Chinese Herbal Medicine
CMHB211

Session Seven
Removing wind-damp Chinese Herbal Medicine
Regulate Qi Chinese Herbal Medicine

Chinese Medicine
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:
  - Removing wind-damp Chinese Herbal Medicine
  - Regulate Qi Chinese Herbal Medicine

- 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.
Removing wind-damp

- “The herbs can expel wind and remove dampness to treat Bi-Syndrome due to wind-damp”. (Teng Jialin 2007);

- Most are pungent and bitter in flavor; can remove wind-damp from the muscles, meridians and collaterals, tendons and bones, and joints.

- Caution to use in cases of deficiency of yin and blood
Removing wind-damp

- Du Huo | Radix Angelicae Pubescentis
- Wei Ling Xian | Radix Clematidis
- Chuan wu | Radix Aconiti Preparata
- Mu Gua | Fructus Chaenomelis
- Qin Jiao | Radix Gentianae Macrophyllae
- Fang Ji | Radix Stephaniae Tetrandrae
- Luo Shi Teng | Radix Folium Seu Flos Tripterygii Wilfordii
- Sang ji sheng | Ramulus Taxilli
## Removing wind-damp summary

<table>
<thead>
<tr>
<th>Action: expel wind and dampness, relieve pain</th>
</tr>
</thead>
</table>
| **Du Huo | Radix Angelicae Pubescentis** | Expel wind and dampness  
Stop pain and disperse the exogenous evil |
| **Wei Ling Xian | Radix Clematidis** | Expel wind and dampness; Unblock collaterals to relieve pain |
| **Chuan Wu | Radix Aconiti Preparata** | Expel wind and dampness; disperse cold and relieve pain |
| **Mu Gua | Fructus Chaenomelis** | Soothe tendons and activate collaterals; harmonize stomach and resolve dampness |
| **Qin Jiao | Radix Gentianae Macrophyllae** | Expel wind and dampness; Unblock collaterals to relieve pain  
Clear deficient-heat and remove damp-heat |
| **Fang Ji | Radix Stephaniae Tetrandrae** | Expel wind/ relieve pain; Induce diuresis to remove oedema |
| **Sang ji sheng | Ramulus Taxilli** | Expel wind-damp; tonify the liver and kidney; strengthen the tendons and bones; prevent abortion |
Du Huo | *Radix Angelicae Pubescentis*

- **Temperature:** Neutral
- **Taste:** Bitter | Pungent
- **Related** to Kidney and bladder
- **Actions:**
  - Expel wind and dampness
  - Stop pain and disperse the exogenous evil

**Clinical applications:**
- Bi-syndrome of wind-cold – dampness
- Superficial syndrome with wind-cold-damp
- Headache

- **Dosage:** 3-10gm
- **Cooking time:** 20 minutes
- **Precautions:** Yin and blood xu, caution with pregnant
<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Teeth Pubescent Angelica Root (du huo)</td>
<td>Both can dispel wind-damp, relieve pain, and release the exterior, are indicated for the treatment of bi syndrome caused by wind-cold-damp, exterior pattern of wind-cold complicated by dampness, and headache. For bi syndrome with general pain due to wind-cold-damp, both herbs often combine with each other to reinforce their effects.</td>
<td>Its property is more moderate, the effect of dispersing is less than that of Rhizoma et Radix Notopterygii (qiang huo), and it is more used for the treatment of wind-cold-damp bi syndrome in lower half of the body, and shaoyin headache. It also can remove the latent wind in the shaoyin kidney channel, and treat the latent-wind headache (headache, dizziness, pain involving the tooth and cheek, pain generating after encountering wind). It also can disperse the fire from constraint and treat the sore pain of gingiva due to wind-fire.</td>
</tr>
<tr>
<td>Notoptetygium Root (qiang huo)</td>
<td></td>
<td>Its property is partial to dryness, the effect of dispersing is stronger than that of Radix Angelicae Pubescentis (du huo), and it is more used for the treatment of wind-cold-damp bi syndrome with pain in the upper half of the body, and also can treat headache caused by externally-contracted wind-cold.</td>
</tr>
</tbody>
</table>
Qin Jiao | *Radix Gentianae Macrophyllae*

- **Temperature:** Neutral
- **Taste:** Bitter | Pungent
- **Related** to stomach, liver and bladder
- **Actions:**
  - Expel wind and dampness
  - Unblock collaterals to relieve pain
  - Clear deficient-heat and remove damp-heat

**Clinical applications:**
- Bi-syndrome of wind--dampness
- Bone-steaming tidal fever
- Jaundice of dampness-heat

- **Dosage:** 3-10gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin and Qi Deficiency

Shen Y 2015, *QinJiao*
Fang Ji | *Radix Stephaniae Tetrandrae*

- **Temperature**: Cold
- **Taste**: Bitter
- **Related** to bladder and lung
- **Actions**:
  - Expel wind/ relieve pain
  - Induce diuresis to remove oedema

**Clinical applications**:
- Bi-syndrome of wind--dampness
- Oedema and Beriberi

- **Dosage**: 4-10gm
- **Cooking time**: 20 minutes
- **Precautions**: caution for stomach Xu (poor appetite) and yin deficiency
Sang ji sheng | *Ramus Taxilli*

- **Temperature:** Neural
- **Taste:** Bitter | Sweet
- **Related** to Liver and kidney
- **Actions:**
  - Expel wind-damp
  - Tonify the liver and kidney
  - Strengthen the tendons and bones
  - Prevent abortion

**Clinical applications:**
- Bi-syndrome of wind--dampness
- Vaginal bleeding during pregnancy; threatened abortion

- **Dosage:** 9-15gm
- **Cooking time:** 20 minutes
- **Precautions:** Yin and blood Deficiency
Researches

Effects of Duhuojisheng Tang and combined therapies on prolapse of lumbar intervertebral disc: a systematic review of randomized control trails


Bi Syndrome (Arthralgia Syndrome)

Discuss and summary the herbs can be used to treat Bi-Syndrome (any herbs from previous sessions as well??)

Group discussion
Regulate Qi

- “The herbs mainly regulate qi system and movement are known as ‘qi-regulating herbs’, or ‘qi-promoting herbs’; the herbs with strong power to promote qi flow are also known as ‘qi-breaking herbs’”. (Teng Jialin 2007);

- Pungent and warm tastes tend to activate and promote the movement of qi; and

- These herbs are generally used with caution during pregnancy, with strong/heavy menses flow and can tend to deplete yin and body fluids if used over a long term period.
Regulate Spleen and Stomach

- Zhi Shi | Aurantii fructus immaturus
- Hou Po | Magnoliae cortex
- Sha Ren | Amomi xanthioidis fructus
- Mu Xiang | Aucklandiae radix
- Xiang Fu | Cyperi rhizoma
- Chen Pi | Citri reticulatae pericarpium
- Zhi Ke | Aurantii fructus
- Da Fu Pi | Arecae pericarpium
Regulate Liver Qi

- Chuan Lian Zi | Toosendan fructus
- Qing Pi | Citri reticulatae viride pericarpium
- Wu Yao | Linderae radix
- Mu Xiang | Aucklandiae radix
- Mei Gui Hua | Rosae flos
- Xiang Fu | Cyperi rhizoma
- Fo Shou | Citri sarcodactylis fructus
Regulate Qi - summary

### Action: Regulate Qi and Transforms Phelgm

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Chen Pi</td>
<td>Citri reticulatae pericarpium**</td>
</tr>
<tr>
<td>**Qing Pi</td>
<td>Citri reticulatae viride pericarpium**</td>
</tr>
<tr>
<td>**Zhi Shi</td>
<td>Aurantii fructus immaturus**</td>
</tr>
<tr>
<td>**Zhi Ke</td>
<td>Aurantii fructus**</td>
</tr>
<tr>
<td>**Xiang Yuan</td>
<td>Citri fructus**</td>
</tr>
<tr>
<td>**Fo Shou</td>
<td>Citri sarcodactylis fructus**</td>
</tr>
<tr>
<td>**Da Fu Pi</td>
<td>Arecae pericarpium**</td>
</tr>
</tbody>
</table>

### Action: Sinks counterflow stomach qi, relieves nausea and vomiting

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Shi Di</td>
<td>Kaki diopyri calyx**</td>
</tr>
</tbody>
</table>
## Regulate Qi - summary

### Action: Regulate Qi and Relieve Pain

<table>
<thead>
<tr>
<th>Herb</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mu Xiang</td>
<td>Aucklandiae radix</td>
</tr>
<tr>
<td>Xiang Fu</td>
<td>Cyperi rhizoma</td>
</tr>
<tr>
<td>Wu Yao</td>
<td>Linderae radix</td>
</tr>
<tr>
<td>Xie Bai</td>
<td>Allii macrostemi bulbus</td>
</tr>
<tr>
<td>Tan Xiang</td>
<td>Santali albi lignum</td>
</tr>
<tr>
<td>Chen Xiang</td>
<td>Aquilariae lignum</td>
</tr>
<tr>
<td>Chuan Lian Zi</td>
<td>Toosendan fructus</td>
</tr>
<tr>
<td>Li Zhi He</td>
<td>Litchi semen</td>
</tr>
<tr>
<td>Ba Yue Zha</td>
<td>Akebiae fructus</td>
</tr>
<tr>
<td>Gan Song</td>
<td>Nardostachys rhizoma</td>
</tr>
</tbody>
</table>
Chen Pi | *Citri reticulatae pericarpium*

- **Temperature:** Warm
- **Taste:** Bitter | Pungent
- **Related** to lung and spleen
- **Actions:**
  - Regulate qi and invigorate spleen
  - Dry dampness and resolve phlegm

**Clinical applications:**
- Qi stagnation of spleen and stomach
- Retention of dampness, cough with profuse sputum

- **Pharmacology:** Increase peristalsis & bronchial relaxant / topically used for burns
- **Dosage:** 3-10gm
- **Cooking time:** 20 minutes
- **Contraindications:** Heat, Heat excess, Yin deficiency, Dry cough, Hot phlegm, Haematemesis, Bloody sputum
Qing Pi | *Citri reticulatae viride pericarpium*

- **Temperature:** Warm
- **Taste:** Bitter | Pungent
- **Related** to liver, gallbladder and stomach
- **Actions:**
  - Moves and regulates qi
  - Breaks up qi stagnation and obstruction
  - Relieves pain
  - Breakup blood stagnation
  - Drains damp
  - Transforms phelgm
- **Pharmacology:** Hypertensive action, inhibit gastric contractions, anti-asthmatic, expectorant
- **Dosage:** 3-10gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin and Qi Deficiency

---

# Herbs differentiation

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged Tangerine Peel (chen pi)</td>
<td>Both come from the fruit of <em>Citrus reticulata</em> Blanco, have the acrid, bitter, and warm properties, can rectify middle jiao qi and fortify the stomach, are indicated for the treatment of distending pain in the stomach cavity and abdomen, and food accumulation and indigestion due to qi stagnation in the spleen and stomach.</td>
<td>It is warm but not fierce in nature, its acrid flavor has dispersing, ascending and floating effects, its effect of moving qi is moderate, and action tendency is partial to regulating the spleen and lung. It is good at drying dampness and dissolving phlegm, and used for the treatment of cough and panting, vomiting and hiccup, abdominal pain, and diarrhea caused by phlegm-rheum stagnating in the lung and stomach. It is partial to moving the qi stagnation in the spleen and lung.</td>
</tr>
<tr>
<td>Green Tangerine Peel (qing pi)</td>
<td>(Pericarpium Citri Reticulatae Viride)</td>
<td>Its property is fierce, and its effect of moving qi is stronger than that of <em>Pericarpium Citri Reticulatae</em> (chen pi), its bitter flavor has discharging and descending effects, action tendency is partial to regulating the liver and gallbladder. It can soothe the liver and break stagnant qi, dissipate masses, and relieve pain, disperse accumulation and resolve [food] stagnation, and is mainly used for the treatment of distending pain in the breast or breast lump, and distending pain in the hypochondrium due to liver constraint, hernia pain, and abdominal pain due to food accumulation, concretions, and conglomerations (zhēng jia) or accumulations and gatherings (jī jù). It is partial to moving qi stagnation in the liver and stomach.</td>
</tr>
</tbody>
</table>
Zhi Shi | *Fructus Aurantii Immaturus*

- **Temperature:** Warm
- **Taste:** Bitter | Pungent | Sour
- **Related** to spleen and stomach
- **Actions:**
  - Break Qi
  - Remove food retention
  - Resolve phlegm and dissipate mass

**Clinical applications:**
- Food retention syndromes
- Chest impediment, epigastric stuffiness

- **Dosage:** 3-10gm, normally NOT more than 30g
- **Cooking time:** 20 minutes
- **Precautions:** caution for spleen and stomach deficiency and pregnant woman

Shen Y 2015, ZhiShi
Mu Xiang | *Aucklandiae radix*

- **Temperature:** Warm
- **Taste:** Bitter | Pungent
- **Related** to spleen, stomach, large intestine, gallbladder and triple energizer
- **Actions:**
  - Moves and regulates qi
  - Relieves pain
  - Regulate middle jiao

**Clinical applications:**
- Spleen and stomach qi stagnation syndromes
- Large intestine qi stagnation syndrome
- Liver and gallbladder qi stagnation

- **Pharmacology:** expectorant, coleretic, diuertic
- **Dosage:** 1-6gm
- **Cooking time:** Add to cooked herbs and allow to steep for 3 minutes
- **Precautions:** Yin xu, Dryness and Lung xu
Xiang Fu | *Cyperi rhizoma*

- **Temperature:** Warm
- **Taste:** Bitter | Pungent | Sweet
- **Related** to liver, spleen and triple energizer
- **Actions:**
  - Soothe liver to regulate qi
  - Regulate menstruation to relieve pain

**Clinical applications:**
- Liver depression with qi stagnation resulting in pain syndrome
- Epigastric pain
- Irregular menstruation, dysmenorrhea

- **Pharmacology:** Phyto-oestrogen agent, sedative, antibiotic, analgesic.
- ** Dosage:** 6-9gm
- **Cooking time:** 20 minutes
- **Precautions:** Qi and Yin Xu, Blood Heat
## Herbs Differentiation

| Nutgrass Galingale Rhizome  
(xiang fu)  
(Rhizoma Cyperi) | Both can rectify qi and relieve pain, loosen the center, and promote digestion, can be used for the treatment of distending pain in the stomach cavity and abdomen, and less eating due to qi stagnation in the spleen and stomach. Both can combine with each other to reinforce their effects |
|---------------------------------------------------------------|
| Common Aucklandia Root  
(mu xiang)  
(Radix Aucklandiae) | Its property is mild. It mainly acts on the liver channel, can soothe the liver, and resolve constraint, regulate menstruation and relieve pain, and is mainly used for the treatment of distending pain in the hypochondrium and breast, and menstrual irregularities, which is a miracle medicinal for gynecological disease |
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Its property is partial to dryness. It mainly acts on the spleen and stomach channels, is good at treating food accumulation and indigestion, distending pain in the stomach cavity and abdomen, diarrhea, and dysentery with tenesmus due to qi stagnation in the spleen and stomach. It also can treat hypochondriac pain, jaundice, hemia pain, chest bi (pectoral stuffiness pain), or precordial pain. It is an essential medicinal that can rectify qi and relieve pain</td>
</tr>
</tbody>
</table>
Patient 7.1 (Female 26 years) presents for stress management. She has an extremely stressful investment job that requires her to work 16-18 hour days over extended periods of time. She also suffers from dysmenorrhoea (and very irregular periods), nausea and poor appetite. Her partner has also commented over the past six months that she has been more irritable and angry when at home.

Clinical Assessments:
Other: Nil
Pulse: Wiry
Tongue: Purplish colour, slight yellow coating

- What is the TCM/CM Aetiology and Pathogenesis of the above condition?
- What is the TCM/CM diagnosis?
- What are the TCM/CM treatment principles required here?
- Which herbal agents that should be used here?
- What is the name of your constructed herbal formula?