# WARM ACRID HERBS THAT RELEASE THE EXTERIOR

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#### Sources:

• Bensky, D. (2004). Chinese Herbal Medicine: Materia Medica. Seattle, WA: Eastland Press. pp. 3-45

Chen, J. and Chen, T. (2004). Chinese Medical Herbology and Pharmacology. Art of Medicine Press. pp. 33-67

#### Warm Acrid Herbs that Release the Exterior

Herbs that Release the Exterior promote sweating in order to expel external pathogens from superficial levels of the body (called *diaphoresis*).

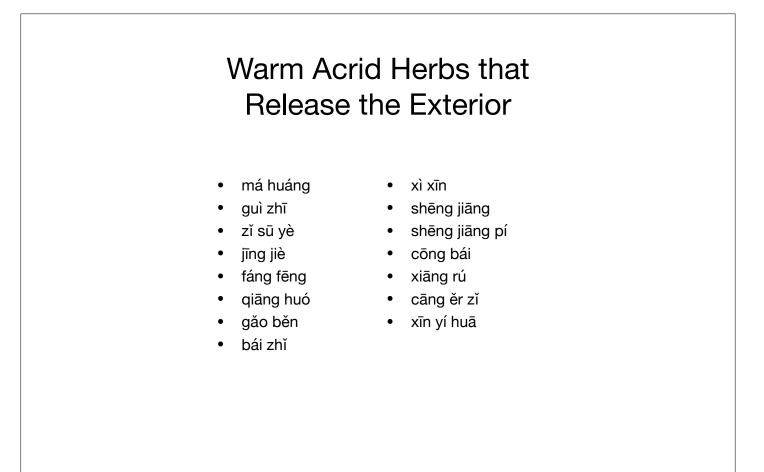
External Attack of Wind-Cold:

- Fever and chills
- Headache, nasal congestion
- Stiff neck, muscle ache
- Absence of thirst
- Floating pulse

Because these herbs promote sweating and disperse qi, caution should be used with patients with deficiency. These herbs should not be used longterm.

#### Warm Acrid Herbs that Release the Exterior

Taste:	• acrid
Temperature:	• warm
Channels:	• LU
Cautions & Contraindications:	<ul> <li>These herbs are warm, acrid, and dispersing</li> <li>Use caution in patients with qi deficiency, yin deficiency, sweating, or with long term use</li> </ul>
Main Action:	<ul> <li>Promotes sweating to release the exterior</li> </ul>



### **má huáng** ephedra herba

Temp: warm Taste: acrid, slightly bitter Channels: LU, UB Dosage: 2-9 grams

- 1. promotes sweating to release the exterior
  - for Tai Yang syndrome with absence of sweating
- 2. stops cough and wheezing
- 3. promotes urination to treat edema
  - for wind-water edema in the upper body
- 4. treats bi syndrome

If Ma Huang is used for warm conditions, it should be combined with cold herbs (e.g. Shi Gao, Huang Qin) or cooked in honey.

#### **guì zhī** cinnamomi ramulus

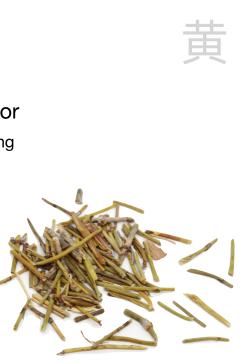
Temp: warm Taste: acrid, sweet Channels: LU, UB, HT Dosage: 3-9 grams

#### 1. releases the exterior and muscle layer

- harmonizes the Ying and Wei
  - for wind-cold deficiency patterns with presence of sweating

#### 2. warms and unblocks yang qi

- warms the middle-jiao → abdominal pain due to cold, watery diarrhea
- warms the chest → chest bi, chest pain, SOB, palpitations
- warms the UB → edema, urine retention, can used externally as compress
- warms the channels and (indirectly) invigorates blood



## **zǐ sū yè** perillae folium

Temp: warm Taste: acrid, aromatic Channels: LU, SP Dosage: 5-9 grams

- 1. promotes sweating to release the exterior
  - mild
- 2. regulates middle-jiao qi
  - for vomiting, nausea, morning sickness
  - calms the fetus; for restless fetus due to middle-jiao qi stagnation
  - Zi Su Geng (perilla stem) is stronger for this
- 3. detoxifies seafood poisoning

### **jīng jiè** schizonepetae herba

Temp: slightly warm (almost neutral) Taste: acrid Channels: LU, LV Dosage: 4.5-9 grams

#### 1. promotes sweating to release the exterior

- used for both wind-cold and wind-heat
- esp. for skin rash due to wind-heat
- 2. used charred to stop bleeding
  - esp. for lower-body bleeding (blood in the urine, heavy menstruation, blood in the stool, etc.)
  - when charred, called Jing Jie Tan



### fáng fēng saposhnikoviae radix

Temp: slightly warm (almost neutral) Taste: acrid, sweet Channels: UB, LV, SP Dosage: 4.5-9 grams

- 1. promotes sweating to release the exterior
  - used for both wind-cold and wind-heat
- 2. dispels wind-cold-damp from the channels
  - for bi syndrome
- 3. relieves spasm and contraction
  - for trembling hands and feet, lock jaw, tenesmus
- 4. detoxifies mercury and arsenic poisoning

Fang Feng means "protect from wind." It is the commander of all wind herbs. It is not drying, so it will not damage yin.

### **qiāng huó** notopterygii rhizoma seu radix

Temp: warm Taste: acrid, bitter, aromatic Channels: UB, KI Dosage: 3-9 grams

#### 1. promotes sweating to release the exterior

- esp. with accompanying symptoms of dampness,
   e.g. joint pain, body heaviness, sleepiness
- for Tai Yang (occipital) headache
- 2. dispels wind-cold-damp to treat bi syndrome
  - esp. in upper body



### **gǎo běn** ligustici rhizoma

Temp: warm Taste: acrid Channels: UB, DU Dosage: 3-9 grams

- 1. promotes sweating to release the exterior
  - mild
  - esp. for headache (vertex and occipital) and nasal congestion
- 2. dispels wind-dampness
  - treats bi syndrome, esp. acute low back pain
  - for wind-dampness affecting the the middle-jiao,
     e.g. acute abdominal pain and diarrhea

## **bái zhǐ** angelicae dahuricae radix

Temp: warm Taste: acrid Channels: LU, SP, ST Dosage: 3-9 grams

- 1. promotes sweating to release the exterior
  - relieves yang-ming headache
  - opens nasal orifices
- 2. reduces swelling, stops pain, discharges pus
  - for sores, carbuncles, mastitis
- 3. eliminates dampness
  - for vaginal discharge due to damp-cold or damp-heat in lower jiao





#### 

#### shēng jiāng zingiberis rhizoma recens

Temp: slightly warm Taste: acrid Channels: LU, SP, ST Dosage: 3-9 grams (2-4 slices)

- 1. promotes sweating to release the exterior
  - mild
- 2. warms the middle jiao
  - for nausea, vomiting, cold in stomach
- 3. warms the Lung
  - for profuse, thin, white, bubbly phlegm
- 4. detoxifies other herbs



### shēng jiāng pí zingiberis rhizomatis cortex

Temp: cool Taste: acrid Channels: LU, SP, ST Dosage: 1-3 grams

- 1. promotes sweating to release the exterior
- 2. harmonizes the middle jiao

#### 3. promotes urination to treat edema

• esp. for edema just under the skin





Some books put Sheng Jiang Pi in the category Herbs that Drain Dampness.

### **cōng bái** alli fistulosi bulbus

Temp: warm Taste: acrid Channels: LU, ST Dosage: 3-9 grams

- 1. promotes sweating to release the exterior
  - mild; for early-stage exterior attack
- 2. warms the yang qi in the Stomach
  - for abdominal pain
- 3. used externally to resolve toxicity
  - used as poultice for sores and abscesses



### **xiāng rú** moslae herba

Temp: slightly warm Taste: acrid, aromatic Channels: LU, ST Dosage: 3-9 grams

- 1. promotes sweating to release the exterior
  - esp. for wind-cold contracted during the summer accompanied by dampness
  - expels summerheat dampness
- 2. promotes urination to treat edema
  - for urinary difficulty, water retention, and dampness accompanying exterior attack

#### cāng ěr zí xanthii fructus

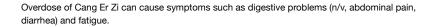
Temp: warm Taste: acrid, bitter, slightly toxic Channels: LU Dosage: 3-9 grams (usually less than 6 grams)

#### 1. disperses wind to open nasal orifice

- 2. dispels wind-damp to treat bi syndrome
- 3. treats wind related skin problems
  - e.g. eczema, rash











### **xīn yí huā** magnoliae flos

Temp: warm Taste: acrid Channels: LU, ST Dosage: 3-9 grams (put in cloth or bag)

#### 1. disperses wind to open nasal orifice



As Xin Yin Hua is fuzzy, when used in decoction it should be put in a tea bag to avoid throat irritation.



Temp: slightly warm Taste: acrid Channels: LU Dosage: 6-9 grams

- 1. disperses wind-cold to open nasal orifice
  - · esp. when accompanied by red and dry eyes
- 2. clears heat toxicity





草

E Bu Shi Cao means, "grass that geese don't eat." Large dosages can cause upset stomach. If this occurs, take ginger tea.

# Summary

ma huang ephedrae herba	releases the exterior • for Tai Yang excess (no sweating)	<ul><li>stops cough and wheezing</li><li>promotes urination to treat edema</li></ul>
<b>gui zhi</b> cinnamomi ramulus	releases the exterior • for Tai Yang deficiency (sweating)	<ul> <li>warms the chest, middle jiao, UB</li> <li>indirectly moves blood</li> </ul>
zi su ye perillae folium	releases the exterior • mild	<ul> <li>moves middle-jiao qi stagnation, esp for morning sickness</li> </ul>
<b>jing jie</b> schizonepetae herba	<ul> <li>releases the exterior</li> <li>for both wind-heat and wind-cold</li> <li>vents rashes</li> </ul>	use charred to stop bleeding (LV channel)
fang feng saposhnikoviae radix	<ul><li>releases the exterior</li><li>for both wind-heat and wind-cold</li></ul>	<ul> <li>can be used for all types of wind - internal, external, hot, cold</li> </ul>
qiang huo notopterygii rhizoma seu radix	<ul><li>releases the exterior</li><li>esp. when dampness is present</li></ul>	treats upper-body bi syndrome

<b>gao ben</b> ligustici rhizoma	releases the exterior <ul> <li>headache and nasal congestion</li> </ul>	<ul> <li>treats bi syndrome, esp acute low back pain (enters DU channel)</li> </ul>
<b>bai zhi</b> angelicae dahuricae radix	releases the exterior <ul> <li>yangming headache, opens nasal orifices</li> </ul>	<ul> <li>reduces swelling and discharges pus</li> <li>expels dampness (vaginal discharge)</li> </ul>
<b>xi xin</b> asari radix et rhizoma	releases the exterior <ul> <li>esp. for body ache and headache</li> </ul>	<ul> <li>for pain due to cold</li> <li>warms the Lung (profuse sputum)</li> <li>toxic (smaller dosage)</li> </ul>
sheng jiang zingiberis rhizoma	<ul><li>releases the exterior</li><li>mild; esp for stomach problems</li></ul>	<ul> <li>warms the middle jiao (n/v)</li> <li>warms the Lung (profuse sputum)</li> </ul>
sheng jiang pi zingiberis rhizoma cortex	<ul><li>releases the exterior</li><li>for superficial edema under the skin</li></ul>	
cong bai alli fistulosi bulbus	<ul><li>releases the exterior</li><li>mild, for early-stage</li></ul>	• warms middle jiao
xiang ru moslae herba	releases the exterior <ul> <li>for summerheat dampness</li> </ul>	
cang er zi xanthii fructus	<ul><li>releases the exterior</li><li>opens nasal orifices</li></ul>	<ul><li>relaxes joints</li><li>treats skin conditions</li></ul>
<b>xin yi hua</b> magnoliae flos	<ul><li>releases the exterior</li><li>opens nasal orifices</li></ul>	cook in tea bag or wrapped in gauze