

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 8b

- Chinese Herbs Listed Alphabetically – Part 3: M-P

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

Ma Bo



Properties: PUNGENT - NEUTRAL

Dosage: 1.5 – 4.5g.

Fruiting Body of Puffball (*Lasiosphaera*)

Meridian: LUNG

- clears toxic lung fire – painful-swollen throat, loss of voice, cough
- applied topically to stop bleeding – oral cavity and lips

Ma Chi Xian



Properties: SOUR - COLD

Dosage: 15 – 60g.

Purslane (Portulaca)

Meridian: LARGE INTESTINE, LIVER

- clear toxic fire, cool blood – dysentery, lin syndrome
- clear damp heat, treats sores – carbuncles, red-white leucorrhea
- antidote – wasp sting, snakebite

Also Known As: Beccabunga, Mouth-Smart, Neckweed, Speedwell, Water Pimpernel, Water Purslane. Veronica beccabunga.

Also Used For: Orally, Ma Chi Xian/Brooklime is used for lessening the elimination of urine, constipation, liver complaints, dysentery, lung infection, and bleeding gums.

Ma Dou Ling



Properties: BITTER, PUNGENT - COLD

Dosage: 3 – 9g.

Birthwort Fruit

Meridian LARGE INTESTINE, LUNG

Family: Aristolochiaceae.

- clears lungs, transforms phlegm – cough, wheezing, heat signs
- hypertension, bleeding hemorrhoids

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 clematitis*; *Aristolochia fangchi*; *Aristolochia heterophylla*; *Aristolochia kwangsiensis*; *Aristolochia moupinensis*; *Aristolochia reticulata*; *Aristolochia serpentaria*; other *Aristolochia* species.

Also Used For: Orally, Ma Dou Ling/*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.

Ma Huang Gen



Properties: SWEET - NEUTRAL

Dosage: 3 – 10g.

Ephedra Root

Meridian: LUNGS

- deficiency sweating - night sweat, spontaneous sweat

Ma Huang



Properties: PUNGENT, BITTER - WARM

Dosage: 3 – 9g.

Ephedra Stem

Meridian: LUNG, BLADDER

- release exterior, disperse cold – wind-cold, chills, fever, headache, no sweating
- helps move lung Qi – controls wheezing, cough
- promotes urination – reduce edema

Also Known As: Cao Mahuang, Desert Herb, Ephedrae herba, Ephedra sinensis, Herbal Ecstasy, Joint Fir, Mahuang, Ma Huang, Ma-Huang, Mahuanggen (ma huang root), Muzei Mahuang, Popotillo, Sea Grape, Teamster's Tea, Yellow Astringent, Yellow Horse, Zhong Mahuang.

Western Herbology: Orally, ephedra can be used for weight loss and increase athletic performance. It is also used for allergies and allergic rhinitis; nasal congestion; and respiratory tract conditions such as bronchospasm, asthma, and bronchitis. It is also used orally for colds, flu, fever, chills, headache, edema, anhidrosis, joint and bone pain, and as a diuretic for edema.

Safety: Use of ephedra can cause severe life-threatening or disabling adverse effects in some people. Reports have linked long term ephedra use to hypertension, myocardial infarction, seizure, stroke,

Ma Qian Zi



Properties: BITTER - COLD/TOXIC

Dosage: 0.3 – 0.9g.

Nux-Vomica Seeds

Meridian: LIVER, SPLEEN

Family: Loganiaceae.

- unblock channels, disperse clumps – reduce swelling, alleviate pain
- abscess, yin-type ulcers, pain due to trauma, wind-damp obstruction

Also Known As: Brechnusssamen, Poison Nut, Quaker Buttons, Strychni Semen, Strychnos Seed. *Strychnos nux-vomica*.

Also Used For: Orally, nux vomica is used for impotence and for glycine encephalopathy. It is also used in combination for diseases of the gastrointestinal tract, organic and functional disorders of the heart and circulatory system, diseases of the eye, nervous conditions, depression, migraine, climacteric complaints, facial neuralgias (Sympatalgien), and Raynaud's disease. Historically, nux vomica has been thought of as an oral tonic, and used as an appetite-stimulant. It has also been used for diseases of the respiratory tract, anemia, and geriatric complaints. Nux vomica contains strychnine and brucine and has, therefore, been used in manufacturing. It is used as a rodenticide.

Mai Men Dong



Properties: SWEET/BITTER - COLD

Dosage: 6-15g.

Ophiopogon Tuber

Meridian: HEART, LUNG, STOMACH

- moisten lungs – dry cough – coughing up blood
- augments stomach Yin – generates fluid – dry tongue/mouth
- moistens intestines

Mai Ya



Properties: SWEET - NEUTRAL

Dosage: 6 – 15g.

Barley Sprout Malt

Meridian: LIVER, SPLEEN, STOMACH

- reduce food stagnation, strengthen stomach
- inhibit lactation (30g raw + 30g cooked = 60g decoction)
- regulates liver Qi

Man Jing Zi



Properties: BITTER, PUNGENT - COOL

Dosage: 6 – 12g.

Vitex Fruit

Meridian: BLADDER, LIVER, STOMACH

- expel wind, clear heat – headache with eye pain
- wind-heat in liver – excessive tearing, red-painful-swollen eyes, floaters
- drains damp, expel wind – stiff-numb-cramping-heavy limbs

Mang Xiao



Properties: PUNGENT, BITTER, SALTY - COLD

Dosage: 3 – 9g.

$\text{Na}_2\text{SO}_4 \cdot 10\text{H}_2\text{O}$

Meridian STOMACH, LARGE INTESTINE

- purge accumulations, guides out stagnation, soften hardness
- clears heat, reduces swelling.

Mi Meng Hua



Properties: SWEET - COOL

Dosage: 3 – 9g.

Buddleia Flower Bud

Meridian: LIVER

- benefits eyes – red-swollen eyes, excessive tearing, light sensitivity

Ming Fan



Properties: SOUR, ASTRINGENT - COLD

Dosage: 0.6 – 3g.

Alum

Meridian: LARGE INTESTINE, LIVER, LUNG, SPLEEN, STOMACH

- relieve toxicity, kills parasites, dry damp, alleviate itch
- topical wash for scabies, ringworm, damp or damp heat rash
- swollen painful eyes-throat and jaundice
- stop bleeding, alleviate diarrhea – chronic blood in diarrhea/urine, hemorrhoidal bleeding, nosebleed, bleeding gums, any external bleeding
- clear heat, expel phlegm, wind phlegm – irritability, delirium, convulsions, cough with thick sticky sputum

Mo Yao



Properties: BITTER - NEUTRAL

Dosage: 3 – 12g.

Myrrh

Meridian: HEART, LIVER, SPLEEN

Family: Burseraceae.

- invigorate blood, dispel blood stasis, alleviate pain
- relax sinews, promotes movement of Qi, Bi-syndrome
- reduce swellings, generates flesh (yin carbuncles)

Also Known As: Abyssinian Myrrh, African Myrrh, Arabian Myrrh, Bal, Balsamodendron Myrrha, Bdellium, Bol, Bola, Commiphora, Didin, Didthin, Guggal Gum and Resin, Gum Myrrh, Heerabol, Opopanax, Somalien Myrrh, Yemen Myrrh. *Commiphora molmol*, synonyms *Commiphora abyssinica*, *Commiphora madagascariensis*; *Commiphora myrrha*; other *Commiphora* species; *Commiphora erythraea*.

Also Used For: Topically, Mo Yao/Myrrh is used for mild inflammation of the oral and pharyngeal mucosa, aphthous ulcers, gingivitis, and chapped lips. Folk medicine, Mo Yao/Myrrh is used orally for indigestion, ulcers, colds, cough, asthma, bronchial congestion, arthritic pain, cancer, leprosy, and syphilis. It is also used orally as a stimulant, antispasmodic, and to increase menstrual flow. Topically, myrrh is used in folk medicine for hemorrhoids, bedsores, wounds, abrasions, furunculosis, bad breath, and loose teeth. Foods and beverages, myrrh is used as a flavoring component. Manufacturing, myrrh is used as a fragrance and fixative in cosmetics. It is also used in embalming and as incense.

Mu Dan Pi



Properties: PUNGENT, BITTER - COOL

Dosage: 6 – 12g.

Tree Peony Root Cortex

Meridian: HEART, LIVER, KIDNEY

Family: Paeoniaceae.

- clear heat, cool blood – nose bleed, bloody sputum, profuse menses
- clear deficient fire – steaming bone, no sweating
- clears liver blood stasis – amenorrhea, abdominal mass, bruise's
- clears rising liver fire – headache, eye pain, dysmenorrhoea
- drains pus, reduces swelling – topically for non-draining sores

Also Known As: European Peony, Paeonia, Paeoniae Radix, Piney, Mu Dan Pi Paeonia mascula; Paeonia officinalis.

Also Used For: Orally, Mu Dan Pi/Peony root is used for spasms. It is also used for epilepsy, excitability, whooping cough, arthritis, bowel complaints, as an emetic, and for inducing menstruation. Herbal combinations, Mu Dan Pi/Peony root is used for arthritis, GI tract diseases, the heart and circulatory system, neuralgia, migraines, as a tonic, and for chronic fatigue syndrome.

Mu Fang Ji



Properties: BITTER, PUNGENT - COLD

Dosage: 3 – 9 g.

Aristolochia Root (stephania)

Meridian: BLADDER, SPLEEN, KIDNEY

Family: Aristolochiaceae.

- expel wind-damp, alleviate pain
- hot bi syndrome
- 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 clematitis*; *Aristolochia fangchi*; *Aristolochia heterophylla*; *Aristolochia kwangsiensis*; *Aristolochia moupinensis*; *Aristolochia reticulata*; *Aristolochia serpentaria*; other *Aristolochia* species.

Also Used For: Orally, Fang Ji/*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.

Mu Gua



Properties: SOUR - WARM

Dosage: 4.5 – 12g.

Quince Fruit

Meridian: LIVER, SPLEEN

Family: Rosaceae.

- relax sinews and muscles - dispel cold-Bi, calf cramps
- harmonize stomach, reduce food stagnation

Also Known As: *Cydonia oblongata*, Mu Gua

Also Used For: Orally, Mu Gua/Quince is used for digestive disorders, diarrhea, coughs, and gastrointestinal inflammation. Topically, Mu Gua/Quince is used as a compress or poultice for injuries, inflammation of the joints, injuries of the nipples, and gashed or deeply cut fingers. A topical lotion is used to soothe the eyes.

Mu Li



Properties: SALTY, ASTRINGENT - COOL

Dosage: 15 – 30g.

Oyster Shell

Meridian: LIVER, KIDNEY

COOK 20–30 MIN EXTRA

- calms spirit – palpitations, anxiety, restlessness, insomnia
- benefits Yin, anchors floating Yang – irritable, H/A, tinnitus
- prevents leakage of fluids due to deficiency
- softens hardness, dissipate nodules – lumps, scrofula, goiter
- absorbs acidity – stomach pain, sour taste in mouth

Also Known As: Oyster Shell Calcium

Similar To: Bone Meal, Calcium Acetate, Calcium Aspartate, Calcium Carbonate, Calcium Chelate, Calcium Chloride, Calcium Citrate, Calcium Citrate Malate, Calcium Gluconate, Calcium Lactate, Calcium Lactogluconate, Calcium Orotate, Calcium Phosphate, Di-calcium Phosphate, Dicalcium Phosphate, Heated Oyster Shell-Seaweed Calcium, Hydroxyapatite, Oyster Shell Calcium, Tricalcium Phosphate. Calcium; Ca; atomic number 20.

Calcium Is Good For: Orally, calcium is used for treatment and prevention of hypocalcemia, osteoporosis, rickets, and latent tetany. It is also used orally for hypoparathyroidism, osteomalacia, premenstrual syndrome (PMS), leg cramps associated with pregnancy, and reducing the risk of colorectal cancer. Calcium is also used orally for diarrhea and rectal epithelial hyperproliferation following intestinal bypass, reducing excess fluoride levels in children, hypertension, and high low-density lipoprotein (LDL) levels. Calcium carbonate is used orally as an antacid. Calcium carbonate and calcium acetate are also used orally as phosphate binders in renal failure. Intravenously, calcium gluconate, acetate, gluceptate or chloride are used for severe hypocalcemia and hypocalcemic tetany, and during cardiopulmonary resuscitation. Calcium gluconate and gluceptate are also given intramuscularly when intravenous administration is not possible.

Mu Tong



Properties: BITTER - COOL

Dosage: 3 – 9g.

Akebia Vine

Meridian: BLADDER, HEART, SMALL INTESTINE

- promote urination, drain heat from heart through the small intestine.
- promotes lactation, Un-blocks blood vessels.

Mu Xiang



Properties: PUNGENT, BITTER - WARM

Dosage: 1.5 – 9g

Costus Root

Meridian: GALLBLADDER, LARGE INTESTINE, SPLEEN, STOMACH

Family: Asteraceae or Compositae.

- promote movement of Qi, alleviate pain (ST&AB Pain), TENESMUS
- reg. Stagnated Qi in intestines, clears damp heat
- Jaundice, Dysentery, Diarrhea
- strengthen spleen, digestive disorders

Also Known As: Auckland Costus, Mokko, Mekkou, Mu Xiang. *Saussurea lappa*, synonym *Aucklandia costus*.

Also Used For: Orally, costus root is used as an anti-nematode therapy.

Mu Zei



Properties: SWEET, BITTER - NEUTRAL

Dosage: 3 – 9g.

Scouring Rush (Shave Grass)

Meridian: LIVER, LUNG

Family: Equisetaceae.

- disperse wind-heat – red-painful eyes, blurred vision, pterygium
- clear heat, stop bleeding – blood in stool, haemorrhoids

Also Known As: Bottle Brush, Corn Horsetail, Dutch Rushes, Equisetum, Field Horsetail, Horse Tail, Horse Willow, Horsetail Grass, Horsetail Rush, Paddock-Pipes, Pewterwort, Prele, Scouring Rush, Souring Rush, Shave Grass, Shavegrass, Toadpipe. *Equisetum arvense*; *Equisetum telmateia*.

Also Used For: Orally, Mu Zei/Horsetail is used for diuresis, edema, kidney and bladder stones, urinary tract infections, and general disturbances of the kidney and bladder. It is also used for alopecia, tuberculosis, brittle fingernails, rheumatic diseases, gout, frostbite, profuse menstruation, and nasal, pulmonary, and gastric hemorrhage. Topically, Mu Zei/Horsetail is used for supportive treatment of wounds and burns.

Nan Gua Zi



Properties: SWEET - NEUTRAL

Dosage: 30 – 60 g.

Pumpkin Seeds

Meridian LARGE INTESTINE, STOMACH

Family: Cucurbitaceae.

- expel parasites, alleviate pain – tape worms, round worms, schistosomiasis
- benefit post partum fluid metabolism – post partum hand and feet swelling, aids in lactation

Also Known As: Cucurbita peponis semen, Field Pumpkin, Pepo, Pumpkin Seed. Cucurbita pepo.

Also Used For: Orally, Nan Gua Zi/Pumpkin is used for dysuria secondary to benign prostatic hyperplasia (BPH), bladder irritation, treating intestinal worms, and treating pyelonephritis. In combination, pumpkin is used in an herbal combination to treat symptoms of BPH. Roasted pumpkins seeds are considered a snack food.

Nan Xing



Properties: PUNGENT, BITTER - WARM/TOXIC

Dosage: 4.5 – 9g.

Jack In the Pulpit Rhizome

Meridian: LUNG, LIVER, SPLEEN

- dry dampness, expel phlegm (drying aspect stronger than ban xia)
- disperse wind phlegm in channels, stops spasm
- reduce swelling, alleviate pain, deep rooted sores, yin type abscess.
- Caution with pregnancy

(ZHI / TIAN) Nan Xing = prepared with fresh ginger (Sheng Jiang)

(DAN) Nan Xing = prepared with cow bile (good for Heat phlegm)

Niu Bang Zi



Properties: PUNGENT, BITTER - COLD

Dosage: 3 – 9g.

Great Burdock Fruit (Arctium)

Meridian: LUNG, STOMACH

Family: Asteraceae or Compositae.

- expel wind-heat, benefits throat – fever, cough, sore-red-swollen throat
- clear heat, relieve toxicity – red swellings, carbuncles, mumps, rashes
- moisten intestines – constipation due to wind-heat

Also Known As: Arctium, Bardana, Bardanae Radix, Bardane, Beggar's Buttons, Burr Seed, Clotbur, Cocklebur, Cockle Buttons, Edible Burdock, Fox's Clote, Great Bur, Great Burdocks, Happy Major, Hardock, Harebur, Lappa, Love Leaves, Personata, Philanthropium, Thorny Burr. *Arctium lappa*; *Arctium minus*; *Arctium tomentosum*.

Also Used For: Orally, Niu Bang Zi/Burdock is used as a diuretic, "blood purifier", antimicrobial, antipyretic, and to treat anorexia nervosa, GI complaints, rheumatism, gout, cystitis, and chronic skin conditions including acne and psoriasis. Topically, Niu Bang Zi/Burdock is used for dry skin (ichthyosis) and eczema. Folk medicine, burdock is used for treating colds, catarrh, cancers, and as an aphrodisiac. Historically, burdock has been used in the treatment of gout and syphilitic disorders. Food, burdock is consumed in Asia.

Niu Xi



Properties: BITTER, SOUR - NEUTRAL

Dosage: 9 – 15g.

Achyranthes Root

Meridian: LIVER, KIDNEY

- invigorates blood, expels blood stasis
- strengthen sinews/bones/joints
- clears damp heat in lower burner
- brings blood downward

Nu Zhen Zi



Properties: BITTER, SWEET – NEUTRAL

Dosage: 4.5-15g.

Privet Fruit

Meridian: KIDNEY, LIVER

- liver/kidney Yin deficiency – dizzy, floaters, weak knees
- clears deficient heat
- improves vision

Ou Jie



Properties: SWEET, ASTRINGENT - NEUTRAL

Dosage: 9 – 15g.

Lotus Rhizome Nodes

Meridian LUNG, STOMACH, LIVER

FRESH: 30 – 60g.

- stop bleeding, breaks up blood stasis, lung and stomach heat – vomiting blood, coughing blood

Pei Lan



Properties: PUNGENT – NEUTRAL

Dosage: 4.5 – 9g.

Orchid Stalk / Leaf

Meridian: SPLEEN, STOMACH

Family: Orchidaceae.

- aromatically transforms middle burner dampness – halitosis
- excess drool – summer heat

Also Known As: Cuckoo Flower, Levant Salep, Orchid, Sahlep, Saloop, Satyrion. *Orchis morio*.

Also Used For: Orally, Pei Lan/Salep is used for diarrhea (particularly in children), heartburn, flatulence, and indigestion.

Pi Pa Ye



Properties: BITTER - COOL

Dosage: 4.5 – 12g.

Loquat Leaf

Meridian LUNG, STOMACH

FRESH: 15 – 30g.

- transform phlegm, clears lung heat – lung Qi up surging, cough
- harmonize stomach, clear stomach heat, redirects rebel stomach Qi
- nausea, vomit, hiccups, belching

Pu Gong Ying



Properties: BITTER, SWEET - COLD

Dosage: 9 – 30g.

Dandelion

Meridian: LIVER, STOMACH

Family: Asteraceae or Compositae.

- clear toxic heat and fire – liver heat with red-swollen-painful eyes
- dissipates nodules and abscess – firm-hard sores
- promotes lactation due to heat
- clear heat, resolves damp – jaundice, lin syndrome

Also Known As: Blowball, Cankerwort, Common Dandelion, Lion's Tooth, Pissenlit, Priest's Crown, Swine Snout, Taraxacum, Wild Endive. *Taraxacum officinale*, synonyms *Leontodon taraxacum*, *Taraxacum vulgare*.

Also Used For: Orally, Pu Gong Ying/Dandelion plant is used for gallstones, bile stimulation, muscle aches, low urine output, indigestion, constipation, flatulence, as a tonic, and in anti-smoking preparations. Also In Chinese medicine, Pu Gong Ying/Dandelion plant is used for treating breast cancer. Traditionally, Pu Gong Ying/Dandelion plant has been used orally for diabetes, rheumatic conditions, heartburn, bruises, gout, stiff joints, eczema, and cancer. Food uses, dandelion leaves are added to salads. The roasted root and extract are used as coffee substitutes. Food Manufacturing, dandelion plant is a flavoring component for foods as well as beverages.

Pu Huang



Properties: SWEET, PUNGENT - NEUTRAL

Dosage: 4.5 – 12g.

Cattail Pollen (Bulrush)

Meridian: LIVER, HEART, SPLEEN

- stop bleeding – external and internal – traumatic injury, uterine bleeding, vomiting blood, nosebleed, coughing blood, blood in urine or stool
- invigorate blood, dispel stasis – chest pain, postpartum abdominal pain, dysmenorrhea

CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 8b – 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 “clears toxic lung fire” mean?
2. Which Chinese herb is an antidote for a wasp sting and snakebite?
3. Which Chinese herb regulates liver Qi?
4. Which Chinese herb is a topical wash for scabies and ringworm?
5. Which Chinese herb helps with bleeding hemorrhoids?
6. Which Chinese herb is used as a topical lotion to soothe the eyes?
7. Which Chinese herb is used to drain pus and reduce swelling?
- 8.