

# HERBS THAT DISPEL WIND-DAMPNESS

## AKA HERBS THAT TREAT BI SYNDROME

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**Sources:**

- Bensky, D. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. pp. 323-369
- Chen, J. and Chen, T. (2004). *Chinese Medical Herbology and Pharmacology*. Art of Medicine Press. pp. 301-353

## Herbs that Dispel Wind-Dampness

Bi Syndrome — often translated as “painful obstruction disorder” or “impediment syndrome” — is a pain condition similar to arthritis caused by an external invasion of wind, cold, and dampness.

When **wind** predominates, the pain will move from place to place.

When **dampness** predominates, the joints will be swollen and the body heavy.

When **cold** predominates, the pain will be intense and the limbs cold.

When there is an abundance of yang, the pathogens can transform into heat leading to **Hot Bi** (heat, swelling, redness).

There are three ways to treat bi syndrome:

- expel wind-cold-damp
- smooth, stretch, relax, open, and unblock the channels
- tonify Liver and Kidney yin

## Herbs that Dispel Wind-Dampness

<b>Taste:</b>	<ul style="list-style-type: none"><li>• acrid, bitter</li><li>• sweet (if tonifying)</li></ul>
<b>Temperature:</b>	<ul style="list-style-type: none"><li>• warm</li></ul>
<b>Channels:</b>	<ul style="list-style-type: none"><li>• LV, KI</li></ul>
<b>Cautions &amp; Contraindications:</b>	<ul style="list-style-type: none"><li>• Most of these herbs are warm, acrid and aromatic. They can easily cause dryness.</li></ul>
<b>Main Action:</b>	<ul style="list-style-type: none"><li>• Treats bi syndrome</li></ul>

## Herbs that Dispel Wind-Dampness

### EXPULSION OF WIND-COLD-DAMP

- dú huó
- wēi líng xiān
- hǎi tóng pí
- hǔ gǔ

### UNBLOCK THE CHANNELS

- mù guā
- cán shā
- qín jiāo
- sāng zhī
- xī xiān cǎo
- bái huā shé

### TONIFY LV/KI YIN

- sāng jì shēng
- wǔ jiā pí

# dú huó

## *angelicae pubescentis radix*

**Temp:** warm

**Taste:** bitter, acrid

**Channels:** KI, UB

**Dosage:** 3-9 grams

### 1. dispels wind-damp to treat bi syndrome

- esp. for **lower body** (lower back and legs)
- can be very drying in nature

### 2. releases the exterior

- for exterior wind-cold attack with dampness

### 3. treats shao-yin headache and toothache

Qiang Huo treats bi in the upper body; Du Huo treats bi in the lower body.



独  
活

# wēi líng xiān

## *clematidis radix*

**Temp:** warm

**Taste:** acrid, salty

**Channels:** UB

**Dosage:** 6-9 grams

### 1. dispels wind-damp to treat bi syndrome

- esp. for pain (can also be used for knocks and falls)
- can be swallowed as powder with warm wine

### 2. softens fish bones

- for fish bones lodged in the throat

### 3. transforms phlegm

- for focal distention and accumulation in the middle-jiao



威  
灵  
仙

# hǎi tóng pí

*erythrinae cortex*

**Temp:** neutral  
**Taste:** bitter, acrid  
**Channels:** LV, SP, KI  
**Dosage:** 6-15 grams

1. dispels wind-damp and unblocks the channels to treat bi syndrome
  - esp. for lower back and knees
  - can be used for heat or cold conditions
2. promotes urination to treat edema
  - for superficial edema under the skin
3. kills parasites
  - for fungal infections, scabies (rash caused by mites burrowing into skin), and other skin lesions



海  
桐  
皮

# hǔ gǔ

*tigris os*

**Temp:** warm  
**Taste:** acrid, (sweet), salty  
**Channels:** LV, KI  
**Dosage:** 3-6 grams (best used as herbal wine)

1. dispels wind-damp to treat bi syndrome
  - seeks out wind
2. tonifies Liver and Kidney yin to strengthen tendon and bone
  - for wei syndrome (atrophy), osteoporosis

Can be applied externally to joints.



虎  
骨

# mù guā

*chaenomelis fructus*

木  
瓜

**Temp:** warm  
**Taste:** sour  
**Channels:** LV, SP  
**Dosage:** 6-12 grams

1. relaxes tendons and unblocks channels to treat bi syndrome
  - esp. for spasm and cramping pain (e.g. low back, TMJ, abdominal cramps, leg cramps)
2. transforms middle-jiao dampness
  - for vomiting or diarrhea with cramps



Although Mu Gua is sour, it is not astringent in nature. It is only marked sour because it strongly enters the Liver channel

# cán shā

*bombycis faeces*

蚕  
沙

**Temp:** warm  
**Taste:** sweet, acrid  
**Channels:** LV, SP, ST  
**Dosage:** 4.5-9 grams (put in tea bag or gauze)

1. dispels wind-damp to treat bi syndrome
  - also unblocks the channels and relaxes the sinews
  - also for itchy rashes and skin lesion due to wind-dampness
2. transforms middle-jiao dampness
  - for vomiting or diarrhea with cramps



To use externally: dry fry Can Sha until warm, place in cloth bag while still warm, moisten cloth bag with rice wine and apply to joints or abdomen.

# qín jiāo

## *gentianae macrophyllae radix*

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

秦  
艽

1. dispels wind-dampness, relaxes tendons, and unblocks channels to treat bi syndrome
  - especially for frozen shoulder, cramping and pain in extremities
2. clears deficiency heat
3. resolves dampness, treats jaundice
  - esp. for yang jaundice (damp-heat)
4. moistens Large Intestine to relieve constipation



# sāng zhī

## *mori ramulus*

**Temp:** neutral  
**Taste:** bitter, acrid  
**Channels:** LV  
**Dosage:** 9-15 grams (up to 30g in high doses)

桑  
枝

1. relaxes tendons and unblocks channels to treat bi syndrome
  - mild; esp. for upper extremities
  - for muscle pain, spasm, cramps; or numbness and hemiplegia after stroke
2. promotes urination to treat edema
  - esp. when accompanied by joint pain
3. lowers high blood pressure



# xī xiān cǎo

## *siegesbeckiae herba*

**Temp:** cold  
**Taste:** bitter  
**Channels:** KI, LV  
**Dosage:** 9-15 grams

1. relaxes tendons and unblocks channels to treat bi syndrome
  - for spasm, cramping, weakness, and numbness in extremities
  - used in post-stroke conditions (facial paralysis, weak extremities)
2. clears heat and subdues Liver yang rising
  - for headache, dizziness, tinnitus
3. lowers high blood pressure
4. treats damp-heat related skin problems
  - used internally and externally for damp-heat sores, wind-damp rash, and itching



稀  
荃  
草

# bái huā shé

## *agkistrodon*

**Temp:** warm  
**Taste:** sweet, salty, toxic  
**Channels:** LV  
**Dosage:** 3-9 grams in decoction; 1-1.5 grams in pills (best used in tincture or wine)

1. strongly unblocks channels
  - “seeks out” or “tracks down” wind
  - for weakness and numbness in limbs, cramping muscles
2. dispels wind-dampness
  - for spasm, tremor, seizures, facial paralysis
  - also for rash due to wind
3. treats leprosy



白  
化  
蛇

Bai Hua She means “white flower [pattern] snake.” It is also called Qi She after Qi River in Hubei province.

# sāng jì shēng

## *taxilli herba*

**Temp:** neutral  
**Taste:** bitter, sweet  
**Channels:** KI, LV  
**Dosage:** 9-15 grams

1. tonifies Liver and Kidney yin to strengthen tendon and bone
2. tonifies blood
  - benefits skin; for dry, scaly skin due to blood deficiency
  - calms restless fetus to prevent miscarriage
  - promotes lactation
3. lowers high blood pressure and cholesterol

Sang Ji Sheng is a parasite that grows on aged mulberry trees.



桑寄生

# wǔ jiā pí

## *acanthopanacis cortex*

**Temp:** warm  
**Taste:** acrid, bitter  
**Channels:** KI, LV  
**Dosage:** 4.5-9 grams

1. tonifies Liver and Kidney yin to strengthen tendon and bone
  - esp. for five-delay syndrome in children, and elderly patients
2. promotes urination to treat edema
  - esp. for edema under the skin

*Acanthopanax Cortex* is the old latin name. It is also called *Eleutherococci Gracilistylis Cortex*.  
Wu Jia Pi sounds like "would you pee." It makes you pee.



五加皮



# Summary

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**du huo**  
*angelicae pubescentis radix*

dispels wind-damp  
• for lower body

**wei ling xian**  
*clematidis radix*

dispels wind-damp  
• for pain

• softens hardness and fish bones (salty)

**hai tong pi**  
*erythrinae cortex*

dispels wind-damp  
• for dampness

• kills parasites (worms and fungus)

**hu gu**  
*tigris os*

dispels wind-damp

• tonifies LV/KI yin, treats atrophy

**mu gua**  
*chaenomelis fructus*

unblocks channels to treat bi  
• sour because it enters LV channel

• transforms m-j dampness

**can sha**  
*bombycis faeces*

unblocks channels to treat bi

• transforms m-j dampness

**qin jiao**  
*gentianae macrophyllae radix*

unblocks channels to treat bi  
• esp. frozen shoulder

• clears def. heat  
• relieves jaundice

**sang zhi**  
*mori ramulus*

unblocks channels to treat bi  
• upper body

• lowers high blood pressure

**xi xian cao**  
*siegesbeckiae herba*

unblocks channels to treat bi  
• post-stroke

• lowers high blood pressure  
• treats skin problems

**bai hua she**  
*agkistrodon*

**strongly** unblocks channels to treat bi  
• snakey snake



**sang ji sheng**  
*taxilli herba*

tonifies LV/KI yin to strengthen tendon and bone

• calms fetus  
• lowers high blood pressure and cholesterol

**wu jia pi**  
*acanthopanax cortex*

tonifies LV/KI yin to strengthen tendon and bone  
• five delay in children

• promotes urination to treat edema