

# WARM HERBS THAT TRANSFORM COLD-PHLEGM

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**Sources:**

- Bensky, D. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. pp. 412-436
- Chen, J. and Chen, T. (2004). *Chinese Medical Herbology and Pharmacology*. Art of Medicine Press. pp. 682-749
- Wiseman and Brand (2008). *Concise Chinese Materia Medica*. Paradigm Publications. pp. 309-336

## Warm Herbs that Transform Cold-Phlegm

Cold phlegm is copious, white, clear, and can be foamy or bubbly.

Damp-phlegm is a type of cold phlegm that is more copious and very slippery.

These herbs are warm and acrid, and can be toxic.

These herbs may be combined with herbs that tonify the Spleen, warm the interior, or dry dampness.

## Warm Herbs that Transform Cold-Phlegm

<b>Taste:</b>	<ul style="list-style-type: none"><li>• acrid, toxic</li></ul>
<b>Temperature:</b>	<ul style="list-style-type: none"><li>• warm</li></ul>
<b>Channels:</b>	<ul style="list-style-type: none"><li>• LU, SP</li></ul>
<b>Cautions &amp; Contraindications:</b>	<ul style="list-style-type: none"><li>• Some herbs are toxic. They must be prepared properly.</li></ul>
<b>Main Action:</b>	<ul style="list-style-type: none"><li>• Transforms cold-phlegm and phlegm-dampness.</li></ul>

## Warm Herbs that Transform Cold-Phlegm

- zhì bàn xià
- zhì tiān nán xīng
- bái jiè zǐ
- jié gěng
- xuán fù huā
- bái qián

# zhì bàn xià

## *pinelliae rhizoma preparatum*

**Temp:** warm

**Taste:** acrid, toxic

**Channels:** LU, SP, ST

**Dosage:** 3-9 grams

1. dries dampness and transforms phlegm
2. resolves phlegm nodules
  - for focal distention in the chest, goiter, scrofula, plum pi qi
3. directs rebellious Stomach qi downward
  - for nausea, vomiting, morning sickness

- Zhi Ban Xia is prepared by stir-frying it with ginger juice to reduce its toxicity. It is used so commonly in this form that if you say "Ban Xia" people will assume you mean "Zhi Ban Xia".
- The antidote for poisoning from unprepared Ban Xia is Sheng Jiang, Fang Feng, and Gan Cao.
- Zhi Ban Xia is so good at transforming phlegm and stopping vomiting that it is also used for heat conditions by combining it with cold herbs.

制半夏

# zhì tiān nán xīng

## *arisaematis rhizoma preparatum*

**Temp:** warm

**Taste:** bitter, acrid, toxic

**Channels:** LV, LU, SP

**Dosage:** 3-9 grams

1. dries dampness and transforms phlegm
  - stronger than Zhi Ban Xia; very drying in nature
2. dissipates wind-phlegm and stops spasm
  - for dizziness, numbness in limbs, facial paralysis, spasm in the hands or feet, opisthotonos, stroke, seizure, lockjaw
3. reduces swelling and alleviates pain
  - use externally in unprepared form for deep rooted sores and boils
  - used topically for cervical cancer

Tian Nan Xing is cooked in ginger to remove its toxicity.

Tian Nan Xing can also be prepared with animal bile to change its temperature and treat hot phlegm (called Dan Nan Xing).

制天南星

# bái jiè zǐ

## *sinapis semen*

白芥子

**Temp:** warm

**Taste:** acrid

**Channels:** LU

**Dosage:** 3-9 grams (add towards the end of cooking [~5 min])

1. warms Lung and transforms phlegm
  - strongly dries out phlegm
  - used topically to treat asthma
2. resolves insubstantial phlegm and unblocks the channels
  - for nodules, goiter, scrofula, flat sores
  - for pain and body ache due to phlegm-damp in the channels

To use Bai Jie Zi topically to treat asthma, tape seed to the skin at UB-13, UB-15, and UB-17 bilaterally to induce skin irritation. Repeat 5-7 times

# jié gěng

## *platycodi radix*

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**Temp:** neutral (slightly cold)

**Taste:** bitter, acrid

**Channels:** LU

**Dosage:** 3-9 grams

1. disseminates Lung qi and transforms phlegm
  - for cough with phlegm due to heat or cold
  - vents Lung qi to stop cough
  - benefits throat; for throat pain or loss of voice
2. discharges pus
  - for Lung abscess or throat abscess (use internally)

Jie Geng is a Lung channel guiding herb. It can direct the actions of other herbs to the upper body. Bensky puts this herb in this category, but Tantan sometime talks about it in *Herbs that Cool and transform Phlegm-Heat*.

# xuán fù huā

## *inulae flos*

**Temp:** slightly warm

**Taste:** bitter, acrid, salty

**Channels:** LV, LU, ST, SP

**Dosage:** 3-9 grams (put in bag)

### 1. transforms cold-phlegm and dissipates water

- softens hard phlegm; for stubborn, “lacquer-like” phlegm
- can be used for hot or cold patterns

### 2. directs rebellious Stomach qi downward

- for vomiting, hiccup, belching due to cold

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# bái qián

## *cynanchi stauntonii rhizoma*

**Temp:** slightly warm

**Taste:** acrid, sweet

**Channels:** LU

**Dosage:** 3-9 grams

### 1. downbears qi and transforms phlegm

- unblocks Lung qi and directs rebellious qi downward (cough)
- for cough with copious sputum and gurgling in the throat

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# Summary

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**zhi ban xia**

*pinelliae rhizoma preparatum*

dries dampness and transforms phlegm • calms rebellious ST qi  
• for substantial and insubstantial phlegm

**zhi tian nan xing**

*arisaeomatis rhizoma preparatum*

dries dampness and transforms phlegm • treats painful sores  
• very warm and drying • use Dan Nan Xing for phlegm-heat  
• treats wind-phlegm

**bai jie zi**

*sinapis semen*

warms Lung and transforms phlegm  
• for substantial and insubstantial phlegm

**jie geng**

*platycodi radix*

transforms cold-phlegm • discharges pus  
• neutral temperature (heat or cold) • Lung channel guiding herb  
• stops cough

**xuan fu hua**

*inulae flos*

transforms cold-phlegm and dissipates • calms rebellious ST qi  
water  
• cough with copious phlegm

**bai qian**

*cynanchi stauntonii rhizoma*

downbears qi and transforms phlegm  
• for cough with phlegm