

HERBAL PHARMACOPOEIA II
DISPEL WIND DAMPNES

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Introduction:

1. Definition: herbs that dispel wind dampness from the muscles, sinews, joints, and bones, alleviate painful obstruction (Bi) , and invigorate the collaterals.
2. Functions: stop pain, relax sinews, unblock collaterals, tonify liver and kidney and strengthen tendons and bones.
3. Indications:
 - a. Wind Bi
 - b. Damp Bi
 - c. Cold Bi
 - d. Hot Bi
4. Classification: three groups:
 - a. expel wind damp and stop pain herbs:
 - b. soothe tendons and invigorate collaterals:
 - c. expel wind damp and strengthen tendons and bones:
5. Common properties and cautions:
 - a. Acid, warm and drying, easily damages yin and blood.
 - b. Caution for yin and blood deficiency
 - c. Often prepare in pills, powder and wine form
6. Herbal combination:
 - a. For upper body pain, used with expel wind and relieve exterior herbs
 - b. For pathogens in the collaterals, used with invigorate blood and unblock channels herbs.
 - c. For severe cold dampness pathogens, used with warm channels herbs.
 - d. For pathogens stagnated into heat, used with clear heat herbs.
 - e. For chronic cases with qi and blood deficiency, used with tonify qi and blood herbs.
 - f. For liver and kidney deficiency with weakness in the lower back and extremities, used with nourish liver and kidney herbs.

独活

Du Huo (Rx. Angelicae Pubescentis) A

Properties: acrid, bitter, warm

Channels entered: KID, UB

English: pubescent angelica root, tu-huo



Actions & Indications:

1. Dispels wind dampness and alleviates pain

Wind-cold-damp Bi pain, especially in the lower body

2. Disperses wind cold dampness and releases Exterior

Exterior wind cold with dampness

3. Also used for shao yin headaches and toothache

Application:

Dosage and administration:

Caution and contraindications:

Others:

威灵仙

Wei Ling Xian (Rx. Clematidis) B

Properties: acrid, salty, warm

Channels entered: UB

English: Chinese clematis root



Actions & Indications:

1. Dispels wind dampness, unblocks channels and alleviates pain

For wind-damp Bi pain, stiffness in the extremities and joints

2. Softens and transforms fish bones

For fish bone lodged in the throat

3. Also used for focal distention and accumulation

Due to phlegm and congested fluids retention

Application:

Dosage and administration:

Caution and contraindications:

Others:

秦艽

Qin Jiao(Rx. Gentianae Qinjiao) A

Properties: acrid, bitter, Slight cold

Channels entered: GB, LIV, ST

English: gentiana macrophylla root



Actions & Indications:

1. Dispels wind dampness and release the sinews

Wind-damp Bi pain, especially in extremities.

Can be used for chronic, acute, hot and cold Bi

2. Clear heat from deficiency

Yin xu fever, steaming bone disorder, cold dampness

3. Resolves dampness and reduces jaundice

Damp heat jaundice

Application:

Dosage and administration:

Caution and contraindications:

Others:

海桐皮

Hai Tong Pi (Cx. Erythrinae) B

Properties: acrid, bitter, neutral

Channels entered: Liv, SP, Kid

English: coral-bean bark, erythrina bark



Actions & Indications:

1. Dispels wind dampness and unblocks the channels

For wind-damp Bi syndromes, especially for soreness and pain in the lower back and knees, or spasms of extremities. It is used for hot or cold patterns.

2. Kills parasites and stops itching

Used topically for scabies and damp rashes

Application:

Dosage and administration:

Caution and contraindications:

Others

木瓜

Mu Gua (Fr. Chaenomelis) B

Properties: sour, slight warm

Channels entered: Liv, SP

English: Chinese quince fruit



Actions & Indications:

1. Relaxes sinews and unblock the channels

For damp Bi syndrome, especially with severe cramping and weakness in the lower back and extremities

2. Harmonize the stomach and transform dampness

For abdominal pain, spasm and cramping of calves, and edema due to leg qi

Application:

Dosage and administration:

Caution and contraindications:

Others:

蚕砂

Can Sha (Bombycis Faeces)

Properties: sweet, acrid, warm

Channels entered: liver, spleen, stomach

English: silkworm feces



Actions & Indications:

1. Dispels wind and eliminates dampness
2. Harmonize the stomach and transform turbid dampness

Application:

Dosage and administration:

Caution and contraindications:

Others:

桑枝

Sang Zhi (Ramulus Mori Albae) B

Properties: bitter, sweet, slight cold

Channels entered: Liv

English: Mulberry twig

Actions & Indications:

1. Dispels wind, unblock channels

For wind-damp Bi syndrome

2. Benefits the joints

Especially in the upper extremities and in the lower body



Application:

Dosage and administration:

Caution and contraindications:

Others:

桑寄生

Sang Ji Sheng (Ramulus Sangjisheng) A

Properties: bitter, neutral

Channels entered: Kid, Liv

English: mulberry mistletoe stems



Actions & Indications:

1. Tonifies liver and kidneys, strengthens tendons and bones

For kidney and liver deficiency with soreness in the lower back and knees

Weakness, numbness, and atrophy of sinews and bones

2. Nourish blood and calms fetus

For restless fetus due to liver and kidney deficiency

3. Reduces high blood pressure

Application:

Dosage and administration:

Caution and contraindications:

Others:

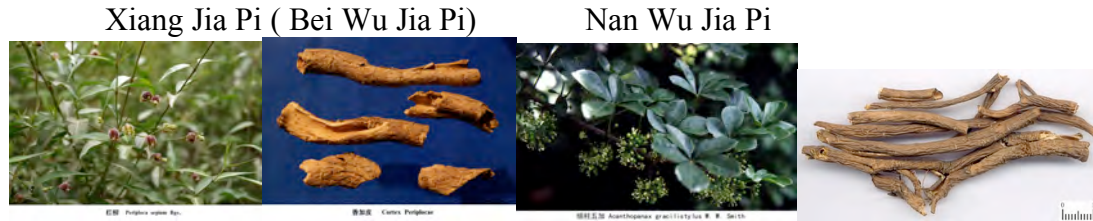
五加皮

Wu Jia Pi (Cx. Acanthopanax-Nan Wu Jia Pi/Cx. Peripocae-Xiang Jia Pi)

Properties: acrid, bitter, warm

Channels entered: Kid, Liv

English: acanthopanax root bark



Actions & Indications

1. Dispels wind dampness and strengthens tendons and bones

For chronic wind-cold-damp syndrome with deficiency of kidney and liver.

It is especially suitable for treating the elderly and delayed development in children.

2. Promotes urination and reduces edema

For edema and difficult urinary due to dampness

Application:

Dosage and administration:

Caution and contraindications:

Others:

刺五加

Ci Wu Jia(Acanthopanax senticosi) P735(qi tonic)

Properties: acrid, slightly bitter, warm

Channels entered: spleen, heart, kidney

English: Sinerian ginseng



Actions & Indications:

1. Tonifies the spleen and stomach, warm spleen and kidney yang
2. Invigorates blood and unblock collaterals
3. Augment the heart qi and calms the spirit

Application:

Dosage and administration:

Caution and contraindications:

Others:

徐长卿

Xu Chang Qing(Cynanchi paniculati Raadix)

Properties: acrid, warm

Channels entered: Liver, Stomach

English: paniculate swallow-wort root



Actions & Indications:

1. Dispers wind, invigorates the blood, and stops pain
2. Resolves toxicity and stops itching

Application:

Dosage and administration:

Caution and contraindications:

Others:

海风藤

Hai Feng Teng(Caulis Piperis Futokadsurae) A

Properties: acrid, bitter, slight warm

Channels entered: Liv

English: kadsura stem



Actions & Indications:

1. Dispels wind dampness and unblocks the channels

For wind-damp Bi syndromes with stiff joints, lower back pain, sore knees and cramping of the muscles and tendons.

2. Also used for trauma pain

Application:

Dosage and administration:

Caution and contraindications:

Others:

千年健

Qian Nian Jian(Homalomenae Rhizoma)

Properties: acrid, bitter, warm

Channels entered: Kidney, liver

English: Homalomenae rhizome



Actions & Indications:

1. **Dispels wind dampness, and strengthens the sinews and bones**

Application:

Dosage and administration:

Caution and contraindications:

Others:

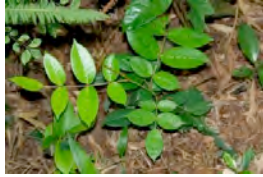
两面针

Lian Mian Zhen(zanthoxyli Radix)

Properties: acrid, slight warm, slightly toxic

Channels entered: Liver, stomach

English: shiny bramble, shiny prickly-ash



Actions & Indications:

1. Dispels wind and unblocks the collaterals, overcomes dampness and stop pain

Application:

Dosage and administration:

Caution and contraindications:

Others:

老鹳草

Lao Guan Cao(Erodii/Geranii Herba)

Properties: acrid, bitter, neutral

Channels entered: Liver, Kidney, Spleen

English: Cranesbill



Actions & Indications:

1. Disperses wind and eliminates dampness while dredging and unblocking the channels and collaterals
2. Clears heat, resolves toxicity, restrains and generates flesh

Application:

Dosage and administration:

Caution and contraindications:

Others:

豨薟草

Xi Xian Cao (Hb. Siegesbeckiae)

Properties: bitter, cold

Channels entered: Kid, Liv

English: siegesbeckia



Actions & Indications:

1. Dispels wind dampness and strengthens tendons

For wind-heat-damp Bi syndromes, also for facial paralysis and hemiplegia as well as numbness and weakness in the back and legs

2. Clear heat and relieve toxicity

For damp heat sores and itching, wind-damp rash

3. recently used for hypertension

Application:

Dosage and administration:

Caution and contraindications:

Others:

臭梧桐

Chou Wu Tong (Clerodendri Folium)

Properties: acrid, bitter, sweet, cool

Channels entered: Liver

English: clerodendron leaf



Actions & Indications:

1. Dispels wind dampness
2. Calms liver yang

Application:

Dosage and administration:

Caution and contraindications:

Others:

络石藤

Luo Shi Teng(Trachelospermi Caulis)

Properties: bitter, slightly cold

Channels entered: Liver

English: star jasmines stem



Actions & Indications:

1. Dispels wind dampness and unblocks the collaterals
2. Cools the blood and reduces swellings

Application:

Dosage and administration:

Caution and contraindications:

Others:

白花蛇

Bai Hua She(Agkistrodon/Bungarus)

Properties: sweet, salty, warm, toxic

Channels entered: Liver

English: agkistron



Actions & Indications:

1. Powerfully unblocks the channels and extinguishes wind
2. Dispels wind from the skin
3. Dispels wind from the sinews and settles jitteriness and convulsion

Application:

Dosage and administration:

Caution and contraindications:

Others:

乌梢蛇

Wu Shao She(Zaocys Dhumnae) A

Properties: sweet, salty, neutral

Channels entered: Liv, SP

English:



Actions & Indications:

1. Unblocks the channels and extinguishes wind

For chronic wind-dampness Bi syndrome with numbness and weakness of extremities and cramping of tendons.

2. Dispels wind and arrests convulsions

For any kind of spasms, tremors, or seizures

Application:

Dosage and administration:

Caution and contraindications:

Others:

蛇蜕

She Tui (Serpentis Periostracum)

Properties: sweet, salty, neutral

Channels entered: Liver

English: snake skin slough



Actions & Indications:

1. Dispels wind and stops spasms
2. Removes superficial visual obstruction

Application:

Dosage and administration:

Caution and contraindications:

Others:

松节

Song Jie(pini Lignum modi)

Properties: bitter, warm

Channels entered: Liver

English: Kntty pine wood



Actions & Indications:

1. Dispels wind, dries dampness and stops pain

Application:

Dosage and administration:

Caution and contraindications:

Others:

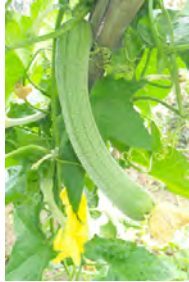
丝瓜络

Si Gua Luo (Luffa Fructus Retinervus) P.169

Properties: sweet, neutral

Channels entered; Lung, stomach, Liver

English: loofah



Actions & Indications:

1. Resolves toxicity and reduces swellings
2. Unblocks the channels and collaterals while dispels wind
3. Expel phlegm

Application:

Dosage and administration:

Caution and contraindications:

Others: