Chinese Herbal Medicine
CMHB211

Session Six

Benefit Urination/Drain Damp Chinese Herbal Medicine
Warm the Interior Chinese Herbal Medicine

Chinese Medicine Department
Session Aims

- Discuss the Chinese herbs that alleviate heat through the identifying the name, investigating medicinal properties, medicinal efficacies and main clinical applications, usage/ dosage, and contraindications:
  - Damp Draining herbs
    - Benefit urination to drain dampness
  - Interior-warming herbs

- Identify and group the major common differentiating actions of these herbs into further sub-classes; and

- Discuss some of the pharmacological research that relates to each Chinese herb discussed.
Herbs That Promote Urination and Drain Dampness

- Most medicinals in this chapter are sweet and bland, and act on the bladder and small intestine channels, are partial to descending in action tendency, and have the effects of promoting urination to alleviate edema, promoting urination to relieve strangury, and draining dampness to relieve jaundice.

- Herbs that promote urination and percolate dampness are mainly indicated for the treatment of various kinds of syndromes or patterns, such as difficulty in urination, edema, diarrhea, phlegm-rheum, strangury, jaundice, eczema, and abnormal vaginal discharge caused by water-dampness.

- When using herbs that promote urination and percolate dampness, can combine the correlated herbs according to the different diseases or syndromes. For sudden edema with the exterior pattern, they can combine with herbs that diffuse the lung and release the exterior; for edema for a long time due to spleen-kidney yang deficiency, they can combine with herbs that warm and supplement the spleen and kidney; for damp-heat combined pathogen, they can combine with herbs that clear heat; for cold accompanying dampness, they can combine with herbs that warm the interior and dispel cold; for bloody urine caused by heat damaging the collaterals, they can combine with herbs that cool the blood and stanch bleeding; and for diarrhea, phlegm-rheum, damp-warmth or jaundice, they can combine with herbs that fortify the spleen, aromatic medicinals that remove dampness, or herbs that clear heat and dry dampness.


- Created from endeavour on 2018-02-20 21:47:05.
Herbs That Promote Urination and Drain Dampness

- In addition, “qi flow promotes water transportation,” “qi stagnation aggravates water retention,” so herbs that promote urination and percolate dampness also often combine with herbs that move qi in order to improve the efficacy.

- As herbs that promote urination and percolate dampness are easy to consume and injury fluid, patients with yin depletion and less fluid, or seminal emission and enuresis caused by kidney deficiency, should be cautious or prohibited to use.

- Herbs that promote urination and percolate dampness can be divided into three categories: (1) herbs that promote urination to relieve edema, (2) herbs that promote urination and relieve strangury, and (3) herbs that clear damp-heat and relieve jaundice according to the action characteristics of medicinals and different clinical applications.

- Created from endeavour on 2018-02-20 21:51:52.
Damp-draining Diuretic
(Teng Jialin 2007, p387)

- “Herbs with the main functions of regulating water passages, as well as draining water and dampness are called damp-draining diuretic.”

- Three taste types are traditionally used here. These include:
  - **Neutral**: Drains dampness and strongly promotes urination. Herbs included under this category are *Fu Ling, Zhu Ling, Ze Xie, Hua Shi, Yi Yi Ren, Tong Cao and Che Qian Zi*;
  - **Sweet | Neutral | Cold**: Drains fluids and dampness, drains downwards and is therefore appropriate to treat damp accumulation in the lower jiao. Herbs included under this category are *Hua Shi, Yi Yi Ren, Tong Cao, Zhu Ling, Ze Xie, Che Qian Zi*; and
  - **Sweet | Bitter | Cold**: Treats accumulated damp heat, dries damp, cools heat. Herbs included under this category are *Di Fu Zi, Shi Wei, Jin Qian Cao*.

- **Precautions**: Yin-deficiency and decreased body fluids; pregnant woman,
## Drain Damp Summary

### Action: Promote urination, oedema-alleviating, clears dysuria

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>**Fu Ling</td>
<td>Poria**</td>
</tr>
<tr>
<td>**Zu Ling</td>
<td>Polyporus**</td>
</tr>
<tr>
<td>**Ze Xie</td>
<td>Alismatis rhizoma**</td>
</tr>
<tr>
<td>**Yi Yi Ren</td>
<td>Coicis semen**</td>
</tr>
<tr>
<td><strong>Xiang Jia Pi</strong></td>
<td></td>
</tr>
</tbody>
</table>
### Drain Damp Summary

**Action:** Clears heat, promotes urination, clears dysuria due to damp heat

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Che Qian Zi</td>
<td>Plantaginis semen</td>
</tr>
<tr>
<td>Hua Shi</td>
<td>Talcum</td>
</tr>
<tr>
<td>Chuan Mu Tong</td>
<td>Clematidis armandii caulis</td>
</tr>
<tr>
<td>Tong Cao</td>
<td>Tetrapanacis medulla</td>
</tr>
<tr>
<td>Deng Xin Cao</td>
<td>Junci medulla</td>
</tr>
<tr>
<td>Di Fu Zi</td>
<td>Kochiae fructus</td>
</tr>
<tr>
<td>Qu Mai</td>
<td>Dianthi herba</td>
</tr>
</tbody>
</table>
## Drain Damp Summary

**Action: Clears dampness, dysuria due to heat, dysuria with stones**

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hai Jin Sha</td>
<td>Lygodii spora</td>
</tr>
<tr>
<td>Shi Wei</td>
<td>Pyrrosiae folium</td>
</tr>
</tbody>
</table>

**Action: eliminate dampness, treat jaundice , clear away heat**

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yin Chen (Hao)</td>
<td>Artemisiae scorpariae</td>
</tr>
<tr>
<td>Jin Qian Cao</td>
<td>Lysimachiae herba</td>
</tr>
<tr>
<td>Bi Xia</td>
<td>Dioscoreae semen</td>
</tr>
</tbody>
</table>
Key herbs for Damp Draining

- Ze Xie | Rhizoma Alismatis
- Fu Ling | Poria
- Yi Yi Ren | Semen Coicis
- Zhu Ling | Polyporus
- Jin Qian Cao | Herba Lysimachiae
- Che Qian Zi | Semen Coicis
- Yin Chen (Hao) | Herba Artemisiae Scopariae
Fu Ling | *Poria*

- **Temperature:** Neutral
- **Taste:** Sweet
- **Related** to Heart, Lung, spleen and kidney
- **Actions:**
  - Promotes urination
  - Drains damp
  - Harmonizes and strengthens the spleen
  - Sedate the mind

**Clinical applications:**
- Dysuria, oedema
- Spleen deficiency
- Palpitation, insomnia

- **Pharmacology:** Diuretic, sedative, antibiotic, immunostimulating, improves renal and hepatic function
- **Dosage:** 9-15gm
- **Cooking time:** 20 minutes
Fu shen 范神
Poria cocos (sclerotium with pine root inclusions)

- Poria with hostwood
- Actions
  - Calm heart and induce tranquilization, promote diuresis
- Indications
  - Palpitation due to heart deficiency, insomnia, amnesia, epilepsy, difficult urination.
The research about Fu ling

- Antiproliferative and differentiating effects of polysaccharide fraction from fu-ling (Poria cocos) on human leukemic U937 and HL-60 cells

- Biological activities and potential health benefits of polysaccharides from Poria cocos and their derivatives

- Prospects of Poria cocos polysaccharides: Isolation process, structural features and bioactivities

The research about Fu ling

- Diuretic activity of the ethanol and aqueous extracts of the surface layer of Poria cocos in rat

- An ethanol extract of Poria cocos inhibits the proliferation of non-small cell lung cancer A549 cells via the mitochondria-mediated caspase activation pathway

- Fu-ling, a chinese herbal drug, modulates cytokine secretion by human peripheral blood monocytes
Ze Xie | *Alismatis rhizoma*

- **Temperature:** Cold
- **Taste:** Sweet
- **Related to** Kidney, bladder
- **Actions:**
  - Promotes urination
  - Drains dampness
  - Expel heat
- **Clinical applications:**
  - Dysuria, oedema, diarrhoea, dizziness due to retention of phlegm
  - Heat stranguris (Lin Syndrome)
- **Pharmacology:** diuertic, diaphoretic, lowers serum cholesterol and glucose
- **Dosage:** 6-10gm
- **Cooking time:** 20 minutes
- **Contraindications:** Kidney and spleen yang xu, cold phlegm symptoms

Shen Y 2015, ZeXie
Yi Yi Ren | *Coicis semen*

- **Temperature:** Cold tendency
- **Taste:** Sweet
- **Related** to Spleen, stomach and lung
- **Actions:**
  - Promotes urination/Drain dampness
  - Invigorate spleen to retreat diarrhea
  - Treat Bi-syndrome
  - Clear away heat to drain the pus

**Clinical applications:**
- Dysuria, oedema
- Diarrhoea, Leukorrhea due to deficiency of spleen
- Damp-Bi Syndrome
- Pulmonary and intestinal abscess
- **Dosage:** 9-30gm
- **Cooking time:** 20 minutes
- **Precautions:** Caution with spleen yang xu
Zhu Ling | *Polyporus*

- **Temperature:** Neutral
- **Taste:** Sweet
- **Related** to Kidney and bladder
- **Actions:**
  - Promotes urination
  - Drains dampness
  - Disperse swelling

**Clinical applications:**
- Dysuria, oedema
- Diarrhea
- Turbid stranguria
- Leucorrhea

- **Pharmacology:** Diuretic, antibiotic
- **Dosage:** 6-12gm
- **Cooking time:** 20 minutes
- **Precautions:** Absent damp symptomology, yin depletion
### The herbs differentiation

#### TABLE 6.3 Differentiation Between Similar Efficacy Herbs That Promote Urination to Relieve Edema

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
</table>
| Poria ( '**ju ling**'  
(Poria))                | Both are sweet and bland in flavor, and act on the spleen channel, can promote urination and relieve edema, percolate dampness and fortify the spleen, and treat the syndrome of exuberant damp due to spleen deficiency, such as edema and damp diarrhea. Both often combine with each other to reinforce their effects in clinic. | It is neutral in nature. Its effect of dispelling pathogen is not intense and effect of reinforcing healthy qi is not powerful. It is an essential medicinal to promote urination and percolate dampness, and can be used for the treatment of edema with a pattern of cold or heat, deficiency, or excess. Its effect of fortifying the spleen is stronger than that of Semen Coicis ( '**yi yi ren**'). It can treat dizziness and palpitation caused by phlegm-rheum. It also acts on the heart and kidney channels, can supplement, and boost the heart and spleen, tranquilize the heart and calm the mind, and can be used for the treatment of severe palpitation, insomnia, and profuse dreaming due to deficiency of both the heart and spleen. |
| Coix Seed ( '**yi yi ren**' 
(Semen Coicis))              |                                                                                                                                                                                                           | Its effects are moderate, and large dose is often selected to apply. It is cold in nature and can clear heat and evacuate pus, acts on the lung and stomach channels, and is commonly used for lung wēi (atrophy), lung abscess and intestinal abscess. It is also good at dispersing the pathogenic dampness in the sinew and bone, and especially suitable for the treatment of bi syndrome due to wind-damp-heat, with hypertonicity of the sinews. |
| Polyporus ( '**zhu ling**' 
(Polyporus))                | Both are the commonly used herbs that promote urination and relieve edema, sweet and bland in flavor, and act on the kidney and bladder channels, can treat edema, difficulty in micturition, diarrhea, morbid leukorrhea, and stranguria with turbid discharge | It is neutral in nature, has a simple effect of promoting urination, which is stronger than that of Rhizoma Alismatis ( '**ze xie**'), and mainly indicated for the treatment of the diseases or syndromes caused by water-dampness. |
| Water Plantain Rhizome ( '**ze xie**' 
(Rhizoma Alismatis)) |                                                                                                                                                                                                           | It is cold in nature and can discharge heat. It is good at discharging the kidney heat or bladder heat, and especially suitable for the treatment of lower jiao damp-heat. It also can be used for the treatment of dizziness due to phlegm-rheum, seminal emission, night sweat, steaming bone fever or tidal fever caused by kidney yin insufficiency, and exuberance of ministerial fire. |
Jin Qian Cao | *Lysimachiae herba*

- **Temperature:** Cold
- **Taste:** Bitter, Sweet, Salty
- **Related to** Liver gallbladder, kidney and bladder
- **Actions:**
  - Drains damp-heat to treat jaundice
  - Promotes urination to relieve straguria
  - Eliminate toxic materials and relieve swelling

**Clinical applications:**
- Jaundice of damp-heat type
- Heat stranguria, sandy stranguria, stone stranguria
- Carbuncle, swelling, poisoning, snake bite

- **Pharmacology:** Diuretic, antibiotic, cholagogue, may be useful in the management of calculi
- **Dosage:** 15-60gm
- **Cooking time:** 20 minutes
- **Contraindications:** Caution with spleen yang xu
Che Qian Zi | *Plantaginis semen*

- **Temperature:** Cold
- **Taste:** Sweet
- **Related** to Liver, kidney, lung and small intestine
- **Actions:**
  - Promotes urination
  - Clear damp-heat
  - Brightens the eyes
  - Clear away lung to resolve phlegm
- **Clinical applications:**
  - Heat stranguria, oedema
  - Diarrhea due to summer-heat dampness
  - Conjunctivitis, dim eyesight
  - Cough of phlegm-heat type
- **Pharmacology:** Antitussive, expectorant
- **Dosage:** 9-15gm
- **Cooking time:** 20 minutes wrapped in a muslin cloth

Shen Y 2015, *CheQianZi*
Yin Chen (Hao) | *Artemisiae scopariae herba*

- **Temperature:** Cold tendency
- **Taste:** bitter
- **Related** to Spleen, stomach, liver and gallbladder
- **Actions:**
  - Clears heat/ eliminate dampness
  - Drain the gallbladder to relieve jaundice

**Clinical applications:**
- Jaundice
- Eczema, damp sore, pruritus

- **Pharmacology:** Antihypertensive, antibiotic, antipyretic, cholertic, hepatoprotective, lowers serum lipid and cholesterol levels.

- **Dosage:** 6-15gm
- **Cooking time:** 20 minutes

- **Contraindications:** Deficiency induced jaundice, Spleen yang xu

Shen Y 2015, YinChenHao
Yi Chen in the practice can be used for symptoms for hepatitis and jaundice

- Frequency and pattern of Chinese herbal medicine prescriptions for chronic hepatitis in Taiwan

- [https://ac.els-cdn.com/S0378874108000433/1-s2.0-S0378874108000433-main.pdf?_tid=c574d34c-16b9-11e8-8cba-00000aab0f27&acdnat=1519184965_b14b5136ba152e1120408f73184f87ad](https://ac.els-cdn.com/S0378874108000433/1-s2.0-S0378874108000433-main.pdf?_tid=c574d34c-16b9-11e8-8cba-00000aab0f27&acdnat=1519184965_b14b5136ba152e1120408f73184f87ad)
## The herbs differentiation

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virgate Wormwood Herb (yin chen) (Herba Artemisiae Scopariae)</td>
<td>Both can clear liver-gallbladder damp-heat and relieve jaundice, and are used for the treatment of jaundice caused by liver-gallbladder damp-heat. Both often combine with each other to reinforce their effects.</td>
<td>It is bitter and slightly cold in nature, acts on the spleen, stomach, liver, and gallbladder channels, is good at clearing damp-heat in the liver and gallbladder channels, specializes in clearing heat, draining dampness, and relieving jaundice, so can treat jaundice with damp-heat pathogen. It also can dispel wind and relieve itching, scatter pathogenic heat from the skin, and treat eczema or rubella with itching.</td>
</tr>
<tr>
<td>Cape Jasmine Fruit (zhi zi) (Fructus Gardeniae)</td>
<td></td>
<td>It is bitter and cold in nature, acts on the heart, lung, stomach and sanjiao channels, is good at clearing and draining sanjiao fire and can clear heart heat and relieve vexation, cool the blood, and resolve toxins, so it is used for the treatment of febrile disease with vexation and oppression, blood spitting and nosebleed due to blood heat, sores and ulcers with red swelling and pain due to heat toxin. It can treat blood strangury with difficult and painful urination.</td>
</tr>
</tbody>
</table>
## The herbs differentiation

<table>
<thead>
<tr>
<th>Virgate Wormwood Herb (yin chen) (Herba Artemisiae Scopariae)</th>
<th>Both are the herbs that drain dampness and relieve jaundice, cold in nature, and act on the liver and gallbladder channels, can clear liver-gallbladder damp-heat and abate jaundice, and are used for the treatment of jaundice with damp-heat pathogen, eczema of the skin with swelling.</th>
<th>It also acts on the spleen and stomach channels, can “weed through the old to new,” has stronger effects of clearing heat and draining dampness and abating jaundice than that of Herba Lysimachiae (jin qian cao), specializes in clearing spleen-stomach damp-heat, is an essential medicinal that can treat jaundice, and good at treating jaundice with damp-heat pathogen.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christina Loosestrife (jin qian cao) (Herba Lysimachiae)</td>
<td>It also acts on the kidney and bladder channels, is sweet and bland in nature so as to percolate and drain dampness, is salty in nature so as to soften hardness. It is not only good at clearing liver-gallbladder fire, but also can eliminate damp-heat in the lower jiao. It has better effects of promoting urination and relieving strangury, is a specialized medicinal for the treatment of strangury, such as sand stragury (i.e., urolithic strangury), stony strangury, and liver and gallbladder calculus. It has stronger effects of clearing heat and resolving toxins than that of Herba Artemisiae Scopariae (yin chen) so as to treat ulcers, thanatophobia bite, scald, and burn.</td>
<td></td>
</tr>
</tbody>
</table>

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Patient 6.1 (female 26 years) presents with bloating of the epigastrium and a sensation of general heaviness. She has been suffering with the condition for >3 years and also comments that she has poor appetite and poor appetite. Questioning of the stools indicates that they are both loose and offensive/strong in odour.

Clinical Assessments:
Other: Abdominal distension
Pulse: Slippery and rapid
Tongue: Sticky/yellow coating

What is the diagnosis, treatment principles and herbal agents that should be used here?
Herbs that Warm Interior & Expels Cold

- “These herbs warm the interior, dispelling cold, mainly indicated for interior cold syndrome” (Teng Jialin 2007).

- Two key taste and temperature classifications. These include:
  - **Very Pungent:** Hence expels cold, unblocks the channels, moves qi and invigorates blood.
  - **Hot:** Quality can directly expel cold, warm interior and relieve pain and spasms.

- Precautions: contraindicated for syndromes of excess-heat, yin-deficiency; pregnant woman; and caution in extremely hot weather.
Expels Cold and Warms Kidney Yang

- Wu Tou | Aconiti radix
- Zhi Fu Zi | Aconiti radix lateralis praeparata
- Xi Xin | Asari herba
- Rou Gui | Cinnamomi cassiae cortex
Expels Cold and Warms Spleen and Stomach

- Gan Jiang | Zingiberis rhizoma
- Hua Jiao | Zanthoxyli fructus
- Bi Ba | Piperis longi fructus
- Xiao Hui Xiang | Foeniculi fructus
- Cao Dou Kou | Alpiniae katsumadai semen
- Pao Jiang | Zingiberis rhizoma praeparatum
**Warm Interior - Chinese Herbal Medicine Summary**

<table>
<thead>
<tr>
<th>Action: Expel cold, relieves pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Zhi Fu Zi</td>
</tr>
<tr>
<td>**Zhi Chuan Wu</td>
</tr>
<tr>
<td>**Zhi Cao Wu</td>
</tr>
<tr>
<td>**Rou Gui</td>
</tr>
<tr>
<td>**Gan Jiang</td>
</tr>
</tbody>
</table>
**Warm Interior - Chinese Herbal Medicine Summary**

<table>
<thead>
<tr>
<th>Action: Expel cold, relieves pain, warms the middle jiao</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Wu Zhu Yu</td>
</tr>
<tr>
<td>**Xi Xin</td>
</tr>
<tr>
<td>**Gao Liang Jiang</td>
</tr>
<tr>
<td>**Ding Xiang</td>
</tr>
<tr>
<td>**Hu Jiao</td>
</tr>
<tr>
<td>**Bi Ba</td>
</tr>
<tr>
<td>**Bi Cheng Qie</td>
</tr>
<tr>
<td>**Xiao Hui Xiang</td>
</tr>
</tbody>
</table>
Key herbs for interior-warming

- (Zhi) Fu Zi | Aconiti radix lateralis praeparata
- Rou Gui | Cinnamomi cassiae cortex
- Wu zhu Yu | Fructus Evodiae
- Gan Jiang | Zingiberis rhizoma
- Xiao Hui Xiang | Foeniculi fructus
(Zhi) Fu Zi | Aconiti radix lateralis praeparata

- **Temperature:** Hot
- **Taste:** Pungent, sweet, toxic
- **Related** to Heart, kidney and spleen
- **Actions:**
  - Restore yang from collapse
  - Reinforce fire and strengthen yang
  - Disperse cold to alleviate pain

**Clinical applications:**
- Syndrome of yang exhaustion
- Syndrome of yang deficiency
- Cold-Bi Syndrome

- **Pharmacology:** Negative chronotropic action, arrhythmia, analgesic, anti-pyretic, anaesthetic properties
- **Dosage:** 1-10gm
- **Cooking time:** Boil separately for 30 minutes then boil for a further 20 minutes with herbs
- **Contraindications:** Yin Xu and Pregnancy

Fu Zi / S2, S4 under SUSMP

<table>
<thead>
<tr>
<th>Pin Yin Name</th>
<th>Simplified Chinese Characters</th>
<th>Traditional Chinese Characters</th>
<th>Traditional Character Keystrokes</th>
<th>Scientific Name</th>
<th>Pharmaceutical Name</th>
<th>Chinese Species Name</th>
<th>Common English Name</th>
<th>Type of Ingredient</th>
<th>Restriction/Warning 1 (SUSMP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fu zi</td>
<td>附子</td>
<td>附子</td>
<td>7</td>
<td>1. Aconitum carmichaelii Debx.</td>
<td>Aconiti Radix Lateralis Praeparata</td>
<td>1. 甲基</td>
<td>Prepared Common Monkshood Daughter Root</td>
<td>Plant</td>
<td>S2, S4</td>
</tr>
</tbody>
</table>

**Schedule 2.** Pharmacy Medicine — Substances, the safe use of which may require advice from a pharmacist and which should be available from a pharmacy or, where a pharmacy service is not available, from a licensed person.

**Schedule 3.** Pharmacist Only Medicine — Substances, the safe use of which requires professional advice but which should be available to the public from a pharmacist without a prescription.

**Schedule 4.** Prescription Only Medicine, or Prescription Animal Remedy — Substances, the use or supply of which should be by or on the order of persons permitted by State or Territory legislation to prescribe and should be available from a pharmacist on prescription.

**Schedule 5.** Caution — Substances with a low potential for causing harm, the extent of which can be reduced through the use of appropriate packaging with simple warnings and safety directions on the label.

**Schedule 6.** Poison — Substances with a moderate potential for causing harm, the extent of which can be reduced through the use of distinctive packaging with strong warnings and safety directions on the label.

**Schedule 7.** Dangerous Poison — Substances with a high potential for causing harm at low exposure and which require special precautions during manufacture, handling or use. These poisons should be available only to specialised or authorised users who have the skills necessary to handle them safely. Special regulations restricting their availability, possession, storage or use may apply.

**Schedule 8.** Controlled Drug — Substances which should be available for use but require restriction of manufacture, supply, distribution, possession and use to reduce abuse, misuse and physical or psychological dependence.
Some researches indicated…

*Fu Zi* has been used in the emergency in the history for Chinese medicine practice,

and *lots of research have been done to study its pharmacological effect and toxicity*

Aconitum in Traditional Chinese Medicine—A valuable drug or an unpredictable risk?

Pharmacological effects of Chinese herb aconite (*Fuzi*) on cardiovascular system

A review on phytochemistry and pharmacological activities of the processed lateral root of Aconitum carmichaelii Debeaux

“Pharmacokinetics of aconitine-type alkaloids after oral administration of *Fuzi* (*Aconiti Lateralis Radix Praeparata*) in rats with chronic heart failure by microdialysis and ultra-high performance liquid chromatography–tandem mass spectrometry”
Toxicity

- Myocardial lipidomics profiling delineate the toxicity of traditional Chinese medicine Aconiti Lateralis radix praeparata
  

You may also be interested in

Clinical practice of traditional Chinese medicines for chronic heart failure
[http://heartasia.bmj.com/content/2/1/24](http://heartasia.bmj.com/content/2/1/24)
Due to restriction warning for “Fu Zi”, some patent herbal products modified the formula in Australia, for example, “Fu Gui Ba Wei Wan”. Instead of “Fu Zi”, by using “Gan Jiang” …
Rou Gui | Cinnamomi cassiae cortex

- **Temperature**: Hot
- **Taste**: Pungent, sweet
- **Related** to Kidney, spleen, heart and liver
- **Actions**:
  - Reinforce fire and strengthen yang
  - Return fire to its origin
  - Disperse cold to alleviate pain
  - Warm meridians and unblock collaterals

**Clinical applications**:
- Syndrome of yang deficiency
- Deficiency and coldness of Lower Jiao, up-floating od deficiency yang
- All pain syndromes due to accumulation of cold and stasis of the blood
- Yin-abscess (refer to page 407)

- **Pharmacology**: Antibacterial, antifungal, treats ulcers, promotes motility
- **Dosage**: 1-4.5gm
- **Cooking time**: decocted later, or ground into powder
- **Contraindications**: Yin Xu (especially with heat), fire conditions, pregnancy

Shen Y 2015, RouGui
Wu Zhu Yu | Fructus Evodiae

- **Temperature:** Hot
- **Taste:** Pungent; bitter
- **Related** to Liver, spleen, stomach and kidney
- **Actions:**
  - Expels cold and relieves pain
  - Calm the adverse-rising qi to stop vomiting
  - Strengthen Yang and arrest diarrhea

**Clinical applications:**
- All pain syndromes due to cold accumulation in the liver channel
- Vomiting and acid regurgitation
- Diarrhea due to deficiency and cold

- **Dosage:** 1.5-4.5gm
- **Cooking time:** 20 minutes
- **Precautions:** not suitable to be taken in large dosage; contraindicated for Yin deficiency with internal heat

Shen Y 2015, WuZhuYu
Gan Jiang | Zingiberis rhizoma

- **Temperature**: Hot
- **Taste**: Pungent
- **Related** to Spleen, stomach, heart, and lung
- **Actions**:
  - Warm the middle jiao to expel cold
  - Rescue devastated yang
  - Warm the lung to resolve cold phlegm

**Clinical applications**:
- Pain epigastric abdomen, vomiting and diarrhea
- Syndrome of yang exhaustion
- Cough and dyspnea due to cold accumulation in the lung

- **Dosage**: 3-10gm
- **Cooking time**: 20 minutes
- **Contraindications**: Yin Xu with heat and fire, bleeding conditions due to heat, pregnancy

Shen Y 2015, GanJiang
Xiao Hui Xiang | Foeniculi fructus

- **Temperature:** Warm
- **Taste:** Pungent, aromatic
- **Related** to Liver, kidney, spleen and stomach
- **Actions:**
  - Expel cold and relieve pain
  - Regulates qi and harmonize stomach

**Clinical applications:**
- Colic of cold type with abdominal pain, sagging feeling, distending pain of testis, dysmenorrhea
- Distending pain in epigastric and abdomen, loss appetite, vomiting, diarrhea

- **Pharmacology:** Expectorant, spasmylytic, appetite stimulating.
- **Dosage:** 3-6gm
- **Cooking time:** 20 minutes
Group discussion

The difference between **Fu Zi** and **Gan Jiang**
### Herbs differentiation

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aconite Root</strong></td>
<td>Both are acrid and sweet in flavor and hot in nature, act on the spleen, kidney, and heart channels, not only good at supplementing fire and assisting yang, and can treat kidney yang deficiency syndrome, and spleen-kidney yang deficiency syndrome, but also good at dissipating cold and relieving pain, and can treat direct attack by pathogenic cold, cold pain in the stomach cavity and abdomen, and loose stool or diarrhea due to deficiency-cold of the spleen and stomach, painful bi syndrome due to cold-damp, chest bi (pectoral stiffness pain) due to cold, and yin jaundice.</td>
<td>It is poisonous and has a stronger efficacy, and is commonly used for the treatment of severe syndrome caused by yang deficiency and internal cold. It is good at restoring yang to rescue from counterflow [desertion], and can treat yang collapse or yang desertion, spontaneous sweating due to yang deficiency, or syndrome of yang deficiency, and external contraction.</td>
</tr>
<tr>
<td>(fu zi) (Radix Aconiti Lateralis Praeparata)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cinnamon Bark</strong></td>
<td></td>
<td>It is nonpoisonous and has a moderate efficacy, has no effect of restoring yang to rescue from counterflow [desertion], but is good at returning fire to its source, boosting yang for eliminating abundance of yin, can treat various syndromes caused by deficiency-cold of kidney qi, or upfloating of deficient yang. It also acts on the blood aspect, is good at warming the channels and unblocking the vessels, can treat dysmenorrhea and amenorrhea caused by deficiency-cold in in the chong and ren mai and blood stagnation, cold hernia with abdominal pain, low back pain, dorsal furuncle, and multiple metastatic abscess.</td>
</tr>
<tr>
<td>(rou gui) (Cortex Cinnamomi)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dried Ginger Rhizome</strong></td>
<td>Both are acrid and hot in nature, act on the spleen, kidney, and heart channels, are good at restoring yang, dissipating cold, and relieving pain, can be used for the treatment of yang collapse, yang deficiency of the spleen and kidney, or syndrome caused by external cold directly attacking, and painful bi syndrome due to cold-damp</td>
<td>It is nonpoisonous and has a less strong efficacy than Radix Aconiti Lateralis Praeparata (fu zi), and can unblock the vessels. If it treats yang collapse, it should combine with Radix Aconiti Lateralis Praeparata (fu zi) to obtain the effect. It also acts on the lung and stomach channels, is good at warming the spleen yang, and can treat cold pain in the stomach cavity and abdomen, vomiting and diarrhea due to spleen yang insufficiency. It also can warm the lung and dissolve rheum (fluid retention) and treat cough and panting due to cold rheum.</td>
</tr>
<tr>
<td>(gan jiang) (Rhizoma Zingiberis)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aconite Root</strong></td>
<td></td>
<td>It is poisonous, the first essential medicinal that restore yang to rescue from counterflow [desertion], and a preferred herb for the treatment of yang collapse. It is also good at supplementing fire and assisting yang and treat yang wei (impotence), uterus cold, enuresis and frequent micturition due to decline of vital gate fire, and edema, external contraction, spontaneous sweating, and chest bi pain due to yang deficiency.</td>
</tr>
<tr>
<td>(fu zi) (Radix Aconiti Lateralis Praeparata)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Herbs differentiation

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<tbody>
<tr>
<td><strong>Cinnamon Bark</strong></td>
<td>Both come from the same plant: <em>Cinnamomum cassia</em> Presl of the Lauraceae family. Both are acrid and sweet in flavor and hot in nature, can assist yang and dissipate cold, warm the channels and unblock the vessels so as to treat cold pain in the stomach cavity and abdomen. <strong>bi</strong> syndrome due to wind-cold-damp, edema due to yang deficiency, phlegm rheum, chest <strong>bi</strong> (pectoral stuffiness pain), dysmenorrhea and menstrual block due to cold congealing and blood stasis</td>
<td>It is the bark of trunk, has a stronger effect of warming the interior, and is good at supplementing fire and assisting yang, and returning fire to its source, and can treat yang wēi (impotence), and uterus cold caused by kidney yang deficiency and decline of fire, or deficiency-type panting and palpitation due to upfloating of deficient yang and deficiency-cold of kidney qi, cold hernia with abdominal pain, dorsal furuncle, and multiple metastatic abscess</td>
</tr>
<tr>
<td><strong>Cassia Twig</strong></td>
<td>✦</td>
<td>It is the twig, has a milder effect of warming the interior, but is good at dissipating exterior cold, and inducing sweating to release the exterior, can be used for the treatment of the exterior pattern due to wind-cold with sweating or absence of sweating. It also can assist yang to transform qi and move water (promote urination), and treat phlegm-rheum syndrome, and water amassment syndrome</td>
</tr>
<tr>
<td><strong>Medicinal Evodia Fruit</strong></td>
<td>Both are acrid and hot in nature, act on the spleen and stomach channels, have the effects of warming the center and dissipating cold, and can be used for the treatment of cold pain in the stomach cavity and abdomen, vomiting, and diarrhea due to deficiency-cold in the middle jiao</td>
<td>It also acts on the liver and kidney channels, and is slightly poisonous, can dissipate cold in the liver channel, and resolve constraint and stagnation of liver qi. It is an essential medicinal to treat various pain caused by liver cold and qi stagnation. Moreover, it can assist yang and arrest diarrhea, can treat fifth-watch diarrhea (diarrhea before dawn) due to yang deficiency of the spleen and kidney</td>
</tr>
<tr>
<td><strong>Dried Ginger Rhizome</strong></td>
<td>✦</td>
<td>It also acts on the heart and lung channels, can restore yang and unblock the vessels, warm the lung and dissolve rheum (fluid retention), and can be used for the treatment of syndromes, such as yang collapse, cough, and panting due to cold rheum, cold body and back, profuse, and clear phlegm</td>
</tr>
</tbody>
</table>
Tutorial Activity – Case Study 6.2

Patient 6.2 (Female 89 years) presents fatigue. She also complains of digestive problems, aversion to cold and always feeling cold. The condition has been gradually worsen for the past 10 years and to date has been treated unsuccessfully with conventional health care management approaches. Further questioning also determines tinnitus and weakness in the knees.

Clinical Assessments:
Other: Pale and cold to touch
Pulse: Deficient and weak (especially in the kidney position)
Tongue: Pale

What is the diagnosis, treatment principles and herbal agents that should be used here?
Patient 6.3 (Female 26 years) presents fatigue. She also complains of abdominal distension and an aversion to cold. The condition has been gradually worsen for the past year. Further questioning also determines that she suffers from cold hands and feet, generalised weakness and loose stools. Her condition improves in the summer months and with warmth.

**Clinical Assessments:**
Other: Pale with cold limbs on palpation
Pulse: Deficient and weak
Tongue: Pale, swollen

What is the diagnosis, treatment principles and herbal agents that should be used here?
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