



INTRODUCTION TO HERBS

Herbal Properties to Consider:

	DIRECTION	TEMPERATURE	FLAVOR	QUALITY	PROCESSING
YANG-TYPE HERBS	Ascend: invigorate Yang, induce emesis, resuscitation Float: diaphoretic, dispel Wind-Cold	Warm, hot	Acrid/pungent, sweet, bland	Soft, light	Wine, ginger
YIN- TYPE HERBS	Descend: purgative, diuretic, anti-asthmatic, descend Yang Sinking: contract, dispel heat, stop sweating	Cool, cold	Sour, bitter	Turbid, heavy	Salt, vinegar

Herbal Temperatures

Cold/Cool: Clears Heat, detoxifies, cools Blood, purges and eliminates, dries Damp, moistens, benefits the eyes, anti-hemetic	Hot: dispels Cold, warms MJ, resolves Phlegm, restores Yang, removes Cold Accumulation	Warm: dispels Wind Cold Damp Invasion, regulates the flow of Qi, tonifies and warms	Bland (Neutral): regulates Blood, improves circulation, tonifies and reinforces, moistens, drains Damp, dispels Wind, soothes the nerves, modulates the harsh qualities of other herbs	Aromatic: penetrates through turbidity, awakens a particular function of the herb such as digestive for the Spleen or cognitive functions of the spirit sensory organs (orifices)
---	---	--	--	--



Flavors

Acrid/Pungent

Yang in nature, scatters, moves, disperses, dispels EPI, promotes normal flow of Qi, stimulates, Blood and Body Fluids

Travels with the Qi. Do not use when the Qi is diseased

Sweet

Yang in nature, scatters, tonifies, soothes, slows down acute diseases, harmonizes, regulates other herbs and moistens

Travels in the flesh. Do not use with the flesh is diseased

Bitter

Yin in nature, drains, purges and dries, descends Rebellious Qi (Purgative), dries damp, dispels Heat

Travels in the bones. Do not use when the bones are diseased

Sour

Yin in nature, drains contracts, astringes prevent or reverses the abnormal leakage of fluids and energy

Travels in the sinews. Do not use when the sinews are diseased

Salty

Yin in nature, drains softens and purges, softens hard masses and resolves lumps (Phlegm lumps and masses)

Travels in the Blood. Do not use with Blood Disorders

Bland (Misc)

Yang in nature, seeps and drains, dispels and relieves, leeches out Dampness and Promotes Urination (Diuretic)

Astringent

Prevents leakage of fluids

Colors

White

Enters the lung, moistens and clears the Lungs, eliminates Phlegm, regulates Water, stops Cough

Yellow

Enters the MJ, harmonizes the Middle, benefits the Qi, detoxifies and reduces inflammation, clears heat

Red

Enters the Heart, calms Shen, regulates and harmonizes Blood, tonifies the Heart, circulates Blood

Green

Enters the Liver, clears and tonifies the Liver, dispels Stagnation, brightens eyes, activates Blood

Black

Enters the Kidney, benefits Essence tonifies Kidneys and Yin, descends Fire, stops Bleeding, Detoxifies and helps receive Qi



The Eight-Principle Treatment

Sweating: releases the exterior and is for superficial conditions. Treats edema, ulcers, smallpox. **Contraindicated:** Severe vomiting and diarrhea, excess sweating, loss of fluids

Vomiting: resolves accumulations via emesis. Treats phlegm accumulations in pharynx, pharyngeal, paralysis, stroke, poisoning, overeating. **Contraindicated:** Deficient conditions

Purging: Resolves accumulation and stagnation via purging downward. Treats gastric and intestinal disease, constipation, extravagated blood, chronic phlegm, water accumulation, parasites. **Contraindicated:** superficial or internal conditions, strong conformation with thirst & impaired speech.

Harmonizing: harmonizes and mediates conditions. Treats Shao Yang conditions, Liver and Stomach disharmony, malaria, menstrual irregularities due to Liver problems. **Contraindicated:** internal fever or yin deficiency.

Warming: warms cold condition and tonifies. Strengthens Yang-Qi and resuscitate. **Contraindicated:** internal fever or yin deficiency.

Remove: clears a condition. Dispels fever, clears heat, maintains body fluids and stops thirst. **Contraindicated:** deficient conditions, fever and fatigue due to over-taxation.

Supplementing: tonifies Qi, Blood, Yin, and Yang. **Contraindicated:** Spleen and Stomach deficiency.

Reducing: Reduces excess conditions. Two categories: Digestives and Diuretics. Treats stagnation of Qi, Blood, or Phlegm (especially in the MJ). **Contraindicated:** deficiency with abdominal pain, yin deficiency with fever, diarrhea due to deficiency, menstruation disorders due to deficiency.

Herb Processing:

Increase Potency:

Slicing: Increases the surface area.

Alcohol: Dang Gui treated in alcohol to extract volatile oils and move blood.

Salt: Yan Hu Suo- so the alkaloids will dissolve in water.

Ginger: Ban Xia, Zhu Ru- treated with ginger to stop nausea and vomiting.

Honey: Kuan Dong Hua- treated with honey to moisten the Lungs and stop coughs.

Cinnebaris: Fu Ling- treated with Zhu Sha to calm the spirit.

Minimize the side effects:

Bleaching and Baking: Reduces side effects and toxicity.

Ginger: Ban Xia with ginger to remove its adverse side effects and tongue-numbing effects.

Alter properties:

Cooking: Dried Sheng Di Huang (Rehmanniae Radix) is cooling and clears heat. After cooking in wine and drying Shu Di Huang (Rehmanniae Radix Preparata) is warming and tonifying

Methods using Water: Used to clean and soften the herbs for cutting and reduces toxic and harsh characteristics. Forms: washing, bleaching, soaking, boiling or covering with a damp cloth. **Aqueous Trituration:** process of grounding minerals with water until reduced to an extremely fine powder. eye issues



Methods using Heat:

Dry Frying: Dry frying/browning for storage or for strengthening the Spleen/Stomach

Stir fry with salt: to direct the action to the Kidney channel to nourish Yin and descend Fire.

Fry in Liquids:

Honey: tonifies and moistens.

Vinegar: astringes, invigorates blood, detoxifies and acts as an analgesic

Wine: open the channels and collaterals, expels wind and stops pain

Ginger Juice: warms the Spleen, stops vomiting, reduces upsetting effects of bitter and cold herbs in the Stomach

Quick Fry: Use extremely high heat to reduce toxicity and to modify harshness

Dry Baking: Use slow, mild heat to d_{dry} flowers and insects (avoid charring). Roasting and charring to ashes to help stop bleeding

Calcining: place herb directly or indirectly into the flames until heated and turns red. Used for minerals and shells before pulverizing

Quick Frying: extreme high temperature until dark brown or cracked. Reduces toxicity or moderates harsh characteristics

Dry-Curing/Baking: dries the herb using slow, mild heat without charring the herb. Used for processing flowers and insects. Dries quickly without destroying

Roasting in Ashes: wrap herb in moist paper, paste or mud and heat in hot cinders until coat is charred or cracked and insides are at a high temperature

Method using Heat and Water:

Steaming: steam or dry the herbs in the sun. Sheng di Huang (Rehmanniae Radix) > Shu Di (Rehmanniae Radix Preparata)

Boiling: boil in water or other medium to alter the characteristics of an herb. Da Ji boiled in vinegar to reduce toxicity

Quenching: Usually used for minerals. Heat minerals and then immerse in cold water or vinegar. Easier to pulverize or moderates medicinal properties.

Simmering: reduce herb to a thickened liquid or syrup by boiling in several changes of water, collecting the supernants and condensing or solidifying before making into a gel. Ji Xue Teng (Spatholobi Caulis) syrup.

Delivery Methods:

Decoctions: soup. Most common method. No aluminum tools. Non-metallic pots, corning ware or porcelain. Tight fitting lid. Can use water (common), wine or vinegar. **Heat:** 1st: Military Fire > high flame. 2nd: Civilian Fire > low flame. Cook 20-30 minutes. Release Exterior, Clear Heat or volatile oils cook 1-15 minutes. Tonics, toxic herbs, formulas with rich, cloying herbs cook on low for 45-60 minutes. Decoct ingredients twice. 1st: boil to 1 cup. 2nd: boil to 1 cup. 2/3 cup 3 times a day. Take before meals.

Boiled powders or drafts: decoct for 10 minutes

Pills: mild and slow in action. Use water (fast dissolving), honey or wax to form pills (slow dissolving – in intestines)

Powders: convenient, readily absorbed and easy to store. Stronger than pills. Weaker than decoctions. Granulas are around a 5:1 ratio to that of raw herbs.

Special or Vermillion pills: for finely processed, expensive substances or minerals. Vermillion = Zhu Sha (Cinnabaris) and enhances pill's ability to calm irritability.

Syrups: decoct in water, reduce to thick concentration (strained) and add honey or granulated sugar. Best for chronic debilitating diseases, cough or sore throat

Plasters: dermatology. Abscesses, boils, Bi syndrome in joints musculature fractures, fixed masses and sprains. 1st: Slowly simmering medicinal substances in oil (sesame oil), discarding the residue and adding beeswax, spread on paper or cloth. 2nd: Add powder of medicinal substances to heated mixture of oil and beeswax, apply as a plaster.

Medicinal wines: steep medicinal substances in wine. For nourishing, blood invigorating, channel unblocking for conditions like Wind Damp Bi Pain, traumatic injury and deficiency-induced disorders.

New methods: infusions, tablets tinctures, suppositories and drops. **Crude Extracts:** decoct large amounts of the herbs, add filler, grind into powder and place in capsules.



Cooking Instructions:

Decocted first (toxic herbs > 30-45 minutes, minerals and shells > 10-20 minutes, lightweight substances used in large dosages > 20 minutes)

Zhi Chuan Wu (Aconite Radix preparata)
Zhi Fu Zi (Aconite Radix lateralis preparata)
Zhi Cao Wu (Aconite kusnezoffii Radix preparata)
Shi Jue Ming (Haliotidis Concha)
Long Gu (Fossilia Osis Mastodi)
Mu Li (Ostreae Concha)
Ci Shi (Magnetitum)
Zhen Zhu (Margarita)
Dai Zhe Shi (Haematitum)
Gui Ban (Testudinis Plastrum)
Bei Jia (Trionycis Carapax)
Shi Gao (Gypsum fibrosum)
Shui Niu Jiao (Bubali Cornu)
Si Gua Luo (Laffae Fructus Retinervus)

Added near end: (4-5 minutes at the end of cooking)

Bo He (Methae haplocalycis Herba)
Mu Xiang (Aucklandiae Radix)
Sha Ren (Amomi Fructus)
Bou Dou Kou (Amomi fructus rotundus)
Qing Hao (Artemisiae annuae Herba)
Da Huang (Rhei Radix et Rhizoma) *purgative effect only otherwise cook with other herbs in a formula*

Decocted in gauze: wrap in gauze or cheesecloth before cooking

Xuan Fu Hua (Inulae Flos)
Che Qian Zi (Plantaginis Semen)
Chi Shi Zhi (Halloysitum Rubrum)

Separately decocted

or simmered: rare, expensive substances, slice thin and cook in double boiler for 2-3 hours

Ren Shen (Ginseng Radix)
Xi yang Shen (Panacis Quinquefolii)
Lu Rong (Cervi Cornu pantotrichum)

Dissolved in the

strained decoction: highly viscous or sticky substances

E Jiao (Asini Corii Colla)
Yi Tang (Saccharum Granorum)

Taken with the

strained decoction: expensive, aromatic, substances ground into powder, take first and then drink strained decoction

Chuan Bei Mu (Fritillariae cirrhosae Bulbus)
San Qi (Notoginseng Radix)
Niu Huang (Bovis Calculus)
Zhu Li (Bambusae Succus)

Do Not Store Near:

Iron/Utensils: Xiang Fu, Mu Dan Pi (Cortex of the Peony Tree Root)

Copper: Da Huang, Xuan Shen

Fire: Mu Xiang, Ru Xiang, Ju Hua, Chuan Xiong



Do Not Take With:

- Pork:** Huang Lian (Rz Coptidis)
- Tea & Turnips:** Ren Shen (Ginseng Radix)
- Turtle Meat:** Bo He (Hb Menthe)
- Avoid Fish:** Long Gu (Fossilia Ossid Mastodi)
- Vinegar:** Fu Ling (Poria)
- Onions, garlic & radishes:** Shu Di Huang, Sheng Di Huang, Ren Shen (Ginseng Radix), He Sou Wu
- Onions only:** Chang Shan
- Garlic only:** Mu Dan Pi (Cortex of the Peony Tree Root)

Dosages:

Typical dose: 3-9 grams. Hard, heavy, moderate and bland herbs are in larger dose. Light, toxic and strongly-flavored herbs are in smaller dose. Minerals and shells are heaviest doses, over 30 grams.

Unusual Dosages:

- Lu Hui: 1.5-4.5 grams
- Xi Xin: 1 - 3 grams
- Gui Zhi: 9 - 15 grams for Bi syndrome
- Chuan Bei Mu: 1 - 1.5 grams (powder)
- Ren Shen (Ginseng Radix): 30 grams for hemorrhagic shock
- Hong Hua: 2-2.5 grams to harmonize blood
- Mai Ya: 60 grams to inhibit lactation
- Ji Ni Jin: 1.5 – 3 grams (Powder)
- Tao Ren: 4.5 - 9 grams
- Shen Qu: 6 - 15 grams
- San Qi: 1 - 1.5 grams (Powder) 3-9 grams (dee.)

Caution for Nursing Mothers:

- Mai Ya: insufficient lactation
- Da Huang: enters the mother's milk

Seven Uses of Herb Combinations:

Mutual Accentuation: Combination of two or more substances with similar functions to accentuate their therapeutics actions. Ex. Shi Gao + Zhi Mu to clear heat and drain fire.

Mutual Enhancement: Combination of two or more substances with different functions, where one of the substances enhances the effect of the other in a specific clinical situation.
Ex. Fu Ling + Huang Qi for edema.

Mutual Counteraction: (receiver of the action) one substance's toxicity or side effects are reduced or eliminated by another substance. Ex. Ban Xia & Sheng Jiang Ban Xia is reduced or counteracted by Sheng Jiang. With Mutual Counteraction, the emphasis is on the herb whose toxicity or side effects are being reduced.

Mutual Suppression: (doer of the action) similar to mutual consumption, in that one substance reduces the toxicity or side effects of the other, EXCEPT that, with Mutual Suppression, the emphasis is on the herb doing the action/reducing.
Ex. Sheng Jiang & Ban Xia Sheng Jiang reduces the side effects of Ban Xia.

Mutual Antagonism: The ability of two substances to minimize or neutralize each other's positive effects. There are nine sets of these herbs, and they are called the "**Nineteen Antagonists.**" Ex. Lai Fu Zi antagonizes Ren Shen (Ginseng Radix). (see complete list below)

Mutual Incompatibility: Combination of two substances leads to side effects or toxicity that is not caused by either substance when they are used alone. There are three sets of these herbs, and they are called the "**Eighteen Incompatibilities.**"
Ex. Wu Tou to Ban Xia. (see complete list below)

Single Effect: Using a single medicinal substance to treat a patient. Ex. Ren Shen (Ginseng Radix) to treat deficiency of Qi with collapse of Yang.



Nineteen Antagonists:

Ding Xiang (Flos Caryophyllii) antagonize Yu Jin (Tuber Curcumae)
Zhi Wu Tou (Rx Aconiti) antagonize Xi Jiao (Corni Rhinoceri)
Cao Wu (Rx Aconiti Kasenzoffi) antagonize Xi Jiao (Corni Rhinoceri)
Ren Shen (Rx Ginseng) antagonize Wu Ling Zhi (Excr. Trogopterori)
Rou Gui (Cortex Cinnamomi Cassiae) antagonize Chi Shi Zhi (Halloysitum)
Ba Dou (Semen Tigllii) antagonize Qian Niu Zi (Semen Pharbitidis)
Note: (others are not used anymore)

Eighteen Incompatibilities:

Gan Cao (Rx. Glycyrrhizae Uralensis)

Gan Sui (Rx. Euphorbiae Kansui)
Da Ji (Rx Euphorbiae ser Knoxiae)
Yuan Hua (Fls Daphnes Genkwa)
Hai Zao (Herba Sargassii)

Zhi Wu Tou (Rx Aconiti)

Bei Mu (Bulbus Fritillariae)
Gua Lou (Fructus Trichosanthis)
Ban Xia (Rz. Pinelliae Ternatae)
Bai Lian (Rx. Ampelopsis)
Bai Ji (Rz Bletillae Striatae)

Li Lu (Rz et Rx Veratri)

Ren Shen (Rx Ginseng)
Sha Shen (Rx Adenophorae seu Glehniae)
Dan Shen (Rx Salviae Miltiorrhizae)
Ku Shen (Rx Sophorae Flavescentsis)
Xi Xin (Herba cum Radice Asari)
Bai Shao (Rx Paeoniae Lactiflorae)

Functions:

Herbs That Calm the Fetus

Ai Ye
Bai Zhu
Du Zhong
E Jiao
Huang Qin
Sha Ren
Sang Ji Sheng
Tu Si Zi
Xu Duan
Zi Su Ye
Zhu Ru

Herbs That Aid Lactation

Dong Kui Zi Mai Ye
Mu Tong
Pu Gong Ying
Wang Bu LiuXing

Herbs That Stop Lactation

Mai Ya



Herbs that are Caution In Pregnancy

Baji Li
 Bai Guo
 Bai Jiang Cao
 Bu Gu Zhi
 Cang Er Zi
 Chan Tui
 Che QianZi
 Chi ShiZhi
 Chuan Xiong
 Da Fu Pi
 Da Huang (b)
 Dai Zhe Shi
 Dan Zhu Ye
 Di Long
 Dong Kui Zi
 Gan Jiang
 Gou Qi Zi
 Gui Zhi
 Hou Po

Hu Jiao (b)
 Hua Jiao
 Hua Shi
 Jue Ming Zi
 Mu Tong
 Mu Zei
 Niu Huang (b)
 Pu Huang (b)
 Rou Gui (b)
 San Qi
 Shen Qu
 Shui Niu Jiao
 Wei Ling Xian
 Xi Xian Cao
 Xiao Hui Xiang
 Yu Jin
 Ze Lan
 Zhen Zhu Mu
 Zhi Shi and Zhi Ke

Herbs That Are Contraindicated in Pregnancy

Bie Jia
 Cao Wu
 Chuan Nui Xi
 Da Huang (c)
 Da Ji
 Dan Shen
 E Zhu
 Fu Zi
 Gui Ban
 Hong Hua
 Hu Jiao (c)
 Huai Niu Xi
 Lu Hui
 Mang Xiao
 Mo Yao
 Mu Dan Pi (Cortex of the Peony Tree Root)
 Niu Huang (c)
 Pu Huang (c)
 Qu Mai
 Rou Gui (c)
 Ru Xiang
 Sang Leng
 She Gan
 Shan Zha
 Tao Ren

Tian Hua Fen
 Tian Nan Xing
 Wang Bu Liu Xing
 Yan Hu Suo
 Yi Mu Cao
 Yi Yi Ren

Herb-Drug Interactions:

Herbs That Calms The Spirit

Bai He Da Zao Dan Shen Fu Ling
 Fu Shen Fu Xiao Mai
 LianZi
 Long Yan Rou
 Ren Shen (Ginseng Radix) Wu Wei Zi Zhu Ru

Herbs That Raise The Yang Qi

Chai Hu
 Ge Gen



He Ye
Huang Qi
Sheng Ma

Herbs Used with Tonic Herbs to Reduce Stagnation

Chen Pi Mu Xiang
Sha Ren

Herbs That Guide Other Herbs Upward

Jie Geng
Sheng Ma

Herbs That Guide Other Herbs Downwards

Deng Xin Cao
NiuXi

Herbs That Are Anti-Parasitic

Bai Bu
Bian Xu
Bing Lang
Chuan Lian Zi
Chuan Jiao
Hai Tong Pi
Ku Shen
Lu Hui
She Chuang Zi
Xiao He Cao

Herbs That Moisten the Intestines

Bai Zi Ren
Dang Gui
Dong Kui Zi
Guo Lou Ren
Hei Zhi Ma
Hu Tao Ren
Jue Ming Zi
Mai Men Dong
Niu Bang Zi
Qin Jiao

Qu Mai
Rou Cong Rong
Sang Shen
Su Zi
Suo Yang
Tao Ren
Tian Men Dong Xing Ren
Zhi Shi
Zi Cao

Clear Heart Heat via SI

Dan Zhu Ye
Deng Xin Cao
Mu Tong

Open the Nasal Passages

Bai Zhi
Cang Er Zi
Xi Xin
Xin Yi Hua

Herbs That Relieve Jaundice

Ban Lan Gen
Da Huang
Huang Qin,
Huang Bo
Huang Lian
Pu Gong Ying



Qin Jiao
Shan Dou Gen
Tu Fu Ling
Yin Chen
Yu Jin

Herbs That Transform Stones

Ji Ni Jin
Yu Jin

Herbs Used For Headaches:

Taiyang Headache: Qiang Huo (Rz. Notopterygii), Mang Jing Zi (Fr. Viticis)
Chuan Xiong (Rz. Ligustici)

Yangming Headache: Bai Zhi (Rx. Angelicae)

Shaoyang Headache: Huang Qin (Rz. Scutellariae), Chai Hu (Rx Bupleuri)
Chuan Xiong (Rz. Ligustici)

Jueyin Headache: Gao Ben (Rx. Et Rx. Ligustici), Wu Zhu Yu (Fructus Evodiae)

Shaoyin: Xi Xin (Herba Asari), Du Huo (Rx Angelicae Pubescentis)

Taiyin: Ban Xia (Rz Pinelliae), Cang Zhu (Rz Atractylodis)

Any kind of Headache: Chuan Xiong (Rz. Ligustici)

Endangered Species of Plants and Animals:

Lu Hui (Aloe)
Mu Xiang (Aucklandiae Radix)
Bai Ji (Bletillae Rhizoma)
Gou Ji (Cibotii Rhizoma)
Rou Cong Rong (Cistanches Herba)
Shan Ci Gu (Cremastrese/ Pleiones Pseudobulbus)
Shi Hu (Dendrobii Herba)
Ze Qi (Euphorbiae helioscopiase Herba)
Jing Da Ji (Euphorbiae pekinensis Radix)
Tain Ma (Gastrodiae Rhizoma)
Ren Shen (Ginseng Radix)
Hai Ma (Hippocampus)
Gan Sui (Kansui Radix)
She Xiang (Moschus)
Xi Yang Shen (Panacis quinquefolia Radix)
Hu Huang Lian (Picrohizae Rhizoma)
Ling Yang Jiao (Saigae Tatraicae Cornu)
Gui Ban (Testudinis Plastrum)

Herbs and Dietary Supplements: Other Considerations:

- It is important to explicitly disclaim medical intent of the herbs you are prescribing
- Communicate and chart only OM indications for herbs
- Monitor state and federal herbal product regulatory actions
- Comply with scope of practice regulations; remove non-compliant products
- Assess your herbal products for DSHEA labeling compliance



- Assess and monitor herbal products for: toxic compounds, heavy metals, endangered species parts or suspected adulteration with undeclared pharmaceuticals
- Review LD50 data for OM Materia Medica
- Inspect bulk herbs for proper ID and lack of inter-mixing
- Label herbal compounds with: date, provider name and phone number, patient name, instructions for preparation, serving size, timing and duration. Precaution: expiration date.
- Select child and tamper resistant and tamper evidence packaging for herbal and dietary supplements
- Know side effects, drug interactions and herbal constituents in formulas
- Review herbal adverse event literature