

# HERBS THAT CLEAR HEAT FROM DEFICIENCY

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**Sources:**

- Bensky, D. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. pp. 219-229
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## Herbs that Clear Heat from Deficiency

In cases of yin deficiency, Herbs that Tonify Yin are used to treat the root, while these herbs are used to treat the branch symptoms of heat:

- Tidal fever or afternoon fever
- Malar flush, five center heat (face, palms, soles)
- Night sweats
- Seminal emission
- Steaming bone disorder
- Red tongue with little coat
- Thin, rapid pulse

These herbs can also be used in the later stage of warm diseases when heat lingers and the fluids have been damaged.

These herbs are often combined with other herbs that clear heat and tonify yin, such as Sheng Di Huang or Xuan Shen.

## Herbs that Clear Heat from Deficiency

<b>Taste:</b>	<ul style="list-style-type: none"><li>• sweet</li><li>• bitter</li></ul>
<b>Temperature:</b>	<ul style="list-style-type: none"><li>• cold</li></ul>
<b>Channels:</b>	<ul style="list-style-type: none"><li>• LV, KI</li></ul>
<b>Cautions &amp; Contraindications:</b>	<ul style="list-style-type: none"><li>• These herbs are cool in temperature; use caution with weak middle-jiao</li></ul>
<b>Main Action:</b>	<ul style="list-style-type: none"><li>• Clear heat due to Liver and Kidney yin deficiency</li></ul>
<b>Other</b>	<ul style="list-style-type: none"><li>• These herbs also treat aftermath of febrile disease where heat has damaged the yin</li></ul>

## Herbs that Clear Heat from Deficiency

- qīng hāo
- dì gǔ pí
- bái wéi
- yín chái hú

# qīng hāo

## *artemisiae annuae herba*

**Temp:** cold

**Taste:** bitter, acrid

**Channels:** KI, LV, GB

**Dosage:** 6-12 grams (add at the end of cooking)

青  
蒿

### 1. clears deficiency heat

- esp. for lingering fever after warm disease, fever due to blood deficiency, and steaming bone disorder

### 2. clears summerheat

### 3. cools blood and stops bleeding

- for rashes or nosebleed due to heat in the blood

### 4. treats malaria

- for alternating chills and fever with malaria

# dì gǔ pí

## *lycii cortex*

**Temp:** cold

**Taste:** sweet, bland

**Channels:** LU, LV, KI

**Dosage:** 6-15 grams

地  
骨  
皮

### 1. clears deficiency heat

- for night sweats, chronic low-grade fever, irritability, thirst, steaming bones

### 2. clears excess heat

- clears heat and cools blood; for bleeding due to blood heat
- clears Lung heat; for cough with sticky, yellow phlegm

# bái wéi

## *cynanchi atrati radix*

**Temp:** cold  
**Taste:** bitter, salty  
**Channels:** LU, ST, KI  
**Dosage:** 3-12 grams

白  
薇

1. clears deficiency heat
  - for lingering fever in the aftermath of warm disease that has damaged blood or yin
  - for OB/GYN conditions, postpartum fever
2. promotes urination to treat lin syndrome
3. clears heat toxicity to treat skin infection
  - not an essential herb for this use

# yín chái hú

## *stellariae radix*

**Temp:** slightly cold  
**Taste:** sweet  
**Channels:** LV, ST  
**Dosage:** 3-9 grams

银  
柴  
胡

1. clears deficiency heat
  - for yin deficiency fever and steaming bones
2. treats Five Delay syndrome in children
  - for heat associated with childhood nutritional impairment, e.g. fever, thirst, irritability

五迟 *wǔ chí*: delayed standing, delayed walking, delayed hair growth, delayed teething, delayed speech  
五软 *wǔ ruǎn*: soft head, limp neck, limp hands and feet, limp flesh, limp mouth

Yin Chai Hu is not related to Chai Hu in any way, except for its appearance. Yin means “silver”.

hú huáng lián  
*picrorhizae rhizoma*

**Temp:** cold  
**Taste:** bitter  
**Channels:** LV, ST, LI  
**Dosage:** 1.5-9 grams

胡  
黄  
连

1. clears deficiency heat

- for yin deficiency fever and steaming bones

2. treats Five Delay syndrome in children

- for heat associated with childhood nutritional impairment
- esp. with abdominal distention, afternoon fever, diarrhea

3. clears damp-heat

## Summary

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**qing hao**  
*artemisiae annuae herba*

clears deficiency heat  
• for fever and steaming bones

- clears summerheat
- cools blood, stops bleeding
- treats malaria

**di gu pi**  
*lycii cortex*

clears deficiency heat

- clears excess heat from Lung

**bai wei**  
*cynanchi atrati radix*

clears deficiency heat  
• fever  
• OB/GYN conditions

- promotes urination
- treats skin infection
- (both mild)

**yin chai hu**  
*stellariae radix*

clears deficiency heat  
• for fever and steaming bones

- treats Five-Delay related heat