

Herbs that Dispel Wind-Dampness

Herbs that Dispel Wind-Dampness

Taste:	<ul style="list-style-type: none">• acrid, bitter• sweet (if tonifying)
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• LV, KI
Cautions & Contraindications:	<ul style="list-style-type: none">• Most of these herbs are warm, acrid and aromatic. They can easily cause dryness.
Main Action:	<ul style="list-style-type: none">• Treats bi syndrome

dú huó

angelicae pubescentis radix

Herbs that Dispel Wind-Dampness

dú huó

angelicae pubescentis radix

Temp: warm

Taste: bitter, acrid

Channels: KI, UB

Dosage: 3-9 grams

独
活

1. dispels wind-damp to treat bi syndrome

- esp. for **lower body** (lower back and legs)
- can be very drying in nature

2. releases the exterior

- for exterior wind-cold attack with dampness

3. treats shao-yin headache and toothache

Qiang Huo treats bi in the upper body; Du Huo treats bi in the lower body.

wēi líng xiān

clematidis radix

Herbs that Dispel Wind-Dampness

wēi líng xiān

clematidis radix

Temp: warm

Taste: acrid, salty

Channels: UB

Dosage: 6-9 grams

1. dispels wind-damp to treat bi syndrome

- esp. for pain (can also be used for knocks and falls)
- can be swallowed as powder with warm wine

2. softens fish bones

- for fish bones lodged in the throat

3. transforms phlegm

- for focal distention and accumulation in the middle-jiao

威
灵
仙

hǎi tóng pí

erythrinae cortex

Herbs that Dispel Wind-Dampness

hǎi tóng pí

erythrinae cortex

Temp: neutral

Taste: bitter, acrid

Channels: LV, SP, KI

Dosage: 6-15 grams

1. dispels wind-damp to treat bi syndrome

- esp. for lower back and knees
- can be used for heat or cold conditions

2. promotes urination to treat edema

- for superficial edema under the skin

3. kills parasites

- for fungal infections, scabies (rash caused by mites burrowing into skin), and other skin lesions

海
桐
皮

hǔ gǔ

tigris os

Herbs that Dispel Wind-Dampness

hǔ gǔ

tigris os

Temp: warm

Taste: acrid, (sweet), salty

Channels: LV, KI

Dosage: 3-6 grams (best used as herbal wine)

虎

骨

1. dispels wind-damp to treat bi syndrome

- seeks out wind

2. tonifies Liver and Kidney yin to strengthen tendon and bone

- for wei syndrome (atrophy), osteoporosis

Can be applied externally to joints.

mù guā

chaenomeles fructus

Herbs that Dispel Wind-Dampness

mù guā

chaenomelis fructus

Temp: warm

Taste: sour

Channels: LV, SP

Dosage: 6-12 grams

木

瓜

1. relaxes tendons and unblocks channels to treat bi syndrome

- esp. for spasm and cramping pain (e.g. low back, TMJ, abdominal cramps, leg cramps)

2. transforms middle-jiao dampness

- for vomiting or diarrhea with cramps

Although Mu Gua is sour, it is not astringent in nature. It is only marked sour because it strongly enters the Liver channel

cán shā

bombycis faeces

Herbs that Dispel Wind-Dampness

cán shā

bombycis faeces

Temp: warm

Taste: sweet, acrid

Channels: LV, SP, ST

Dosage: 4.5-9 grams (put in tea bag or gauze)

蚕
沙

1. dispels wind-damp to treat bi syndrome

- also unblocks the channels and relaxes tendons
- also for itchy rashes and skin lesion due to wind-dampness

2. transforms middle-jiao dampness

- for vomiting or diarrhea with cramps

To use externally: dry fry Can Sha until warm, place in cloth bag while still warm, moisten cloth bag with rice wine and apply to joints or abdomen.

qín jiāo

gentianae macrophyllae radix

Herbs that Dispel Wind-Dampness

qín jiāo

gentianae macrophyllae radix

Temp: slightly cold

Taste: bitter, acrid

Channels: GB, LV, ST

Dosage: 3-9 grams

秦
艽

1. relaxes tendons and unblocks channels to treat bi syndrome

- especially for frozen shoulder and pain in extremities

2. clears deficiency heat

3. relieves jaundice

- for jaundice due to damp-heat (esp. acute or infantile)

4. moistens Large Intestine to relieve constipation

sāng zhī

mori ramulus

Herbs that Dispel Wind-Dampness

sāng zhī

mori ramulus

Temp: neutral

Taste: bitter, acrid

Channels: LV

Dosage: 9-15 grams (up to 30g in high doses)

桑
枝

1. relaxes tendons and unblocks channels to treat bi syndrome

- mild; esp. for upper extremities
- for muscle pain, spasm, cramps; or numbness and hemiplegia after stroke

2. promotes urination to treat edema

- esp. when accompanied by joint pain

3. lowers high blood pressure

xī xiān cǎo

siegesbeckiae herba

Herbs that Dispel Wind-Dampness

xī xiān cǎo

siegesbeckiae herba

Temp: cold

Taste: bitter

Channels: KI, LV

Dosage: 9-15 grams

1. relaxes tendons and unblocks channels to treat bi syndrome

- for spasm, cramping, weakness, and numbness in extremities
- used in post-stroke conditions

2. clears heat and subdues Liver yang rising

- for headache, dizziness, tinnitus

3. lowers high blood pressure

4. treats damp-heat related skin problems

- used internally and externally for damp-heat sores, wind-damp rash, and itching

稀
荃
草

bái huā shé

agkistrodon

Herbs that Dispel Wind-Dampness

bái huā shé

agkistrodon

Temp: warm

Taste: sweet, salty, toxic

Channels: LV

Dosage: 3-9 grams in decoction; 1-1.5 grams in pills (best used in tincture or wine)

1. strongly unblocks channels

- “seeks out” or “tracks down” wind
- for weakness and numbness in limbs, cramping muscles

2. dispels wind-dampness

- for spasm, tremor, seizures, facial paralysis
- also for rash due to wind

3. treats leprosy

白
化
蛇

Bai Hua She means “white flower [pattern] snake.” It is also called Qi She after Qi River in Hubei province.

sāng jì shēng

taxilli herba

Herbs that Dispel Wind-Dampness

sāng jì shēng

taxilli herba

Temp: neutral

Taste: bitter, sweet

Channels: KI, LV

Dosage: 9-15 grams

1. tonifies Liver and Kidney yin to strengthen tendon and bone

2. tonifies blood

- benefits skin; for dry, scaly skin due to blood deficiency
- calms restless fetus to prevent miscarriage
- promotes lactation

3. lowers high blood pressure and cholesterol

桑
寄
生

Sang Ji Sheng is mistletoe, a parasite that grows on aged mulberry trees.

wǔ jiā pí

acanthopanax cortex

Herbs that Dispel Wind-Dampness

wǔ jiā pí

acanthopanax cortex

Temp: neutral

Taste: bitter, sweet

Channels: KI, LV

Dosage: 9-15 grams

1. tonifies Liver and Kidney yin to strengthen tendon and bone

- esp. for five-delay syndrome in children, and elderly patients

2. promotes urination to treat edema

- esp. for edema under the skin

五
加
皮

Acanthopanax Cortex is the old latin name. It is also called Eleutherococci Gracilistyli Cortex.

Wu Jia Pi sounds like “would you pee.” It makes you pee.