

HERBS THAT EXPEL PARASITES

Revised: 5/1/2023

Sources:

- Bensky, D. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. pp. 997-1018
- Wiseman and Brand (2008). *Concise Chinese Materia Medica*. Paradigm Publications. pp. 245-253

Herbs that Expel Parasites

In TCM, the term “parasite” can refer to real intestinal parasites such as roundworm, tapeworm, and hookworm; or it can refer to skin infection like tinea, athlete’s foot, scabies, or lichen.

The herbs in this section mainly treat intestinal parasites.

- para-umbilical pain
- vomiting
- change in appetite or deranged appetite (pica)
- itching of rectum, nose, or ears

These herbs are usually taken on an empty stomach. Use caution during pregnancy.

“expel parasite” = the action of causing parasites in the digestive tract to be passed out of the body via the stool
“kill parasite” - elimination of “parasites” on the surface of the body, as in skin infection

Herbs that Expel Parasites

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|--|--|
| Taste: | <ul style="list-style-type: none">• bitter, sweet |
| Temperature: | <ul style="list-style-type: none">• ? |
| Channels: | <ul style="list-style-type: none">• ST, SP |
| Cautions & Contraindications: | <ul style="list-style-type: none">• Use caution during pregnancy |
| Main Action: | <ul style="list-style-type: none">• Expel intestinal parasites |
| Other: | <ul style="list-style-type: none">• Usually taken on empty stomach |

Herbs that Expel Parasites

- dà suàn
- shǐ jūn zǐ
- bīng láng

dà suàn

alli sativi bulbus

Temp: warm

Taste: acrid

Channels: LI, LU, ST, SP

Dosage: 4.5-9 grams

大蒜

1. kills parasites

- for hookworm and pinworm
- also for tinea of the scalp and other rashes (used topically)

2. disperses abscess and reduces swelling

- for early-stage sores and abscesses
- use internally or topically

3. warms the Stomach

- for diarrhea and dysentery due to epidemic toxin or food stagnation

Do not use topically for long periods (skin irritant). Topical application of perianal area or enema contraindicated during pregnancy.

shǐ jūn zǐ

quisqualis fructus

Temp: warm

Taste: sweet

Channels: SP, ST

Dosage: 9-12 grams (can be chewed and swallowed)

使君子

1. kills parasites

- especially for roundworm and pinworm

2. strengthens Spleen and disperses accumulation

- for childhood nutritional impairment
 - **gan accumulation** - withered yellow facial complexion, emaciated body and enlarged abdomen, abdominal pain from parasites
- for abdominal distention, poor appetite, weak constitution

Seeds are dry-fried then chewed and swallowed or ground into powder and eaten with congee. Avoid drinking hot tea afterwards as it can cause hiccup.



bīng láng

arecae semen

檳榔

Temp: warm
Taste: acrid, bitter
Channels: LI, ST
Dosage: 6-15 grams

1. kills parasites

- best for tapeworm
- also for fasciolopsis, pinworm, roundworm, blood fluke

2. moves qi and disperses accumulation

- for food accumulation and qi stagnation with abdominal distention, constipation, or diarrhea with tenesmus

3. moves qi and promotes urination

- for edema and leg qi with swelling and pain



Also used for malarial disorders.

Summary

da suan
alli sativi bulbus

kills parasites
• hookworm and pinworm
• skin infection and rashes

• for abscess and swelling
• warms Stomach

shi jun zi
quisqualis fructus

kills parasites
• roundworm and pinworm

• strengthens Spleen (childhood malnutrition)

bing lang
arecae semen

kills parasites
• esp. tapeworm

• moves qi
• promotes urination

SUBSTANCES FOR TOPICAL APPLICATION

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Sources:

- Bensky, D. (2004). *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press. pp. 1021-1042
- Wiseman and Brand (2008). *Concise Chinese Materia Medica*. Paradigm Publications. pp. 479-496

Substances for Topical Application

These substances are used topically for such symptoms as bleeding, inflammation, swelling, pain, and oozing fluids. They can also promote healing and stop itch.

Some can be taken internally as well (usually to tonify Kidney yang).

Herbs for External Use

- bái fán (míng fán)
- liú huáng
- shé chuáng zǐ

bái fán (míng fán)

alumen

Temp: cold

Taste: sour, astringent

Channels: HT, SP, LV

Dosage: 1-3 grams in decoction; 0.6-1.5 grams in pills and powders

白
矾

1. resolves toxicity, absorbs dampness, kills parasites, and relieves itching
 - used as an external wash for scabies, tinea, and rashes due to dampness or damp-heat
2. stops bleeding
 - internal use: for diarrhea, blood in the stool, flooding and spotting, vaginal discharge
 - external use: for. nosebleed, bleeding gums, bleeding due to trauma
3. clears heat and transforms phlegm (internal use)
 - for wind-phlegm disorders: irritability, delirium, convulsion



liú huáng

sulfur

Temp: hot

Taste: sour, toxic

Channels: HT, LU, SP

Dosage: 1-3 grams

硫
黄

1. kills parasites, resolves toxicity, absorbs dampness, and relieves itching
 - esp. for scabies
 - also for tinea, damp festering sores, ulcers, and yin-type flat abscesses
2. tonifies Kidney yang (internal use)
 - for cold and painful low back and knees, impotence, asthma, enuresis, constipation



Contraindicated during pregnancy. Use caution with internal use.

shé chuáng zǐ

cnidii fructus

Temp: warm

Taste: acrid, bitter, slightly toxic

Channels: KI

Dosage: 3-9 grams in decoction

蛇
床
子

1. kills parasites, dries dampness, and relieves itching
 - used topically as wash, powder, or ointment for weepy, itch skin lesion, especially in the genital area
 - also for scabies and tinea
2. tonifies Kidney yang
 - for impotence and infertility



Summary

bai fan
acumen

treats skin issues

- stops bleeding
- treats wind-phlegm conditions

liu huang
sulfur

treats skin issues

- tonifies Kidney yang

she chuang zi
cnidii fructus

treats skin issues

- tonifies Kidney yang