

Introduction to Herbology

Herbs that Clear Heat

So Far....

1. Herbs that Release the Exterior

- Warm Acrid Herbs that Release the Exterior
- Cool Acrid Herbs that Release the Exterior

2. Herbs that Clear Heat

- Herbs that Drain Fire
- Herbs that Cool the Blood
- Herbs that Clear Heat and Dry Dampness
- Herbs that Clear Heat and Resolve Toxicity
- Herbs that Clear Heat from Deficiency

Herbs that Clear Heat

The category ***Herbs that Clear Heat*** have several subcategories:

- Herbs that Drain Fire
- Herbs that Cool the Blood
- Herbs that Clear Heat and Dry Dampness
- Herbs that Clear Heat and Resolve Toxicity
- Herbs that Clear Heat from Deficiency

Taste:	bitter
Temperature:	cool or cold
Channels:	👤
Cautions:	may damage Spleen

The Six Levels

Tai Yang	Fever and chills, headache, stiff neck, floating pulse
Yang Ming	Great fever, great sweat, great thirst, large pulse
Shao Yang	Alternating fever and chills, rib-side distention, nausea, bitter taste in the mouth, wiry pulse
Tai Yin	Abdominal fullness and pain, vomiting, diarrhea, weak pulse
Shao Yin	Aversion to cold, cold limbs, somnolence, clear-food diarrhea, faint and fine pulse
Jue Yin	Heat above and cold below, hunger with no desire to eat, vomiting roundworms

The Four Aspects

Wei <i>defense</i>	Fever, slight aversion to cold, presence or absence of sweating, dry mouth, red tongue, floating and rapid pulse
Qi <i>qi</i>	Same as Yang Ming stage heat: great fever, great sweat, great thirst, large pulse
Ying <i>nutritive</i>	Fever, severe irritability and restlessness, insomnia, red dry tongue, rapid pulse. Severe: delirium, mania, convulsions
Xue <i>blood</i>	Fever, bleeding (nosebleed, vomiting blood, blood in stool or urine), distinct rash, thirst, scarlet tongue with prickles, rapid pulse

Yang Ming Channel Heat

There are two types of Yang Ming disorders:

- **YANG MING BOWEL DISEASE:** fever, delirious speech, **abdominal pain, constipation**
- **YANG MING CHANNEL DISEASE:** the “four big” symptoms - big fever, big sweat, big thirst, big pulse

Yang Ming Channel disease is the same as Qi-Aspect Heat.

Since the pathogen is deeper in the body, it is no longer possible to expel it through sweating. Instead, we must use herbs that clear heat and drain fire.

Herbs that Clear Heat and Drain Fire

These are among the coldest herbs in the materia medica.

- High fever
- Irritability
- Thirst
- Delirium
- Eye problems

These symptoms generally correspond to the Qi level in the four levels of Warm Disease Theory, or to the Yang Ming level in the six-stage Shang Han Lun theory.

The key symptoms associated with these levels are the **Four Bigs**: big fever, big thirst, big sweat, big pulse.

Because they clear heat, these herbs tend to be bitter in flavor. Some, due to their ability to moisten dryness and generate fluids, are also sweet.

Because these herbs are so cold, caution must be taken not to damage the Spleen.

shí gāo *gypsum fibrosum*

Temp: very cold
Taste: sweet, acrid
Channels: LU, ST
Dosage: 15-60 grams

石膏

1. clears heat and drains fire

- for qi-level or Yang Ming heat characterized by the “Four Great” symptoms: great fever (without chills), great sweat, great thirst, big pulse (rapid, surging)

2. clears excess heat from the Lung

- for cough with thick, yellow, sticky sputum

3. clears blazing Stomach fire

- for hunger, thirst, bad breath
- for headache, toothache, painful gums, mouth sores

Prepared Shi Gao (called Shu Shi Gao) can be applied topically to treat skin conditions such as eczema, burns, and sores.

Ying and Blood Level Heat

- When heat enters the **Ying Level**, it causes fever that worsens at night, irritability, insomnia, and faint, indistinct rashes.
- When heat enters the **Blood Level**, distinct rashes and bleeding occur (nosebleed, vomiting blood, blood in the stool or urine). The tongue is crimson with prickles.
- Treatment of Ying Level heat involves simultaneously clearing the Ying level while trying to vent heat up to Qi level
- At the Blood level, it is no longer possible to vent the pathogen upwards, so heat must be cleared from the blood level directly.

Herbs that Cool the Blood

- These herbs are cold, and either bitter and sweet or salty
- They clear heat from the ying (nutritive) level or xue (blood) level with symptoms such as:
 - Irritability, restlessness, insomnia, delirium
 - Bleeding (nosebleed, vomiting blood, coughing blood, blood in the urine or stool)
 - Maculopapular rashes (flat red area with small bumps)
 - Scarlet tongue, possibly dry or with prickles
- Because heat at the blood level tends to damage yin and exhaust fluids, many of these herbs generate fluids as well

shēng dì huáng

rehmanniae radix

Temp: cold

Taste: bitter, sweet

Channels: HT, KI, LV

Dosage: 9-15 grams

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1. clears heat and cools blood

- for heat in the ying or xue level
 - high fever, thirst, scarlet tongue, bleeding, etc.

2. nourishes yin and generates fluids

- for thirst, dry mouth, constipation

Sheng Di Huang is very sticky and cloying and may cause middle-jiao upset, such as nausea, diarrhea, or abdominal pain. It is often combined with Chen Pi or Sha Ren to avoid these side effects.

Herbs that Clear Heat and Dry Dampness

Dampness is characterized by stubbornness. Damp-heat is especially difficult because dampness is a yin pathogen and heat is a yang pathogen.

- Diarrhea, dysentery
- Urination problems (difficult or painful urination)
- Jaundice
- Skin problems (boils, furuncles, carbuncles, eczema)
- Vaginal discharge

These herbs are cold and bitter. Use caution in cases of Spleen deficiency.

These herbs are often combined with herbs that drain fire or herbs that resolve toxicity.

The Three Huangs

Huang Qin	UPPER JIAO Clears Lung heat: fever, thirst, cough with thick, yellow, sticky sputum	Also clears heat from Stomach, Gallbladder, and Lower Jiao
Huang Lian	MIDDLE JIAO Damp-heat in SP/ST: diarrhea	Also clears Heart heat
Huang Bai	LOWER JIAO Damp-heat in UB: vaginal discharge, urination problems	Also clears heat due to Kidney yin deficiency

huáng qín *scutellariae radix*

黄芩

Temp: cold

Taste: bitter

Channels: LU, ST, GB, LI

Dosage: 3-9 grams

- clears heat and dries dampness
 - for damp-heat in the Stomach, Large Intestine (diarrhea)
 - for damp-heat in the lower jiao (urination problems)
- clears heat and resolves toxicity
 - clears Lung heat** → fever, thirst, irritability, cough with thick yellow sputum
 - clears Liver heat → headache, irritability, red eyes, bitter taste
- cools blood to stop bleeding
- calms the fetus

Of the three huangs, Huang Qin is the weakest.

Herbs that Clear Heat and Resolve Toxicity

Heat toxicity (热毒 rè dú) is extreme accumulation of heat.

Herbs in this category treat symptoms such as:

- epidemic febrile outbreak
- hot, swollen, painful, deep-set sores (boils, carbuncles, furuncles)
- abscess (collection of pus), including breast abscess and intestinal abscess
- diarrhea and dysentery (inflammation of colon, severe diarrhea, abdominal pain)
- mumps
- snake bite or insect bite
- cancer

Heat toxicity is always acute in nature.

Many of these herbs can also be used topically as well.

jīn yín huā *Ionicerae flos*

Temp: cold

Taste: sweet

Channels: LI, LU, ST

Dosage: 6-20 grams

1. clears heat toxicity

- for hot, painful sores and swellings on the throat, breast, eyes
- for large intestine abscess, diarrhea with blood or pus
- can be used internally or externally to treat skin infection

2. expels wind-heat invasion

3. clears damp-heat from lower-jiao

- for lin syndrome, diarrhea

4. use charred to stop bleeding

- for bloody dysentery

金
银
花

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.

- 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.

qīng hāo *artemisiae annuae herba*

Temp: cold

Taste: bitter, acrid

Channels: KI, LV, GB

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

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

青蒿