

HERBS THAT DISPEL WIND-DAMPNESS

AKA HERBS THAT TREAT BI SYNDROME

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Sources:

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

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

独
活

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.

wēi líng xiān

clematidis radix

Temp: warm

Taste: acrid, salty

Channels: UB

Dosage: 6-9 grams

威
灵
仙

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

hǎi tóng pí

erythrinae cortex

Temp: neutral

Taste: bitter, acrid

Channels: LV, SP, KI

Dosage: 6-15 grams

1. dispels wind-damp and unblocks 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

虎
骨

Can be applied externally to joints.

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

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. expels wind-cold-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
 - calms restless fetus to prevent miscarriage
 - promotes lactation
 - benefits skin; for dry, scaly skin due to blood deficiency
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, sweet

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

Acanthopanacis 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

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

• promotes urination to treat edema
• 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
gentiana 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
• snakity snek

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
acanthopanacis cortex

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

• promotes urination to treat edema