

WARM HERBS THAT TRANSFORM COLD-PHLEGM

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Sources:

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Warm Herbs that Transform Cold-Phlegm

Cold phlegm is copious, white, clear, and can be foamy or bubbly.

Damp-phlegm is a type of cold phlegm that is more copious and very slippery.

These herbs are warm and acrid, and can be toxic.

These herbs may be combined with herbs that tonify the Spleen, warm the interior, or dry dampness.

Warm Herbs that Transform Cold-Phlegm

Taste:	<ul style="list-style-type: none">• acrid, toxic
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• LU, SP
Cautions & Contraindications:	<ul style="list-style-type: none">• Some herbs are toxic. They must be prepared properly.
Main Action:	<ul style="list-style-type: none">• Transforms cold-phlegm and phlegm-dampness.

Warm Herbs that Transform Cold-Phlegm

- zhì bàn xià
- zhì tiān nán xīng
- bái jiè zǐ
- jié gēng
- xuán fù huā
- bái qián

zhì bàn xià

pinelliae rhizoma preparatum

Temp: warm
Taste: acrid, toxic
Channels: LU, SP, ST
Dosage: 3-9 grams

1. dries dampness and transforms phlegm
2. resolves phlegm nodules
 - for focal distention in the chest, goiter, scrofula, plum pi qi
3. directs rebellious Stomach qi downward
 - for nausea, vomiting, morning sickness

- Zhi Ban Xia is prepared by stir-frying it with ginger juice to reduce its toxicity. It is used so commonly in this form that if you say “Ban Xia” people will assume you mean “Zhi Ban Xia”.
- The antidote for poisoning from unprepared Ban Xia is Sheng Jiang, Fang Feng, and Gan Cao.
- Zhi Ban Xia is so good at transforming phlegm and stopping vomiting that it is also used for heat conditions by combining it with cold herbs.



制
半
夏

zhì tiān nán xīng

arisaematis rhizoma preparatum

Temp: warm
Taste: bitter, acrid, toxic
Channels: LV, LU, SP
Dosage: 3-9 grams

1. dries dampness and transforms phlegm
 - stronger than Zhi Ban Xia; very drying in nature
2. dissipates wind-phlegm and stops spasm
 - for dizziness, numbness in limbs, facial paralysis, spasm in the hands or feet, opisthotonos, stroke, seizure, lockjaw
3. reduces swelling and alleviates pain
 - use externally in unprepared form for deep rooted sores and boils
 - used topically for cervical cancer



Tian Nan Xing is cooked in ginger to remove its toxicity.

Tian Nan Xing can also be prepared with animal bile to change its temperature and treat hot phlegm (called Dan Nan Xing).

制
天
南
星

bái jiè zǐ

sinapis semen

Temp: warm
Taste: acrid
Channels: LU
Dosage: 3-9 grams (add towards the end of cooking [~5 min])

1. warms Lung and transforms phlegm
 - strongly dries out phlegm
 - used topically to treat asthma
2. resolves insubstantial phlegm and unblocks the channels
 - for nodules, goiter, scrofula, flat sores
 - for pain and body ache due to phlegm-damp in the channels

To use Bai Jie Zi topically to treat asthma, tape seed to the skin at UB-13, UB-15, and UB-17 bilaterally to induce skin irritation. Repeat 5-7 times

白芥子



jié gěng

platycodi radix

Temp: neutral (slightly cold)
Taste: bitter, acrid
Channels: LU
Dosage: 3-9 grams

1. disseminates Lung qi and transforms phlegm
 - for cough with phlegm due to heat or cold
 - vents Lung qi to stop cough
 - benefits throat; for throat pain or loss of voice
2. discharges pus
 - for Lung abscess or throat abscess (use internally)

Jie Geng is a Lung channel guiding herb. It can direct the actions of other herbs to the upper body.

桔梗



xuán fù huā

inulae flos

Temp: slightly warm

Taste: bitter, acrid, salty

Channels: LV, LU, ST, SP

Dosage: 3-9 grams (put in bag)

1. transforms cold-phlegm and dissipates water

- softens hard phlegm; for stubborn, “lacquer-like” phlegm
- can be used for hot or cold patterns

2. directs rebellious Stomach qi downward

- for vomiting, hiccup, belching due to cold



旋
覆
花

bái qián

cynanchi stauntonii rhizoma

Temp: slightly warm

Taste: acrid, sweet

Channels: LU

Dosage: 3-9 grams

1. downbears qi and transforms phlegm

- unblocks Lung qi and directs rebellious qi downward (cough)
- for cough with copious sputum and gurgling in the throat



白
前

Summary

zhi ban xia

pinelliae rhizoma preparatum

dries dampness and transforms phlegm

- for substantial and insubstantial phlegm

- calms rebellious ST qi

zhi tian nan xing

arisaematis rhizoma preparatum

dries dampness and transforms phlegm

- very warm and drying
- treats wind-phlegm

- treats painful sores
- use Dan Nan Xing for phlegm-heat

bai jie zi

sinapis semen

warms Lung and transforms phlegm

- for substantial and insubstantial phlegm

jie geng

platycodi radix

transforms cold-phlegm

- neutral temperature (heat or cold)
- stops cough

- discharges pus
- Lung channel guiding herb

xuan fu hua

inulae flos

transforms cold-phlegm and dissipates water

- cough with copious phlegm

- calms rebellious ST qi

bai qian

cynanchi stauntonii rhizoma

downbears qi and transforms phlegm

- for cough with phlegm