Introduction to Herbal Medicine

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Traditional Chinese Medicine

- Acupuncture is only a part of Chinese medicine
- Other specialties include
  - Diet
  - Diet plus single herbs
  - Herbal medicine
  - Qi gong
  - Tuina
  - Martial arts

Herbal Medicine

- Where comes the need for Herbal Medicine ?
- Acupuncture moves
  - Qi
  - Blood
  - Phlegm and Fluids
- But you can not move what you do not have
- Acupuncture treats Bi syndromes in healthy patients very wel

Herbal Medicine

- But what if your patient has
  - Qi deficiency
    - Feasable with acupuncture
    - Much easier with herbal medicine
      - Ginsing Ren Shen for deeper needs, slow results
      - Astragalus Huang Qi for Wei Qi and immediate results
  - Yang deficiency
    - Your acupuncture will need Heat from Moxa Arthemesia Vulgaris
    - Your herbal Medicine now needs warm or hot plants
      - Ginger or Rhizoma Zingiberis Gan jiang or shen jiang
      - Cinnamon or
        - Ramulus cinnamomi gui zhi
        - Cortex cinnamomi rou gui
      - Aconite Fu Zi

Herbal Medicine

- Even worse: your patient has yin deficiency
  - Acupuncture has SP 6, water points on the meridians, upper, middle and lower triple heater, SP 2 to promote fluids…….
  - Herbal medicine has plants that make fuids
    - Ophiopogon Mai men dong Liver and Stomach Yin
    - Lilly Bai he Lung and Liver Yin
    - Rehmannia Kidney yin
    - Glehnia Bei sha shen Lung, Large Intestine, stomach
    - Plastrum Testudinis guī bǎn

Herbal Medicine

- External Pathogens
  - Acupuncture has
    - Wind doors
    - Points to lead out heat
    - Points to clear the shao yang
    - To lead out Cold you have to warm (moxa)
  - Herbal Medicine has
    - Herbs to lead out Wind Fang feng Ledebouriella
    - Herbs to cool Gypsum, Annemarrhena
    - Herbs to clear all 6 levels Yin qiao san, Lonicera and Forsythia

Herbal Medicine

- Why Chinese Herbs ?
  - Historical reasons:
    - Our witches or herbalists were burnt or thrown from the tower if they where a danger to the Catholic church any comments written down in books where burnt. Only innocent good mothers cures survived (Hildegard von Bingen)
    - Chinese herbalists who could cure disease where summed to the Emperor to demonstrate their knowledge their recipe was written down for other generations
    - American Indian herbs are rather hallucinogenic or toxic
    - African herbs are very strong but also very toxic

Herbal Medicine

- Practical reasons
  - You make your TCM diagnosis
  - There is a formula that exactly fits your diagnosis and treatment principle
    - Your formula continues your acupuncture treatment
    - Saves you frequent treatments
    - Allows you to improve deficiencies

Herbal Medicine

- Dangers
  - Plants only work one way
    - They warm or cool
    - They sent Qi up or down
    - They build yin or yang
  - Your TCM diagnosis has to be correct
    - has to match the treatment strategy of your formula

Classification of herbs

- **Properties**
  - Temperature
  - Taste
  - Meridians entered
- **Actions**
  - Tonic
  - Antitussive
  - Antipyretic
  - Diuretic…

Classification of herbs

- **TEMPERATURE**

- Hot
- Warm
- Neutral
- Cool
- Cold
- Slightly warm

- (Galen: Hot 1-2-3-4 Neutral Cold 1-2-3-4)

Classification of herbs

Syndrome	Herb
Hot	Cold
Warm	Cool
Neutral	Neutral
Cool Cold	Warm Hot

Classification of herbs

- **Hot**
  - Radix aconiti — *fu zi*
  - Cortex cinnamomi — *rou gui*
  - Radix zingiberis — *gan jiang*
  - Fructus evodiae — *wu zhu yu*

Classification of herbs

- **Slightly warm**
  - Radix polygoni multiflori — *he shou wu*
  - Radix rehmanniae praeparata — *shu di huang*
  - Flos carthami — *hong hua*
  - Herba agastaches — *huo xiang*

Classification of herbs

- **Neutral**
  - Fructus mume — *mu wei*
  - Radix ephedrae — *ma huang gen*
  - Colla cori asinii — *e jiao*
  - Myrrha — *mo jiao*

Classification of herbs

- **Slightly cold**
  - Radix paeoniae alba — *bai shao yao*
  - Cortex moutan radicis — *mu dan pi*
  - Radix paeoniae rubra — *chi shao*
  - Radix salviae miltiorrhiziae — *dan shen*

Classification of herbs

- **Cold**
  - Radix rehmanniae recens — *sheng di huang*
  - Radix scrophulariae — *xuang shen*
  - Radix curcuma — *yu yin*
  - Radix rubiae — *qian cao gen*

Classification of herbs

- **Variable temperature**
  - Warm-cool:
    - Mentha *bo he*
    - Salvia *dan shen*
  - Neutral-cool:
    - Gentiana *long dan*
    - Glycyrrhiza *gan cao*
  - Cool-cold:
    - Rheum *da huang*
    - Taraxacum *pu gong ying*

Classification of herbs

- **TASTE**

- Taste in the mouth
- Taste as a herbal property
- According to 5 element theory
- According to Chinese Herbal tradition
  - Bitter
  - Sweet
  - Acrid
  - Sour
  - Salty

Classification of herbs

- **Bitter taste:**
  - 5 elements: tonify the Heart
  - Drain damp (fructus kochiae *di fu zi*)
  - Clear heat (Coptis *huang liang*)
  - Drain downward (semen arecae *bing lang*)
  - Purge stools (semen persica *tao ren*)
  - Clear Lung phlegm (apricot cernel *xing ren*)
- **Contraindications depend on temperature**

Classification of herbs

- **Sour taste:**
  - 5 elements: tonify the Liver
  - Astringent: firming and stabilizing Qi
    - Qi holding function
    - Qi dispersing function
    - Qi holding the Spirit
      - Schizandra *wu wei zi*

- **Contra indication: exterior pathogens, interior stagnation**

Classification of herbs

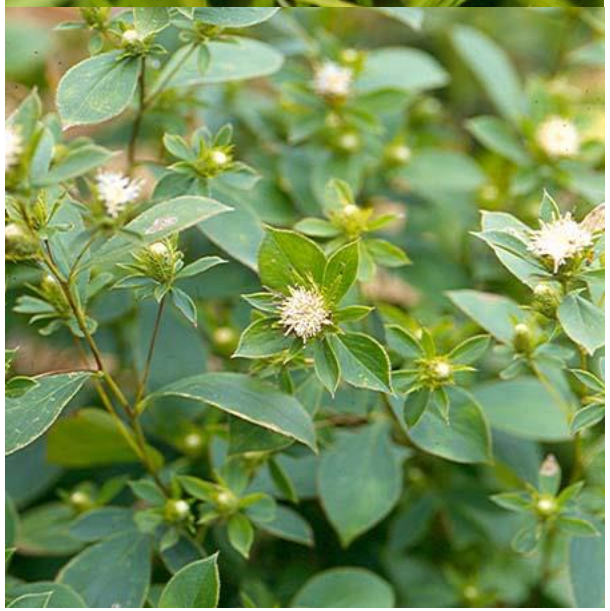
- **Sweet taste:**
  - 5 elements: tonify the Spleen
  - Tonic (fructus Ziziphi *da zao*)
  - Antispasmodic (Glycyrrhiza *gan cao*)
  - Moistening (Ophiopogon *mai men dong*)
  - Moderation of other herbs (Glycyrrhiza *gan cao*)
  - Harmonizing
    - Emotions (Bulbus Lilli *bai he*)
    - Other herbs (Glycyrrhiza *gan cao*)
- **Contra indications: exterior excess, interior stagnation, dampness**

Classification of herbs

- **Acrid taste (pungent, spicy):**
  - 5 elements: tonify the Lung
  - Clear Heat
    - (Spicca Prunella *xia ku cao*)
    - (Houttuynia *yu xing cao*)
  - Clear Wind Heat
    - (Arctium seed *niu bang xi*)
  - Clear Wind Cold
    - (Angelica dahuricae *bai zi*)
  - Clear Wind Damp
    - (Angelica pubescentis *du huo*)
    - (Gentiana Macrophylla *qing jiao*)
  - Transform Phlegm and stop cough
    - (Pinellia *ban xia*)
    - (Euphorbia *ze qi*)

Classification of herbs

- **Acrid taste (pungent, spicy):**
- Open the orifices
  - (Acorus gramminei *shi chang pu*)
- Transform Damp
  - (Atractylodes *cang zhu*)
- Regulate Qi
  - (citrus reticulata *chen pi*)
- Move Blood
  - (Ligusticum *chuan xiong*)
  - (Curcuma *yu yin*)
- Warm the Interior
  - (Gingiber *gan jiang*)
  - (Cinnamon bark *rou gui*)
- Tonify Yang
  - (Eucomnia *du zhong*)
- External application
  - (Camphora *zhang nao*)



Classification of herbs

- **Salty**
  - 5 elements: water, tonify Kidney
  - Soften hard masses
  - Diuretic
  - Purgative
  - Cooling
  - Moistening

Classification of herbs

- **Bland**
  - Dispel Dampness through diuresis

Classification of herbs

- **Aromatic**
  - Stimulate Spleen to transform Damp
  - Revive heart spirit, open orifices

Classification of herbs according their Function Dr. Jake Fratkin

- **Tonic** **A**
  - Qi tonic AA
  - Nourish Blood AB
  - Tonify Kidney yang AC
  - Nourish Yin AD

Classification of herbs

- **Clear** **B**
  - Clear Wind Cold BA
  - Clear Wind Heat BB
- **Resolve** **C**
  - Resolve Phlegm Damp CA
  - Resolve Phlegm Heat CB
  - Resolve Phlegm and asthma CC

Classification of herbs

- **Eliminate** **D**
  - Reduce internal Heat DA
  - Eliminate Damp Heat DB
  - Eliminate Blood Heat DC
  - Eliminate Toxic Heat DD
  - Eliminate Yin deficiency Heat DE
  - Clear Summer Heat DF

Classification of herbs

- **Dispell** **E**
  - Dispel internal Cold and tonify Spleen yang E

Classification of herbs

- **Diuretics** **F**
  - Dispel Wind Damp FA
  - Resolve Spleen Damp FB
  - Regulate Water FC

Classification of herbs

- **Move Qi** **G**
- **Move Food Stagnation** **H**
- **Stop Bleeding** **J**
- **Break Blood Stasis** **K**
- **Astringents** **L**
- **Aromatic herbs to open orifices** **M**

Classification of herbs

Calm the Shen	**N**
Subdue Liver Yang and Wind	**O**
Attacking Purgatives	**PA**
Lubricate Intestines	**PB**
Diuretic purgatives	**PC**
Herbs to kill parasites	**Q**
External application	**R**

Herbal formulas

- Strengthening the Spleen
- Si jun zi tang Four Gentlemen
- 9g RADIX GINSENG ren shen AA
- 9g RHIZOMA ATRACTYLODIS MACROCEPHALAE bai zhu AA
- 6g PORIA COCOS fu ling FC
- 6g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA

- 6g RHIZOMA ZINGIBERIS RECENS sheng jiang
- 6g FRUCTUS JUJUBE da zao/ hong zao

Herbal Formulas Strengthening the Spleen

- Liu jun zi tang Six gentlemen decoction
- 9g RADIX GINSENG ren shen AA
- 9g RHIZOMA ATRACTYLODIS MACROCEPHALAE bai zhu AA
- 9g PORIA COCOS fu ling FC
- 6g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA

- 6g PERICARPIUM CITRI RETICULATAE chen pi G
- 9g RHIZOMA PINELLIAE ban xia CA

- 8g RHIZOMA ZINGIBERIS RECENS sheng jiang, BA
- 8g FRUCTUS JUJUBE da zao/ hong zao AA

Herbal Formulas Strengthening the Spleen

- Bu zhong yi qi tang Sinking
- 12g RADIX GINSENG ren shen AA
- 24g RADIX ASTRAGALI huang qi AA
- 12g RHIZOMA ATRACTYLODIS MACROCEPHALAE bai zhu AA
- 6g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA
- 12g RADIX ANGELICAE SINENSIS dang gui AB
- 9g PERICARPIUM CITRI RETICULATAE chen pi G
- 6g RHIZOMA CIMICIFUGAE sheng ma BB
- 9g RADIX BUPLEURI chai hu BB

Herbal Formulas Strengthening the Spleen

- Gui pi tang Dry Skin
- 6g RADIX GINSENG ren shen AA
- 12g RHIZOMA ATRACTYLODIS MACROCEPHALAE bai zhu AA
- 12g PORIA COCOS fu ling FC
- 8g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA

- 12g RADIX ASTRAGALI huang qi AA
- 9g ARILLUS LONGAN long yan rou AB
- 6g RADIX AUCKLANDIAE SEU VLADIMIRIAE (SAUSSUREAE) mu xiang G
- 9g RADIX ANGELICAE SINENSIS dang gui AB
- 12g SEMEN ZIZYPHI SPINOSAE suan zao ren AB
- 6g RADIX POLYGALAE yuan zhi AB

- 3g RHIZOMA ZINGIBERIS RECENS sheng jiang BA
- 2g FRUCTUS JUJUBE da zao AA

Herbal Formulas Strengthening the Spleen

- Shi quan da bu tang Form Pill
- 9g RADIX GINSENG ren shen AA
- 12g RHIZOMA ATRACTYLODIS MACROCEPHALAE bai zhu AA
- 15g PORIA COCOS fu ling FC
- 9g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA
- 18g RADIX REHMANNIAE PRAEPARATA shu di huang AB

- 15g RADIX ANGELICAE SINENSIS dang gui AB
- 15g RADIX PAEONIAE ALBA bai shao AB
- 9g RADIX LIGUSTICI CHUANXIONG chuan xiong K
- 9g CORTEX CINNAMOMI rou gui E
- 18g RADIX ASTRAGALI huang qi AA

- 3g FRUCTUS JUJUBE da zao/ hong zao AA
- 6g RHIZOMA ZINGIBERIS RECENS sheng jiang BA

Herbal formulas strengthening the Kidney

- Liu wei di huang wan Strong gentlemen
- 24g RADIX REHMANNIAE PRAEPARATA shu di huang AB
- 12g FRUCTUS CORNI shan zhu yu L
- 12g RHIZOMA DIOSCOREAE shan yao AA
- 9g PORIA COCOS fu ling FC
- 9g CORTEX MOUTAN RADICIS mu dan pi DC
- 9g RHIZOMA ALISMATIS ze xie FC

Herbal formulas strengthening the Kidney

- Zhi bai di huang wan Desert Fire
- 24g RADIX REHMANNIAE PRAEPARATA shu di huang AB
- 12g FRUCTUS CORNI shan zhu yu L
- 12g RHIZOMA DIOSCOREAE shan yao AA
- 9g PORIA COCOS fu ling FC
- 9g CORTEX MOUTAN RADICIS mu dan pi DC
- 9g RHIZOMA ALISMATIS ze xie FC

- 9g CORTEX PHELLODENDRI huang bai DB
- 9g RHIZOMA ANEMARRHENAE zhi mu DA

Herbal formulas strengthening the Kidney

- Jin gui shen qi wan or ba wei di huang wan Old gentlemen
- 24g RADIX REHMANNIAE PRAEPARATA shu di huang AB
- 12g FRUCTUS CORNI shan zhu yu L
- 12g RHIZOMA DIOSCOREAE shan yao AA
- 9g PORIA COCOS fu ling FC
- 9g CORTEX MOUTAN RADICIS mu dan pi DC
- 9g RHIZOMA ALISMATIS ze xie FC

- 3g CORTEX CINNAMOMI rou gui E
- 3g RADIX ACONITI LATERALIS PRAEPARATA fu zi E

Herbal formulas strengthening the Kidney

- qi ju di huang wan Better view
- 24g RADIX REHMANNIAE PRAEPARATA shu di huang AA
- 12g FRUCTUS CORNI shan zhu yu L
- 12g RHIZOMA DIOSCOREAE shan yao AA
- 9g PORIA COCOS fu ling FC
- 9g CORTEX MOUTAN RADICIS mu dan pi DC
- 9g RHIZOMA ALISMATIS ze xie FC

- 12g FRUCTUS LYCII gou qi zi AB
- 12g FLOS CHRYSANTHEMI ju hua BB

Herbal formulas strengthening the Lung

- Bu fei tang Feed the Lung decoction
- 9g RADIX GINSENG ren shen AA
- 24g RADIX ASTRAGALI huang qi AA
- 24g RADIX REHMANNIAE PRAEPARATA shu di huang AB
- 6g FRUCTUS SCHISANDRAE wu wei zi L
- 9g RADIX ASTERIS zi wan CC
- 12g CORTEX MORI RADICIS sang bai pi DC

Herbal Formulas strengthening the Lung

- Ren shen ge jie san Brodyvan
- 1g GECKO ge jie AC
- 6g RADIX GINSENG ren shen AA
- 6g PORIA COCOS fu ling FC
- 6g CORTEX MORI RADICIS sang bai pi DC
- 6g BULBUS FRITILLARIAE CIRRHOSAE chuan bei mu CC
- 6g SEMEN ARMENIACAE xing ren CC
- 6g RHIZOMA ANEMARRHENAE zhi mu DA
- 3g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA

Herbal Formulas strengthening the Heart

- sheng mai san restore the Pulse
- 15g RADIX GINSENG ren shen AA
- 12g RADIX OPHIOPOGONIS mai men dong AD
- 6g FRUCTUS SCHISANDRAE wu wei zi L

Herbal formulas strengthening the Heart

- gui zhi gan cao tang Baked Licorice decoction
- 9g RAMULUS CINNAMOMI gui zhi BA
- 6g RADIX GLYCYRRHIZAE zhi gan cao AA

Herbal formulas strengthening the Liver

- chai hu shu gan san Yellow Pain
- 6g RADIX BUPLEURI chai hu BB
- 5g RHIZOMA CYPERI xiang fu G
- 5g FRUCTUS CITRI SEU PONCIRI zhi ke G
- 5g RADIX PAEONIAE ALBA bai shao AB
- 5g RADIX LIGUSTICI CHUANXIONG chuan xiong K
- 6g PERICARPIUM CITRI RETICULATAE chen pi G
- 2g RADIX GLYCYRRHIZAE PRAEPARATA zhi gan cao AA

Herbal formulas strengthening the Liver

- Long dan xie gan tang Emotional Fire
- 9g RADIX GENTIANAE long dan cao DB
- 12g RADIX SCUTELLARIAE huang qin DB
- 12g FRUCTUS GARDENIAE zhi zi DA
- 6g CAULIS CLEMATIDIS oder AKEBIAE mu tong FC
- 15g SEMEN PLANTAGINIS che qian zi FC
- 12g RHIZOMA ALISMATIS ze xie FC
- 9g RADIX BUPLEURI chai hu BB
- 15g RADIX REHMANNIAE sheng di huang DC
- 12g RADIX ANGELICAE SINENSIS dang gui AB
- 6g RADIX GLYCYRRHIZAE gan cao AA

Thank you so much