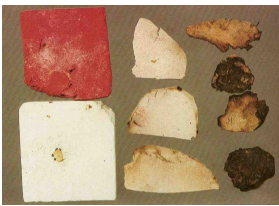



	Oriental Herbology I
 HERBS THAT DRAIN DAMPNESS Lana Farson, M.S., L.Ac.	
1	



	Sign and Symptoms of incorrect water metabolism
<ul style="list-style-type: none">Lin Zheng (dysuria, anuria)Qi Zheng (without heat)Re Zheng (heat)Xue Zheng (blood)Shi Zheng (stones)Gao Zheng (cloudy) Jaundice (damp-heat)EdemaascitesLeukorrheaSome bi zheng casesNephritic disorders	
2	



	Cautions
<ul style="list-style-type: none">Yin deficiencyDiuretic drugsBlood pressure medications (that have diuretic effect)	
3	



茯苓	Fu Ling	poria
	"calm soul"	Poria cocos
FXN.	Promote urine, leech out damp Strengthen SP, harmonize middle jiao Strengthen SP, transforms phlegm Quiet HT, calm spirit Sweet, bland, neutral	Fu Ling Pi
T/T/CH	LU, SP, HT	
∅	1. Yin def. 2. Diuretic drugs	
DOSE	3-5 qian / 9-15 gr	
4		Fu Ling cooked with Zhu Sha

茯神	Fu Shen	poria root
	"calm spirit"	Poria sclerotium
FXN.	Quiets HT, calms spirit	
T/T/CH	Sweet, bland, neutral LU, SP, HT	
∅	1. Yin def. 2. Diuretic drugs	
DOSE	2-5 qian / 6-15 gr	
5		Top Left: Fu Shen with Zhu Sha Middle: Chi Fu Ling (pink or "red" poria) Right: Fu Ling Pi (peel in: Wu Pi San) Bottom Left: Fu Shen

Walnut and Fu Shen Sweet Soup	
Ingredients : 15 g Fu Shen 75 g shelled walnuts (hu tao ren) 9 g longan (dragon eye fruit) rock sugar Method : Wash Fu Shen, walnuts and longan and set aside. Bring suitable amount of water to the boil. Add Fu Shen and walnuts and cook for 1/2 hour. Add longan and rock sugar. Cook until rock sugar melts and serve.	
6	

<p>豬苓 Zhu Ling</p> <p>"pig's fungus"</p> <p>FXN. Strongly promotes urine, leeches out damp MR: enhances immunity</p> <p>T/T/CH Sweet, bland, sl. Cold KI, UB, SP</p> <p>∅ 1. Yin def. 2. Diuretics 3. K+ / electrolyte loss</p> <p>DOSE 2-4 qian / 6-12 gr</p> <p>7</p>	<p>polyporus</p> <p>Polyporus umbellatus</p>  
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<p>澤瀉 Ze Xie</p> <p>"marsh drain"</p> <p>FXN. Promotes urine, leeches out damp & pus Settles deficient KI fire, drains damp-heat from lower jiao</p> <p>T/T/CH Bland, sweet, cold KI, UB</p> <p>∅ 1. Middle jiao coldness 2. diuretics</p> <p>DOSE 1.5-3 qian / 4.5-9 gr</p> <p>8</p>	<p>water plantain</p> <p>Alisma orientalis</p>  
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<p>薏苡仁 Yi Yi Ren</p> <p>FXN. Drains damp, promotes urine, strengthens spleen Drains damp, reduces bi zheng Clears heat, heals skin, expels pus Clears damp-heat</p> <p>T/T/CH Sweet, bland, sl. Cold LU, SP, ST, KI</p> <p>∅ 1. none</p> <p>DOSE 3-10 qian / 9-30 gr</p> <p>9</p>	<p>Job's tears</p> <p>Coix lacryma-jobi</p>  
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薏苡仁	Yi Yi Ren	Job's tears
		Coix lacryma-jobi
		
<p>Organic Yi Yi Ren source: High Falls Gardens, Philmont NY</p>		

10



Children's Formula with Yi Yi Ren	
	
<p>Ingredients: Shan Zha, Yi Yi Ren, Dan Zhu Ye, Gou Teng, Chan Tui, Mai Ya, Gan Cao</p>	

11

車前子	Che Qian Zi	plantago seeds
	"cart before seeds"	Plantago asiatica
FXN.	Promotes urine, clears damp heat Clears LV heat Expels phlegm, stops cough	
T/T/CH	Sweet, cold KI, LV, LU, UB	
⚠	1. Pregnancy 2. yin def.	
DOSE	3-5 qian / 9-15 gr	


12

滑石	Hua Shi	talc
	"slippery rock"	talcum mineral
FXN.	Promotes urine, drains heat from UB Clears summerheat Absorbs dampness	
T/T/CH	Sweet, bland, cold ST, UB	
⚠	1. Carcinogenic 2. Pregnancy 3. Yin deficiency	
DOSE	1-3 qian / 3-9 gr	
13		

木通	Mu Tong	clematis or akebia
	"wood pipe"	Clematis or Akebia
FXN.	Strongly promotes urine Drains HT / SI heat Moves qi & blood, opens meridians, reduces pain	
T/T/CH	Cold, bitter HT, UB, SI	
⚠	1. Pregnancy 2. Yin def. 3. diuretics	
DOSE	1-2 qian / 3-6 gr	
14	Fruit: Ba Yue Zha (move Qi)	

	Mu Tong, variations
	* Clematis armandii = Chuan Mu Tong (current source) *
	Akebia Quinata = Wu Ye Mu Tong
	Akebia Trifoliata = San Ye Mu Tong
	Akebia Trifoliata = Bai Mu Tong } current source
	Ba Yue Zha = fruit of Mu Tong, Akebia
	Aristolochiae manshuriensis = Guan Mu Tong (toxic)
15	

Mu Tong, usable variations




Left: *Clematidis armandii*
(Chuan Mu Tong)

Right: *Akebiae Caulis*
(Mu Tong)

16

Mu Tong, variations
comparing standard and banned substances



Left: *Clematidis armandii*
(Chuan Mu Tong)

Right: *Aristolochiae manshuriensis*
(Guan Mu Tong)

17


Guan Mu Tong
(*Aristolochia manshuriensis*)
(*Aristolochia* Stem / Manchurian Dutchman's Pipe stem)

Symptoms of overdose:




<u>Gastrointestinal system</u> Upper abdominal discomfort & distention Nausea / vomiting Diarrhea Poor appetite Frequent urination Hematuria proteinuria	<u>Respiratory system</u> Chest congestion
	<u>Cardiovascular system</u> Palpitations
	<u>Central nervous system</u> increased blood pressure delirium
	<u>Severe</u> Nephropathy

18


通草	Tong Cao	rice paper plant pith
	"unblocking herb"	<i>Tetrapanax papyferus</i>
FXN.	Promotes urine, clears damp Promotes lactation	
T/T/CH	Sweet, bland, sl. cold LU, ST, KI	
⚠	1. Pregnancy (caution)	
DOSE	1-2 qian / 3-6 gr	
19		

金錢草	Jin Qian Cao	<i>Lysimachia</i>
	"gold money herb"	<i>Lysimachia christinae</i>
FXN.	Clears heat, promotes urine, expel stones Clears damp-heat in LV/GB Heals lesions (topically)	
T/T/CH	Sweet, bland, neutral LV, GB, KI, UB	
⚠	1. Yin def. 2. diuretics	
DOSE	5-10 qian / 15-30 gr	
20		

Jin Qian Cao, variations	
Jin Qian Cao = <i>Lysimachia christinae</i> (AKA: Chuan Qian Cao, "Sichuan money herb")	
Lian Qian Cao = <i>Glechoma longituba</i> ("string of money herb")	
Guang Jin Qian Cao = <i>Desmodium styracifolium</i> ("Guangdong & Guangxi gold money herb")	
21	

Jin Qian Cao, variations		
		
Left: Jin Qian Cao Lysimachiae herba standard herb	Middle: Lian Qian Cao Glechomae herba local variant	Right: Guang Jin Qian Cao Desmodii styracifolii local variant

22


石葶 Shi Wei	pyrrosia leaf
"stone leather"	<i>Pyrrrosia shearerii</i>
FXN. Clears damp-heat from UB Clears heat, stops bleeding Clears phlegm, reduces cough	
T/T/CH Bitter, sweet, sl. cold LU, UB	
⚠ 1. Absence of damp-heat	
DOSE 1-3 qian / 3-9 gr	

23



草薺 Bei Xie	fish-poison yam rhizome
	<i>Dioscorea collettii</i>
FXN. Separates pure from turbid Used for gynecology Aids skin Expels wind-dampness	
T/T/CH Bitter, neutral UB, LV, ST	
⚠ 1. Yin def.	
DOSE 3-5 qian / 9-15 gr	

24

茵陳	Yin Chen Hao <i>virgate wormwood</i> <i>Artemisia scoparia</i>
FXN.	Clears heat form LV/GB Clears heat, dries damp, heals skin
T/T/CH	Bitter, spicy, sl. cold LV, GB, SP, ST
⚠	1. Deficiency jaundice caution (combine correctly)
DOSE	1-5 qian / 3-15 gr
25	 



茵陳	Yin Chen Hao <i>virgate wormwood</i> <i>Artemisia scoparia</i>
	
Left: Standard herb	Right: Tu Yin Chen, adulterant
26	



茵陳	Yin Chen Hao <i>virgate wormwood</i> <i>Artemisia scoparia</i>
<p>Mian Yin Chen = younger picked in the spring</p>	
27	

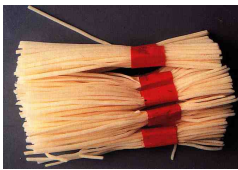

地膚子	Di Fu Zi	broom cypress
	"earth skin seeds"	<i>Kochia scoparia</i>
FXN.	Clears damp-heat, promotes urine Expels damp, stops itching	
T/T/CH	Sweet, bitter, cold UB	
Ø		
DOSE	3-5 qian / 9-15 gr	
28		



冬瓜子	Dong Gua Ren	wintermelon seeds
	"winter melon seed"	<i>Benincasa hispida</i>
FXN.	Clears heat, promotes urine Clears heat, expels phlegm & pus	
T/T/CH	Sweet, bland, cold LU, ST, LI, SI	
Ø	1. SP yang def.	
DOSE	3-5 qian / 9-15 gr	
29	AKA: Dong Gua Zi	

赤小豆	Chi Xiao Dou	adzuki bean
	"red little bean"	<i>Phaseolus calcaratus</i>
FXN.	Clears damp-heat, promotes urination & lactation Moves blood, reduces heat-toxin	
T/T/CH	Sour, sweet, neutral HT, SI	
Ø	1. Yin deficiency 2. pregnancy	
DOSE	3-10 qian / 9-30 gr	
30	Toxic accidental substitute: red & black (Xiang Si Zi / Semen abrus precatoris)	

Bian Xu		knotweed
		Polygonum aviculare
FXN.	Clears damp-heat from UB Expels parasites, stops itching	
T/T/CH	Bitter, sl. cold UB	
⚠	1. diuretics	
DOSE	3-5 qian / 9-15 gr	
<small>31</small>		

Qu Mai		fringed pink
		Dianthus superbus
FXN.	Clears damp-heat, promotes urination Moves blood, promotes menses Unblocks bowels	
T/T/CH	Bitter, cold HT, UB, SI	
⚠	1. Pregnancy 2. SP or KI def. 3. coldness	
DOSE	3-5 qian / 9-15 gr	
<small>32</small>		

Deng Xin Cao		rush pith
	"lamp wick herb"	Juncus effusus
FXN.	Promotes urination, drains damp (SI) Clears heat from HT Clears LU heat Cools blood, stops bleeding	
T/T/CH	Sweet, bland, sl. cold HT, SI, LU	
⚠	1. Cold from def.	
DOSE	.5-1 qian / 1.5-3 gr	
<small>33</small>		

Dong Kui Zi cluster mallow fruit	
AKA: Dong Kui Guo	Malva verticillata
FXN. Promotes urination Promotes lactation, benefits breast Lubricates LI	
T/T/ICH Sweet, cold UB, LI, SI	
⌀ 1. Pregnancy 2. SP qi def. diarrhea	
DOSE 3-5 qian / 9-15 gr	
34	

Exam #6 - Homework	
DRAIN DAMP	
<ul style="list-style-type: none"> ☹☹☹ Know introduction information. ☹☹☹ Which can also move bowels? ☹☹☹ Which stop itching? ☹☹☹ Which calm spirit? ☹☹☹ Which have HT-SI connection? ☹☹☹ Which treat liver? In what way? ☹☹☹ Deficient kidney heat? ☹☹☹ Which treat the Lung ☹☹☹ Toxicity, side effects, cautions? ☹☹☹ Which ones are foods? ☹☹☹ Aristolochia issues? ☹☹☹ Herbal adulterants / Substitutions? ☹☹☹ Helpful for skin disease? 	
35	
