# HERBS THE CLEAR HEAT AND DRY DAMPNESS

#### Revised: 8/28/2019

#### Sources:

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# 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.

# Herbs that Clear Heat and Dry Dampness

- huáng qín
- huáng lián
- huáng bǎi
- lóng dăn căo
- kǔ shēn
- qín pí

### Herbs that Clear Heat and Dry Dampness

Taste:	• bitter	
Temperature:	• cold	
Channels:	• ??	
Cautions & Contraindications:	These herbs are cold and bitter; they may damage the Spleen	
Main Action:	Clear heat and dry dampness (dysentery, urination problems, jaundice, skin problems)	
Other	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	<b>MIDDLE JIAO</b> Damp-heat in SP/ST: diarrhea	Also clears Heart heat
Huang Bai	<b>LOWER JIAO</b> Damp-heat in UB: vaginal discharge, urination problems	Also clears heat due to Kidney yin deficiency

## huáng qín

### scutellariae radix

Temp: cold
Taste: bitter

**Channels:** LU, ST, GB, LI **Dosage:** 3-9 grams

- 1. clears heat and dries dampness
  - for damp-heat in the Stomach, Large Intestine (diarrhea)
  - for damp-heat in the lower jiao (urination problems)
- 2. 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
  - for hot sores and boils (also used topically)
- 3. cools blood to stop bleeding
- 4. calms the fetus







Of the three huangs, Huang Qin is the weakest.

# huáng lián

### coptidis rhizoma

Temp: cold Taste: bitter

**Channels:** HT, LI, LV, ST **Dosage:** 1.5-9 grams

#### 1. clears heat and dries dampness

• for damp-heat in the Stomach, Large Intestine (diarrhea)

#### 2. clears heat and resolves toxicity

- clears Heart heat (irritability, delirium, disorientation)
- · clears Stomach heat (nausea, acid reflux)
- treats skin problems (boils, carbuncles, abscesses)

#### 3. cools blood to stop bleeding

Of the three huangs, Huang Lian is the strongest. Huang Lian can be used topically on the eyes, tongue, and mouth.



# huáng bǎi

## phellodendri cortex

Temp: cold Taste: bitter Channels: KI, UB Dosage: 3-12 grams

#### 1. clears heat and dries dampness

- esp. for damp-heat in the lower jiao
- for leukorrhea, diarrhea, pain in knees

#### 2. clears deficiency heat

• for heat due to Kidney yin deficiency



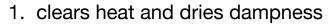
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# lóng dǎn cǎo

### gentianae radix

Temp: cold Taste: bitter Channels: LV, GB, ST Dosage: 3-9 grams



- drains damp-heat from Liver and Gallbladder
- for jaundice, leukorrhea, genital itching, herpes
- 2. clears excess heat from Liver and Gallbladder
  - for headache, red eyes, flank pain



### ků shēn

### sophorae flavescentis radix

Temp: cold Taste: bitter

Channels: UB, HT, LV, LI, ST, SI

Dosage: 3-9 grams

1. clears heat and dries dampness

- for damp-heat in the lower jiao
- for jaundice, diarrhea, leukorrhea, sores
- 2. kills parasites and stops itching
  - for fungal infections, genital itching, athlete's foot
  - used internally or externally
- 3. promotes urination to treat lin syndrome







# qín pí

#### fraxini cortex

Temp: cold

Taste: bitter, astringent Channels: GB, LI, LV, ST Dosage: 6-12 grams

- 1. clears heat and dries dampness
  - for diarrhea and dysentery
  - · binds the intestines
- 2. clears Liver heat to brighten eyes
- 3. treats hot bi syndrome
- 4. stops cough and wheezing
  - · for cough due to Lung heat



## Summary

huang qin

clears heat and dries dampness • primarily from Lung and Stomach

- calms fetus stops bleeding

huang lian coptidis rhizoma clears heat and dries dampness

· stops bleeding

primarily from Stomach and Heart
diarrhea

huang bai

phellodendri cortex

- clears heat and dries dampness
- primarily from lower jiao
- · clears deficiency heat

long dan cao

clears heat and dries dampness

. LV/GB heat and damp-heat

ku shen sophorae flavescentis radix clears heat and dries dampness · primarily from lower burner

· kills parasites (fungal infections)

qin pi

clears heat and dries dampness

- diarrhea (astringent)
- · brightens eyes

· hot bi syndrome





You have died of dissing Terry.