AROMATIC HERBS THAT TRANSFORM DAMPNESS

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Sources:

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• Chen, J. and Chen, T. (2004). Chinese Medical Herbology and Pharmacology. Art of Medicine Press. pp. 360-378

Aromatic Herbs that Transform Dampness

Aromatic herbs have three properties:

- 1. They have a strong, fragrant smell
- 2. They treat middle-jiao dampness
- 3. They activate middle-jiao function

Theoretically, these herbs should be added during the last five minutes of cooking to preserve their aromatic properties (this is not always done in practice).

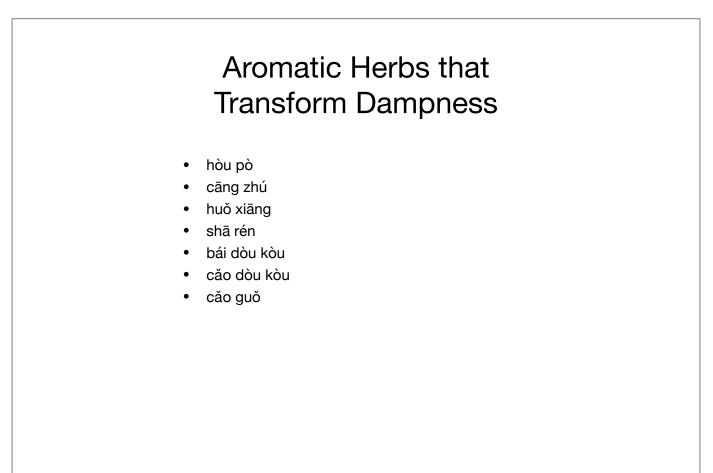
These herbs tend to be warm, acrid, and drying. They may cause heat signs or dryness. Use caution in patients with yin deficiency.

Signs and Symptoms:

- abdominal fullness, nausea, vomiting
- absence of thirst, poor appetite
- morning lethargy, grogginess, stiffness
- diarrhea, vaginal discharge
- greasy tongue coat; soggy or slippery pulse

Aromatic Herbs that Transform Dampness

Taste:	acrid, aromaticbitter (sometimes)	
Temperature:	• warm	
Channels:	• SP/ST	
Main Action:	Awaken the Spleen to transform dampness	
Cautions & Contraindications:	 These herbs are warm, acrid and drying. They may exhaust qi or dry up yin. 	
Other:	Add last five minutes (theoretically)	



cāng zhú atractylodis rhizoma

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

1. strongly dries dampness and strengthens the Spleen

- transforms middle-jiao dampness: for diarrhea, n/v, fatigue
- clears lower-jiao damp-heat: combine with cold herbs; for vaginal discharge, swollen joints
- essential herb for dampness; use whenever the tongue coat is thick
- 2. dispels wind-dampness from the channels and muscles
 - body ache and body heaviness, damp-predominant bi syndrome
- 3. brightens the eyes
 - for night blindness, poor vision, cataracts and glaucoma

Cang Zhu is a Spleen/Stomach guiding herb.

hòu pò magnolia officinalis cortex

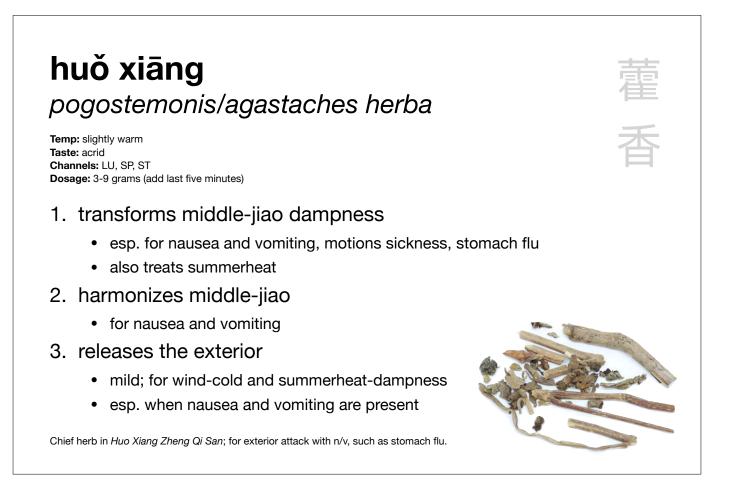
Temp: warm Taste: bitter, acrid Channels: LI, LU, SP, ST Dosage: 3-9 grams

- 1. moves qi and dries dampness
- 2. moves middle-jiao qi
 - for qi stagnation or food stagnation
 - moves qi downward
- 3. transforms phlegm and stops cough
 - for cough and wheezing due to phlegm obstructing the Lung



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Due to its downward nature, use caution during pregnancy.



shā rén amomi fructus

Temp: warm Taste: acrid, aromatic Channels: SP, ST Dosage: 3–6 grams (crush first, add last five minutes)

- 1. transforms middle-jiao dampness and moves qi
- 2. warms middle-jiao
 - esp. for diarrhea due to cold
- 3. calms restless fetus to prevent miscarriage



Also used in formulas with tonifying herbs to prevent stagnation.

bái dòu kòu amomi fructus rotundus

Temp: warm Taste: acrid, aromatic Channels: LU, SP, ST Dosage: 3-6 grams (crush first)

- 1. transforms middle-jiao dampness and moves qi
 - for vomiting and nausea
 - can be used as single herb
- 2. warms middle-jiao
 - for vomiting due to cold

cǎo dòu kòu alpiniae katsumadai semen

Temp: warm Taste: acrid, aromatic Channels: SP, ST Dosage: 3-6 grams (crush first, add last five minutes)

1. dries dampness and moves qi

2. warms middle-jiao

• for abdominal fullness and pain, nausea, vomiting due to cold



Cao Dou Kou is stronger than Bai Dou Kou and may be overly warm and drying.

cǎo guǒ tsaoko fructus Emp: warn Saste: acrid Croasge: 3-6 grams 1. strongly dries dampness and disperses cold 2. transforms phlegm-cold in the Lung b. treats malaria disorders

Can also be used for food stagnation from overconsumption of meat.

Summary

cang zhu atractylodis rhizoma	transforms dampness	 treats wind-dampness brightens eyes guides other herbs to SP/ST
hou po magnoliae officinalis rhizoma	transforms dampness	 downward action to treat rebellious qi transforms phlegm and stops cough
huo xiang pogostemonis herba	transforms dampness n/v, stomach flu 	summerheatreleases exterior
sha ren amomi fructus	transforms dampness & warms m-j • diarrhea	calms restless fetus
bai dou kou amomi fructus rotundus	transforms dampness & warms m-j • vomiting and nausea	
cao dou kou alpine katsumadai semen	transforms dampness & warms m-j • stronger than bai dou kou	
cao guo tsaoko fructus	strongly dries dampness & warms m-j	• malaria