrhea; uterine bleeding; chronic skin ulcers; and frequent, copious, clear urination. It has also been used as a tonic for children with failure to thrive, mental retardation, learning disabilities, insufficient growth, or skeletal deformities including rickets. In Korean Medicine, Lu Rong/Deer velvet is used at the onset of winter to ward off infections.

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 8a – 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 is amenorrhea?
2. What is dysmenorrhea with cold deficiency?
3. What does “opens up lung Qi” mean?
4. What is leucorrhoea?
5. What is vaginal trichomonas infection?
6. What does “drains heart fire” mean?
7. What is leucorrhoea?
8. What is spermatorrhea?
9. Which Chinese herb stops chronic diarrhea?
10. Which Chinese herb is used topically for burns, bleeding, and contusions?
11. What is a tinea infections and which Chinese herb is used to heal it?
12. What is bursitis and which Chinese herb is used to heal it?
13. Which Chinese herb is used to improve fertility?