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

Taste:	bitter, sweet
Temperature:	• ?
Channels:	• ST, SP
Cautions & Contraindications:	Use caution during pregnancy
Main Action:	Expel intestinal parasites
Other:	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

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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.

shĭ jūn zĭ

quisqualis fructus

Temp: warm
Taste: sweet
Channels: SP, ST

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

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.



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bīng láng

arecae semen

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 gi 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

kills parasites

- roundworm and pinworm
- strengthens Spleen (childhood malnutrition)

bing lang

kills parasites · esp. tapeworm

- moves qi
- · promotes urination

SUBSTANCES FOR TOPICAL APPLICATION

Revised: 5/1/2023

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

- 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



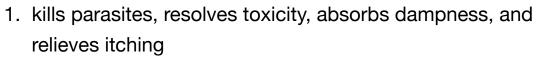




liú huáng

sulfur

Temp: hot Taste: sour, toxic Channels: HT, LU, SP Dosage: 1-3 grams



- · 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

- 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

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