

Chinese Medical Herbology

--Learning herbs through organized charts & illustration--

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Preface

More and more medical practitioners begin to pay attention to natural healing method, and trying to offer more options to the patients. Thus, Traditional Chinese Medicine (TCM) is turning to more popular in USA and other countries. People are attractive by the amazing medical results from Chinese needles and herbs, and want to study and know more about Chinese herbs. However, TCM has been handed down from ancient time to now, there are lots of old concepts which have included ancient Chinese philosophy are hard to understand and even remember. Thus how to increase the education level in the University of TCM becomes a big issue.

Kevin Dai, the California licensed Acupuncturist, is also teaching in the University of East-West medicine, has written this book to help the people to easily understand and remember the actions & instructions of the herbs, through lots illustrations, charts, and tables, points out the key characteristics of each herb.

This book is intended to be used as both a text book for the students, and people who want to know more about their herbal supplements.

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Using this book







Part One ILLUSTRATIONS

<p>The diagram illustrates how text is categorized. 'Invigorates Blood' and 'Stops Pain' are enclosed in rectangular boxes, with a wavy arrow pointing from them to a larger box labeled 'Actions of the herb'. Similarly, 'Menstrual Pain' is enclosed in an oval-shaped box, with a wavy arrow pointing to a box labeled 'Indications of the herb'.</p>	
	<p>---- “Star” represents the importance of the herb or the frequency being used in the formula. Five stars are the most important herb, usually it is a representative herb in this category, and students should pay more attention on it. One star usually means that this herb is not so commonly being used.</p>
	<p>---- This mark shows Key characteristics for the herb</p>
<p>Blue Color</p>	<p>Represents the “Yin” or “Cold”</p>
<p>Red Color</p>	<p>Represents the “Yang” or “Heat”</p>
<p>Green-Color</p>	<p>Represents the “Neutral” character</p>
<p>★</p>	<p>--The important or common herb combination; --California state board examination required formulas.</p>
<p>*</p>	<p>Those are not California state board required herbs or formulas</p>

Part Two Herbs Property

I. Five Tastes

All the Herbs & foods are classified by the five tastes: sweet, sour, bitter, salty and Acrid, each of which their functions and characteristics (See the chart below). Each taste also acts on or has direct influence on a specific vital organ.

Tastes	Key characteristics	Functions	Cautions
 Sweet	<u>Tonifies,</u> <u>Harmonizes</u>	--Tonify the deficiency -- Harmonize & stop pain --Enter the <u>Spleen channel</u>	Easily create extra dampness in the body, and obstruct the digesting function.
 Bitter	<u>Dries,</u> <u>Downbears,</u> <u>Moves, Drains</u>	--Dispels heat --Purges the bowels --Dry out the dampness --Enter the <u>Heart channel</u>	Bitter taste could easily damage the stomach function, should be used in caution for weak digestion patients
 Sour	<u>Astringes</u>	--Prevent leakage of body fluids --Enter the <u>Liver channel</u> and benefit the liver Yin.	May retain the exterior pathogen.
 Salty	<u>Softens</u>	--Soften hard masses --Purge & Open the bowels --Enter the <u>Kidney channel</u>	Used in caution for diarrhea patient, or some kidney disorder patients.
 Acrid	<u>Dispersing</u>	--Promotes Sweating --Disperses Wind-dampness --Direct & vitalize Qi & Blood	Acrid taste herb will damage the Qi & Blood, not good for Qi & blood deficient people.
 Bland (A subtle sweet taste)	<u>Drains out dampness</u>	-- Drains dampness through diuresis	Not good for Yin or fluid deficient patient, due to its strongly promote urination function

Four Qi

The four natures of herbs are:







- *Cold Hot Cool Warm*





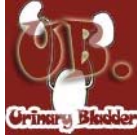

In the “Yellow Empire”, an ancient book of Chinese traditional medicine, says that if the body is cold, warm it, and if the body is hot, cool it. Thus, “Four Qi” theory is developed to range the degree of Yin & Yang in each individual herb from cold, cool, neutral to warm and hot. Therefore, the herbalist could choose different herb according to their cool, cold or warm hot nature. For example, to treat liver fire caused red eyes, we could choose Xia Ku Cao, a cold herb, to clear the liver fire. Also, remembering the temperature nature of each herb, could help to avoid the side affect from herb or formula. For example, patient will easily feel dry mouth, if herbalist give hot herbs to teat warm diseases. Sometimes an ingredient is added to offset the extreme effect of one herb. For example, Ma Huang is good at stop asthma and cough, however, Ma Huang is a spicy warm herb, should not be used directly on lung heat type cough. At that time, adding Shi Gao, a cold herb, with Ma Huang together in the decoction, could control the warm nature of Ma Huang.

II. Channels of Entry

The Meridians refer to which organs the herb acts upon. There are 12 channels in the human body. These clearly defined channels are influenced by historically beneficial herbs that are known to impact a specific channel. Additionally, the various herbs can affect the functions of the body with multiplicity. For example, TCM uses cool herbs to treat heat diseases. However, the heat disease could be liver heat or stomach fire, and clearing liver fire herb may not be used to clear stomach fire. Therefore, different herbs have been used to treat diseases due to their multiple affect on the functions of different organs. The functions of the herbs and the 12 meridians can be interrelated and this is what is meant by the meridian attribution of herbs.

This Channel of entry is summarized from the therapeutic effects practiced, and gradually develops into a theory.

 <p>Heart</p>	<p>Herbs entering the heart meridian could treat diseases related with heart's functional disorders, such as irritability, insomnia, or restlessness.</p>
 <p>Liver</p>	<p>Liver open into the eyes, maintains a smooth flow of Qi, governs tendons & sinews, and stores blood. Herbs entering the Liver channels could smooth the liver Qi, or tonify the liver Yin or clear the liver fire, and treat eye diseases.</p>
 <p>Spleen</p>	<p>Spleen has a primal function to transport & transmit the water and transform the damp. The herb entering the spleen channel usually could tonify & strengthen the spleen to treat diarrhea, poor appetite, or fatigue.</p>
 <p>Lung</p>	<p>Lung governs the skin and defenses the body from attacking by the external pathogenic factors. Herbs expelling the exterior wind-cold or wind heat all enter the lung channel.</p>
 <p>Kidney</p>	<p>Herbs entering the kidney channel could tonify the kidney, clear the deficient heat, and treat water metabolism disorders.</p>
 <p>Pericardium</p>	<p>Pericardium is the first line of defence against the heart. Herbs treating the disorders, such as insomnia, irritability, may also enter the pericardium channel.</p>

	<p>Some herbs enter the gall bladder channel to help treat the jaundice, clear the damp-heat in the channel.</p>
	<p>Stomach is in charge of rotting & fermenting the food, and it tends to get hot and toxin. Some herbs in the clear fire category enter the stomach channel and specially clear the stomach fire.</p>
	<p>Constipation, damp-heat diarrhea, or intestine abscess diseases belong to Large intestine channels. Herbs treating these diseases usually enter the large intestine channel.</p>
	<p>Small intestine separates the clear from the turbid. The disorders of the small intestine may cause abdominal pain, diarrhea, and scanty urine. Thus, some herbs enter the small intestines to treat those diseases.</p>
	<p>Herbs entering the urinary bladder to treat urinary disorder diseases, edema, or to drain the dampness.</p>
	<p>San Jiao is a special functional organ and could only be found in TCM. It is in charge of the metabolism function of the whole body. Thus, herb has the function to adjust the whole body metabolism, also enter the San Jiao channel.</p>

III. Other properties

Four Actions:

The four actions of herbs are first mentioned by the great TCM doctor Li Dong Yuan: **"Herbs have the properties of ascending, descending, floating and sinking, transformation, giving birth, growth, harvesting, storing, and completion"** :

Yang ascends, Yin descends, Yang floats, and Yin sinks. Spicy, sweet, and bland have the yang characteristics of the earth. Sour, bitter and salty have yin characters. Yin and Yang descriptions aid the TAM practitioner relative to understanding the affect an herb will have on the body.

Additionally, herbs that are light will usually ascend or float and herbs that are heavy will usually sink or descend. Flowers and leaves will float while seeds or roots will descend or sink. Keep in mind that Chinese Herb Medicine also includes the mineral and animal products, which have their own properties.

Four Actions:	Ascending	Descending	Floating	Sinking
	The direction of herbal actions is toward the upper parts, which are indicated for a disease in a lower and deeper parts	They function toward the lower parts and possess the action of descending adverse Qi and are indicated for the disease due to adverse ascending of pathogenic factors	Floating herbs function toward the upper and outward parts, generally exert the effects of sweating and dispersing and are indicated for the disease in the upper and superficial parts	Sinking herbs function toward the lower and inward parts, have the effects of lowering the adverse flow of Qi and relaxing bowels and are indicated for the disease in the lower and interior
Instructions:	Prolapsed disease	Cough, dizziness, vomiting	Exterior cold	Constipation; dysuria
Herb examples:	Huang Qi Sheng Ma:	Dai Zhe Shi; Cheng Xiang; Shi Jue Ming	Ma Huang; Zi Su; Fang Feng;	Da Huang; Mu Tong

Part Three Herb Compatibility of Chinese Pairs

- 1. Mutual reinforcement (相须)
- 2. Mutual assistance (相使)
- 3. Mutual restraint or detoxication (相畏 or 相杀)
- 4. Mutual Antagonism (相恶)
- 5. Mutual Incompatibility (相反)

- 1. Mutual reinforcement (相须)

That is, two or more ingredients with similar properties and effects are used in combination to reinforce each other's action

Mutual reinforcement	Effects & Action
Da Huang + Mang Xiao	Purgating action
Tao Ren + Hong Hua	Invigorating the blood
Zhi Mu + Huang Bai	Clear deficient fever
Ru Xiang + Mo Yao	Invigorating the blood
Fu Zi + Gan Jiang	Warm up the Yang Qi
Quan Xie + Wu Gong	Stop muscle Spasm

- 2. Mutual assistance (相使)

That is, Chinese medicinal herbs that are not certainly similar but have some relationship in the aspect of medicinal properties and actions are used in combination, in which one herb is taken as the dominate factor and the others as its assistants to raise its therapeutic effects.

Dominant herb	Assistant herbs	Effects & Action
Huang Qi	Fang Ji	Promote water circulation & permeating the dampness
Huang Lian	Mu Xiang	Stop diarrhea & abdomen pain
Da Huang	Huang Qin	Clear damp-heat

- 3. Mutual restraint or detoxication (相畏 or 相杀)

That is, mutual restraining effect of different medicines to weaken or neutralize each other's harmfulness, such as toxicity or side-effects.

Mutual restraint	
Ban Xia; Dan Nan Xing	Sheng Jiang
Ren Sheng	Wu Ling Zhi
Fu Zi	Gan Jiang
Fu Zi	Gan Cao

- 4. Mutual Antagonism (相恶)

The ability of two substances to minimize or neutralize each other's positive effects

Ba Dou	☒ Qian Niu Zi	Gan Yin Wan (感应丸)
Ding Xiang	☒ Yu Jin	Shi Xiang Fan Hun San (十香反魂散)
Chuan Wu & Cao Wu	☒ Xi Jiao	Da Huo Luo Wan (大活络丸)
Ren Shen	☒ Wu Ling Zhi	
Rou Gui	☒ Chi Shi Zhi	
*Liu Huang	☒ *Pu Xiao	
*Shui Yin	☒ *Pi Shuang	
*Lang Du	☒ *Mi Tuo Shen	
*Ya Xiao	☒ *San Leng	

- 5. Mutual Incompatibility (相反)

Cause side effects or toxicity if use together

Gan Cao ☒	Gan Sui Da Ji Yuan Hua Hai Zao	Dosage: Gan Cao >= Gan Sui
Wu Tou (Fu Zi) ☒	Ban Xia Gua Lou Bei Mu Bai Ji Bai Lian	Bei Mu or Ban Xia + Fu Zi (No evidence support it)
Li Lu ☒	Ren Shen Dang Shen Dan Shen Xuan Shen Sha Shen Ku Shen Xi Xin Bai Shao	Xi Xin + Li Lu: cause animal death in the lab

Part Four : Cautions & Contraindications of using Chinese herbs

Cautions to Pregnant Women	
Moving blood herbs	Chuan Xiong; Hong Hua; Tao Ren
Extremely Hot herbs	Jiang Huang; Fu Zi; Rou Gui
Herbs which make Qi going down	Niu Xi; Da Huang; Fan Xie Ye; Mang Xiao; Lu Hui

Caution of using Chinese herbs to all disease	
Stomachache	Yuan Zhi, *Zhao Fan
Spleen & St. cold in def. type	; Bie Jia; Ci Shi; Shi Gao; Gui Ban; Tian Hua Feng; Ku Shen; Zhi Mu; Huang Bai; Zhi shi; Chuan Lian Zi; Shen Di; Long Dan Cao; Huang Qin; Han Lian Cao; Lu Hui; Tian Dong; Xuan Shen; *Shan dou Geng; *Qin dai; ; *Da Qing Ye
Diarrhea or Loose stools	Tian Dong; Niu Pang zi; Huang Jin; Pai Zi Ren; Zhi MU; Bai He; Bee Honey; Tian Hua Feng; Gou Qi Zi; Rou Cong rong; Zhi Zi; Hu Tao Rou; Shen di; Han Lian Cao; Suo Yang; Zi Cao; Nu zhen zi; Dang Gui;; Bie Jia; Shu Di; Lu Hui; Hei Zhi Ma; Shou Wu; E Jiao; *Shan dou geng
Swollen due to Sp def.	*Shang Lu; Ban Bian Lian; Qian Niu Zi
Pregnant women	Dai Zhe Shi; Gui Zhi; Chi Shi Zhi; Xi Jiao; Meng Shi; Niu Huang; Bing pian; Mu Tong; Gui Ban; Gan Jiang; Tong Cao; Zhi shi; Dan Pi; Dong Kui Zi
Menses	Da Huang; Gui Zhi; *Fan Xie Ye
Lots menstrual flow	Niu Xi; San Leng; E Zhu; Chuan Xiong
High blood pressure	*Yang Jin Hua
Small Dosage	Wu Gong; Quan Xie; Ru Rong; Ru Xiang; Mo yao; Huang Lian; Cang er zi; *Fan xie ye; Shi Jun Zi; Pu gong yin; Gan Cao; Fang Ji; Mu Xiang; Xi Xing; Wu Jia Pi
No Long term drinking	Wei Ling Xian; Huang Lian; Wu Zhu Yu; *Zhu Sha; *Ya Dan Zi; *Yin Shu Ke *Chuan Xing lian;
No long time cooking	Bo He; Yin Chen; Jing Jie; Qin Hao; Gou Teng; Huo Xiang;

Contraindications of using Chinese herbs to all disease	
External cold	Di Gu Pi; Ke Zi; Mai Dong; Wu Mei; Huang Qi; Wu Wei Zi; *Dong Chong xia Cao; *Ma Hang Geng;
Full or Heat disease	Ren Shen
Skin Allergy	Bai Jie Zi
Bad appetite	E Jiao; Huang Qin; Xuan Shen; Bie Jia; Zhi Zi; Fang Ji; Shan Dou Geng;
Abdominal Extension	Ke Zi; Da Zhao; Shen Di; Long Yan Rou; Yi Tang; Dang Gui; Shan Yao; Shu Di; Huang Jin; Feng Mi
Stomachache	Yuan Zhi, *Zhao Fan
Swollen due to Sp def.	*Qian Niu Zi; *Shang Lu; *Ban Bian Lian;
Pregnant women	She Xiang; Ba Dou; Qian Niu Zi; She Gan; Gan Sui; Xiong Huang; Da Ji; Da Huang; Lu Hui; Shang Lu; Zhang Nao; Ru Xiang; Mo Yao; Fan Xie Ye; Yuan Hua; Mang Xiao;
Lactation	Mai Ya; Da Huang; *Fan Xie Ye
Qi Def.	Lai Fu Zi; Qin Pi
Blood Def.	Quan Xie; Cang er Zi; Gao Ben;
Liver & Kidney	Han Fang Ji; Mu Tong; *Ya Dan Zi; *Zhu Sha;
Coronary heart disease	Ma Huang
High blood pressure	Ma Huang;
Bleeding symptoms	Coughing blood: Zao Jia Blood heat: Rou Gui
Night sweating	Ma Huang
Spontaneous sweating	Ma Huang; Bo He; Xi Xing; Xiang Ru;

Contraindications to Pregnant Women	
Very toxic herb	*Shui Yin; *Pi Shuan; *Xiong Huang; *Chan Chu; *Ma Qian Zi; *Li Lu; *Gua Di
Harsh expellants herbs	Da Ji; *Gan Shui; *Yuan Hua; *Qian Niu Zi; *Ba Dou; *Shang Lu;
Strongly break up & drive out blood herbs	San Ling; E Zhu; *Gan Qi; *Shui Zhi; *Mang Chong;
Open orifices herbs	She Xiang; Niu Huang;
Hot toxic herbs	*Chuan Wu; *Cao Wu;

Unusual Caution & Contraindication

Herb	Unusual Caution or Contraindication
Ma Huang	Raise Blood Pressure: contraindicated on hypertension patient
Xi Xin	Caution for renal problem
Zi Cao	Measles
Qing Hao	Blood deficiency in postpartum
Mu Gua	Overdosage damage Teeth & bones
Ban Xia	All bleeding due to Yin Deficiency
Bai Qian	Cough from Kid. Not grasp the Qi
Bai Jie Zi	No topical for sensitive skin
Jie Geng	Cough blood
Jing Jie	Don't eat Fish when drink the tea.
Shan Zha	Acid regurgitation
Ren Shen	Hypertension
Da Zao	Excessive dampness, food accumulation, damp-phlegm
Lu Rong	Increase dosage slowly
Yuan Zhi	Strongly stimulation to the stomach: Use carefully for stomach ulcers & gastritis
Bing Lang	Be caution for the Qi collapse patient
Tu Fu Ling	Don't take with tea together
Xiang Ru	A very strong smelling; if drink hot, the strong smelling may cause nausea & vomiting.
Jue Ming Zi	Be caution for diarrhea patient
Jin Yin Hua	Be careful with Qi deficient Sores or Yin ulcers

Part Five Dosage

The dosage is the basic foundation of the formula, which also affect the actions of the herbs in the formula.

1. Dosage is of extreme importance in composing a prescription.

<a> Usually this topic is talked in Formula books

 Dosage variety

Decoctions	3 – 9 g
Single herb	Large dosage
Fresh herbs	10 – 20 g

<c> Dosage depends on the severity of the disorder

<d> Dosage depends on stomach Qi

2. Herb property with dosage

Large Dosage		Small dosage	
Hard herbs	Minerals; Shells	Light herbs	Flowers; Leaves
Heavy herbs	Roots; Fruits	Toxin	
Moderate & bland		Strong flavored	Aromatic herbs

3. Dosage affect the action of herb



Ban Xia	Stop Vomiting & Eliminate dampness: 10 – 15 g; Calm the spirit: 30g
Bo He	Smooth the Liver Qi: 3 g; Expel wind-heat: 15g
Chuan Xiong	For External wind headache: 4g; Liver Yang Rising headache: 9 – 12g; For headache due to blood stasis: 3- - 40g
Chai Hu	For raising up the Yang Qi: 2 – 5g; To smooth the Liver Qi : 5 – 10g; To clear the fever, release the exterior wind-heat: 10 – 30 g
Dang Gui	Small dosage: ->tonify the blood; Large dosage 20-40g: ->Invigorate the blood
Fu Ling	Dosage less than 25g, not promote urination; At least 30g, up to 100g, then promote the urination
Gui Zhi	9g to release the exterior; 5g to warm the Yang Qi
Hong Hua	Small dosage could nourish the blood; large dosage could move the blood.
Ji Nei Jin	3g to secure the urine; 4.5g~12g to promote the digestion; 15~18g to treat urinary stones
Rou Cong Rong	6~12g to tonify the Kidney Yang & essence; 15~18g to moisten the large intestine
Sheng Ma	3~10g to release the rashes, raise up the Yang Qi; Large dosage to clear the fire toxin
Zhi Ke	3~12g to regulate the Qi & release the fullness; 15~30g to treat prolapsed diseases
Zhi Shi	60~100g to treat prolapsed disease
Zhi Mu	Large dosage to low the blood sugar
Ze Xie	To treat dizziness: at least 30g
Zhi Gan Cao	3~6g to harmonize other herbs; 10g to warm the middle; 30g has hormone like action
Yu Jin	3~10g to smooth liver Qi & stop pain; 10~15g to promote the secretion of bile; 30~60g to treat gallbladder stones
Xuan Hu Suo	Small dosage to stop pain; large dosage to calm the spirit
Xuan Shen	9~12g to nourish the Yin & clear the heat; 30~90g to soften the hardness
Wu Wei Zi	2~4g to astringent the Lung Qi & stop cough; 6~9g to tonify the Kidney Qi Large dosage (100g~150g) to treat fatigue
Sang Leng	Regular dosage: 9g To treat tumor: 45~75g

Contents of Chinese Medical herbology

Chapter 1: Spicy Warm Expel Wind Herbs



Definition: Spicy warm & expel wind herbs are generally acid & warm, act to dispel exterior wind-cold from the superficial parts of the body.

- **Ma Huang** (--P-21); **Gui Zhi** (--P-22) -- Two typical herbs representing sweating method
- **Qiang Huo** (--P-23); **Gao Ben** (--P-24) – Overwhelming dampness & stop pain
- **Sheng Jiang** (--P-25); **Zi Su Ye**; (--P-26) ***Cong Bai** (--P-27); **Xiang Ru** (--P-28);
– Exterior disease with digestion problems
- **Bai Zhi** (--P-29); **Xin Yi Hua** (--P-30); **Xi Xin** (--P-31) ;**Cang Er Zi**; (--P-32)– Open the nose
- **Jing Jie**(--P-33); **Fang Feng** (--P-34); – Strongly expel the wind

General Characteristics of Spicy Warm Herbs:	
Taste:	
Thermal property:	Warm and Spicy
Channels entered:	
Therapeutic Actions:	Disperse wind-cold
Indications:	Mild fever with relatively severe chills, headache, body and neck pains, running nose, coughing, no sweating, floating & tight pulse
Cautions/Contraindications	Using carefully to Qi & Yin deficient patients

Herbs from other categories with disperse wind-cold functions:	
Bai Qian (<i>Cynanchi Baiqian, Radix et Rhizoma</i>)	Herbs that warm & dissolve phlegm-heat
Du Huo (<i>Angelicae Pubescentis, Radix</i>)	Herbs that dispel wind-damp coldness
Cang Zhu (<i>Atractylodis, Rhizoma</i>)	Aromatics herbs that dry dampness
Chuan Xiong (<i>Ligustici Chuanxiong, Radix</i>)	Invigorate Blood herbs

Ma Huang 麻黄 (*Ephedrae, Herba*)

Warm	Acrid, Slightly Bitter		★★★★★
			

Strongly releases the Exterior → ~~Excess exterior wind-cold~~


Strongly induces the Sweat → ~~Edema with exterior syndrome~~

Promotes Urination → **Reduces Edema**

Stops Cough & Wheezing → ~~Wheezing or Cough~~

--Disseminates & Facility the lung Qi--

Disperses Cold → ~~Painful obstruction syndrome~~ → ~~Yin Sores~~



Combination	Indication	Formula
+ Gui Zhi★	Mutual reinforce diaphoretic function:1+1>2	Ma Huang Tang★
+ Shi Gao★	Lung Heat type wheezing: Using Shi Gao (cold) to control Ma Huang's warm temperature. Shi Gao's dosage must be bigger than Ma Huang (about 3 times).	*Ma Xing Shi Gan Tang
+ Xing Ren★	Mutual reinforce stopping cough & wheezing function	Ma Huang Tang★
+ Bai Guo	Ma Huang disperses the Lung Qi, but dispersing too much could also damage the Qi. However Bai Guo could prevent this side effect due to its astringent character.	*Ding Chuan Tang
+ Yi Yi Ren	Joints swollen & pain due to dampness	
+ Fu Zi★	Yang Deficient type of exterior cold disease	
+ Bai Zhu★	Ma Huang: Bai Zhu= 2:5:Exterior wind with dampness inside:	

Contra-indicated 1. Hypertension & Heart disease 2. Insomnia 3. Qi & Blood Def.

Dosage: 3 – 9 g for release the exterior; 10-15g for reduce the edema



Major ingredients: (Ephedrine, Ephedradine) : Diaphoretic, Antipyretic, Antiviral, Antiasthmatic, Raise Blood Pressure, Diuretic effect


Toxicity: Diaphoresis, temperature elevation, epigastric pain, nausea, vomiting




A typical herb for Inducing sweating, Reduce Asthma and edema

Gui Zhi 桂枝 (Cinnamomi Cassiae, Ramulus)

Warm	Acrid, Sweet		★★★★★
			

Mildly induce sweating → Release the Exterior
 Deficient exterior wind-cold
 Assist the Yang Qi --Especially in the upper extremity--
 Wind-cold-damp Joints Pain
 Warm & Open the channels
 Amenorrhea
 Assist the  Yang Qi
 Palpitation due to heart Yang def.



Combinations	Indications	Formula
+ Ma Huang★	Exterior wind-cold with no sweating	Ma Huang Tang★
+ Bai Shao★	Exterior wind-cold with sweating	Gui Zhi Tang★
+ Gan Cao★	Heart Yang Qi Def. (irritability)	*Gui Zhi Gan Cao Tang
+ Fu Ling & Bai Zhu	For water accumulation due to Spleen Yang deficiency: difficulty of urination	*Gui Zhi Fu Ling Tang
+ Gua Lou & Xie Bai	Chest pain due to Ht. Yang blocked	
+ Chuan Xiong	Expel wind-dampness: pain in joints & limbs	
+ Sheng Jiang	Cold stay in middle Jiao	
Fu Zi = Gui Zhi	----Cold hands and feet due to Yang Qi def.----	
Fu Zi > Gui Zhi	---- Cold Bi Symptoms ----	
Fu Zi < Gui Zhi	----Spontaneous Sweating ----	

Contra-indicated: 1.Internal Heat 2.Bleeding 3.Pregnancy

Dosage: 3 – 9 g for release the exterior disease ; 10 – 15g for painful obstruction

Major Ingredients: (Cinnamic aldehyde, Cinnamic acid) : Antibiotic, Antipyretic, Diuretic effect

Toxicity: In large dosage, may cause dizziness, tense, dry, burning sensation during urination



A typical Herb for Assist the Yang Qi & Warm the Meridian. Gui Zhi can be used from upper to the lower body, and from the exterior to the interior.

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