

SUBSTANCES THAT EXTINGUISH WIND AND STOP TREMORS

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Sources:

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Substances that Extinguish Wind and Stop Tremor

These substances treat wind at the interior (internal stirring of wind). This is generally due to an imbalance of yin and yang in the Liver, where yin is unable to restrain yang qi, which turns into wind.

Internal wind can be caused by:

- Liver and Kidney Yin deficiency
- Liver yang rising (with underlying LV/KI yin deficiency)
- Extreme heat (high fever)
- Liver blood deficiency

Symptoms include:

- headache, dizziness, blurred vision, tinnitus
- irritability, vomiting, palpitation, muscle twitches
- terror, tonic-clonic spasm of extremities
- sudden loss of consciousness, facial paralysis, hemiplegia, aphasia (wind-stroke)
- convulsions, opisthotonos (arched-back rigidity)

Wind that is caused purely by deficiency (yin deficiency or Liver blood deficiency) is usually treated with tonifying herbs and not necessarily herbs from this category.

Substances that Extinguish Wind and Stop Tremors

Taste:	<ul style="list-style-type: none">• acrid, sweet, salty
Temperature:	<ul style="list-style-type: none">• slightly cold
Channels:	<ul style="list-style-type: none">• LV, HT
Cautions & Contraindications:	<ul style="list-style-type: none">• Many of these substances are cold; use caution with Spleen deficiency
Main Action:	<ul style="list-style-type: none">• Calm Liver and extinguish internal wind
Other:	<ul style="list-style-type: none">• Combine with other herbs that clear heat, tonify yin, or tonify blood

Substances that Extinguish Wind and Stop Tremors

- líng yáng jiǎo
- gōu téng
- tiān má
- cì jí lí
- shí jué míng
- dì lóng
- bái jiāng cān
- quán xiē / wú gōng
- dài zhě shí

líng yáng jiǎo

saigae tataricae cornu

Temp: cold
Taste: salty
Channels: HT, LV
Dosage: 1-3 grams (cook alone for two hours; or take 0.3-0.6 grams as powder)

1. clears Liver heat and extinguishes wind
 - for extreme heat stirring internal wind
 - for childhood convulsion, seizure, stubborn high fever
2. subdues Liver yang rising
 - for dizziness, irritability, restlessness, splitting headache
3. clears Liver heat to brighten eyes
 - for red eyes or headache due to Liver fire
4. clears heat toxicity
 - for warm-heat diseases with high fever, manic behavior, or loss of consciousness (heat in Pericardium)
 - for macular eruptions due to heat toxicity

The saiga antelope is "moderately endangered." Goat horn is commonly substituted.

羚羊角



gōu téng

uncariae ramulus cum uncis

Temp: slightly cold
Taste: sweet
Channels: PC, LV
Dosage: 6-15 grams (do not boil longer than 20 minutes)

1. extinguishes wind and stops spasm
 - for tremor, convulsion, seizure, child fright wind
2. clears Liver heat and subdues Liver yang rising
 - for headache, irritability, red eyes, dizziness
 - also for hypertension with this pattern
3. releases the exterior
 - for wind-heat with headache and red eyes
 - for incomplete expression of rashes

钩藤



tiān má

gastrodiae rhizoma

Temp: neutral
Taste: sweet
Channels: LV
Dosage: 3-9 grams

天
麻

1. extinguishes wind and stops spasm
 - for headache, dizziness, childhood convulsion, spasm, opisthotonos, wind-stroke
 - for headache, dizziness, migraine due to wind-phlegm
 - can be used for hot or cold patterns; excess or deficiency
2. subdues Liver yang rising
 - for dizziness and headache due to Liver yang rising
3. unblocks channels to treat bi syndrome
 - for pain and numbness of low back and extremities



cì jí lí

tribuli fructus

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

刺
蒺
藜

1. anchors Liver yang rising
 - for headache and dizziness
2. moves Liver qi
 - for distention and pain in the chest and ribside, irregular menstruation
 - for insufficient lactation with painful distended breasts due to Liver qi constraint
3. dispels wind-heat to brighten eyes
 - for red, swollen, painful eyes due to wind-heat invasion
4. dispels wind-heat and stops itch
 - for any skin lesion with significant itching, hives, vitiligo



Also called Bai Ji Li.
Use caution during pregnancy.

shí jué míng

holiotidis concha

Temp: cold
Taste: salty
Channels: KI, LV
Dosage: 15-30 grams

1. clears Liver heat and subdues Liver yang rising
 - for headache, dizziness, red eyes
 - for hypertension with Liver yang rising
2. clears Liver heat to brighten eyes
 - for red eyes, blurred vision, sensitivity to light, pterygium



Used recently for reducing stomach acid. Used topically for bleeding due to injury/trauma.

石
決
明

dì lóng

pheretima

Temp: cold
Taste: salty
Channels: UB, LV, LU, SP
Dosage: 4.5-15 grams

1. clears heat and extinguishes wind
 - for extremely high fever causing clouded spirit, delirious speech, spasm, convulsion
2. unblocks channels
 - for hemiplegia and post-stroke conditions
 - for hot bi syndrome (or for cold bi if combined with other herbs)
3. clears heat and calms wheezing
 - for panting and wheezing due to Lung heat
 - can be taken as single herb ground into powder
4. clears heat and promotes urination
 - for hot lin syndrome or edema

Used recently for hypertension with Liver yang rising.

地
龍

bái jiāng cān

bombyx batryticatus

Temp: neutral
Taste: acrid, salty
Channels: LV, LU
Dosage: 3-9 grams

1. extinguishes wind and stops spasm
 - for childhood convulsion, facial paralysis, seizures
 - esp. for wind-phlegm
2. unblocks channels
 - for hemiplegia, deviation of eyes and mouth due to wind-stroke
3. transforms phlegm and dissipates nodules
 - for scrofula and nodules due to phlegm-heat
4. disperses wind-heat, alleviates pain, stops itch
 - for headache, red eyes, sore throat, loss of voice
 - for itching skin lesions, wind rash



白
僵
蚕

quán xiē

scorpio

Temp: neutral
Taste: salty, acrid, toxic
Channels: LV
Dosage: 2-4.5 grams

1. strongly extinguishes wind
 - “seeks out” or “tracks down” wind
 - for spasm, childhood convulsions, tetany, opisthotonos, tics, seizure
2. unblocks channels and stops pain
 - for chronic, stubborn bi syndrome
 - for stubborn headache and migraine
 - for deviated mouth and eyes due to wind-stroke
3. clears heat toxicity and dissipates nodules
 - for toxic sores, swellings, and scrofula
 - “use toxin to attack toxin”



全
蝎

Contraindicated during pregnancy.

wú gōng

scolopendra

Temp: warm
Taste: acrid, toxic
Channels: LV
Dosage: 1-3 grams

1. strongly extinguishes wind
 - “seeks out” or “tracks down” wind
 - for spasm, childhood convulsions, opisthotonos, lockjaw, seizure
2. unblocks channels and stops pain
 - for stubborn headache and migraine
 - for chronic, stubborn bi syndrome
3. clears heat toxicity and dissipates nodules
 - for toxic sores, swellings, and scrofula
 - for snake bite
 - “attack toxin with toxin”

Contraindicated during pregnancy.



蜈蚣

dài zhě shí

haematitum

Temp: cold
Taste: bitter
Channels: HT, LV, PC
Dosage: 9-30 grams (crush and cook first)

1. clears Liver heat and subdues Liver yang rising
 - for dizziness, headache, eye pressure, tinnitus
2. descends rebellious Lung and Stomach qi
 - rebellious ST qi: belching, vomiting, hiccup
 - rebellious LU qi: wheezing
3. cools blood to stop bleeding
 - for vomiting blood, nosebleed, flooding and spotting

Use caution during pregnancy. Naturally contains small amounts of arsenic.



代赭石

Summary

ling yang jiao
saigae tataricae cornu

clears heat and extinguishes wind

- brightens eyes
- clears heat toxicity

gou teng
uncariae ramulus cum uncis

extinguishes wind

- releases exterior

tian ma
gastrodiae rhizoma

extinguishes wind

- treats bi syndrome

ci ji li
tribuli fructus

anchors LV yang rising

- moves LV qi
- dispels wind-heat (brightens eyes, stops itch)

shi jue ming
holiotidis concha

clears LV heat, subdues LV yang

- brightens eyes

di long
pheretima

clears heat and extinguishes wind

- unblocks channels
- calms wheezing
- promotes urination

bai jiang can
bombyx batryticatus

extinguishes wind

- wind-phlegm

- transform phlegm (nodules)
- stops itch

quan xie / wu gong
scorpio / scolopendra

strongly extinguishes wind

- unblocks channels
- clears heat toxicity

dai zhe shi
haematitum

clears LV heat, subdues LV yang

- rebellious LU & ST qi
- stops bleeding