Session Six

Drain Damp Chinese Herbal Medicine
Warm the Interior Chinese Herbal Medicine

Chinese Medicine Department
Session Aims

- Discuss Chinese herbs through the identifying the name, investigating medicinal properties, medicinal efficacies and main clinical applications, usage/dosage, and contraindications:
  - Damp Draining herbs
  - 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 Drain Damp

These herbs are indicated when there is an accumulation of Damp, which can arise due to impaired fluid metabolism.

Most herbs in this category are sweet & bland, have a descending action and act on the BL & SI channels.

Since urination is the principal way of expelling Damp from the body, promoting urination is an effective strategy.

They generally promote urination to alleviate oedema, strangury, diarrhoea, jaundice, eczema and abnormal vaginal discharge caused by Damp.

They are also particularly useful for oedema below the waist and the lower extremities.

(Bensky, Clavey & Stogger, 2004; Scheid, Bensky, Ellis, & Barolet, 2009; Qi & Gong 2017)
Herbs that Drain Damp

These herbs are combined with other herbs according to the syndrome:

• For sudden/acute oedema, combine with herbs that release the exterior
• For chronic oedema (often due to Spleen-Kidney Yang deficiency), combine with herbs that Warm and supplement the Spleen and Kidney
• For Damp-heat, combine with herbs that clear Heat
• For Cold-damp, combine with herbs that Warm the Interior & dispel Cold
• For bloody urine caused by Heat, combine with herbs that cool the Blood and stop bleeding
• For diarrhea, Phlegm-damp, Damp-warmth or jaundice, combine with herbs that fortify the Spleen, aromatic medicinals that remove dampness, or herbs that clear Heat and dry Dampness

In addition, the flow of Qi promotes water transportation, so they are often combined Qi movers to improve their efficacy.

These herbs can easily damage Yin. Thus are contraindicated in patients with Yin deficiency or depleted fluids.
Herbs that Drain Damp

Three taste types are traditionally used here. These include:

- **Bland**: Drains Dampness and strongly promotes urination.
  - For example - *Fu Ling, Zhu Ling, Ze Xie, Hua Shi, Yi Yi Ren, Tong Cao*

- **Sweet | Bland | Cold**: Drains fluids and Dampness, drains downwards and is therefore appropriate to treat damp accumulation in the Lower Jiao.
  - For example - *Hua Shi, Yi Yi Ren, Tong Cao, Zhu Ling, Ze Xie*

- **Sweet | Bitter | Cold**: Treats accumulated Damp Heat, dries Damp, cools Heat.
  - For example - *Di Fu Zi, Shi Wei, Jin Qian Cao*.
Key herbs for Draining Damp

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

1. Fu Ling | *Poria*

**Key characteristics** – Strengthens the Spleen, eliminates Damp, calms Heart spirit.

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Neutral</th>
<th>★★★</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Sweet</td>
<td>★★★</td>
</tr>
<tr>
<td></td>
<td>Bland</td>
<td>★★★</td>
</tr>
<tr>
<td><strong>Direction of action</strong></td>
<td>Sinking</td>
<td>★</td>
</tr>
<tr>
<td><strong>Site of action</strong></td>
<td>Spleen</td>
<td>★★★★</td>
</tr>
<tr>
<td></td>
<td>Heart</td>
<td>★★★</td>
</tr>
<tr>
<td></td>
<td>Kidney</td>
<td>★★★</td>
</tr>
</tbody>
</table>

**Dosage:** 9-15gm

**Cooking time:** 20 mins

(Fensky et al., 2004; Hempen & Fisher, 2009)
Herbs that Drain Damp
1. Fu Ling | *Poria*

**Actions:**
- Promotes urination & drains Damp ★★
  - Stagnation of fluids or Dampness
- Strengthens the Spleen & harmonises Middle ★★
  - Spleen deficiency
- Quiets Heart, calms the Spirit ★★
  - Heart disorders

*A story about Fu Ling…* (Bensky et al., 2004; Hempen & Fisher, 2009; Xi & Gong, 2017)

Fu Ling (Xi & Gong, 2017)
Herbs that Drain Damp

1. Fu Ling | *Poria*

**Clinical applications:**
- **Stagnation of fluids or Dampness**
  - Urinary difficulty, diarrhoea, oedema, scanty urine, sensation of heaviness
- **Spleen deficiency with Damp**
  - Loss of appetite, diarrhoea, epigastric distention
- **Heart/Shen disorders & Phlegm obstruction**
  - Palpitations, insomnia, forgetfulness, dizziness, thick greasy tongue coat, headache

**Pharmacology:** Diuretic, sedative, antibiotic, immunostimulating, improves renal and hepatic function

**Contraindications:** Diuretic meds, polyuria or seminal emissions due to deficiency Cold

(Bensky et al., 2004; Hempen & Fisher, 2009; Xi & Gong, 2017; Chen & Chen, 2001)
Fu shen 茯神  
Poria cocos (Mycelium of Poria including the pine root)

The is the innermost part of the fungus, around and including the root. Used primarily for its Shen calming effects.

Actions:
• Calm heart and induce tranquilization, promote diuresis

Indications
• Palpitation due to heart deficiency, insomnia, amnesia, epilepsy, difficult urination.

*Non-examinable
The research about Fu ling


- Fu Ling polysaccharides and their derivatives exhibit many beneficial biological activities including anticancer, anti-inflammatory, antioxidant and antiviral activities. Therefore, has great potential for further development as therapy or adjuvant therapy for cancer, immune-modulatory and antiviral drugs. [https://www.sciencedirect.com/science/article/pii/S0141813014002372?via%3Dihub](https://www.sciencedirect.com/science/article/pii/S0141813014002372?via%3Dihub)


Herbs that Drain Damp
2. Ze Xie | *Alismatis rhizoma*

**Key characteristics** – Facilitates the fluid pathways, clears blazing Ministerial Fire.

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Sweet, Bland</td>
</tr>
<tr>
<td>Direction of action</td>
<td>Sinking</td>
</tr>
<tr>
<td>Site of action</td>
<td>Kidney, Bladder</td>
</tr>
</tbody>
</table>

**Dosage:** 6-10gm

**Cooking time:** 20 mins

(Bensky et al., 2004; Hempen & Fischer 2009)
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Herbs that Drain Damp
2. Ze Xie | *Alismatis rhizoma*

**Actions**

- **Promotes urination & drains Damp ★★★**
  - For stagnation associated with Damp

- **Clears Heat from the Kidneys ★★**
  - Settles ministerial Fire & drains Damp-heat in Lower Burner

*A story about Ze Xie…*
Herbs that Drain Damp

2. Ze Xie | *Alismatis rhizoma*

**Clinical applications**

- Stagnation from Damp obstruction, particularly the Lower Burner
  - Urinary difficulty, oedema, painful urinary dribbling, diarrhoea, dizziness, heaviness

- Damp-heat in Lower Burner affecting the Kidneys/Ministerial Fire
  - Painful, scanty urination, spermatorrhoea, urinary tract infections

**Pharmacology:** Diuretic, diaphoretic, lowers serum cholesterol and glucose

**Contraindications:** Kidney and Spleen Yang Xu, Cold Phlegm symptoms

*Ze Xie (Maclean & Taylor, 2003)*

(Bensky et al., 2004; Hempen & Fischer 2009)
Herbs that Drain Damp
3. Yi Yi Ren | *Coicis semen*

**Key characteristics** – Tonifies Spleen, leaches out Damp, treats Bi syndrome, cools Heat & expels pus

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Slightly Cold</th>
<th>⭐⭐</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Sweet Bland</td>
<td>⭐⭐</td>
</tr>
<tr>
<td>Direction of action</td>
<td>Sinking</td>
<td>⭐</td>
</tr>
<tr>
<td>Site of action</td>
<td>Spleen Stomach Lung</td>
<td>⭐⭐⭐⭐</td>
</tr>
</tbody>
</table>

**Dosage:** 9-30gm  
**Cooking time:** 20 mins
Actions:

- Resolves Damp & tonifies Spleen ★★★
  - SP Xu Damp

- Resolves Damp, eliminates painful obstruction ★★★
  - Bi syndrome

- Clears Damp-heat ★
  - Damp-heat at any level
  - Expels pus
Herbs that Drain Damp

3. Yi Yi Ren | *Coicis semen*

**Clinical applications:**

- **Spleen deficiency with Damp**
  - Oedema, diarrhoea, heaviness of the body

- **Wind-damp Bi syndrome**
  - Especially effective for increasing joint mobility and reduce spasms in chronic cases

- **Damp-heat, expels pus**
  - Painful bladder dysfunction, dysentery, inflamed, itchy eczema
  - Acne, pustulated carbuncles, pulmonary and intestinal abscesses

**Pharmacology:** contains Vitamin B, mild sedative, inhibitory effect on skeletal muscle, stimulatory effect on smooth muscle of the uterus & varied effect on smooth muscle of the intestines.
# Herbs that Drain Damp
## Yi Yi Ren & Fu Ling comparison

<table>
<thead>
<tr>
<th>Herb</th>
<th>Similarities</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fu Ling (Poria)</td>
<td>Both sweet &amp; bland in flavour &amp; act on the SP channel&lt;br&gt;Both promote urination &amp; relieve oedema.&lt;br&gt;Both drain Damp and strengthen the Spleen&lt;br&gt;Often combined with each other to reinforce their actions</td>
<td>Neutral in nature – can clear oedema with a pattern of Cold or Heat, excess or deficiency&lt;br&gt;Augments the HT &amp; calms the spirit&lt;br&gt;Effect of strengthening the SP is stronger&lt;br&gt;Can treat dizziness &amp; palpitation caused by Phlegm-damp</td>
</tr>
<tr>
<td>Yi Yi Ren (Coix Seed)</td>
<td>Effects are more mild&lt;br&gt;Cold in nature, clears Heat &amp; expels pus&lt;br&gt;Acts on LU &amp; ST channels, commonly used for LU Wei (atrophy), lung abscess and intestinal abscess&lt;br&gt;Clears Damp-heat &amp; treats Bi syndrome</td>
<td></td>
</tr>
</tbody>
</table>
**Herbs that Drain Damp**

4. **Che Qian Zi | Plantaginis semen**

**Key characteristics** – Facilitates urination, separates the clear from turbid fluids, drains Damp-heat through urine

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Sweet</td>
</tr>
<tr>
<td>Direction of action</td>
<td>Sinking</td>
</tr>
<tr>
<td>Site of action</td>
<td>Kidney, Liver, Lung, Bladder</td>
</tr>
</tbody>
</table>

**Dosage:** 9-15gm

**Cooking time:** 20 mins, wrapped in muslin cloth

*(Bensky et al., 2004; Hempen & Fisher, 2009)*

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Herbs that Drain Damp
4. Che Qian Zi | Plantaginis semen

Actions:
• Promotes urination & drains Damp-heat ★★★
  ➢ Oedema, diarrhoea or painful urinary dribbling due to Damp-heat

• Brightens the eyes ★★
  ➢ Clears LR-heat to brighten the eyes

• Stops cough, dislodge Phlegm ★
  ➢ LU-heat induced cough with yellow phlegm

A story about Che Qian Zi….
Herbs that Drain Damp
4. Che Qian Zi | *Plantaginis semen*

Clinical applications:
• Damp-heat
  - Diarrhoea, painful urinary dribbling, oedema, painful bladder dysfunction, rough scanty urination

• LR Heat affecting eyes
  - Dry, red eyes, blurry vision, light sensitivity

• LU Heat cough with Phlegm
  - Cough with yellow phlegm

Pharmacology: Antitussive, expectorant

Contraindication: Kidney deficiency (particularly Yin/Essence)
# Herbs that Drain Damp

## Che Qian Zi & Ze Xie Comparison

<table>
<thead>
<tr>
<th>Herb</th>
<th>Similarities</th>
<th>Differences</th>
</tr>
</thead>
</table>
| Che Qian Zi (Plantaginis Semen)      | Both cold & sweet and enter KI & BL  
Both drain Damp, reduce oedema, clear Heat and thus commonly used together to treat painful urinary dribbling, diarrhoea & abdominal distention due to oedema. | Mainly benefits Kidneys by removing pathogenic Damp  
Enters LR to clear LR Heat & brighten eyes  
Enters LU to transform Phlegm & clear Heat in the LU |
| Ze Xie (Alismatis Rhizoma)           |                                                                               | Mainly benefits Kidneys by clearing and draining Ministerial Fire & also used for Fire blazing due to Yin deficiency |
### Herbs that Drain Damp Summary

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

<table>
<thead>
<tr>
<th>Herb</th>
<th>Action and Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fu Ling</td>
<td>Poria</td>
</tr>
<tr>
<td>Ze Xie</td>
<td>Alismatis rhizoma</td>
</tr>
<tr>
<td>Yi Yi Ren</td>
<td>Coicis semen</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Herb</th>
<th>Action and Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Che Qian Zi</td>
<td>Plantaginis semen</td>
</tr>
</tbody>
</table>
Herbs that Warm Interior & Expel Cold

These herbs are used for treating Interior Cold – can be either interiorly generated or result from invasion of a Cold pathogen deeper into the organs.

These herbs are generally acrid, bitter and warm/hot. They dispel and disperse interior Cold and arouse and stimulate Yang Qi.

-Which organs are most susceptible to Yang deficiency?

Most suited to internal invasion of pathogenic Cold where Yang Qi is deficient. Cold congeals and can lead to Qi stagnation with aches and pains in the abdomen or other signs of SP Qi Xu/dysfunction such as loss of appetite, diarrhoea, vomiting or belching.

Some are also sweet in nature and can nourish Yang (aversion to cold, cold limbs, pale complexion, profuse clear urine, loose stools/diarrhoea, pale tongue & submerged, thin pulse).

Also often used to warm the Lungs to transform thin mucus.
Herbs that Warm Interior & Expel Cold

- Two key taste and temperature classifications. These include:
  - **Very pungent**: Hence expels cold, unblocks the channels, moves Qi and invigorates Blood.
  - **Hot**: directly expels Cold, warm interior and relieve pain and spasms.
- Predominantly enter the KI, SP & HT channels
- Precautions: their pungent/acrid taste & hot temperature can consume Yin & fluids - contraindicated for syndromes of excess-heat, Yin-deficiency & pregnant women.

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

(Bensky et al., 2004; Hempen & Fisher, 2009; Yang 2002)
Warm Interior & Expel Cold
1. (Zhi) Fu Zi | Aconiti radix lateralis preparata

**Key characteristics** – Revives devastated Yang Qi, tonifies Fire at the Gate of Vitality, expels Cold-damp Bi

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Hot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Acrid</td>
</tr>
<tr>
<td></td>
<td>Toxic</td>
</tr>
<tr>
<td>Area of action</td>
<td>Superficial</td>
</tr>
<tr>
<td>Site of action</td>
<td>Kidney</td>
</tr>
<tr>
<td></td>
<td>Heart</td>
</tr>
<tr>
<td></td>
<td>Spleen</td>
</tr>
</tbody>
</table>

**Dosage:** 1-10gm

**Cooking time:** Boil separately for 30-60mins then boil for a further 20 minutes with herbs
Warm Interior & Expel Cold
1. (Zhi) Fu Zi | Aconiti radix lateralis preparata

**Actions:**
- **Revives the Yang ★★★**
  - Disorders where Yang Qi is extremely weak
- **Warms/tonifies the Yang ★★★**
  - Deficiency of HT, SP or KI Yang. Particularly interior Cold with insufficient Yang
- **Disperses Cold, relieves pain ★★★**
  - Wind-cold-damp Bi syndrome

_A story about Fu Zi…_
Clinical applications:

- **Collapse of Yang**
  - Profuse sweating, cold limbs, fainting, vomiting

- **HT/SP/KI Yang Xu with Cold**
  - SP Yang Xu - diarrhoea with undigested food, cold extremities, abdominal pain, oedema
  - KI Yang Xu - impotence, weak sore lower back & knees, frequent urination (particularly at night)
  - HT Yang Xu – palpitations, chest pain, cold extremities

- **Wind-cold-damp Bi syndrome**
  - Pain in the joints & limbs - especially when cold predominates

**Pharmacology:** Arrhythmia, analgesic, anaesthetic properties, anti-inflammatory

**Toxicity:** 15-50g, Aconite initially stimulates, then depresses CNS & nerve endings (tingling in the mouth, fingers & toes, spreading to whole body). Deadly doses – irregular respiration, bradycardia leading up to complete arrhythmia, severe pain

**Contraindications:** Yang excess, Yin Xu and Pregnancy
<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>Aconitum carmichaelii Debx.</td>
<td>Aconiti Radix Lateralis Praeparata</td>
<td>1. 乌头</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 research if interested…

*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 interested in

Clinical practice of traditional Chinese medicines for chronic heart failure

http://heartasia.bmj.com/content/2/1/24
Due to restriction warning for “Fu Zi”, some patent herbal products have modified the formula in Australia, for example, “Fu Gui Ba Wei Wan”. Instead of “Fu Zi”, they have replaced it with “Gan Jiang”
Warm Interior & Expel Cold
2. Gan Jiang | *Zingiberis rhizoma*

**Key characteristics** – Warms the Spleen, transforms thin mucus, unblocks channels & revives Yang

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Hot</th>
<th>😍😍😍</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>Acrid</td>
<td>😍😍😍</td>
</tr>
<tr>
<td>Area of action</td>
<td>Deep</td>
<td>😍😍😍</td>
</tr>
<tr>
<td>Site of action</td>
<td>Spleen, Stomach, Heart, Lung</td>
<td>😍😍😍</td>
</tr>
</tbody>
</table>

**Dosage:** 3-10gm

**Cooking time:** 20 mins

(Bensky et al., 2004; Hempen & Fisher, 2009)
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Warm Interior & Expel Cold

2. Gan Jiang | *Zingiberis rhizoma*

**Actions:**

- **Warms Middle & expels Cold ★★★
  - Warms SP & ST (excess or deficient Cold)**

- **Warms Yang ★★★
  - Yang Xu/devastated Yang**

- **Warms LU transforms thin mucus ★★★
  - Cold-damp/phlegm affecting the LU**

- **Warms channels & stops bleeding ★★
  - Cold from deficiency that may present with haemorrhage**

**A story about Gan Jiang...**

(Bensky et al., 2004; Hempen & Fisher, 2009; Xi & Gong, 2017)
Warm Interior & Expel Cold
2. Gan Jiang | Zingiberis rhizoma

Clinical applications:
• Cold affecting the SP & ST
  ➢ Pain in the epigastrium & abdomen, vomiting, diarrhoea & loss of appetite
• Devastated Yang
  ➢ Feeling cold, very weak pulse & cold limbs
• Cold-damp/phlegm affecting the Lungs
  ➢ Cough with thin, watery or white sputum, dyspnoea
• Deficiency Cold bleeding
  ➢ Abnormal uterine bleeding, haematemesis

Pharmacology: Promotes secretion of saliva and gastric juices & intestinal motility (peristalsis). Antiemetic, antibiotic, antifungal, antiparasitic, CNS stimulant.

Contraindications: Yin Xu with Heat, bleeding due to heat, pregnancy
Group discussion

The difference between **Fu Zi** and **Gan Jiang**
## Warm Interior & Expel Cold

### Fu Zi & Gan Jiang Comparison

<table>
<thead>
<tr>
<th>Herb</th>
<th>Similarities</th>
<th>Differences</th>
</tr>
</thead>
</table>
| Fu Zi (Aconite Root)  | Both acrid & hot in nature  
Both restore Yang, dissipate Cold, spread warmth and relieve pain  
Can be used for Yang Xu of SP | Also enters the KI & HT  
Poisonous. Preferred herb for Yang collapse.  
 Supplements fire and assists Yang, particularly enters KI & warms the KI Yang |
| Gan Jiang (Dried Ginger Rhizome) |                                                                                | Also enters LU & ST  
Not as strong as Fu Zi, but not poisonous.  
Good at warming SP Yang and treats cold pain in the stomach & abdomen (Middle Jiao predominantly).  
Warms the Lungs and dissolves thin mucus |
**Warm Interior & Expel Cold**

3. **Rou Gui** | *Cinnamomi cassiae cortex*

**Key characteristics** – Warms & tonifies the Yang, disperses Cold (particularly in the Lower Jiao)

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Hot</th>
<th>★★★</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>AcridSweet</td>
<td>★★</td>
</tr>
<tr>
<td>Area of action</td>
<td>Deep</td>
<td>★★★</td>
</tr>
<tr>
<td>Site of action</td>
<td>Kidney Spleen Liver Heart</td>
<td>★★★★</td>
</tr>
</tbody>
</table>

**Dosage:** 1.5-4.5gm

**Cooking time:** Add at end of cooking & steep for 10 mins

What other herb comes from the same plant?

(Bensky et al., 2004; Hempen & Fisher, 2009) © Endeavour College of Natural Health
Warm Interior & Expel Cold
3. Rou Gui | *Cinnamomi cassiae cortex*

**Actions:**

- **Fortifies Yang ★★★**
  - Tonifies KI & SP Yang, Warms HT Yang

- **Disperses & warms Cold ★★★**
  - Particularly Cold stagnating the Lower Burner

- **Leads Fire back to its source ★★★**
  - Upward floating of deficient Yang

- **Warms channels & generates Qi ★★**
  - SP Qi Xu

*A story about Rou Gui...*
Warm Interior & Expel Cold

3. Rou Gui | Cinnamomi cassiae cortex

Clinical applications:

- **Yang Xu**
  - KI Yang Xu - aversion to cold, cold limbs, weak back, impotence, urinary frequency
  - SP Yang Xu – abdominal pain & cold, low appetite, diarrhoea
  - HT Yang Xu – chest painful obstruction

- **Cold stagnating the Lower Jiao**
  - Amenorrhoea, dysmenorrhoea, Cold-damp Bi, sores or abscesses that will not heal, diarrhoea, feeling of cold

- **Upward floating of deficient Yang**
  - Flushed face, wheezing, severe sweating, weak and cold lower extremeties, deficient & rootless pulse – heat above/cold below

- **Pain syndromes due to Cold & Blood stasis**
  - Abdominal or lumbar pain, cold and painful limbs

Pharmacology: Antibacterial, antifungal, treats ulcers, enhances digestion, reduces heart rate, reduces blood pressure & promotes peripheral vasodilation

Toxicology: Overdose (>18g per day), can cause abdominal tension, dysuria, blood in urine, burning urination, sensation of heat in chest, dry swollen eyes

Contraindications: Yin Xu (especially with heat), fire conditions, pregnancy
## Warm Interior & Expel Cold

**Fu Zi & Rou Gui Comparison**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Similarities</th>
<th>Differences</th>
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<tbody>
<tr>
<td>Fu Zi (Aconite Root)</td>
<td>Both acrid &amp; hot in nature Both move into the Lower Burner to tonify KI Yang, augment the Fire at the Gate of Vitality, disperse Cold and treat Cold-damp Bi. Dissipate Cold &amp; relieve pain</td>
<td>Poisonous. Stronger efficacy &amp; quicker onset. More suited to more severe Yang deficiency (Yang collapse) and internal Cold. Effect on all three Jiaos.</td>
</tr>
<tr>
<td>Rou Gui (Cinnamon Bark)</td>
<td>Non-poisonous &amp; sweet in nature. Moderate efficacy &amp; slower onset (more suited to long-term use/supplementation). Good at returning Fire to its source and treats various syndromes caused by deficient Cold or KI Qi Xu, or upfloating of deficient Yang</td>
<td>Effect is focused more on the Lower Jiao</td>
</tr>
</tbody>
</table>
Warm Interior & Expel Cold

4. Wu Zhu Yu | *Fructus Evodiae*

**Key characteristics** – Strongly warms the Middle Burner (& Lower Burner), stops nausea & vomiting due to cold & directs Qi downward

| Temperature | Hot | ★★★
| Taste | Acrid  
Bitter | ★
| Direction of action | Descending | ★★
| Site of action | Liver  
Stomach  
Spleen  
Kidney | ★★★

**Dosage:** 1.5-4.5gm  
**Cooking time:** 20 mins  

(Bensky et al., 2004; Hempen & Fisher, 2009)  
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endeavour.edu.au
Warm Interior & Expel Cold

4. Wu Zhu Yu | *Fructus Evodiae*

**Actions:**

- **Warms Middle, disperses Cold & relieves pain 🌟🌟🌟**
  - LR & ST channel disorders due to congealing Cold or Phlegm

- **Corrects counterflow Qi, spreads LR 🌟🌟**
  - Rebellious ST Qi

- **Warms SP, stops diarrhoea 🌟🌟🌟**
  - SP Yang Xu

*(Bensky et al., 2004; Hempen & Fisher, 2009; Xi & Gong, 2017)*
WARM INTERIOR & EXPEL COLD

4. Wu Zhu Yu | Fructus Evodiae

Clinical applications:
• Pain syndromes due to Cold accumulation
  ➢ Epigastric pain with nausea, headache, pain in the centre of the body, dysmenorrhoea
• Directs Qi downward
  ➢ Rebellious ST Qi – vomiting, acid regurgitation, belching
  ➢ Ascendant LR Qi due to Cold obstruction – Jueyin headache, migraine, flank pain
• SP Yang Xu
  ➢ Diarrhoea, pain in the abdomen

Pharmacology: Antibiotic, analgesic, stimulates the uterus, antihypertensive, reduces gastric acid secretion, antiemetic, antidiarrheal, decreases blood pressure
Precautions: not suitable to be taken in large dosage or over long-term (very drying, can damage Qi)
Contraindications: Yin deficiency with internal heat
## Warm Interior & Expel Cold

### Wu Zhu Yu & Gan Jiang Comparison

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<tr>
<td>Wu Zhu Yu (Evodia Fruit)</td>
<td>Both acrid &amp; hot in nature Both enter the SP &amp; ST to warm the Middle and disperse Cold. Commonly used together for Cold constraining the Middle (Cold pain in the epigastrium and abdomen)</td>
<td>Slightly toxic, bitter, also enters LR &amp; KI, dissipates Cold in the LR &amp; ST channels to treat primarily middle and also lower Jiao disorders. Resolves constraint &amp; stagnation of LR Qi. Also warming for the Lower Burner, warms the womb &amp; Cold in lower abdomen</td>
</tr>
<tr>
<td>Gan Jiang (Dried Ginger Rhizome)</td>
<td></td>
<td>Also acts on HT &amp; LU channels – focuses on warming the upper Burner (in addition to the Middle burner) &amp; transforms thin mucus in the Lungs. Warms devastated Yang</td>
</tr>
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</table>
## Warm Interior - Chinese Herbal Medicine Summary

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<th><strong>Action: Expel cold, relieves pain</strong></th>
<th><strong>Description</strong></th>
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</thead>
<tbody>
<tr>
<td>Zhi Fu Zi</td>
<td>Aconiti radix lateralis praeparata</td>
</tr>
<tr>
<td>Rou Gui</td>
<td>Cinnamomi cassiae cortex</td>
</tr>
<tr>
<td>Gan Jiang</td>
<td>Zingiberis rhizoma</td>
</tr>
<tr>
<td>Wu Zhu Yu</td>
<td>Evodiae fructus</td>
</tr>
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Tutorial Activity – Case Study 6.1

An 89 year old female presents with fatigue. She also complains of digestive problems, aversion to cold and constantly feeling cold. The condition has been gradually getting worse 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?
Tutorial Activity – Case Study 6.2

A 26 year old female presents with bloating of the epigastrium and a sensation of general heaviness. She has been suffering with the condition for more than 3 years and also comments that she has poor appetite. Stools are loose with offensive/strong 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?
A 26 year old female presents complaining of fatigue. She also complains of abdominal distension and an aversion to cold. The condition has been gradually getting worse 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?
Further resources/readings if interested

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