

# HERBS THAT WARM THE INTERIOR AND EXPEL COLD

Revised: 5/1/2023

**Sources:**

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## Herbs that Warm the Interior and Expel Cold

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These herbs treat interior cold (excess or deficiency, either internally-generated or from and external attack that goes to the organs).

Signs and symptoms will depend on which organ is affected:

- **Spleen:** nausea/vomiting, diarrhea (thin, watery, no strong smell)
- **Kidney:** frequent, profuse clear urination; urinary retention
- **Liver:** painful menses, hernia, pain and contraction of testicles
- **Lung:** cough with profuse, thin, clear phlegm that is foamy, bubbly, or stringy
- **Heart:** palpitations, chest oppression, cold limbs
- **Yang Collapse:** sweating, cold limbs, lying in curled-up position, lassitude

Slow, tight pulse; pale or blue tongue.

Caution: Herbs in this category tend to be warm, acrid, and dry, and may cause internal heat accumulation and damage yin and blood.

## Herbs that Warm the Interior and Expel Cold

<b>Taste:</b>	<ul style="list-style-type: none"><li>• acrid</li></ul>
<b>Temperature:</b>	<ul style="list-style-type: none"><li>• warm to hot</li></ul>
<b>Channels:</b>	<ul style="list-style-type: none"><li>• depends on what area it's warming</li><li>• KI, SP/ST, HT, LU, LV</li></ul>
<b>Cautions &amp; Contraindications:</b>	<ul style="list-style-type: none"><li>• These herbs are warm, acrid, and drying</li><li>• May cause heat signs</li><li>• Use caution with yin/blood deficiency</li></ul>
<b>Main Action:</b>	<ul style="list-style-type: none"><li>• Warms the interior, expels cold</li><li>• Used for both excess and deficiency cold</li></ul>
<b>Other:</b>	<ul style="list-style-type: none"><li>• Often combined with Herbs that Tonify Yang</li></ul>

## Herbs that Warm the Interior and Expel Cold

- zhì fù zǐ
- gān jiāng
- ròu guì
- wú zhū yú
- gāo liáng jiāng
- huā jiāo
- dīng xiāng
- xiǎo huí xiāng
- bì bá
- hú jiāo

# zhì fù zǐ

## *aconiti radix lateralis preparata*

**Temp:** hot

**Taste:** acrid, toxic

**Channels:** HT, KI, SP

**Dosage:** 3-15 grams (boil 30-60 minutes longer)

### 1. warms the interior

- warms Kidney Yang
- warms Spleen Yang
- warms Heart Yang

### 2. rescues devastated Yang

- for Yang collapse (tuo syndrome)

### 3. warms the channels

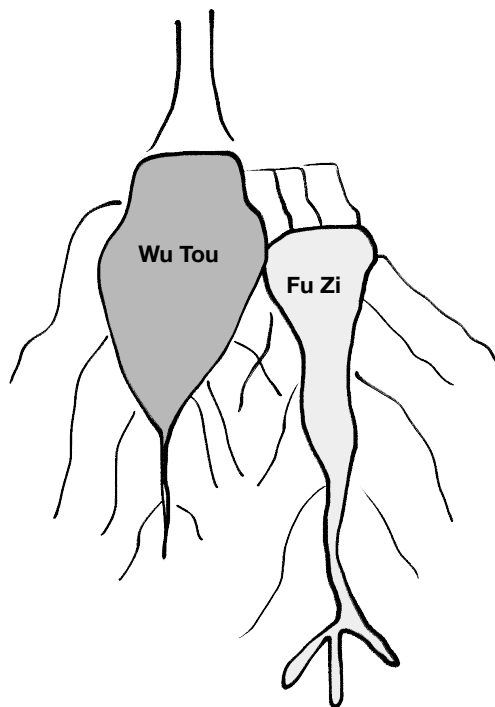
- for pain and bi syndrome where cold is predominant
- for yin-type flat abscesses

Symptoms of Fu Zi poisoning include numbness, abdominal pain, nausea, palpitation.

To treat Fu Zi poisoning, use Gan Jiang, Gan Cao, or Lu Dou.

Contraindicated during pregnancy.

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- The aconite plant has two roots - a main root and an accessory root.
- **Fu Zi** is the accessory root or daughter root (*radix lateralis*)
- The main root used to be called **Wu Tou** (“raven’s head”). We now distinguish two varieties:
  - **Chaun Wu** (*aconiti radix*) - Sichuan aconite
  - **Cao Wu** (*aconiti kusnezoffi radix*) - wild aconite

- **Fu Zi, Chuan Wu, and Cao Wu** all belong to the category *Herbs that Warm the Interior*, and they are all extremely toxic. They are never used internally in their raw form.
- **Zhi Fu Zi** is better at warming the interior and treating cold. **Zhi Chuan Wu** and **Zhi Cao Wu** are better at treating wind and bi syndrome.
- **Zhi Cao Wu** is even stronger and more acrid than Zhi Chuan Wu. It “scours out wind” to treat stubborn bi syndrome, and it should not be used lightly. It is used almost exclusively as a topical application.



**Fu Zi, Wu Tou, Chuan Wu, and Cao Wu are incompatible with:**  
Bei Mu, Zhi Ban Xia, Bai Ji, Gua Lou, Bai Lian, and Xi Jiao

## zhì cǎo wū

*aconiti kuznezoffii radix preparata*

**Temp:** hot

**Taste:** acrid, bitter, very toxic

**Channels:** LV, SP, KI

**Dosage:** 1.5-3 grams (boil 30-60 minutes longer)

### 1. scours out wind, disperses cold, stops pain

- for bi syndrome, hemiplegia due to wind-stroke, cold pain in chest and abdomen, pain due to injury/trauma
- almost exclusively used topically

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Contraindicated during pregnancy.

# **gān jiāng**

## *zingiberis rhizoma*

干姜

**Temp:** hot  
**Taste:** acrid  
**Channels:** HT, LU, SP, ST  
**Dosage:** 3-9 grams

1. warms the interior
  - warms the middle-jiao
  - warms the Lung and transforms phlegm
2. rescues devastated Yang
  - for Yang collapse (tuo syndrome)

Toasted ginger (Pao Jiang) can be used to stop bleeding due to cold.

# **ròu guì**

## *cinnamomi cortex*

肉桂

**Temp:** hot  
**Taste:** acrid, sweet  
**Channels:** KI, SP, HT, LV  
**Dosage:** 1.5-4.5 grams (add last five minutes; or take 1-2 grams as powder)

1. warms the interior
  - warms Kidney yang
  - warms Spleen yang
  - warms Heart yang (chest bi)
2. warms the channels
  - for bi syndrome, yin-type abscesses
  - for amenorrhea, dysmenorrhea
3. returns floating heat to source
  - for Kidney and Heart not communicating (anxiety, restlessness, insomnia)
  - can be used internally, or externally at KI-1
4. encourages the generation of qi and blood
  - used with qi and blood tonifying herbs

# wú zhū yú

## *evodiae fructus*

**Temp:** hot

**Taste:** acrid, bitter

**Channels:** LV, SP, ST, KI

**Dosage:** 1.5-4.5 grams

1. warms middle-jiao
  - for rebellious Stomach qi, such as nausea and vomiting
  - for cold-pattern diarrhea
2. warms the Liver channel and stops pain
  - for hernia, pain and contraction of testicles, painful menses
3. returns floating heat to source
  - for sores in the mouth and tongue
  - only used externally at KI-1

“Wu Zhu Yu stop vomiting” sounds like, “Would you stop vomiting?”

It is so good at stopping vomiting it can be used for heat-pattern vomiting by combining it with cold herbs like Huang Lian.

吴茱萸

# gāo liáng jiāng

## *alpiniae officinarum rhizoma*

**Temp:** hot

**Taste:** acrid

**Channels:** SP, ST

**Dosage:** 3-9 grams

1. warms middle-jiao
  - stops pain (abdominal pain due to cold)
  - stops vomiting (for vomiting due to cold)

高良姜

# huā jiāo

*zanthoxyli pericarpium*

**Temp:** hot

**Taste:** acrid

**Channels:** SP, ST, KI

**Dosage:** 3-6 grams

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## 1. warms middle-jiao

- for abdominal pain, vomiting, diarrhea

## 2. kills parasites

- for roundworms
- used internally or externally for fungal infection
  - athlete's foot, yeast infection, etc.

# dīng xiāng

*caryophylli flos*

**Temp:** warm

**Taste:** acrid

**Channels:** SP, ST, KI

**Dosage:** 1-3 grams

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## 1. warms middle-jiao

- esp. for rebellious Stomach qi, nausea, and vomiting

## 2. warms Kidney yang

- esp. for Kidney yang infertility, impotence, and low libido

## 3. used externally to treat toothache

# xiǎo huí xiāng

*foeniculi fructus*

**Temp:** warm

**Taste:** acrid

**Channels:** LV, KI, SP, ST

**Dosage:** 3-9 grams

## 1. warms the interior and stops pain

- warms middle-jiao and moves middle-jiao qi
  - esp. for middle-jiao pain due to coldness
- warms Kidney and Liver
  - esp. for menstrual pain, testicular pain, hernia pain

小茴香

# bì bá

*piperis longus fructus*

**Temp:** warm

**Taste:** acrid

**Channels:** ST, LI

**Dosage:** 1.5-4.5 grams

## 1. warms middle-jiao

- for nausea, vomiting, abdominal pain

## 2. used externally for headache and toothache

- for headache due to deep source nasal congestion
  - wrap in gauze and apply to Yin Tang
- for pain due to tooth decay

筚茇



# hú jiāo

*piperis fructus*

**Temp:** warm

**Taste:** acrid

**Channels:** LI, ST

**Dosage:** 1.5-3 grams (used as food therapy; or swallow 0.5-1g as single herb)

胡椒

## 1. warms middle-jiao

# Summary

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**zhi fu zi**  
*aconiti lateralis preparata*

warms the interior

- Kidney
- middle-jiao
- yang collapse
- channels

**gan jiang**  
*zingiberis rhizoma*

warms the interior

- middle-jiao
- Lung
- yang collapse

• Pao Jiang stops bleeding due to cold

**rou gui**  
*cinnamomi cortex*

warms the interior

- Kidney
- middle-jiao
- Heart
- channels

• anchors floating heat  
• encourages qi & blood regeneration

**wu zhu yu**  
*evodiae fructus*

warms the interior

- middle-jiao: n/v
- Liver channel: shan disorder

• anchors floating heat (external use only)

**gao liang jiang**  
*alpiniae officinarum rhizoma*

warms the interior

- middle-jiao: stops pain

**hua jiao**  
*zanthoxyl pericarpium*

warms the interior  
• middle-jiao

- kills parasites (roundworms, fungal infection)

**ding xiang**  
*caryophylli flos*

warms the interior  
• middle-jiao: n/v  
• Kidney: infertility

- used externally to treat toothache

**xiao hui xiang**  
*foeniculi fructus*

warms the interior and stop pain  
• middle-jiao  
• Kidney/Liver: shan disorder

**bi ba**  
*piperis longus fructus*

warms the interior  
• middle-jiao: diarrhea

- opens nasal orifices (externally)

**hu jiao**  
*piperis fructus*

warms the interior  
• middle-jiao

- food therapy