COOL ACRID HERBS THAT RELEASE THE EXTERIOR

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Sources:

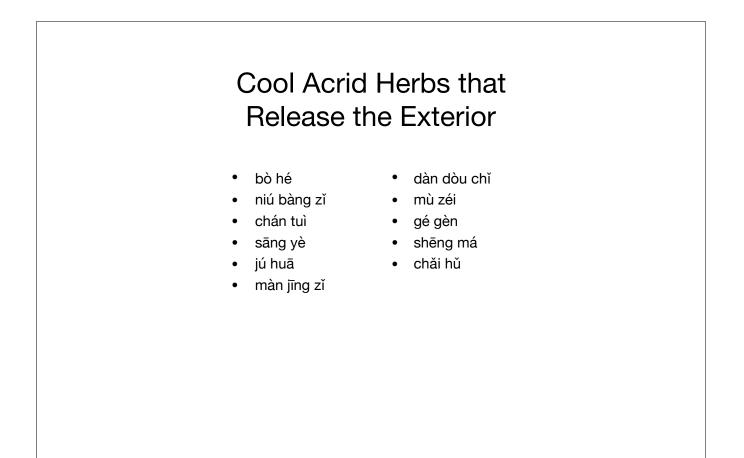
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Cool Acrid Herbs that Release the Exterior

External Attack of Wind-Heat:

- Fever and chills (fever more severe; mild chills)
- Sore throat
- Cough with phlegm (thick, yellow, scanty)
- Rash
- Eye problems

	ool Acrid Herbs that elease the Exterior
Taste:	• acrid
Temperature:	• cool
Channels:	• LU, LV
Cautions & Contraindications:	 Use caution in patients with deficiency, sweating, or with long term use
Main Action:	Dispel wind-heat to release the exterior



bò hé menthae haplocalycis herba

Temp: cool Taste: acrid, aromatic Channels: LU, LV Dosage: 3-6 grams (add last 5 minutes)

- 1. expels wind-heat invasion
 - brightens eyes and benefits the throat
- 2. vents skin rash
 - for early stage rash, measles
- 3. gently moves Liver qi

niú bàng zľ

arctii fructus

Temp: cold Taste: acrid, bitter Channels: LU, ST Dosage: 6-12 grams (crush before decocting)

- 1. expels wind-heat invasion
 - benefits the throat
- 2. clears heat toxicity and vents rashes
 - for painful swelling, redness, sores
 - for early stage rash, measles
- 3. moistens Large Intestine to relieve constipation
 - for constipation due to heat
 - sometimes regarded as a side effect



chán tuì cicadae periostracum

Temp: slightly cold Taste: sweet, salty Channels: LU, LV Dosage: 3-9 grams

1. expels wind-heat invasion

- · esp. for voice loss, hoarseness and sore throat
- vents rashes and stops itch
- brightens eyes
 - for itchy, red eyes due to wind-heat invasion

2. extinguishes wind and stops spasm

• for spasm and convulsion in febrile disease

Historically, Chan Tui has been used to promote labor or expel retained placenta. Therefore caution should be used during pregnancy, especially if there is a history of miscarriage.

sāng yè mori folium

Temp: cold Taste: sweet, bitter Channels: LU, LV Dosage: 4.5-9 grams

- 1. expels wind-heat invasion
 - moistens Lung; for dry cough with thick, yellow phlegm
- 2. calms Liver and brightens eyes
 - for eye problems due to excess Liver heat, wind-heat, or yin deficiency
- 3. cools blood and stops bleeding
 - mild; for vomiting of blood

jú huā chrysanthemi flos

Temp: slightly cold Taste: sweet, bitter Channels: LU, LV Dosage: 4.5-15 grams

- 1. expels wind-heat invasion
- 2. calms Liver and brightens eyes
 - for eye problems due to Liver heat, wind-heat, or yin deficiency
- 3. subdues Liver yang rising
 - for headache, dizziness, deafness
- 4. clears toxicity to treat sores and swellings

Ju Hua can be used externally to treat eye problems. Ju Hua and Sang Ye are often used together as paired herbs.

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dàn dòu chỉ sojae semen preparatum

Temp: cold or warm Taste: sweet, slightly bitter Channels: LU, ST Dosage: 6-12 grams

1. releases the exterior

• mild; for wind-heat or wind-cold

2. eliminates irritability

 for shen uneasiness following febrile disease, such as irritability, insomnia, restlessness, stifling sensation in chest



equiseti hiemalis herba

Temp: neutral Taste: sweet, bitter Channels: LV, LU, GB Dosage: 3-9 grams

- 1. clears wind-heat to brighten eyes
 - for redness, pain, swelling, tearing, blurred vision due to wind-heat invasion
- 2. clears heat and cools blood to stop

bleeding

 secondary herb for blood in the stool, hemorrhoids





gé gèn peurariae radix

Temp: cool Taste: sweet, acrid Channels: SP, ST Dosage: 9-21 grams

- 1. releases the exterior and muscle layer
 - for fever, headache, rigid neck and upper back
- 2. generates body fluids
 - for thirst and irritability
- 3. raises yang to stop diarrhea
- 4. vents and discharges measles
- 5. treats symptoms of hypertension
 - for headache, dizziness, tinnitus, or parathesias accompanying hypertension (recently discovered)



shēng má cimicifugae rhizoma

Temp: slightly cold Taste: sweet, acrid Channels: LI, LU, SP, ST Dosage: 3-9 grams

- 1. clears wind-heat to vent rash
 - for headache due to wind-heat and early-stage measles
- 2. clears heat and resolves toxicity
 - for toothache, swollen and painful gums, bleeding gums, canker sores
- 3. raises Spleen yang
 - raises yang to counter prolapse; raises clear qi of the middle jiao
 - for uterine or rectal prolapse; urinary or rectal bleeding; vaginal discharge or profuse menses, sometime accompanied by a bearing down or dragging sensation in the lower body

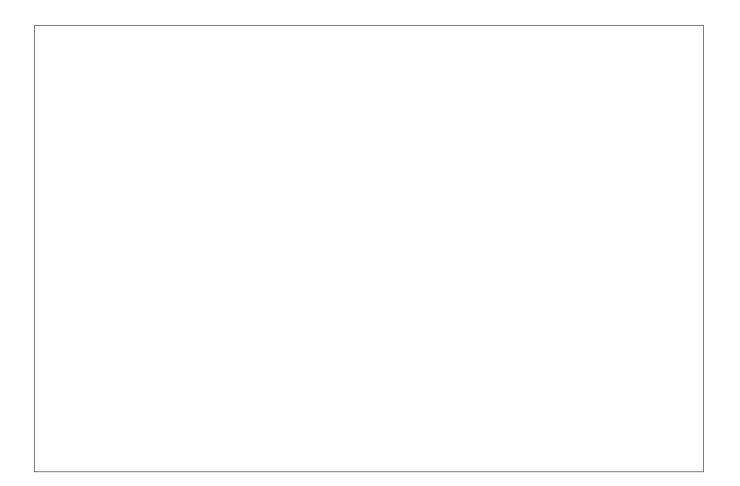
Sheng Ma mean "ascending hemp".

chǎi hǔ bupleuri radix

Temp: cool Taste: bitter, acrid Channels: GB, LV, PC, SJ Dosage: 3-9 grams

1. releases the exterior to resolve shao-yang disorder

- for alternating fever and chills, bitter taste in the mouth, flank pain
- 2. moves Liver qi
- 3. raises yang qi
 - raises Spleen qi to counter prolapse
 - raises Liver qi (usually considered a side-effect)



Summary

Cumma	u y	
bo he menthae haplocalycis herba	releases the exterior • brightens eyes, benefits throat • vents rashes	gently moves Liver qi
niu bang zi arctii fructus	releases the exterior • benefits throat • vents rashes	moistens Large Intestine
chan tui cicadae periostracum	releases the exterior • voice loss, sore throat • itchy skin, rash, eye problems	 extinguishes wind and stops spasm
sang ye mori folium	releases the exterior • moistens Lung, stops cough • brightens eyes	cools blood to stop bleeding (LV channel)
ju hua chrysanthemi flos	releases the exterior • brightens eyes	 subdues Liver yang rising clears heat toxicity to treat skin problems

man jing zi viticis fructus	releases the exterior • head and face	 dampness and wind (stiffness, body ache)
dan dou chi sojae semen preparatum	releases the exterior • mild	eliminates irritability
mu zei equiseti hiemalis herba	releases the exterior • brightens eyes	cools blood to stop bleeding
ge gen puerariae radix	releases the exterior • neck and shoulders	 generates body fluid; treats thirst raises yang qi; treats diarrhea
sheng ma cimicifugae rhizoma	releases the exterior • vents rash	 clears heat (toothache, bleeding gums) raises yang qi (prolapse)
chai hu bupleuri radix	releases the exterior • for shaoyang disorder (alternating fever and chills, bitter taste, flank pain)	 moves Liver qi raises yang qi