

## CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 9

- Chinese Herbs Listed Alphabetically – Part 4: Q-S

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

### Qian Cao Gen



Properties: BITTER - COLD

Dosage: 6 – 9g.

Rubia Root

Meridian: HEART, LIVER

- cool blood to stop bleeding
- invigorates blood to dispel blood stasis
- chronic skin rash – eczema

## Qian Hu



Properties: PUNGENT, BITTER - COOL

Dosage: 4.5 – 9g.

Hogfennel Root

Meridian: LUNG

- re-directs rebellious lung Qi downward, expels phlegm
- releases wind from the exterior

## Qian Shi



Properties: SWEET, ASTRINGENT - NEUTRAL

Dosage: 9 – 15g.

Euryale Seed

Meridian: KIDNEY, SPLEEN

- strengthen spleen – stop diarrhea
- stabilize kidney – nocturnal emission, premature ejaculation
- expels damp – damp heat or deficient leucorrhea

## Qiang Huo



Properties: PUNGENT, BITTER, AROMATIC - WARM

Dosage: 6 – 15g.

Notopterygium Root

Meridian: BLADDER, KIDNEY

- release exterior, disperse cold - chills, fever, headache, damp body ache
- unblocks painful obstruction – wind-cold-damp pain
- guiding herb to governing vessel and greater yang channel

## Qin Jiao



Properties: BITTER, PUNGENT - COOL

Dosage: 4.5 – 12g.

Gentiana Macrophylla Root

Meridian: GALLBLADDER, LIVER, STOMACH

Family: Gentianaceae.

- dispel wind-cold/hot-Damp, soothes sinews (muscle cramping) in extremities
- clears deficient heat
- paralysis caused by stroke

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, Qin Jiao 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, Qin Jiao is used for treating wounds and cancer. In 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. Traditional medicine, gentian has been used orally for diarrhea, gastritis, heartburn, and vomiting. In foods and beverages, gentian is used as an ingredient. In manufacturing, gentian is used in cosmetics.

## Qin Pi



Properties: BITTER - COLD

Dosage: 4.5 – 15g.

Bark of Korean Ash Branch

Meridian: GALLBLADDER, LIVER, STOMACH, LARGE INTESTINE

- drain damp heat – dysentery
- drain liver fire – eye disorders, visual obstruction
- clear wind-damp – painful hot obstruction

## Qing Dai



Properties: SALTY - COLD

Dosage: 1.5 – 3g.

Pulverata Levis

Meridian: LIVER, LUNG, STOMACH

- clear heat, relieves toxicity, cools blood, disperses swellings, topically for inflamed oral cavity or throat
- lung heat - cough

## Qing Hao



BITTER - COLD

Dosage: 3 – 9g.

Wormwood

Meridian: KIDNEY, LIVER, GALLBLADDER

Family: Asteraceae or Compositae

- clear summer heat – fever, headache, dizzy, stifling sensation in chest
- clear deficient fever – unremitting fever with no sweating
- cool blood, stop bleeding – purpuric rash, nosebleed
- malarial disorders – alternating fever and chills

Also Known As: Annual Mugwort, Annual Wormwood, Artemisinin, Chinese Wormwood, Ching-hao, Qing Hao, Qinghao, Qinghaosu, Sweet Wormwood. *Artemisia annua*.

Also Used For: Orally, Qing Hao/Sweet Annie is used for dysentery, dyspepsia, fever (antipyretic), jaundice, night-sweats, scabies, tuberculosis, cryptosporidiosis in people with AIDS, preventing pneumocystis carinii infections in people with AIDS, psoriasis, systemic lupus erythematosus and other auto-immune disorders, bacterial and fungal infections, malaria, inflammatory conditions, anorexia, circulatory disorders, common cold, constipation, gallbladder disorders, gastritis, nematode infestation, painful menstruation, and rheumatism. Topically, Qing Hao/Sweet Annie is used for bacterial and fungal infections, arthritis, rheumatism, bruises, neuralgia, and sprains. Also In Chinese medicine, Qing Hao/Sweet Annie is used orally for infections, fever, and malaria.



## Qing Pi



Properties: BITTER, PUNGENT - WARM

Dosage: 3 – 9g.

Green Tangerine Peel

Meridian: GALLBLADDER, LIVER, STOMACH

- liver Qi stagnation, mastitis/hypochondriac pain/irritable
- dissipates lumps (nodules), reduces food stagnation
- raise blood pressure

\*Do Not Use with Qi deficiency

## Qing Xiang Zi



Properties: SWEET - COOL

Dosage: 3 – 15g.

Celosia Seeds

Meridian: LIVER

- drains liver fire, clears wind – improves vision, red-painful eyes
- impaired-blurred vision – combine with Jue Ming Zi and Mi Meng Hua

## Qu Mai



Properties: BITTER - COLD

Dosage: 6 - 12g.

Dianthus

Meridian: BLADDER, HEART, SMALL INTESTINE

- promote urination, drain Damp Heat from bladder, lin syndrome- re lin, xue lin, stone lin
- breaks up blood stasis.

## Quan Xie



Properties: SALTY, PUNGENT – NEUTRAL/TOXIC

Dosage: 2.4 – 4.5g.

Scorpion TAIL 0.9-1.5g

Meridian: LIVER

- clears liver wind phlegm – convulsion, tetanus, seizures, tremors
- fire toxic nodules – topically on toxic sores, swellings
- unblocks collaterals – painful headaches

## Ren Shen



Properties: SWEET, BITTER - WARM

Dosage: 1-9g.

Ginseng Root

Meridian: LUNG, SPLEEN

Family: Araliaceae.

- strongly tonify yuan/original Qi – extreme Qi deficiency
- tonify lung Qi – respiratory disorders – asthma/dyspnea
- strengthen spleen Qi – lethargy – no appetite, chronic diarrhea, prolapsed organs, distended chest/abdomen
- generates fluids – stops thirst
- benefits heart Qi – calms spirit
- Do Not Take tea, turnips, LiLu, Wu Ling Zhi, Zao Jia

Also Known As: Asian Ginseng, Asiatic Ginseng, Chinese Ginseng, Ginseng, Ginseng Asiatique, Ginseng Radix, Ginseng Root, Guigai, Japanese Ginseng, Jintsam, Korean Ginseng, Korean Panax Ginseng, Korean Red Ginseng, Ninjin, Oriental Ginseng, Panax Ginseng, Radix Ginseng Rubra, Red Ginseng, Ren Shen, Renshen, Renxian, Sang, Seng, White Ginseng. Panax ginseng, synonym Panax schinseng.

Also Used For: Orally, (Ren Shen) Panax ginseng is used as a so-called "adaptogen" for increasing resistance to environmental stress and as a general tonic for improving well-being. It is also used for stimulating immune function, improving physical and athletic stamina, and improving cognitive function, concentration, memory, and work efficiency. It is also used orally for depression, anxiety, Pseudomonas infection in cystic fibrosis, chronic bronchitis, irritated or inflamed tissues, and as a diuretic. (Ren Shen) Panax ginseng is also used orally for anemia, diabetes, gastritis, neurasthenia, erectile dysfunction, impotence and male fertility, fever, hangover, and asthma. It is also used orally for bleeding disorders, loss of appetite, vomiting, colitis, dysentery, cancer, insomnia, neuralgia, rheumatism, dizziness, headache, convulsions, disorders of pregnancy and childbirth, hot flashes due to menopause, and to slow the aging process. Topically, (Ren Shen) Panax ginseng is used as part of a multi-ingredient preparation for treating premature ejaculation. Manufacturing, Panax ginseng is used to make soaps, cosmetics, and as a flavoring in beverages.

## Rou Cong Rong - Rou Chong Rong



Properties: SWEET, SALTY - WARM

Dosage: 9-21g.

Fleshy Stem of Broomrape

Meridian: KIDNEY, LARGE INTESTINE

- tonify kidney, strengthen yang – reproductive/urinary disorders
- warms womb – infertility, excessive uterine bleeding, leukorrhea
- moistens intestines – constipation

## Rou Dou Kou



Properties: PUNGENT - WARM

Dosage: 1.5 - 9g.

Nutmeg Seeds

Meridian: LARGE INTESTINE, SPLEEN, STOMACH

Family: Myristicaceae.

- binds intestines, stops chronic/daybreak diarrhea
- warms middle burner, moves Qi - alleviates pain in abdomen, vomiting

Also Known As: Mace, Macis, Muscadier, Muskatbuam, Muskatnuss, Myristica, Myristicae Aril, Myristicae Semen, Noix Muscade, Nuez Moscada, Nutmeg, Nux Moschata. *Myristica fragrans*, synonym *Myristica officinalis*.

Also Used For: Orally, Rou Dou Kou is used for diarrhea, nausea, gastric spasms, flatulence, and gastric mucosal inflammation. It is also used for cancer, kidney disease, insomnia, increasing menstrual flow, inducing abortion, as a hallucinogen, and a general tonic. Topically, Rou Dou Kou is used as an analgesic, especially for rheumatism, mouth sores, and toothache. Foods, nutmeg and mace are used as culinary spices. In foods and beverages, nutmeg, nutmeg oil, mace, and mace oil are used as flavor components. Manufacturing, nutmeg oil is used as a fragrance component in soaps and cosmetics.

## Rou Gui



Properties: PUNGENT, SWEET - HOT

Dosage: 1.5 – 4.5g.

Dried Cinnamon Bark

Meridian: HEART, KIDNEY, LIVER, SPLEEN

Family: Lauraceae.

- fortifies kidney yang – warms deficient kidney yang & Qi
- leads floating yang fire back to its source(KD) upper heat & lower cold
- disperse deep cold – warms chan.–alleviate pain due to blood/Qi stag
- encourages generation of Qi & blood
- dysmenorrhoea

Also Known As: Batavia Cassia, Batavia Cinnamon, Ceylon Cinnamon, Cinnamomum, Padang-Cassia, Panang Cinnamon, Saigon Cassia, Saigon Cinnamon. Cinnamomum verum, synonym Cinnamomum zeylanicum, Laurus Cinnamomum.

Also Used For: Orally, Rou Gui is used as an antispasmodic, antiflatulent, appetite stimulant, antidiarrheal, antimicrobial, anthelmintic, and for treating the common cold and influenza. Topically, Rou Gui is used as part of a multi-ingredient preparation for treating premature ejaculation. Historically, Rou Gui has been used for GI upset and dysmenorrhea. For food uses, cinnamon is commonly consumed as a spice in food and a flavoring agent in beverages. Manufacturing, the volatile oil is commonly used in small amounts in toothpaste, mouthwashes, gargles, lotions, liniments, soaps, detergents, and other pharmaceutical products and cosmetics.



## Ru Xiang



Properties: PUNGENT, BITTER - WARM

Dosage: 3 – 9g.

Frankincense

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: Bible Frankincense, Olibanum. *Boswellia carteri*.

Also Used For: Orally, frankincense is used for colic and flatulence. Topically, frankincense is used in hand cream. The essential oil of frankincense is used topically and by inhalation as an analgesic.

## San Leng



Properties: PUNGENT, BITTER - NEUTRAL

Dosage: 3 – 9g.

Scirpus Rhizome

Meridian: LIVER, SPLEEN

- breaks up blood stasis, promotes movement of Qi, alleviates pain
- dissolves food stagnation (accumulations)

## San Qi (Tian Qi)



Properties: SWEET, BITTER - WARM

Dosage: 1 – 3g.

Notoginseng / Pseudoginseng root

Meridian: LIVER, STOMACH, LARGE INTESTINE

- stop bleeding – transform blood stasis – int. & ext. bleeding
- can stop bleeding without causing blood stasis
- traumatic injuries – alleviate pain, reduce swelling

Also Known As: Field Seven, Pseudoginseng Root, Samch'il, San Qi, San Qui, Sanshichi, Three Seven, Panax pseudodinseng; Panax notoginseng; Panax zingiberensis.

Also Used For: Orally, panax pseudoginseng is used as a hemostatic, for vomiting and coughing up blood, blood in the urine or stool, nosebleed, and hemorrhagic disease. It is also used to relieve pain, and to reduce swelling, blood cholesterol, and blood pressure. Panax pseudoginseng is also used for angina, dizziness, and acute sore throat. Topically, Panax pseudoginseng is used to stop bleeding (yunan baiyao) In combination with seven other herbs (PC-SPES), Panax pseudoginseng is used to treat prostate cancer.

## Sang Bai Pi



Properties: SWEET - COLD

Dosage: 6 – 15g.

Mulberry Root Bark

Meridian LUNG, SPLEEN

- lung heat – cough, wheezing
- promote urination, reduce edema, lung heat obstructs lung Qi movement, no sweating, edema, fever, thirst

## Sang Ji Sheng



Properties: BITTER - NEUTRAL

Dosage: 9-30G.

Mulberry Mistletoe Stem

Meridian: KIDNEY, LIVER

- liver/kidney Yin deficiency, strengthen sinews/bones
- expel wind-damp – Bi-syndrome
- nourish def. blood, calm womb, uterine bleeding-dry scaly skin

## Sang Piao Xiao



Properties: SWEET, SALTY - NEUTRAL

Dosage: 3 – 9g.

Mantis Egg Case

Meridian: KIDNEY, LIVER

- tonify kidneys – aids Yang, retains essence, incontinence, spermatorrhea, enuresis in children

## Sang Ye



Properties: SWEET, BITTER - COLD

Dosage: 4.5 – 15g.

White Mulberry Leaf

Meridian: LIVER, LUNG

- expel wind, clear lung heat – fever, headache, sore throat, cough, dry mouth, thick yellow sputum
- clear liver – red-sore-dry-painful eyes, floaters
- cool blood, stop bleeding – vomiting blood

## Sang Zhi



Properties: BITTER, SWEET - COOL

Dosage: 10 – 30g.

Mulberry Twig

Meridian: LIVER

- dispel wind-heat -Bi, upper extremities, benefits joints
- damp-heat, reduce edema.



## Sha Ren



Properties: PUNGENT – WARM, AROMATIC

Dosage: 1.5 – 6g.

Cardamon Seed

Meridian: SPLEEN, STOMACH

- transform damp, stop vomit
- promote movement of Qi, strengthen spleen
- harmonize stomach, stop diarrhea
- calm fetus, morning sickness

## Sha Shen



Properties: SWEET/BITTER - COOL

Dosage: 9-15g.

Glehnia Root

Meridian: LUNG, STOMACH

- moistens lungs – non-productive cough
- nourish stomach - generates fluids – clears heat
- moisten exterior – dry itchy skin aggravated by cold & dry

## Sha Yuan Ji Li



Properties: SWEET - WARM

Dosage: 6 – 15g.

Milkvetch Seed (Astragalus Seed)

Meridian: KIDNEY, LIVER

- tonify kidney yang, secures essence – lower back pain, tinnitus,
- impotence, premature ejaculation, frequent urination, incontinence, leucorrhea
- strengthen kidney and liver – poor vision, blurred vision

## Shan Yao



Properties: SWEET - NEUTRAL

Dosage: 9-30g.

Chinese Yam

Meridian: KIDNEY, LUNG, SPLEEN

- tonify spleen & stomach Qi & Yin
- tonify lung Qi & Yin
- strengthen Kidney Yin & Yang

## Shan Zha



Properties: SWEET, SOUR - WARM

Dosage: 9 – 15g.

Hawthorn Fruit

Meridian: LIVER, SPLEEN, STOMACH

Family: Rosaceae.

- reduces & guides out food stagnation
- transforms blood stasis - dissipates clumps
- hypertension

Also Known As: Aubepine, Bianco spino, Crataegi Flos, Crataegi Folium, Crataegi Folium Cum Flore, Crataegi Fructus, English Hawthorn, Epine Blanche, Epine de Mai, Haagdorn, Hagedorn, Harthorne, Haw, Hawthorn Extract, Hawthorn Flower, Hawthorn Fruit, Hawthorn Leaf, Hawthorne, Hedgethorn, May, Maybush, Maythorn, Mehlbeebaum, Meidorn, Nan Shanzha, Oneseed Hawthorn, Shanzha, Weissdorn, Whitehorn, *Crataegus laevigata*, synonym *Crataegus cuneata*; *Crataegus oxyacantha*; *Crataegus monogyna*; *Crataegus pinnatifida*.

Also Used For: Orally, hawthorn is used for cardiovascular conditions such as congestive heart failure (CHF), coronary circulation problems, and arrhythmias. It is also used to increase cardiac output reduced by hypertension or pulmonary disease, to treat both hypotension and hypertension, atherosclerosis, hyperlipidemia, and Buerger's disease. Hawthorn is also used as a sedative, antispasmodic, astringent, and diuretic. It is also used for gastrointestinal conditions such as indigestion, enteritis, epigastric distension, diarrhea, and abdominal pain. Hawthorn fruit is also used orally to treat tapeworm infections, acute bacillary dysentery, and amenorrhea. Topically, hawthorn leaf is used as a poultice for boils, sores, and ulcers. Hawthorn fruit preparations are used as a wash for sores, itching, and frost bite. Manufacturing, hawthorn fruit is used for making candied fruit slices, jam, jelly, and wine.

## She Chuang Zi



Properties: PUNGENT, BITTER - WARM

Dosage: 3 – 12g.

Cnidium Seeds

Meridian: KIDNEY

- dry damp, kills parasites, stop itch – topically – weeping, itchy skin lesion, scabies, ringworm
- warm kidney, strengthen yang – impotence, infertility, cold womb
- disperse cold, expel wind, dry damp – leucorrhea, lower back pain

## Shen Gu



Properties: SWEET, PUNGENT - WARM

Dosage: 6 – 15g.

Medicated Leaven

Meridian: SPLEEN, STOMACH

- reduce food stagnation, strengthen stomach
- aids in mineral digestion and absorption
- excess alcohol / wheat ingestion causing stagnation

## Sheng Di Huang



Properties: SWEET, BITTER - COLD

Dosage: 9 – 30g.

Rehmannia

Meridian: HEART, KIDNEY, LIVER

- clear heat, cool blood – high fever, thirst, scarlet tongue
- nourish yin, generate fluids – dry mouth, constipation
- cools ascending heart fire – cankers, irritability, insomnia, malar flush
- wasting thirst disorder



## Sheng Jiang



Properties: PUNGENT - WARM

Dosage: 3 – 9g.

Fresh Ginger Rhizome

Meridian: LUNG, SPLEEN, STOMACH

Family: Zingiberaceae.

- release exterior, disperse cold in middle jiao – vomiting
- disperse cold phlegm in lung – chronic and acute cough
- reduce toxicity of other herbs or treating overdoses
- adjusts ying and wei Qi for sweating without improvement

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, antiflatulent, and antacid preparations.

## Sheng Ma



Properties: PUNGENT, SWEET - COOL

Dosage: 1.5 – 9g.

Black Cohosh Rhizome (Bugbane Rhizome)

Meridian: LARGE INTESTINE, LUNG, SPLEEN, STOMACH

Family: Liliaceae.

- release exterior, vents measles – accelerates early stages of skin rash
- clear heat, relieve toxicity – toxins in upper or superficial areas, swelling-painful-sore gums/lips/throat
- raise Yang, spleen Qi sinking – short of breath, fatigue, prolapse
- guides other herbs upwards

Also Known As: American Veratrum, American White Hellebore, Bugbane, Devil's Bite, Earth Gall, False Hellebore, Green Hellebore, Green Veratrum, Indian Poke, Itchweed, Tickleweed, Veratro Verde. *Veratrum viride*.

Also Used For: Folk medicine, Bugbane, Sheng Ma has been used orally as an antispasmodic, diuretic, sedative, and antipyretic. Sheng Ma has also been used orally for hypertension. Manufacturing, American hellebore has been used as an insecticide.

## Shi Chang Pu



Properties: PUNGENT - WARM, AROMATIC

Dosage: 3 – 9g.

Sweetflag Rhizome

Meridian HEART, STOMACH

- open orifices, vaporize phlegm, quiet spirit – sensory orifice disorder due to phlegm – deafness, dizziness, poor memory, dulled sensation, seizures
- harmonize middle burner, transform turbid damp, abdominal pain
- wind-cold- damp – painful obstruction, trauma and sores

## Shi Di



Properties: BITTER, ASTRINGENT - NEUTRAL  
Dosage: 6 – 12g.  
Persimmon Calyx  
Meridian LUNG, STOMACH

- direct stomach Qi down – stop hiccup and belching

## Shi Gao



Properties: SWEET, PUNGENT - COLD

Dosage: 9 – 30g.

Gypsum

Meridian: LUNG, STOMACH

- clear heat, drain fire – high fever with no chill, excessive thirst and sweat
- clear excess lung heat – cough, wheezing, fever, thick yellow sputum
- clears blazing stomach fire – headache, toothache, painful gums, halitosis
- topically – eczema, burns, ulcerated sores

## Shi Hu



Properties: SWEET, SALTY, BLAND - COLD

Dosage: 6-15g.

Dendrobium Stem

Meridian: KIDNEY, STOMACH

- nourish Yin, clear deficient heat, generate fluids – severe thirst
- brighten vision, strengthen lower back
- nourish stomach Yin – dry heaves, wasting/thirsting disorder

## Shi Jue Ming



Properties: SALTY - COLD

Dosage: 9 – 30g.

Abalone Shell

Meridian: KIDNEY, LIVER

- drains liver fire and ascending yang – headache, dizziness, red eyes
- liver heat disturbing vision – photophobia, pterygium, visual obstruction

## Shi Jun Zi



Properties: SWEET - WARM  
Dosage: 4.5 – 12g.  
Rango Creeper Fruit  
Meridian SPLEEN, STOMACH

- kills parasites, - roundworms
- strengthen spleen – dissolve accumulation – nutritional impairment, abdominal distention, poor appetite, weakness



## Shi Liu Pi



Properties: SOUR, ASTRINGENT - WARM/TOXIC

Dosage: 3 – 9g.

Pomegranate Husk

Meridian: KIDNEY, LARGE INTESTINE, STOMACH

Family: Punicaceae.

- binds intestines – deficiency diarrhea/dysentery, rectal prolapse
- stabilize kidney, retain essence –spermatorrhea, uterine bleed, leucorrhea
- parasites – expels tapeworm, roundworm, ringworm

Also Known As: Granada, Grenadier, Shi Liu Gen Pi, Shi Liu Pi. *Punica granatum*.

Also Used For: Orally, Shi Liu Pi is used for tapeworm infestations and opportunistic intestinal worms. It is also used as an astringent, for diarrhea and dysentery, and as an abortive. Topically, pomegranate is used as a gargle for sore throat and to treat hemorrhoids.

## Shi Wei



Properties: BITTER, SWEET - COOL

Dosage: 3 - 9g.

Pyrosia Leaves

Meridian: BLADDER, LUNG

- promote urination, drain damp heat from bladder, re lin, xue lin, stone lin
- stops bleeding
- clears lung. expel phlegm, relieve cough

## Shu Di Huang



Properties: SWEET – WARM

Dosage: 9-30g.

Rehmannia Chinese Fox Glove

Meridian: HEART, KIDNEY, LIVER

- tonify blood – nourish Yin
- nourish blood – enriches essence

## Shui Zhi



Properties: SALTY, BITTER - NEUTRAL/TOXIC

Dosage: 1.5 – 3g.

Leech

Meridian: LIVER, BLADDER

- breaks up blood stasis, reduces immobile masses – amenorrhea, trauma

Also Known As: Fresh Water Leech, Leeches, Medicinal Leech. *Hirudo medicinalis*.

Also Used For: Topically, leeches are used for stimulating blood flow and relieving venous congestion at postoperative surgical flap sites and at sites of surgical reattachment, such as fingers, toes, or ears. They are also used for hematoma drainage; varicose veins; purpura fulminans; macroglossia; bladder extrophy; infectious myocarditis; and ear diseases including tinnitus, otitis media, and acute external otitis.

## Si Gua Luo



Properties: SWEET - NEUTRAL

Dosage: 6 – 12g.

Dried Vegetable Sponge

Meridian: LUNG, STOMACH, LIVER

Family: Cucurbitaceae.

- expel wind, damp heat obstructing channels – sore chest and flank areas
- sore muscles and sinews, stiff joint, traumatic injury, breast abscess
- expel phlegm, lung heat – high fever, chest pain, sticky sputum
- expel summer heat - promote urination
- breasts – swollen-painful breasts, insufficient lactation

Also Known As: Angled Loofah, Dishcloth Sponge, Loofa, Loofah, Luffaschwamm, Sigualuo, Silky Loofah, Smooth Loofah, Sponge Cucumber, Vegetable Sponge, Water Gourd. *Luffa aegyptiaca*; *Luffa acutangula*; *Luffa cylindrica*.

Also Used For: Orally, Si Gua Luo is used for treating and preventing colds, nasal inflammation, sinusitis, and suppuration of the sinuses. Topically, Si Gua Luo is used to remove dead skin and stimulate the skin. Luffa charcoal is used topically for shingles in the face and eye region. Also in Chinese Medicine, Si Gua Luo is used orally for arthritis and associated pain, muscle pain, chest pain, amenorrhea, and to promote lactation. Food uses, young luffa fruits are eaten as vegetables. Cosmetics, powdered luffa is used in skin care products as an anti-inflammatory and detoxicant.

## Su Mu



Properties: SWEET, SALTY - NEUTRAL

Dosage: 3 – 9g.

Sappan Wood

Meridian: HEART, LIVER, SPLEEN

- invigorate blood, reduce swelling – post partum abdominal pain, amenorrhea, pain due to trauma with blood stagnation
- stops bleeding – excessive bleeding with vertigo and short breath

## Su Zi



Properties: PUNGENT - WARM

Dosage: 4.5 – 9g.

Purple Perilla Fruit

Meridian: LARGE INTESTINE, LUNG

Family: Lamiaceae

- stops coughing and wheezing
- redirects rebellion Qi Downward and dissolves phlegm
- moistens intestines

Also Known As: Beefsteak Plant, Wild Coleus. *Perilla frutescens*.

Also Used For: Orally, Su Zi 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. Manufacturing, perilla seed oil is used commercially in the production of varnishes, dyes, and inks.

## Suan Zao Ren



Properties: SWEET, SOUR - NEUTRAL

Dosage: 9 – 18g.

Sour Jujube Seed

Meridian: GALLBLADDER, HEART, LIVER, SPLEEN

- nourish heart yin, tonify liver blood, quiet spirit
- irritability, insomnia, palpitations, anxiety due to deficiency
- prevents abnormal sweating



**CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 9 – 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. Which Chinese herb is for chronic skin rashes?
2. What does it mean to “release wind from the exterior”?
3. Which Chinese herb is used for paralysis caused by stroke
4. Which Chinese herb is used to raise blood pressure?
5. What does it mean to “expel wind, clear lung heat”?
6. Which Chinese herb guides other herbs upwards?
7. What is a middle burner?
8. Which Chinese herb is used for abdominal distention?
9. Which Chinese herb is used to eliminate parasites?
10. What is the Chinese name for Leech?
11. What does the Chinese use Leeches for?
12. Which Chinese Herb is used for swollen-painful breasts and insufficient lactation?