

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

Cool Acrid Herbs that Release the Exterior

Taste:	<ul style="list-style-type: none">• acrid
Temperature:	<ul style="list-style-type: none">• cool
Channels:	<ul style="list-style-type: none">• LU, LV
Cautions & Contraindications:	<ul style="list-style-type: none">• Use caution in patients with deficiency, sweating, or with long term use
Main Action:	<ul style="list-style-type: none">• Dispel wind-heat to release the exterior

Cool Acrid Herbs that Release the Exterior

- bò hé
- niú bàng zǐ
- chán tuì
- sāng yè
- jú huā
- màn jīng zǐ
- dàn dòu chǐ
- mù zéi
- gé gèn
- shēng má
- chǎi hǔ

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



薄荷

niú bàng zǐ

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



牛旁子

chán tuì

cicadae periostracum

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

蝉
蜕

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

桑
叶

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.



菊
花

màn jīng zǐ

viticis fructus

Temp: cool
Taste: acrid, bitter
Channels: UB, LV, ST
Dosage: 6-12 grams

1. expels wind-heat invasion in head and face
 - for headache, dizziness, red eyes, eye pain, swollen and painful gums and teeth
2. drains dampness and expels wind
 - for dampness in the channels; stiffness, numbness, heaviness
 - mild



蔓
荆
子

dàn dòu chǐ

sojæ 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



淡
豆
豉

mù zéi

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



木
賊

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)



葛
根

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



升
麻

Sheng Ma mean “ascending hemp”.

chǎi hǔ

bupleuri radix

Temp: cool

Taste: bitter, acrid

Channels: GB, LV, PC, SJ

Dosage: 3-9 grams

柴
胡

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

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