

清热药

1 *What are the characteristics of herbs that clear internal Heat?*

According to the characteristics of internal Heat and the principle of treatment that *Heat syndrome should be treated by Cold*, all the herbs that clear Heat are cold in temperature. Because of their other properties, the individual herbs also have specific functions. The characteristics are as follows.

Pungent and cold

Pungency has a dispersing action; Cold may clear Heat. The former moves upwards and outwards, the later moves inwards and downwards. In herbs that clear Heat, their cold property is stronger than their pungent property, therefore the main direction of the herb is downward. Herbs with both pungent and cold properties can more easily clear Heat than herbs with only a cold property. Because pathogenic Heat has a tendency to ascend and the cold herb has a tendency to descend, there is a severe conflict between the Cold and Heat. Cold herbs are able to suppress pathogenic Heat in very high dosage, so the Heat has to move downwards. But constrained Heat does not agree with Cold herbs and it hides itself in the body. As soon as the patient stops taking the cold herbs, the Heat spreads again. In clinical practice, some chronic infections, such as persistent sinusitis, bronchitis, gastroenteritis, dysentery, hepatitis and urinary tract infection, are the result of using high dosages of cold herbs or antibiotics.

Pungent-cold herbs are able to clear Heat completely without the possibility of producing constrained Heat or hidden Fire and are more suitable for this pathological situation. Pungency can disperse and lift Fire so can divide the strength of Heat and reduce the conflict between the cold herbs and the Heat pathogenic factor. Thus pungency can assist the cold property of herbs to reduce Fire when the Fire shows itself clearly. These are especially effective for treating intensive Heat, constrained Heat and Fire blazing upwards. They are also used when there is Blood stagnation caused by Heat. Examples include Shi Gao *Gypsum Fibrosum*, Xia Ku Cao *Spica Prunellae Vulgaris* and Mu Dan Pi *Cortex Moutan Radicis*.

Sweet and cold

Sweetness possesses tonifying and harmonizing abilities. Cold can clear Heat so that it may protect the Body Fluids and Yin. Sweet and cold herbs are effective for reducing Heat and protecting the Body Fluids as well as increasing them when they have been injured by Heat, and for relieving thirst. They are used when Heat is in the Qi and Nutritive levels in acute febrile diseases. The herbs Shi Gao *Gypsum Fibrosum*, Lu Gen *Rhizoma Phragmitis Communis*, Sheng Di Huang *Radix Rehmanniae Glutinosae* and Tian Hua Feng *Radix Trichosanthis Kirilowii* possess these properties.

Salty and cold

Saltiness possesses purging and softening actions. It enters the Kidney and the Blood. The salty-cold

herbs may reduce Heat and descend Fire, protect the Blood and Yin, and increase the Body Fluids and Yin which have been consumed by Heat. Their effect of directing Heat downwards is stronger than that of pungent-cold herbs or sweet-cold herbs. They mainly treat the syndrome of Heat in the Nutritive and Blood levels in acute febrile diseases. Herbs such as *Zhi Mu Rhizoma Anemarrhenae Asphodeloidis* and *Xuan Shen Radix Scrophulariae Ningpoensis* are the commonly used ones.

Bitter and cold

Bitter substances have a draining ability and a dry nature. Bitter-cold herbs are able to direct Heat or Damp-Heat downwards, reduce Fire and relieve Fire-poison. Bitter-cold substances treat syndromes of Excess-Heat in the internal organs and in the Qi level and are used for acute infectious diseases, sores, boils, carbuncles and skin disorders. Examples include *Huang Lian Rhizoma Coptidis*, *Huang Qin Radix Scutellariae Baicalensis*, *Huang Bai Cortex Phellodendri*, *Zhi Zi Fructus Gardeniae Jasminoidis* and *Long Dan Cao Radix Gentianae Longdancao*.

Generally speaking, to treat Excessive-Heat, herbs with pungent-cold, bitter-cold and sweet-cold properties should be used, and especially those herbs that enter the Lung and Stomach, Liver and Heart meridians. If the pathogenic Heat is not very strong but the Body Fluids have been injured then sweet-cold and salty-cold herbs which enter the Liver and Kidney meridians are often chosen.

When treating Heat syndromes, it is important to know the pitfalls of using herbs that clear Heat so as to avoid potential side-effects. Generally speaking cold herbs, and especially bitter-cold herbs, can easily injure the Yang and produce Dampness, so they should not be used for too long and at a large dosage. Bitter-cold herbs may also easily injure the Stomach and may cause stomach cramps and pain, so a proper dosage and a proper course should be arranged carefully. Also, patients with a weak constitution, or suffering from Cold in the Middle Burner, or weakness of the stomach and intestines, should not use cold herbs in too great a quantity or for too long.

2 What kind of diseases can be treated by the herbs that clear Heat? How should one choose the herbs in clinical practice?

Herbs that clear Heat are used for treating internal Heat syndrome. They are cold in nature and able to reduce Heat, relieve Fire-poison, cool the Blood and generate the Body Fluids. They can be used for various internal Heat syndromes, which can be differentiated according to the affected internal organs and the Defensive, Qi, Nutritive and Blood levels. Internal Excessive-Heat often develops from exogenous pathogenic Heat, although it also could be the result of other pathological processes in the body. However, no matter what the reasons are, when the Heat and its location are found, specific herbs can be used. The internal Excessive-Heat can be seen and the proper herbs thus can be chosen as follows.

Heat in the Heart and Small Intestine

If heat stays in the Heart and its meridian, the main manifestations are fever, thirst, a dry mouth, bitter taste in the mouth, restlessness, irritability and insomnia. The tongue body is red with a yellow, thin coating. The pulse is rapid and forceful. Herbs which are bitter and cold, or sweet and cold, and enter the Heart meridian are often chosen, such as *Huang Lian Rhizoma Coptidis*, *Zhu Ye Juan Xin Herba Lophatheri Gracilis*, *Lian Zi Xin Plumula Nelumbinis Nuciferae* and *Sheng Di Huang Radix Rehmanniae Glutinosae*.

If the urine is also dark with a foul smell and urination is accompanied by urgent and painful sensations, this indicates that the Small Intestine, the internally–externally related organ, is also disturbed by Heat. Herbs that are bitter and cold, promote urination and clear Heat, such as *Dan Zhu Ye* and *Mu Tong Caulis Mooting*, should be added.

In TCM, many kinds of sores, boils and carbuncles, which are characterized by warmth, swelling, redness and pain, are regarded as the result of a disturbance of the Heart-Fire. Herbs which are cold and bitter and enter the Heart meridian should be used—for instance *Jin Yin*

Hua *Flos Lonicerae Japonicae*, Lian Qiao *Fructus Forsythiae Suspensae* and Pu Gong Ying *Herba Taraxaci Mongolici cum Radice*.

Heat in the Liver and Gall Bladder

If Heat stays in the Liver and its meridian, the symptoms of the patient will include irritability, red and dry eyes, hypochondriac pain and distension, dream-disturbed sleep, insomnia, headache, dizziness and tinnitus. The tongue body is red or red on the border and the coating is yellow. The pulse is wiry, rapid and forceful. Herbs which are bitter and cold and enter the Liver and Heart meridians, such as Huang Lian *Rhizoma Coptidis*, Long Dan Cao *Radix Gentianae Longdancao* and Xia Ku Cao *Spica Prunellae Vulgaris*, are selected.

If a female patient also complains that her menstruation is ahead of the expected time and is considerably heavy, this indicates the Heat has disturbed the Blood, Mu Dan Pi *Cortex Moutan Radicis* and Chi Shao Yao *Radix Paeoniae Rubrae*, which are cold and enter the Blood, should be added.

As the Liver opens into the eyes, the Liver-Heat or Fire may cause the disorders of the eyes, such as dry, red, painful eyes and blurred vision. There are herbs that are sweet and cool, enter the Liver meridian and are particularly effective in reducing Liver-Fire and benefiting the eyes, such as Qing Xiang Zi *Semen Celosiae Argenteae*, Xia Ku Cao, Jue Ming Zi *Semen Cassiae* and Mi Meng Hua *Flos Buddleiae Officinalis Immaturus*.

If Damp-Heat accumulates in the Liver meridian, it may bring about symptoms such as swelling of the external genitals or itching in the vagina, eczema, and turbid and foul smelling leukorrhea and urine. Bitter-cold herbs such as Long Dan Cao, Ku Shen *Radix Sophorae Flavescens* and Zhi Zi *Fructus Gardeniae Jasminoidis* should be used.

If Damp-Heat accumulates in the Liver and Gall Bladder meridians and obstructs the movement of Qi and water, patients may feel a sense of tightness in the chest, stickiness in the mouth and distension in the hypochondriac region. If Damp-Heat disturbs the secretion of bile then jaundice may appear. Bitter-cold herbs with a fragrant smell, which are able to penetrate turbidity, should be used—for example Qing Hao *Herba Artemisiae Annuae* and Chang Shan *Radix Dichroae Febrifugae*.

Heat in the Spleen and Stomach

The Spleen and Stomach are in the Middle Burner. They are responsible for receiving the food and transforming it into Essence, Qi and Blood. Because of its physiological characteristics and functions, the Stomach is considered as a Yang organ which easily generates Heat, and pathogenic Heat easily accumulates here too. The Spleen is regarded as a Yin organ and it is easily injured by Cold; if the Spleen fails to transport water, then water may accumulate in the Middle Burner and generate Heat, and bring about Damp-Heat here too.

A Stomach-Heat syndrome is characterized by severe thirst, a dry mouth, preference for cold drinks, a tendency to be hungry, toothache, facial swelling, foul breath, a red tongue body with a yellow coating and a flooding, rapid pulse. Pungent, sweet and cold substances which can disperse the intensive Heat and direct it downwards should be chosen—for example Shi Gao *Gypsum Fibrosum*. Salty, bitter, sweet and cold herbs, which can clear Heat and generate the Body Fluids, are also a good choice—for instance Zhi Mu *Rhizoma Anemarrhenae*, Huang Lian *Rhizoma Coptidis* and Sheng Di Huang. If there is bleeding (e.g. hematemesis, melena or bloody stools or purpura) herbs that enter the Blood level and are cold in nature should be used to cool the Blood—for example Mu Dan Pi, Chi Shao Yao, Zi Cao *Radix Arnebiae seu Lithospermi* and Sheng Di Huang.

If Damp-Heat accumulates in the Middle Burner, the patient may suffer from distension in the stomach and abdomen, loose stools or difficult bowel movements, a reduced appetite and eczema or other itching and weeping skin disorders. Bitter and cold herbs should be used to dry Dampness and clear Heat, such as Ku Shen, Bai Xian Pi *Cortex Dictamnii Dasycarpi Radicis* and Bai Tou Weng *Radix Pulsatillae Chinensis*.

Heat in the Lung and Large Intestine

The Lung is, in TCM, considered a delicate organ. Heat or Cold easily injures it. If Heat invades the Lung and disturbs its dispersing and descending functions, the patient may have a cough, shortness of breath, wheezing, dryness of the nasal passage and of the lips, and some patients chiefly have skin disease. To clear Heat and to restore the

normal function of the Lung, sweet, pungent, bitter, salty and cold substances are suggested, such as Shi Gao, Zhi Mu, Huang Qin *Radix Scutellariae* and Lu Gen *Rhizoma Phragmitis*.

If Heat disturbs the function of the Large Intestine, the main disorders are abnormal bowel movements and pain in the abdomen. Herbs that regulate bowel movement and clear Heat should be chosen—for instance Huang Qin, Bai Tou Weng, Qin Pi *Cortex Fraxini* and Ma Chi Xian *Herba Portulacae Oleraceae*.

The throat is the gateway of the Lung and the Heat in the Lung may also influence the throat. In clinical practice, many cases of swollen throat, sensations of obstruction in the throat, hoarseness and sore throat are caused by Heat in the Lung. Herbs such as Shan Dou Gen *Radix Sophorae*, She Gan *Rhizoma Belamcandae Chinensis* and Ma Bo *Fructificatio Lasiosphaerae seu Calvatiae* are particularly suitable for this situation. Because they enter the Lung meridian and are pungent, bitter and cold, they are able to clear Heat, relieve Heat-poison in the throat and disperse constrained Heat, Phlegm and Qi in the throat.

Heat in the Kidney and Bladder

The Kidney is an organ that stores the Essence and is believed never to have a real Excessive syndrome during pathogenic processes. However, sometimes Empty-Heat in the Kidney can be very strong and may further consume the Essence and the Yin of the Kidney. The symptoms are night sweating, 'bone steaming' (a type of fever due to deficiency of Yin, which may not always show when taking temperatures, as though the heat is spreading from the inside of the bone to the outside of the skin), low-grade fever, bleeding gums, spermatorrhea and hypersexuality. Treatment should be given to nourish the Kidney-Yin and at the same time reduce Empty-Fire. Bitter, salty, sweet and cold herbs are often used—for instance Zhi Mu, Huang Bai *Cortex Phellodendri*, Di Gu Pi *Cortex Lycii Chinensis* and Sheng Di Huang.

The Bladder stores the urine, but the Kidney controls the opening and closing of the Bladder. If Heat invades the Lower Burner or the Bladder then turbid, scanty urine, and difficult and painful urination may appear. Herbs that are bitter and

cold and enter the Bladder and Small Intestine meridians should be used to clear the Heat and dry Dampness, or to promote urination thereby eliminating Damp-Heat; these include Huang Bai, Zhi Mu, Dan Zhu Ye and Long Dan Cao.

Apart from treating internal Heat syndromes of the internal organs, herbs that clear Heat can be used for treating acute febrile diseases and pestilence. Acute febrile diseases are caused by pathogenic Heat invasion in different seasons. These pathogenic changes are characterized by a relatively acute onset, predominance of Heat in the initial stages, and damage of the Body Fluids and Yin. In clinical practice, this is seen in acute infections caused by bacteria, viruses or other pathogenic microorganisms, such as pneumonia, bronchitis, gastroenteritis and dysentery. Pestilence is a kind of virulent infectious disease caused by Heat-poison, for instance epidemic cerebrospinal meningitis and poliomyelitis. Acute febrile diseases develop in the body following the four levels—that is, Defensive (*Wei*), Qi, Nutritive (*Ying*) and Blood (*Xue*).

Heat in the Defensive level

This is the initial stage of an acute febrile disease. The clinical manifestations are fever, slight aversion to wind and cold, headache, general aching in the body, a slight thirst and sweating, a red tip and border to the tongue, and a superficial and rapid pulse. Treatment must be given to expel Warm pathogenic factor and clear Heat. Herbs that are pungent, cool, or bitter and cold but fragrant and have dispersing properties should be used; these include Chai Hu *Radix Bupleuri*, Ju Hua *Flos Chrysanthemi Morifolii*, Bo He *Herba Menthae Haplocalycis*, Jin Yin Hua and Lian Qiao.

Heat in the Qi level

This is the mid phase of febrile disease. The clinical manifestations are high fever without chills, perspiration, a dry mouth and thirst, red face, shortness of breath, scanty urine, a red tongue body with a yellow coating, and a rapid, forceful pulse. These symptoms indicate that the Heat is increasing inside the body, and it may injure the Body Fluids. Treatment should use sweet, salty, pungent and cold herbs to clear the Heat, reduce Fire, protect the Body Fluids and vent the Heat to

the Defensive level and eliminate it. Herbs such as Shi Gao, Zhi Mu, Jin Yin Hua, Lian Qiao, Zhu Ye and Lu Gen *Rhizoma Phragmitis Communis* are often used.

Heat in the Nutritive level

This is the later and critical stage of an acute febrile disease. The clinical manifestations are fever that worsens at night, severe irritability, restlessness, delirium and indistinct erythema and purpura. The tongue body is deep red without a coating; the pulse is thready and rapid. The symptoms indicate that the Heat is very intensive, has disturbed the Mind and Blood circulation and has injured the Body Fluids and Yin. Herbs that are sweet, salty, bitter and cold are used to reduce the Fire and increase the Body Fluids and Yin, such as Sheng Di Huang, Mai Men Dong *Tuber Ophiopogonis Japonici*, Dan Shen *Radix Salviae Miltiorrhizae* and Xuan Shen *Radix Scrophulariae Ningpoensis*. At the same time herbs that can bring the Heat to the Qi level should be used. Because the Heat comes from outside, no matter how deep it has invaded the body, it must be eliminated from the inside to the outside. The commonly used herbs are Yin Hua, Lian Qiao and Zhu Ye.

Heat in the Blood level

This is the most critical stage of an acute febrile disease. The clinical manifestations are fever which is higher during the night, restlessness, obvious purpura, hematemesis, epistaxis, blood in the stools, occasional coma, delirium, convulsions, a deep red or a purple tongue without coating and a thready, rapid pulse. The symptoms indicate that Heat-poison has already entered the Blood, consumed it, disturbed its circulation and caused bleeding. At this point, treatment should be focused on cooling the Blood and dispersing the congealed Blood in time. Herbs which are cold in nature, enter the Blood level and are pungent or with dispersing ability should be used; these include Mu Dan Pi, Sheng Di Huang, Chi Shao Yao and Dan Shen.

During the recovery stage of a febrile disease, the pathogenic factors are no longer so strong, but the Qi and Yin of the body have also been severely consumed. The main symptoms are fever which starts in the night and disappears in the morning, or a lin-

gering low-grade fever, tiredness, poor appetite, shortness of breath, a red tongue with thin coating or without coating, and a weak, thready and rapid pulse. Herbs which are sweet and cold and enter the Kidney, Stomach or Lung meridians are used to reduce the Deficient-Heat from the Yin level, such as Yin Chai Hu *Radix Stellariae Dichotomae*, Di Gu Pi and Bai Wei *Radix Cynanchi Baiwei*.

3 *What are the characteristics of Shi Gao Gypsum Fibrosum? Why is it often used with Zhi Mu Rhizoma Anemarrhenae Asphodeloidis? What are the differences between their actions?*

Shi Gao is the most important substance to clear internal Heat, especially Heat in the Qi level. As it is a mineral substance and is heavy in weight, it is considered to have a descending tendency. It is pungent, sweet and very cold and enters the Lung and Stomach meridians. Shi Gao can clear Heat in these meridians and organs directly and strongly. It is often used to treat Heat in the Lung when the patient has a high fever, thirst, irritability, shortness of breath, profuse sweating, a very red tongue and a forceful and rapid pulse. This syndrome can be found in pneumonia, acute bronchitis or some infectious childhood diseases. It can also be used in headache and toothache in the region where the Stomach meridian passes through.

Shi Gao can quickly and directly clear Heat in the Stomach; it also powerfully clears Heat in the other parts of the body. It is used in acute infectious disease, epidemic cerebrospinal meningitis, epidemic encephalitis B, measles and scarlet fever in children. It can also be used for disorders such as asthma, cerebrovascular accident when the Heat has spread through the Lung, Heart, Liver, Stomach and Large Intestine meridians.

Shi Gao can also be applied to clear Heat in the other organs and meridians. It is especially used when the Heat is so strong that it covers many meridians and organs. The Stomach meridian is the Bright Yang meridian where there is an

abundance of Yang and Heat. That is because the Stomach is responsible for receiving, 'ripening', digesting and transporting food. The whole process produces a large amount of heat; therefore the organ and meridians are called the 'Sea of Yang and Heat'. Moreover, the Stomach meridian connects with many other meridians; if Heat has spread through the whole body then clearing Heat in the Bright Yang meridian may reduce Heat in the other meridians. This is a clearing-Heat strategy.

Shi Gao has another feature compared with the other Herbs which clear Excessive-Heat. Most of those herbs are bitter and cold. Because bitterness has the tendency to move downwards, and Cold, of course, can clear Heat, they can quickly and strongly clear Heat and reduce Fire in the right situation. But these herbs cannot be used for a long period of time; with a high dosage or long period of time of usage, the bitter-cold herbs may cause a hidden Heat syndrome, which is a common side-effect of bitter-cold herbs. Moreover, bitterness possesses a drying property, so may injure the Yin of the body, which has already been injured by Excessive-Heat. Bitter and cold substances may injure the Stomach-Qi and Yang and disturb the digestion, especially in patients with weakness in the Middle Burner. Shi Gao has a strong point compared with these herbs: it is very cold, but sweet. The combination of Cold and sweetness may generate the Body Fluids and benefit the Yin of the body. Shi Gao can strongly clear Heat, but without the side-effect of injuring the Stomach-Yang. Moreover, Shi Gao also has a pungent property, so it not only clears Heat and reduces Fire but also disperses the Heat. This feature is closer to the ascending nature of Fire so that it does not cause constrained Fire, nor hidden Heat. In addition, the pungent property of Shi Gao can vent Heat from the Qi level to the Defensive level in acute febrile diseases and is more effective for Excess conditions.

Zhi Mu is bitter and cold and enters the Lung, Stomach and Kidney meridians. Although it is cold and bitter, it is moist in nature. This is the difference from the other herbs that are bitter, cold and with drying properties. It can clear Heat, reduce Fire, moisten the Dryness and generate Yin. Because it can generate the Kidney-Yin, it is partic-

ularly used for Heat in the Qi, Nutritive and Blood levels. Shi Gao and Zhi Mu are often used together, as this enhances the effect of clearing Heat.

4 *What are the differences between Sheng Shi Gao raw Gypsum Fibrosum and Duan Shi Gao calcined Gypsum Fibrosum?*

Shi Gao is a kind of mineral substance which contains calcium sulfate. After being mined, cleaned and smashed, the product is called Sheng Shi Gao. Sheng Shi Gao is sweet, very cold and pungent and enters the Lung and Stomach meridians. It can strongly clear Excessive-Heat in the Lung and can be used for febrile diseases which manifest with high fever, intense thirst, irritability, profuse sweating, shortness of breath and cough. At the same time, it can clear Stomach-Fire and can therefore treat headache, toothache, mouth ulcers, a foul smell in the mouth and burning in the Stomach.

After Shi Gao is calcined by strong fire, it is called Duan Shi Gao. By this processing, its cold and pungent properties are reduced, while it obtains an astringent property and is effective in drying Dampness. This fine powder can be applied topically to treat skin diseases or wounds which are weeping and is also used if the healing process is slow, such as in eczema, burns and ulcerated sores.

5 *Why is Shi Gao Gypsum Fibrosum the first-line choice when Excessive-Heat spreads through the entire body?*

The syndrome of Excessive-Heat spreading throughout the entire body is often seen in acute febrile diseases which manifest as high fever without chills, profuse sweating, anxiety, thirst, irritability, even unconsciousness and delirium. The patient has a very red tongue with dry yellow coating and a rapid, forceful pulse. This syndrome

can be seen in some infectious diseases and inflammations in Western medicine. At this stage, the Heat is so strong that it is hard to tell which organ is not disturbed by the Heat. The treatment must be given in time to reduce Heat quickly and protect the Yin and Body Fluids in order to stop the process of the disease. The Stomach meridian of foot Bright Yang has an abundance of Qi and Blood from the digestion and transportation of the food. It also easily produces Heat from all these activities, that is why the Bright Yang meridian and organ are regarded as the 'Sea of Food', and the 'Sea of the Yang and Heat'. One of the strategies for clearing Heat from the entire body is to clear Heat from the Bright Yang meridian and organ. After that it will be much easier to reduce the Heat from the other organs and meridians. As Shi Gao enters the Stomach meridian and is very cold in nature, it can rapidly and strongly clear Heat from the Bright Yang organ and meridian in order to reduce Heat elsewhere. Since it is sweet and cold, it can also generate the Yin and Body Fluids to supplement the consumed fluids and to prevent their further consumption. Moreover it is also pungent, so can disperse Heat and direct it downwards; therefore it can clear Heat without the possibility of forming hidden Fire. For these reasons, Shi Gao is an excellent substance for treating internal Excessive-Heat.

6 *What are the differences in clearing Liver-Heat between the herbs Zhi Zi Fructus Gardeniae Jasminoidis, Xia Ku Cao Spica Prunellae Vulgaris, Long Dan Cao Radix Gentianae Longdancao and Chuan Lian Zi Fructus Meliae Toosendan?*

All these four herbs are bitter and cold, are very effective for draining Liver-Fire and they are often used for Excessive Liver-Heat syndrome. However, there are differences between their actions.

Zhi Zi is bitter and cold, and does not enter the Liver meridian, but enters the Heart, San Jiao and

Lung meridians. Its bitter and cold nature gives it a descending action, and it is able to clear Heat and to reduce Fire from the Upper Burner, especially from the Heart. As the Liver and Heart have a mother-son relationship according to the Five Elements theory, Liver-Fire can very easily and quickly transport the Heat into the Heart. Treatment aimed at reducing Heart-Fire in order to reduce Liver-Fire is very effective and has become a commonly used strategy. For this reason, Zhi Zi can not only reduce Heart-Fire and treat restlessness, insomnia, a bitter taste in the mouth and a warm sensation in the chest, but also reduces Liver-Fire indirectly and treats irritability and dream-disturbed sleep. Besides clearing Heart-Fire and Liver-Fire, this herb has the function of promoting urination, reducing Fire and regulating the Triple Burner water passage. It is also used for painful urinary dysfunction due to Damp-Heat in the Lower Burner as well as jaundice due to Damp-Heat in the Liver and Gall Bladder when bile is obstructed by Damp-Heat, such as in acute hepatitis and acute cholelithiasis.

Xia Ku Cao is bitter, cold and pungent, and enters the Liver meridian. Cold and bitterness can reduce Liver-Fire; pungency may disperse stagnant Qi and constrained Heat. Compared with the other herbs, which are cold and bitter with a drying property, it has a gentle action of nourishing the Liver-Blood. As the Liver opens into the eyes, Liver-Fire may in turn lead to disorders of the eyes. Xia Ku Cao is particularly effective for treating painful and dry eyes, a distending sensation of the eyes which worsens at night or in stressful situations due to weakness of blood, and stagnation of Liver-Qi with Liver-Fire, such as in hypertension or glaucoma. As Xia Ku Cao is pungent and has a dispersing tendency, it is quite different from the other bitter-cold herbs, which have only a descending action. It is effective for dissipating lumps and nodules which are caused by stagnation of Liver-Qi and accumulation of Phlegm and Heat, such as galactoceles, scrofula, lipoma and goiter. A cream made from this herb can be applied topically in these diseases.

Long Dan Cao is very bitter and cold and enters the Liver, Gall Bladder and Bladder meridians. Its functions are twofold: it clears Liver-Fire from the upper body and eliminates Damp-Heat from the

lower body. As Fire always flares up, the symptoms are headache, dizziness, red, painful and swelling eyes, insomnia and irritability. In clinical practice, the herb is very useful for treating hypertension, eczema, acute conjunctivitis, nerve deafness and nerve tinnitus which worsen under stressful conditions. Long Dan Cao can eliminate Damp-Heat from the Liver meridian and the Lower Burner. As Dampness often accumulates in the lower body, the symptoms are itching in the genital area, a swollen scrotum, and turbid, foul-smelling urine or leukorrhea. Long Dan Cao can be used for herpes zoster, urinary tract infections, vaginitis, scrotal hydrocele and scrotitis. It is a strong herb that can clear Heat and Damp-Heat in the Liver rapidly, but it should not be used for a long period of time as it is too cold and bitter. Overdose may cause diarrhea and an uncomfortable sensation in the stomach and intestines. Patients with Spleen deficiency should use this herb with caution.

Chuan Lian Zi is bitter and cold and enters the Liver, Small Intestine and Urinary Bladder meridians. Like Long Dan Cao, it is very bitter and cold. It not only clears Heat in the Liver, but also drains stagnant Liver-Qi and constrained Fire; therefore it can relieve pain, especially distending pain in the hypochondriac region and sides of the lower abdomen. As the draining action is very strong, this herb is used only for pain caused by intensive Liver-Fire with Qi stagnation. In addition, this bitter-cold herb should not be used for a long period of time because it may irritate the Stomach and injure the Stomach-Yin and Stomach-Yang. Chuan Lian Zi contains toxic substances and overdose may lead to liver damage, even death; therefore the dosage should be controlled carefully.

7 What are the characteristics of the herbs that clear Liver-Heat and benefit the eyes?

As the Liver opens into the eyes, disorders of the Liver may cause disorders of the eyes. For instance, emotional disturbance and stress cause Liver-Qi stagnation, which can change into Liver-Heat or Fire; exogenous pathogenic Wind-Heat may

disturb the Qi movement in the Liver and Gall Bladder meridians of the head and cause disorders of the eyes; if the Liver-Yin and Liver-Blood are insufficient, they may fail to nourish the eyes, and cause dryness of the eyes and blurred vision. Deficiency of the Liver-Yin and Kidney-Yin may cause Liver-Yang rising, which leads to pain and distension of the eyes, blurred vision and headache.

Most of the herbs that are able to cool the Liver and benefit the eyes are cold in nature and enter the Liver meridian. They can reduce Liver-Fire or constrained Heat of the Liver, expel Wind-Heat in the head, especially from the eyes, and direct the Liver-Yang to descend; and therefore they treat different kinds of disorders of the eyes. In clinical practice, Qing Xiang Zi *Semen Celosiae Argenteae*, Mi Meng Hua *Flos Buddleiae Officinalis Immaturus*, Jue Ming Zi *Semen Cassiae*, Xia Ku Cao *Spica Prunellae Vulgaris*, Man Jing Zi *Fructus Viticis* and Shi Jue Ming *Concha Haliotidis* are often used. Although they are often used together to enhance the effects, there are some differences between their functions.

Qing Xiang Zi and Mi Meng Hua are sweet and cool in nature. They both enter the Liver meridian. They are able to clear Excessive Liver-Heat or Wind-Heat to treat red, painful, swollen eyes, excessive tearing and photophobia. These complaints can be seen in hay fever, acute infectious conjunctivitis or influenza. If you compare the functions of these two herbs, Mi Meng Hua can gently nourish the Yin and Blood and is able to treat blurred vision; Qing Xiang Zi is able to reduce Fire directly, so its function is stronger than Mi Meng Hua in treating Excessive-Fire.

Jue Ming Zi is bitter, sweet, salty and cool. It enters the Liver and Kidney meridians. Compared with Qing Xiang Zi and Mi Meng Hua, it has a stronger action in clearing Liver-Heat and reducing Liver-Fire. It is also able to nourish the Kidney-Yin and Liver-Yin so it is also used for the syndrome of Liver-Yin deficiency with Liver-Yang rising, which manifests as asthenopia, dry, painful eyes and blurred vision. These disorders can be found in hypertension and glaucoma.

Xia Ku Cao is pungent, bitter and cold. It enters the Liver meridian. Compared with the three herbs mentioned above, it is the strongest one for reducing Fire and clearing Heat. Meanwhile it can also nourish the Yin of the Liver. It is especially

useful for pain in the eyes which worsens at night. It is also often used to treat hypertension if combined with other herbs that spread the Liver-Qi and descend the Liver-Yang.

Man Jing Zi is bitter, pungent and cold. It enters the Liver, Stomach and Urinary Bladder meridians. It has a similar function to Qing Xiang Zi and Mi Meng Hua in clearing Wind-Heat, but it is stronger in expelling Wind because it has a pungent nature. It is used only for treating syndromes that are caused by Excess and exogenous pathogenic factors. Because it also has the function of drying Dampness, it can also be used for pain, itching of the eyes and increased secretion in meibomitis, hordeolum and blepharitis.

Shi Jue Ming is salty, slightly cold and enters the Liver and Kidney meridians. It has no function in expelling Wind-Heat in the head, but can strongly clear Heat from the Liver and direct the Liver-Yang to descend because it is a cold, mineral substance. It can treat headache, dizziness, red eyes, photophobia and pterygium in hypertension, glaucoma and cataract.

8 *What are the differences in the function of cooling the Blood between Mu Dan Pi Cortex Moutan Radicis and Chi Shao Yao Radix Paeoniae Rubrae?*

Mu Dan Pi and Chi Shao Yao are both cold in nature. They are very often used for cooling the Blood and treating Heat in the Blood. Moreover, both of them are also able to promote Blood circulation and they are often chosen because they have fewer side-effects than other cold herbs of making congealed Blood in the process of cooling the Blood. However there are some differences between these two herbs.

Mu Dan Pi is bitter, pungent and slightly cold, enters the Liver meridian and the Blood level primarily and the Heart and Kidney meridians secondarily. Bitterness and Cold can clear Heat; pungency can disperse stagnation. The characteristic of this herb is that it can treat both Excessive-Heat and Empty-Heat in the blood. Excessive-Heat

in the Blood is often manifested in febrile diseases as symptoms of fever, irritability, bleeding, irregular menstruation, menorrhagia and polymenorrhea. Empty-Heat in the Blood is caused by deficiency of Kidney-Yin and Liver-Yin, and manifests as menorrhagia, polymenorrhea, hot flushes during the menopause, 'bone steaming', and a warm feeling in the chest, and on the palms and soles of the feet.

Chi Shao Yao is bitter and cold and enters the Liver meridian and the Blood. Compared with Mu Dan Pi, it is especially effective in clearing Excessive-Heat in the Blood, but it does not reduce Empty-Heat, so it is only used for Excessive syndromes. At the same time, compared with Mu Dan Pi, it is stronger in promoting the Blood circulation and removing congealed Blood, so is very effective in alleviating pain and reducing swelling. This herb is thus used more for bleeding conditions in febrile diseases or dysmenorrhea which is caused by Excessive-Heat in the Blood. It is also used for treating pain and swelling in cases of trauma, strain and fracture. Chi Shao Yao is one of the commonly used herbs for applying topically to relieve pain and reduce swelling. In addition, as it enters the Liver meridian, it can also be used for red and swollen eyes and pain in the hypochondriac region due to Heat accumulation in the Blood.

9 *What are the differences between Chi Shao Yao Radix Paeoniae Rubrae and Bai Shao Yao Radix Paeoniae Alba?*

Chi Shao Yao and Bai Shao Yao come from similar plants. Both are cold in nature and enter the Blood and the Liver meridian. Because Chi Shao Yao is cold and bitter, it is able to reduce Liver-Heat as well as Heat in the Blood. It has a dispersing property, can invigorate the Blood and remove congealed Blood, and is therefore often used for treating pain due to Blood stagnation.

Compared with Chi Shao Yao, Bai Shao Yao is less cold but bitter, so it can clear Liver-Heat or Heat in the Blood, but its function is weaker than that of Chi Shao Yao. One difference is its sour

taste, which results in an astringent property. Cold and sourness may generate and stabilize the Yin. As it enters the Liver meridian, it particularly nourishes the Liver-Yin and Blood. It is an appropriate herb when there is Yin deficiency with slight Empty-Heat in the Blood. In this situation, the main symptoms are dizziness, dry and burning eyes, irritability, hypochondriac pain and distension. Like Chi Shao Yao, Bai Shao Yao can also alleviate pain, but pain caused by Liver-Yin and Blood deficiency, in which the muscles and tendons lose their nourishment. This pain is cramping in nature, such as in abdominal pain and cramp after diarrhea, menstruation, labor or cramp of the muscles of the limbs. Moreover, as Bai Shao Yao has a sour taste, it may stabilize the Yin and Body Fluids and inhibit sweating, so is used for spontaneous sweating and night sweating.

10 *What are the differences between and characteristics of Sheng Di Huang Radix Rehmanniae Glutinosae and Xuan Shen Radix Scrophulariae Ningpoensis in the function of clearing Heat?*

Sheng Di Huang and Xuan Shen are both cold in nature. They have similar functions in clearing Heat, especially when the Heat has consumed the Yin of the body. Both of them are often used for treating internal Heat syndromes with Yin deficiency. However, there are differences between their functions.

Sheng Di Huang is sweet, bitter and cold and moist in nature. It enters the Heart, Liver and Kidney meridians. Bitterness and Cold can clear Heat, and sweetness and Cold may generate the Yin of the body. It can directly clear Excessive-Heat in the Heart and Liver and therefore calm the Mind, and relieve irritability, restlessness, thirst and sensations of warmth in the chest. It is often used in febrile diseases. Sheng Di Huang can also be used for Empty-Heat due to deficiency of Heart-Yin, Liver-Yin or Kidney-Yin. The manifes-

tations are insomnia, restlessness, irritability, a dry throat and 'bone-steaming' disorder.

As this herb enters the Heart and Liver meridians, it can also enter the Blood. It is particularly effective in clearing Heat from the blood, cooling the Blood and stopping bleeding. This is why Sheng Di Huang is not only an important herb for clearing Heat in the Qi level, but also in the Nutritive and Blood levels. It can generate the Yin to prevent the consumption of Yin from Heat.

Xuan Shen is bitter, cold and salty and enters the Kidney meridian. It can clear Heat and reduce Fire. Unlike Sheng Di Huang, it is not sweet, and has no function in generating the Yin. As it does not enter the Liver and Heart meridians, it does not enter the Blood and has no function in cooling it. In clinical practice, Xuan Shen is often used instead of Sheng Di Huang to treat Excessive-Heat and Empty-Heat in the Heart, and relieve thirst, a dry throat, sensation of warmth in the chest and irritability. This is because it has a characteristic of *lifting the Kidney Water (Yin) upwards to reduce the Fire of the Heart*. It is often used for Excessive-Heat and Empty-Heat in the Upper Burner. However, its function is not to nourish the Yin but to transport it so it is quite different from Sheng Di Huang. When a patient has Yin deficiency, especially Kidney-Yin deficiency, this herb should not be used over a long period of time, or it should only be used with herbs that tonify the Yin.

Xuan Shen also has some other characteristics. It is salty and able to soften hardness and is especially effective in relieving toxin. It is used for painful and swollen throat or eyes, chronic dry eczema, sores, scrofula and tumors.

However, Xuan Shen can have a toxic effect if it is used in overdose; 10–15 grams of crude herbs or 1–1.5 grams of concentrated herbal powder per day is a safe dosage.

11 *What are the differences between the products of Di Huang Radix Rehmanniae Glutinosae?*

There are three kinds of product from the same plant. The part of the plant that is used is

called Di Huang. As it is processed in different ways, the functions are different and the names are also different.

The first is Gan Di Huang, which is also called Sheng Di Huang. ('Gan' means 'dry' and 'Sheng' means 'raw'.) It is the most commonly used form of Di Huang. The herb is processed by baking, and is then dried by wind or the sun until it turns black. Gan Di Huang is sweet, bitter and cold and enters the Heart, Liver and Kidney meridians. Sweetness and Cold may generate the Yin and Body Fluids and this herb is also moist in nature, so it can nourish the Yin of the body. Bitterness and Cold can clear Heat, cool the Blood and stop bleeding. This herb is especially effective when internal Heat has injured the Yin and disturbed the Blood. For instance, this may occur in febrile disease with symptoms of fever, thirst, irritability, constipation, scanty urine, night sweating, flushes, menorrhagia, nose bleeding and hemoptysis.

Xian Di Huang is fresh Di Huang. It is collected in spring or autumn and is used directly after washing. It is juicy and fresh, sweet, bitter and very cold. The function is similar to the dried form but weaker in its effect of nourishing the Yin and stronger in clearing Heat. It is very effective in relieving irritability and thirst. This herb is used in clinical practice for diabetes.

When Sheng Di Huang is steamed, or alternatively soaked in rice wine and dried in the sun until both its outside and inside have turned black and glossy, the product is called Shu Di Huang (*Radix Rehmanniae Glutinosae Conquिताe* or *Praeparata*). Shu Di Huang is quite different from Sheng Di Huang. The main difference is that it is not cold but warm in nature and sweeter in taste. Sweetness and warmth can generate the Qi; sweetness and glossiness can tonify the Essence and Blood. As it enters the Kidney and the Liver meridians, its main function is to tonify the Kidney-Essence and the Liver-Blood. It is a strong herb for treating dizziness, tinnitus, forgetfulness, and weakness in the back and knees and tiredness due to deficiency of the Kidney-Yin and Essence, Liver-Yin and Blood. Shu Di Huang is able to reduce Empty-Heat but its action is quite different from that of Gan Di Huang and Xian Di Huang. It is used in conditions where the Blood and the Kidney-Essence have been severely consumed

and they are not able to control the Fire so the Empty-Fire blazes up. The symptoms are 'bone steaming', warmth in the palms and soles, fever in the afternoon or in the evening, hot flushes and night sweating. In addition, as it is not cold, it does not have the function of clearing Heat and cooling the Blood as with Sheng Di Huang and Xian Di Huang.

12 *What are the characteristics of pathological change when Heat enters the Blood and what precautions should be observed when using herbs that cool the Blood and stop bleeding?*

Herbs that cool the Blood are used for conditions where Heat enters the Blood. Heat in the Blood causes several specific pathological changes. First of all, Heat disturbs the Blood circulation so that the Blood moves recklessly and leaves its normal pathways; specific symptoms of this include bleeding, such as nose bleeding, hemoptysis, uterine bleeding, and blood in the urine and stools. Meanwhile, Heat may consume the Blood, making the Blood thicker and forming congealed Blood. When the Blood is disturbed by Heat it may also directly cause stagnation. In this situation, deep-red maculopapular or other types of rashes appear in infectious diseases such as scarlet fever, epidemic meningitis and encephalitis, as well as in skin diseases such as eczema. If Heat enters the Blood then the patient does not feel thirsty, or rinses the mouth with water but has no desire to swallow it although the tongue proper is red and the pulse is rapid. This indicates that the Heat is consuming the Blood instead of the Body Fluids.

In treating the syndrome of Heat in the Blood, an important principle is to cool the Blood and avoid Blood stasis. The Blood in a normal condition should circulate smoothly and quietly. Heat may force it to move faster, become unstable and, at the same time, the Heat may consume the Blood and cause Blood stagnation and bleeding. If cold herbs are used they may slow the Blood

circulation but may also cause the Blood to stagnate. Therefore to treat Heat in the Blood, herbs which enter the Blood and are cold-pungent-sweet or sour-cold in property are often used—for example Sheng Di Huang *Radix Rehmanniae Glutinosae*, Chi Shao Yao *Radix Paeoniae Rubrae*, Mu Dan Pi *Cortex Moutan Radicis* and Zi Cao *Radix Arnebiae seu Lithospermi*. They have the function not only of cooling the Blood but also of promoting its circulation and preventing its stagnation. Some are pungent, which may disperse stasis; some are sweet, which may generate the Yin. They mainly enter the Heart and Liver meridians so that they can easily regulate the Blood circulation. These herbs are suitable for the pathogenic changes of Heat in the Blood.

To treat Heat in the Blood, cold and bitter herbs should not be used as they may dry the Blood. Herbs that enter the Qi level should not be used either because the pathological change is not in the Qi level. Very cold herbs should not be used for a long period of time or in a very big dosage, otherwise they may cause Blood stasis.

13 *How many kinds of Zhu Ye Herba Lophatheri Gracilis are used in Chinese herbal medicine? What are the differences between Ku Zhu Ye, Dan Zhu Jie and Zhu Ye Juan Xin?*

Zhu Ye, in Chinese herbal medicine, can be divided into two kinds: the bitter form and the bland form.

The bitter form in Chinese is called Ku Zhu Ye. It is pungent, sweet, slightly bitter and cold and enters the Heart and Lung meridians. Pungency may disperse Heat; bitterness and Cold may clear Heat. Ku Zhu Ye is very effective in reducing Heat in the chest and eliminating irritability. It is often used to treat febrile diseases when there is Heat in the Heart, Lung or chest.

The bland form is called Dan Zhu Ye in Chinese. It is less strong in clearing Heat than the bitter form but is good at promoting urination, thereby leaching out the Heat from the Heart and

the Small Intestine. In clinical practice, it is used to treat urinary dysfunction which starts or worsens in stressful situations. It is also used to treat eczema due to Damp-Heat.

Zhu Ye Juan Xin is the fine young leaf of bamboo. Early morning is the best time to collect it. As it contains the full energy of growing, it is considered to be the center, or heart, of the plant. Since according to TCM the heart of the plant may enter the Heart of a human, it is a very effective herb for clearing Heat in the Heart, especially in severe conditions when there are high fever, loss of consciousness and delirium.

14 *What are the characteristics of Zhi Zi Fructus Gardeniae Jasminoidis? What are the differences between the shell, the seed and the deep-dry-fried Zhi Zi?*

Zhi Zi is bitter and cold and enters the Heart, Lung and Triple Burner meridians. Bitterness and Cold may clear Heat and descend Fire. Zhi Zi can gently and slowly direct Heat downwards from the Upper Burner through the Triple Burner passages to the Lower Burner. It can also promote urination and leach out Heat from the Heart and Lung. It can be used for Heat accumulation in the chest, irritability, restlessness, sensations of tightness in the chest and insomnia. In febrile diseases there may also be fever.

As the Triple Burner is the passage not only of Qi, but also of water, Zhi Zi enters the Triple Burner meridian and regulates its function. As bitterness can dry Dampness and Cold can clear Heat, this herb can be used to treat Damp-Heat syndrome in the Upper, Middle and Lower Burners—for example, jaundice due to Damp-Heat in the Middle Burner and Qi constraint of the Liver and Gall Bladder, or painful urinary dysfunction due to Damp-Heat in the Lower Burner, which disturbs the function of the Bladder, or infections of the eyes or eczema on the face and neck caused by Damp-Heat in the Upper Burner.

Zhi Zi also has the function of cooling the Blood and relieving Heat-poison. It can be used in

different bleeding conditions, such as nosebleed, hematemesis and blood in the urine. It can also be applied topically for burns.

The different parts of Zhi Zi are considered to have different characteristics. Zhi Zi Pi, the shell, is believed to be especially effective for dispersing constrained Heat in the chest to treat sensations of warmth in the chest, restlessness, insomnia and palpitations. Zhi Zi Ren, the seed, is more effective in clearing Heat in the Heart to treat thirst, a dry mouth, ulcers on the tongue, constipation and scanty urine.

Zhi Zi can be processed in different ways. Sheng Zhi Zi, the raw form, has a stronger effect in clearing Heat; Jiao Zhi Zi, the deep-dry-fried form, is more effective for stopping bleeding caused by internal Heat.

As Zhi Zi is a herb with bitter and cold properties, the tendency of its action is downward. It may cause loose stools or diarrhea. It is suitable for use in patients who have constipation due to Heat in the intestines, but it is not suitable for those with Spleen-Qi deficiency with loose stools.

15 *Dan Dou Chi Semen Sojae Praeparatum and Zhi Zi Fructus Gardeniae Jasminoidis can both treat Heat accumulation in the chest and release irritability. What are the differences between them?*

Dan Dou Chi and Zhi Zi can both treat Heat accumulation in the chest and release irritability and sensations of warmth and tightness in the chest. In clinical practice, they are often used together. Although they treat the same syndrome, their approaches are different.

Dan Dou Chi is pungent, slightly warm and enters the Lung and Stomach meridians. Pungency and warmth give this herb dispersing, ascending and penetrating abilities. It is able to disperse and eliminate exogenous pathogenic factors, and to induce sweating gently; it therefore treats Exterior syndromes. It is often processed with the warm herbs such as Ma Huang *Herba Ephedrae*, Zi Su Ye *Folium Perillae Frutescentis* or

cold herbs such as Sang Ye *Folium Mori Albae* and Qing Hao *Herba Artemisiae*. After it has acquired the warm or cold properties of these herbs, it is more suitable for treating Wind-Cold or Wind-Heat syndromes.

As Dan Dou Chi enters the Lung and Stomach meridians and has a dispersing and ascending character, it is able to disperse constrained Heat in the chest and treat tightness in the chest, restlessness, insomnia, depression or sensations of warmth in the chest. It has the function of dispersing constrained Heat rather than that of clearing Heat.

Zhi Zi is bitter and cold and enters the Heart, Lung and Triple Burner meridians. Bitterness and Cold may clear Heat and direct it downwards through the Triple Burner meridian, where the heat can be eliminated by urination. It is very effective for treating Heat in the chest, which manifests as irritability, restlessness, insomnia and anxiety. Unlike Dan Dou Chi, it eliminates irritability by clearing Heat, and directing it downwards.

Since both these two herbs enter the Upper Burner, and one disperses and lifts the constrained Qi and Heat, while the other clears Heat, and directs it to descend, so they are often used together to enhance their therapeutic effects. This combination is more suitable for the pathogenic condition of Heat in the chest.

16 *Which parts of the plant Lian Nelumbinis can be used for medical purposes and what are their functions?*

Almost every part of the plant Lian is used in Chinese herbal medicine. Although they are all from one plant, the function of each of the different parts has its own specification.

The most commonly used part is Lian Zi *Semen Nelumbinis Nuciferae*. It is sweet, astringent and neutral. It enters the Spleen, Kidney and Heart meridians. As sweetness possesses a tonifying action, this herb is able to tonify the Spleen-Qi, Kidney-Qi and the Heart-Qi. Its astringent property may stabilize the Qi and also prevent leakage of the Essence and Body Fluids from these organs.

It treats chronic diarrhea due to sinking of the Spleen-Qi, and premature ejaculation and spermatorrhea due to the Kidney-Qi deficiency. It also treats restlessness, palpitation and anxiety due to recklessness and weakness of the Heart-Qi.

Lian Zi Xin *Plumula Nelumbinis Nuciferae* is cold and bitter. 'Xin', in Chinese, means 'heart' or 'center'; 'Li Zi Xin' means 'the heart of Lian Zi'. As similes and allegories are used to explain the relationship between humans and nature in Chinese medicine, it is said that 'the heart of Lian Zi enters the Heart of the human'. It is therefore effective for clearing Heat in the Heart and calming the Mind. It is used to eliminate irritability, restlessness, convulsion and loss of consciousness.

Lian Xu *Stamen Nelumbinis Nucifera* has the same taste and temperature as Lian Zi. It also has similar functions as Lian Zi but is weaker in its effect of tonifying the Qi and is stronger in its action of controlling the leakage of Essence and Body Fluids. It is also able to stop bleeding because of its strongly astringent property.

Lian Fang *Receptaculum Nelumbinis Nuciferae* is bitter, astringent and warm. It enters the Blood level and is able to stop bleeding and dissolve congealed Blood. The charcoal of Lian Fang is stronger in these actions; it is especially used for uterine bleeding and blood in the urine.

He Ye *Folium Nelumbinis Nuciferae* is bitter, astringent and neutral. It has a light fragrant smell, which gives the herb dispersing, ascending and penetrating capabilities. It can clear Heat and transform turbid Dampness and is used to treat fever, headache, nausea and diarrhea. It can also lift the clear Qi from the Spleen and stop diarrhea and bleeding. Together with herbs that clear Heat, it is effective in treating bleeding due to Heat.

He Geng *Ramulus Nelumbinis Nuciferae* is bitter and neutral. It can dry Dampness and promote Qi movement in the chest, and is used to treat tightness in the chest due to obstruction of the Qi.

Ou Jie *Nodus Nelumbinis Nuciferae Rhizomatis* has the same taste as Lian Zi but enters the Lung, Stomach and Liver meridians. It is especially effective for stabilizing the Blood, stopping bleeding and is used for bleeding conditions caused by dysfunction of these organs.

In addition, this plant is not only used for medical purposes; its flower is the favorite of

many people so it has become a commonly used name for girls in China; Lian Zi and Ou Jie are used as vegetables in the Chinese kitchen and He Ye can be cooked with rice so that the rice acquires its faint scent.

17 What are the characteristics of Huang Qin Radix *Scutellariae Baicalensis*, Huang Lian Rhizoma *Coptidis* and Huang Bai Cortex *Phellodendri*?

Huang Qin, Huang Lian and Huang Bai are together called '*San Huang*', which means 'the three yellow'. This is not only because the color of the three herbs is yellow, but also because they are often used in combination in clinical practice as they accentuate the therapeutic actions of each other. The three of them are very bitter and cold and very effective in clearing internal Excessive-Heat. Since they enter different meridians, their actions are different too.

Huang Qin enters the Lung and Large Intestine meridians. It clears Heat, particularly in the Lung and Upper Burner, and Damp-Heat in the intestines. It can be used for acute bronchitis, pneumonia, asthma, acute infections of the upper respiratory tract, tonsillitis and tracheitis. As the skin is related to the Lung, Huang Qin can be used for acute and subacute skin disorders, which manifest as red, itchy and weepy skin lesions. As the herb enters the Large Intestine meridian and is bitter and cold, it can dry Dampness and clear Heat. In clinical practice, it is often chosen for acute and chronic enteritis, colitis, Crohn's disease, intestinal parasitic diseases, imbalance in the intestinal flora and allergies.

Huang Lian enters the Heart and Stomach meridians. It can strongly reduce Fire in the Heart and Stomach, and treat irritability, restlessness, insomnia, thirst and a bitter taste in the mouth. Because of the mother-son relationship between the Liver and Heart, Huang Lian can be used for treating the syndrome of Liver-Fire rising. It can also be used to treat the syndrome when Liver-Fire attacks the Spleen and Stomach. In this

condition, there may be symptoms such as hypochondriac pain and distension, a short temper, dream-disturbed sleep, burning in the stomach, acid regurgitation, poor appetite and nausea.

Huang Bai enters the Kidney and Bladder meridians. It can clear Heat and dry Dampness in the Lower Burner and is an appropriate herb for treating urinary tract infection, cystitis, trichomonas vaginitis, monilial vaginitis, cervical erosion, pelvic parametritis, pruritus vulvae, scrotitis, penitis and spermatorrhea due to Damp-Heat in the Lower Burner and disturbance of Empty-Fire of the Kidney.

As the three herbs enter different meridians and regions, they can be used together to treat syndromes in which the intensive Heat has spread through the entire body. When the three herbs are used in combination, the function of clearing Heat is stronger and works more rapidly, so can stop the development of the disease in time.

In addition, each of these herbs can be applied topically in lotions or pastes to clear Heat and dry Dampness. They are combined in a cream, which is called 'San Huang Gao' meaning 'three yellow cream'. This is very effective for treating different infections on the skin, such as eczema, folliculitis and cellulitis.

Although these three herbs are very effective in removing Damp-Heat, three of them are very cold and bitter, so can injure the Yin and Yang of the Stomach. Moreover, if used in large dosage they may cause hidden Heat syndrome or a syndrome of Heat complicated with Cold. Therefore the practitioner should avoid using these three herbs for a long period of time, and especially not with a large dosage.

18 Why are herbs that clear Heat and dry Dampness often used for skin diseases? What are the characteristics of the commonly used herbs?

Although the pathological change is on the skin, most skin diseases are caused by internal Heat, Dampness, toxin or Wind. That is why

herbs that clear Heat and dry Dampness are often used.

When the skin lesions are red, swollen and with sensations of warmth and burning or pain, this indicates that the Heat has entered the internal organs, disturbed the Blood circulation and caused Qi and Blood stagnation and Heat accumulation in the area. At this moment, Jin Yin Hua *Flos Lonicerae Japonicae* and Lian Qiao *Fructus Forsythiae Suspensae* can be used. These two herbs are cold in nature and are able to clear Heat and reduce Fire. Both also have dispersing properties so they can disperse stagnant Qi and constrained Fire and therefore reduce the sensation of warmth and burning pain of the skin lesions.

Shi Gao *Gypsum Fibrosum* is also often used in this situation as it enters the Lung and Stomach meridians and is cold and pungent, and can clear and disperse Heat. It is particularly appropriate for treating skin lesions which are very swollen and red, and have not only reached the skin, but also the subcutaneous layer and muscles, which belong to the region of the Spleen and the Stomach.

If infection exists, and there is purulent discharge from the skin lesions, herbs such as Pu Gong Ying *Herba Taraxaci Mongolici cum Radice* and Di Ding *Herba cum Radice Violae Yedoensis* should be added because they can clear Heat and remove toxicity. If the skin lesions are very red, itchy and weepy, this indicates accumulation of Damp-Heat in the body. Herbs such as Ku Shen *Radix Sophorae Flavescens*, Bai Xian Pi *Cortex Dictamnii Dasycarpi Radicis*, Di Fu Zi *Fructus Kochiae Scopariae* and Huang Bai *Cortex Phellodendri* can be used as these herbs are able to clear Heat and dry Dampness. They can also be applied topically to relieve itching and dry oozing.

Because many skin lesions are characterized by red, itch and oozing, such as in eczema and skin infections caused by viruses, bacteria, dermatophytes and parasites, herbs that clear Heat and dry Dampness are often used. Huang Lian *Rhizoma Coptidis*, Huang Qin *Radix Scutellariae Baicalensis*, Huang Bai *Cortex Phellodendri*, Zhi Zi *Fructus Gardeniae Jasminoidis* and Long Dan Cao *Radix Gentianae Longdancao* are strong herbs that clear Heat and dry Dampness. All are very cold and bitter. Huang Lian enters the Heart and

Stomach meridians, Huang Qin enters the Lung and Large Intestine meridians, Huang Bai the Kidney meridians, Long Dan Cao the Liver meridian and Zhi Zi the Triple Burner meridian. If the skin disorder is in the upper body, or worsens after the patient catches a cold, then Huang Qin should be used. If the skin disorder is in the middle of the trunk, or worsens in stressful situations, then Huang Lian and Long Dan Cao should be used. If the skin disorder worsens after eating the wrong food then Huang Lian and Huang Qin are the appropriate choice. If the skin lesions are in the lower body then Huang Bai and Zhi Zi should be used.

There are four herbs that are very effective for treating skin disorders caused by a fungus, in which the pathological changes are also caused by Damp-Heat. They are Bai Xian Pi *Cortex Dictamnii Dasycarpi Radicis*, Ku Shen *Radix Sophorae Flavescens*, She Chuang Zi *Fructus Cnidii Monnieri* and Di Fu Zi *Fructus Kochiae Scopariae*. As the skin lesions are on the surface of the body, the external treatment is also very important. All of these herbs can be used topically in lotions, pastes, or the fresh herbs smashed and just placed on the skin lesions. It should be mentioned that these herbs are very bitter and cold, and are dry in nature, thus they can injure the Spleen and Stomach. They should not be used for a long period of time or in a big dosage.

19 What is Fire-poison syndrome and what are the differences between Jin Yin Hua *Flos Lonicerae Japonicae* and Lian Qiao *Fructus Forsythiae Suspensae* in treating it?

Fire-poison syndrome is characterized by localized redness, swelling, sensations of warmth or burning and pain. High fever and general pain may also be present. This syndrome appears in acute inflammations, such as carbuncles, furuncles and abscesses. In The Yellow Emperor's Classic of Internal Medicine, it is written 'Most of the sores which are painful, itchy and swollen are

due to Fire'. In clinical practice, this syndrome is related to Fire of the Heart, Liver and Stomach. The Heart is a Fire organ and also easily receives Fire from the Liver, its mother organ. The Fire can be so strong that it may generate Fire-poison. The Stomach is a Bright Yang organ and is responsible for receiving, ripening and transporting food. All these activities increase or produce Heat and can easily cause Fire-poison syndrome in pathogenic conditions.

Jin Yin Hua enters the Heart, Liver and Stomach meridians and is sweet and cold. It is a strong herb for clearing Heat in these organs and meridians. Its sweet and cold properties may generate Body Fluids to prevent the consumption of Yin from internal Heat. As Jin Yin Hua is collected at the time that the flowers are still in bud in the early summer, this herb has a light fragrant smell, and dispersing and ascending actions. It may slightly disperse and lift Fire, especially constrained Fire, so this facilitates the main action of clearing Fire and directing it to descend.

Fresh Jin Yin Hua can be used topically, smashed and placed on the painful and swollen places. It can directly reduce swelling and pain and accelerate the recovery process. Because Jin Yin Hua has such characteristics, it is an appropriate herb for treating Fire-poison syndrome, and is thus praised as 'the sublime herb to treat Fire-poison'.

Lian Qiao is less cold than Jin Yin Hua but it has a bitter taste. It enters the Heart and Small Intestine meridians. Bitterness may bring down Fire from the Heart and Cold may clear Heat. It possesses strong dispersing and ascending properties and is especially effective in dispersing Heat in the Heart and relieving restlessness and sensations of warmth in the chest. Meanwhile, it is able to dissipate clumps and nodules caused by constraint of Heat, accumulation of food and Phlegm and stagnation of Blood. Its dispersing and dissipating actions are stronger than those of Jin Yin Hua. In addition, as it enters the Small Intestine meridian, it can also clear Heat there to treat painful urinary dysfunction.

As Jin Yin Hua and Lian Qiao have similar properties and actions, they are often used together in the treatment of Fire-poison syndrome in order to strengthen the effect.

20 *What are the differences between Da Qing Ye Folium Daqingye, Ban Lan Gen Radix Isatidis seu Baphicacanthi and Qing Dai Indigo Pulverata Levis for clearing Fire-poison?*

Da Qing Ye, Ban Lan Gen and Qing Dai are cold in nature; they have similar functions of clearing Heat, reducing Fire, cooling the Blood and removing toxicity. All are used to treat Fire-poison syndrome. However, there are some differences between their actions.

Of the three herbs, Da Qing Ye is the coldest. It is also bitter and salty and enters the Heart and Stomach meridians. Saltiness enters the Blood, Cold can clear Heat and bitterness may descend Fire. The herb is particularly effective in reducing Fire in the Heart and Stomach. It is used for aphthous ulcers, acute pharyngitis, tonsillitis and carbuncles. As it is very cold, it is able to cool the Blood and reduce macules. It can be used for high fever, irritability, skin eruptions and changes of the consciousness. Da Qing Ye can also be applied topically in the affected area to reduce Heat-poison.

Ban Lan Gen is less cold and enters the Heart and Kidney meridians. Its function and indications are similar to those of Da Qing Ye, but it is especially effective in treating severe facial erysipelas, a red and swollen throat in tonsillitis, scarlet fever and mumps.

Qing Dai enters the Liver meridian and is salty and cold. It can relieve toxicity and cool the Blood and is used for many kinds of skin disorders and inflammations due to Heat in the Blood. It can also be used topically. Qing Dai can also clear Heat from the Liver, eliminate irritability, reduce high fever, relieve convulsions in children, and cough and hemoptysis due to Liver-Fire attacking the Lung.

In addition, these three herbs are often used together nowadays to treat hepatitis, encephalitis, mumps, myocarditis and influenza. In laboratory research and in clinical practice, these herbs are found to be effective against viruses and bacteria.

21 *What kind of herbs can treat sore throat and benefit the throat?*

There are several herbs that are especially effective for treating disorders of the throat. They are Shan Dou Gen *Radix Sophorae Tonkinensis*, Ma Bo *Fructification Lasiosphaerae seu Calvatiae*, She Gan *Rhizoma Belamcandae Chinensis*, Jie Geng *Radix Platycodi Grandiflori* and Sheng Gan Cao *Radix Glycyrrhizae*. Generally speaking, all of these herbs are able to clear Heat, reduce swelling and relieve sore throat. They can be used for Fire-poison syndrome in the throat, especially with the herbs that enter the Lung, Stomach and Kidney meridians.

Shan Dou Gen is bitter and cold and enters the Heart, Lung and Stomach meridians. It is a strong herb for clearing Heat and removing poison from the throat. It can be used for acute laryngopharyngitis, tonsillitis and hoarseness. Shan Dou Gen is also able to disperse Blood stasis, and expel Phlegm so it can be used for severe chorditis and singers' nodes. Nowadays, combined with other herbs, it is used to treat tumors.

Ma Bo is pungent and neutral and enters the Lung meridian. Compared with Shan Dou Gen, it is less strong in reducing Fire, but it is stronger in dispersing constrained Heat and expelling Wind from the Lung, so it is able to treat swelling and pain in the throat, hoarseness and cough.

She Gan is bitter and cold and enters the Lung meridian. Its functions and indications are similar to that of Shan Dou Gen but it is less strong in relieving toxicity. It can also remove Phlegm and descend the Lung-Qi, so it is able to treat sore throat, swollen throat and cough due to Phlegm-Heat and obstruction in the throat.

Jie Geng is pungent, bitter and neutral and enters the Lung meridian. Pungency disperses stasis, and bitterness reduces stasis. It is light in weight and nature and moves upwards and outwards. It is effective for regulating the Lung-Qi, and reducing swelling and pain in the throat which is due not only to Fire-poison, but also to Cold or Phlegm stasis. It is also a commonly used herb to remove Phlegm and treat cough.

Sheng Gan Cao is cold and sweet. It has the function of reducing toxicity, and harmonizing the Qi and Body Fluids in the throat in order to benefit the throat. Its sweet taste is especially appropriate for patients who do not like the strong tastes of the other herbs.

22 *What kind of herbs can be used to treat internal abscesses and what are their characteristics?*

Internal abscesses are a result of accumulation of Damp-Heat-poison. There are several herbs that are effective for treating internal abscesses. They are *Yi Yi Ren Semen Coicis Lachrymajobi*, *Lu Gen Rhizoma Phragmitis Communis*, *Bai Jiang Cao Herba cum Radice Patriniae*, *Yu Xing Cao Herba cum Radice Houttuyniae Cordatae*, *Ma Chi Xian Herba Portulacae Oleraceae* and *Hong Teng Caulis Sargentodoxae Cuneatae*. All these herbs are able to clear Heat, reduce toxicity and transform Dampness. They are used for either superficial sores or internal abscesses. However, there are differences between the actions of these herbs.

Yi Yi Ren, *Lu Gen* and *Yu Xing Cao* all enter the Lung meridian and are cold in nature. All can treat Lung abscesses. Besides its main function, *Yi Yi Ren* is very effective for transforming Dampness and pus; it is also used to treat tumors. *Lu Gen* is sweet and cold and is effective in reducing Heat, generating the Body Fluids and relieving thirst. *Yu Xing Cao* is pungent and cold, is able to remove stasis of the Blood and Dampness. In clinical practice, these herbs are used to treat lung abscesses, pneumonia, bronchiectasis and pulmonary tuberculosis.

Yi Yi Ren, *Bai Jiang Cao*, *Yu Xing Cao*, *Ma Chi Xian* and *Hong Teng* enter the Large Intestine meridian. They are effective for treating intestinal abscesses and are used in colitis, appendicitis, dysentery and enteritis. *Yi Yi Ren* can also be used for tumor in the intestine. *Hong Teng* and *Bai Jiang Cao* expel pus, disperse stasis and reduce pain. *Yu Xing Cao* is often used for gynecological disorders, such as pelvic inflammation. *Ma Chi Xian* can reduce toxicity and stop bleeding. It is also applied topically or used in lotions. It is effective

for treating cervicitis, endocervicitis and colpomycosis.

23 *What are the differences between Qing Hao Herba Artemisiae, Yin Chai Hu Radix Stellariae Dichotomae and Chai Hu Radix Bupleuri in regulating the Liver-Qi?*

Qing Hao, *Yin Chai Hu* and *Chai Hu* enter the Liver meridian. All are cold and gentle herbs. They can disperse and lift the Liver-Qi and so can be used for Liver-Qi stagnation.

Qing Hao has a light fragrant smell, and possesses the ability of penetrating turbidity and dispersing constrained Qi. As it also enters the Gall Bladder meridian, it is able to regulate the function of the Liver and Gall Bladder. It is effective for treating Damp-Heat in the Middle Burner, and constraint of the Liver-Qi and Gall Bladder-Qi. In the latter situation, patients may have symptoms such as tightness in the chest, nausea, dizziness and low-grade fever. In clinical practice, this herb can be used for malaria, hepatitis and jaundice caused by Liver or Gall Bladder disorders.

Yin Chai Hu is sweet, bitter and cold. Bitterness and Cold may reduce Heat; sweetness and Cold may generate the Yin and Body Fluids. This herb is not so strong in dispersing the Liver-Qi as *Qing Hao* and *Chai Hu*, but it is very effective for clearing Deficient-Heat, protecting the Yin and Body Fluids of the Liver, and reducing low-grade fever in the initial phase of febrile disease or after infectious diseases.

Chai Hu is a pungent and neutral herb and it is the strongest herb of the three for dispersing the Liver-Qi. It can be used to treat hypochondriac pain and distension, emotional disturbance, irritability and depression. It has no direct function in removing Dampness unlike the other two herbs. As it has a dispersing property, it can gently disperse Excessive-Heat when the heat is not very strong and is used for cold and influenza infections, and acute infections of the upper respiratory tract.

24 *What kind of herbs can be used for reducing Deficient-Heat in febrile disease? What are their characteristics? What are the differences between these herbs and the herbs that tonify the Yin and reduce Empty-Heat?*

Qing Hao *Herba Artemisiae Annuae*, Yin Chai Hu *Radix Stellariae Dichotomae*, Bai Wei *Radix Cynanchi Baiwei*, Di Gu Pi *Cortex Lycii Radicis*, Mu Dan Pi *Cortex Moutan Radicis* and Bie Jia *Carapax Amygdæ Sinensis* all have the function of reducing Deficient-Heat during acute febrile diseases. Acute febrile disease is a collective term for diseases that are caused by exogenous pathogenic Heat. The pathologic changes are characterized by relatively acute onset, and predominant Heat signs at the initial stage, and Heat tends to damage the Body Fluids and fluid Essence. In Western medicine, it is regarded as an acute infectious disease caused by bacteria, viruses and other pathogenic microorganisms.

During the process of the disease, when Heat injures the Body Fluids and Yin, the balance of Yin and Yang is disturbed, so the patient may have symptoms like low-grade fever in the evening or in the night. 'Bone steaming' may be present too; this Deficient fever can be seen in the Qi, Nutritive and Blood levels because the Heat has injured the Body Fluids, Yin or Blood. It can also be seen in the early phase of the recovery period of febrile disease. In this situation, the exogenous pathogenic factor is no longer so strong but the Qi and Yin are severely injured. As Heat has consumed the Body Fluids, Yin and Qi, most of the patients complain of dryness of the mouth, tiredness and poor appetite.

Qing Hao is bitter and cold, has a fragrant smell and is light in nature. The fragrant smell and the light nature may disperse constrained Qi and Heat; bitterness and Cold may reduce Heat from the Qi level. The herb enters the Blood so it is able to clear Heat in the Blood. Although this herb cannot nourish the Body Fluids and Yin of the body, its functions of dispersing and reducing

Heat as well as cooling the Blood may protect the Yin and Body Fluids. It is often used in the mid and initial phases of febrile disease when the Heat is not high, but is constrained and there is also stagnation of Qi.

Yin Chai Hu is bitter and cool and enters the Liver and Stomach meridians. It has similar functions to Qing Hao but has a stronger action in descending Deficient-Heat and cooling the Blood. It is more suitable for patients who complain of dryness of the throat and mouth and thirst and have afternoon fever.

Bai Wei is bitter, salty and cold and enters the Lung, Stomach and Kidney meridians. It can reduce Deficient-Heat and cool the Blood. The strong point of this herb is that it can be used not only for acute febrile diseases, but also for chronic disorders, such as in postpartum fever, lingering fever, night sweating and feelings of warmth in the palms and soles of the feet in febrile diseases.

Hu Huang Lian is bitter and cold. Its function is similar to that of Yin Chai Hu in Deficient-Heat, but it cannot cool the Blood. As it enters the Stomach and Large Intestine meridians, this herb is especially effective for treating children's nutritional impairment which is accompanied by abdominal distension and afternoon fever.

Mu Dan Pi is pungent, bitter and cold and enters the Liver, Heart and Kidney meridians. It is the strongest for reducing Heat from the Blood and cooling the Blood. Its pungent taste may disperse Heat and activate the Blood circulation and Qi movement so it is an appropriate herb for treating the syndrome of Heat constraint and Qi and Blood stagnation.

Di Gu Pi is sweet and cold, and enters the Lung, Liver and Kidney meridians. Compared with the other herbs mentioned above, it is the strongest apart from Bie Jia in reducing Deficient-Heat, especially when Heat has consumed the Liver-Yin and Kidney-Yin, in which case the patient has fever in the night, 'bone steaming', night sweating and irritability. It can be used for chronic low-grade fever, such as fever in pulmonary tuberculosis, Pfeiffer and chronic fatigue syndrome.

Bie Jia is salty and cold and enters the Kidney meridian. It is the strongest of the substances for reducing Deficient-Heat and also has the function

of tonifying the Kidney-Yin. It is particularly suitable in conditions where the warm pathogenic factor has invaded the Lower Burner while the Qi and Yin of the body are severely impaired, which has obvious manifestations of evening or low-grade fever, warmth in the palms and 'bone steaming'.

There are differences between the herbs in this group and those herbs that can reduce Empty-Heat and tonify the Yin of the body. The herbs discussed above treat Heat which is caused by exogenous pathogenic factors; the treatment is given to reduce the Heat and eliminate the exogenous pathogenic factors. These herbs are cold,

slightly bitter, pungent and light in property. The herbs that treat deficiency of Yin with Empty-Heat are different. Empty-Heat is caused by long-term Yin deficiency of the internal organs from chronic disease, emotional disturbance, age and constitution, and there are no exogenous pathogenic factors in the main pathogenic process. The treatment is given to nourish or tonify the Yin and thereby to reduce Heat. These herbs have mainly sweet and cold properties; examples are Sheng Di Huang *Radix Rehmanniae Glutinosae*, Mai Men Dong *Tuber Ophiopogonis Japonici* and Bei Sha Shen *Radix Adenophorae seu Glehniae*.

Comparisons of strength and temperature in herbs that clear Heat

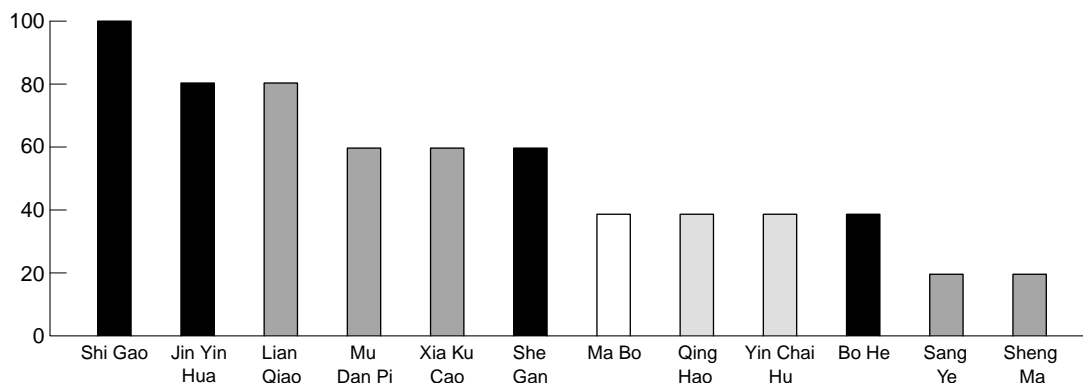


Fig. 3.1 Comparison of the herbs that disperse Heat and direct it to descend. Shi Gao = *Gypsum Fibrosum*, Jin Yin Hua = *Flos Lonicerae Japonicae*, Lian Qiao = *Fructus Forsythiae Suspensae*, Mu Dan Pi = *Cortex Moutan Radicis*, Xia Ku Cao = *Spica Prunellae Vulgaris*, She Gan = *Rhizoma Belamcandae Chinensis*, Ma Bo = *Fructificatio Lasiosphaerae seu Calvatiae*, Qing Hao = *Herba Artemisiae Annuae*, Yin Chai Hu = *Radix Stellariae Dichotomae*, Bo He = *Herba Menthae Haplocalycis*, Sang Ye = *Folium Mori Albae*, Sheng Ma = *Rhizoma Cimicifugae*.

Fig. 3.2 Comparison of the herbs that cool the Blood.

Da Qing Ye = *Folium Daqingye*,
 Sheng Di Huang = *Radix Rehmanniae Glutinosae*,
 Zi Cao = *Radix Arnebiae seu Lithospermi*, Qing Dai = *Indigo Pulverata Levis*, Chi Shao Yao = *Radix Paeoniae Rubrae*, Dang Shen = *Radix Codonopsis Pilosulae*,
 Mu Dan Pi = *Cortex Moutan Radicis*,
 Bai Wei = *Radix Cynanchi Baiwei*.

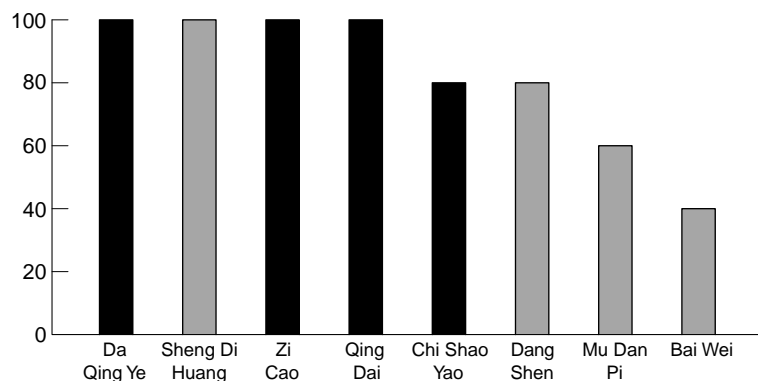


Fig. 3.3 Comparison of the herbs that clear Heat and generate Body Fluids. Sheng Di Huang = *Radix Rehmanniae Glutinosae*, Shi Gao = *Gypsum Fibrosum*, Tian Hua Fen = *Radix Trichosanthis Kirilowii*, Mai Men Dong = *Tuber Ophiopogonis Japonici*, Bei Sha Shen = *Radix Adenophorae seu Glehniae*, Lu Gen = *Rhizoma Phragmitis Communis*, Bai Mao Gen = *Rhizoma Imperatae Cylindrica*.

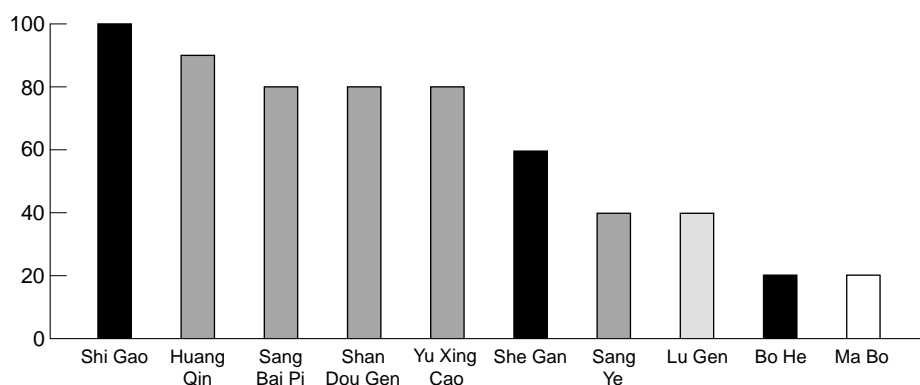
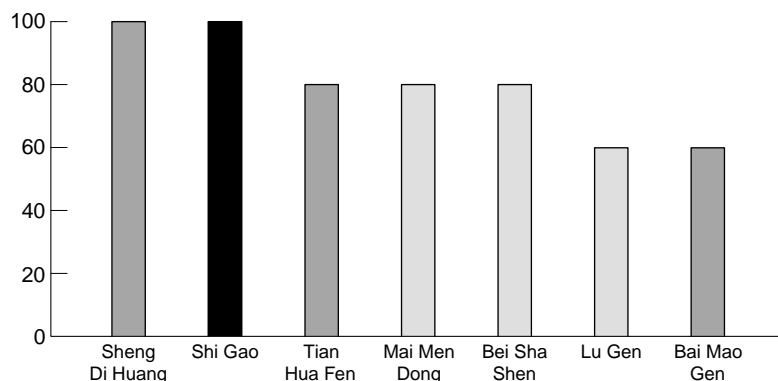


Fig. 3.4 Comparison of the herbs that clear Heat from the Lung. Shi Gao = *Gypsum Fibrosum*, Huang Qin = *Radix Scutellariae Baicalensis*, Sang Bai Pi = *Cortex Mori Albae Radicis*, Shan Dou Gen = *Radix Sophorae Tonkinensis*, Yu Xing Cao = *Herba cum Radice Houltuygniae Cordatae*, She Gan = *Rhizoma Belamcandae Chinensis*, Sang Ye = *Folium Mori Albae*, Lu Gen = *Rhizoma Phragmitis Communis*, Bo He = *Herba Menthae Haplocalycis*, Ma Bo = *Fructificatio Lasiosphaerae seu Calvatiae*.

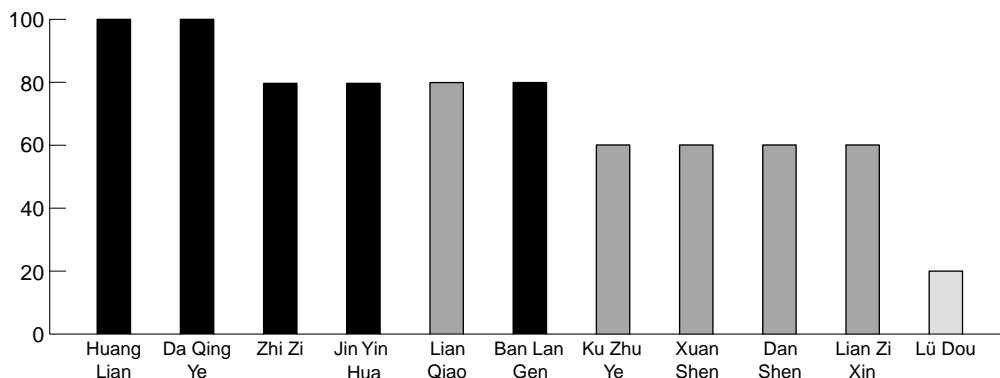


Fig. 3.5 Comparison of the herbs that clear Heat from the Heart. Huang Lian = *Rhizoma Coptidis*, Da Qing Ye = *Folium Daqingye*, Zhi Zi = *Fructus Gardeniae Jasminoidis*, Jin Yin Hua = *Flos Lonicerae Japonicae*, Lian Qiao = *Fructus Forsythiae Suspensae*, Ban Lan Gen = *Radix Isatidis seu Baphicacanthi*, Zhu Ye = bitter *Herba Lophatheri Gracilis*, Xuan Shen = *Radix Scrophulariae Ningpoensis*, Dan Shen = *Radix Salviae Miltiorrhizae*, Lian Zi Xin = *Plumula Nelumbinis Nuciferae*, Lü Dou = *Semen Phasecoli Radiati*.

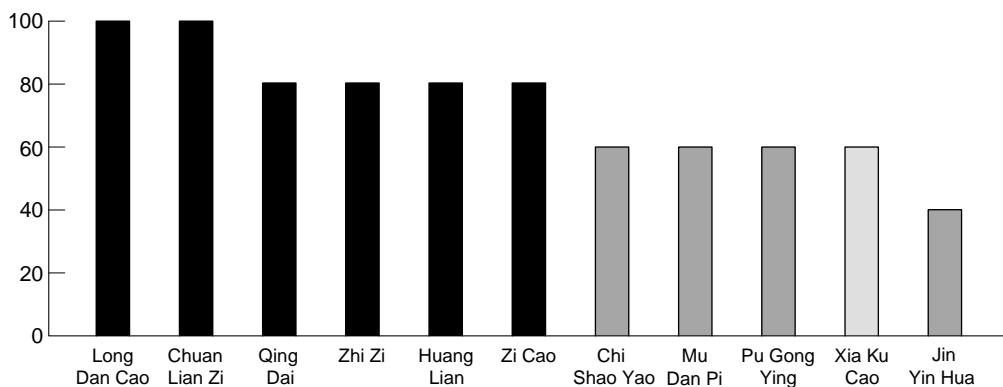


Fig. 3.6 Comparison of the herbs that clear Heat from the Liver. Long Dan Cao = *Radix Gentianae Longdancao*, Chuan Lian Zi = *Fructus Meliae Toosendan*, Qing Dai = *Indigo Pulverata Levis*, Zhi Zi = *Fructus Gardeniae Jasminoidis*, Huang Lian = *Rhizoma Coptidis*, Zi Cao = *Radix Arnebiae seu Lithospermi*, Chi Shao Yao = *Radix Paeoniae Rubrae*, Mu Dan Pi = *Cortex Moutan Radicis*, Pu Gong Ying = *Herba Taraxaci Mongolici*, Xia Ku Cao = *Spica Prunellae Vulgaris*, Jin Yin Hua = *Flos Lonicerae Japonicae*.

Fig. 3.7 Comparison of the herbs that clear Heat from the Kidney.

Huang Bai = *Cortex Phellodendri*, Zhi Mu = *Rhizoma Anemarrhenae Asphodeloidis*, Sheng Di Huang = *Radix Rehmanniae Glutinosae*, Xuan Shen = *Radix Scrophulariae Ningpoensis*, Di Gu Pi = *Cortex Lycii Radicis*, Mu Dan Pi = *Cortex Moutan Radicis*, Yin Chai Hu = *Radix Stellariae Dichotomae*, Ku Shen = *Radix Sophorae Flavescentis*.

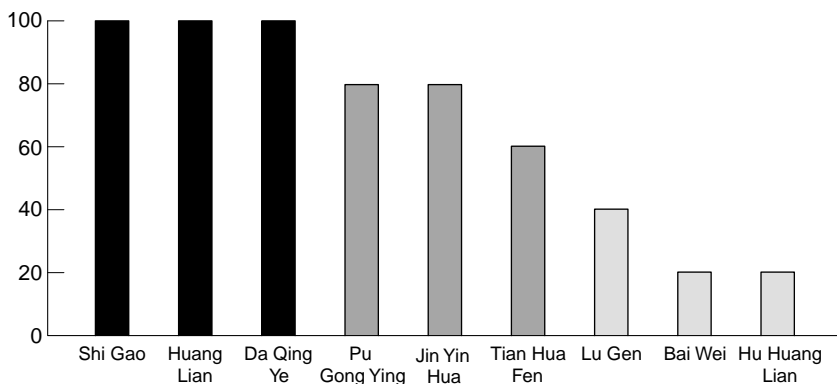
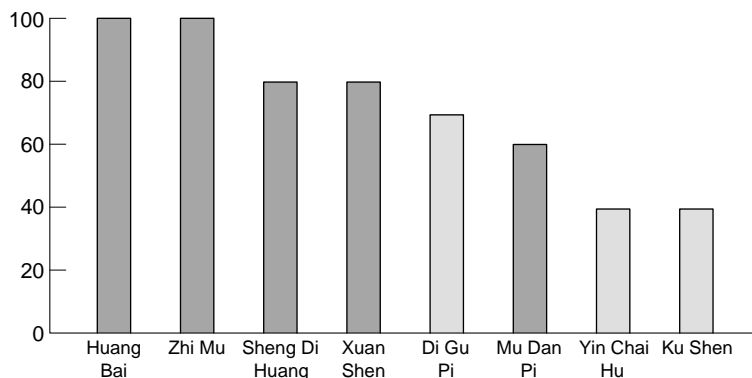


Fig. 3.8 Comparison of the herbs that clear Heat from the Stomach. Shi Gao = *Gypsum Fibrosum*, Huang Lian = *Rhizoma Coptidis*, Da Qing Ye = *Folium Daqingye*, Pu Gong Ying = *Herba Taraxaci Mongolici*, Jin Yin Hua = *Flos Lonicerae Japonicae*, Tian Hua Fen = *Radix Trichosanthis Kirilowii*, Lu Gen = *Rhizoma Phragmitis Communis*, Bai Wei = *Radix Cynanchi Baiwei*, Hu Huang Lian = *Rhizoma Picrorhizae*.

Fig. 3.9 Comparison of the herbs that eliminate Damp-Heat from the Spleen. **Huang Lian** = *Rhizoma Coptidis*, **Yi Yi Ren** = *Semen Coicis Lachryma-jobi*, **Ku Shen** = *Radix Sophorae Flavescentis*, **Bai Xian Pi** = *Cortex Dictamni Dasycarpi Radicis*, **Hu Huang Lian** = *Rhizoma Picrorhizae*, **He Ye** = *Folium Nelumbinis Nuciferae*, **Lü Dou** = *Semen Phasecoli Radiati*.

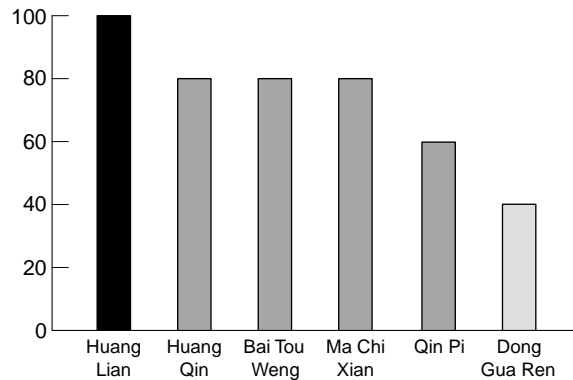
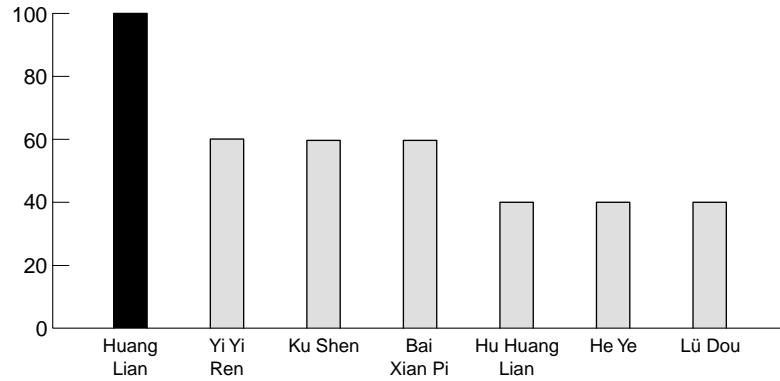


Fig. 3.10 Comparison of the herbs that clear Heat from the Large Intestine. **Huang Lian** = *Rhizoma Coptidis*, **Huang Qin** = *Radix Scutellariae Baicalensis*, **Bai Tou Weng** = *Radix Pulsatillae Chinensis*, **Ma Chi Xian** = *Herba Portulacae Oleraceae*, **Qin Pi** = *Cortex Fraxini*, **Dong Gua Ren** = *Semen Benincasae Hispidae*.

Fig. 3.11 Comparison of the herbs that clear Heat from the Small Intestine. **Zhi Zi** = *Fructus Gardeniae Jasminoidis*, **Mu Tong** = *Caulis Mutong*, **Lian Qiao** = *Fructus Forsythiae Suspensae*, **Dan Zhu Ye** = *Herba Lophatheri Gracilis*, **Bai Mao Gen** = *Rhizoma Imperatae Cylindrica*, **Xi Gua Cui Yi** = *Exocarpium Citrulli*, **Lü Dou** = *Semen Phasecoli Radiati*.

