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
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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

Taste:	acrid, bittersweet (if tonifying)
Temperature:	• warm
Channels:	• LV, KI
Cautions & Contraindications:	Most of these herbs are warm, acrid and aromatic. They can easily cause dryness.
Main Action:	Treats bi syndrome

Herbs that Dispel Wind-Dampness

EXPEL WIND-COLD-DAMP

- dú huó
- wēi líng xiān
- hǔ gǔ

UNBLOCK THE CHANNELS

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

TONIFY LV/KI YIN

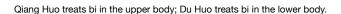
- sāng jì shēng
- wǔ jiā pí

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





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









hải tóng pí

erythrinae cortex

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

- 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



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.

mù guā

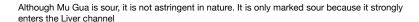
chaenomelis fructus

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





- 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





cán shā

bombycis faeces

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



- 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)



- 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

- 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



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



化





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

 tonifies Liver and Kidney yin to strengthen tendon and bone



- 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.









wǔ jiā pí

acanthopanacis cortex

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

- 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





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

Summary

du huodispels wind-dampangelicae pubescentis radix• for lower body

 wei ling xian
 dispels wind-damp
 • softens hardness and fish bones (salty)

 clematidis radix
 • for pain

 hai tong pi
 dispels wind-damp
 • kills parasites (worms and fungus)

 erythrinae cortex
 • for dampness

hu gu dispels wind-damp • tonifies LV/KI yin, treats atrophy tigris os

mu gua unblocks channels to treat bi • transforms m-j dampness chaenomelis fructus • sour because it enters LV channel

can sha unblocks channels to treat bi • transforms m-j dampness bombycis faeces

qin jiao unblocks channels to treat bi elears def. heat relieves jaundice

sang zhi unblocks channels to treat bi • lowers high blood pressure

xi xian cao unblocks channels to treat bi • lowers high blood pressure

siegesbeckiae herba • post-stroke • treats skin problems

bai hua shestrongly unblocks channels to treat biagkistrodon• snakity snek

upper body

mori ramulus

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sang ji sheng
tonifies LV/KI yin to strengthen tendon and taxilli herba
tonifies LV/KI yin to strengthen tendon and bone
tonifies LV/KI yin to strengthen tendon and tonifies LV/KI yin to strengthen

wu jia pi tonifies LV/KI yin to strengthen tendon and • promotes urination to treat edema

acanthopanacis cortex bone
• five delay in children