LESSON 8: Herbs that Regulate Qi

“When Qi and blood are flush and harmonious, the myriad diseases cannot arise. Once they become restrained and constrained (fu yu), various diseases arise from that. Thus, among the various human diseases, most arise from constraint.” Teachings of (Zhu) Dan-Xi, 14th century

Herbs that regulate qi work to create smooth and free flow in the body, they achieve this by facilitating the proper workings of the “qi dynamic” called Qi ji or the Qi mechanism. The organs involved in workings of the “qi dynamic” are the: Lungs which govern the qi, the Liver which governs smooth flow of qi and governs dredging and draining, the Spleen which governs transformation and transportation and is the root of post heaven qi/essence, the Stomach which governs receiving, and the Kidneys which govern the root of pre heaven qi/essence.

Disruption of the “qi dynamic” arises from either stagnation or rebellion. The characteristic symptoms of qi stagnation include: abdominal distention, discomfort and migratory pain. Sometimes distention pain eases after eructation or flatulence. Symptoms can also include depression, irritability, gloomy feelings, frequent mood swings, and frequent sighing. The patient often has a wiry or tight pulse and slightly purple tongue. Other symptoms depend on which organ or meridian is affected, the Liver being the most common. Rebellion of qi is due to a disruption in the normal coursing of qi; characteristic symptoms are: belching, vomiting, nausea, wheezing and dyspnea.

The selection of qi regulating herbs depends on the mode of qi stagnancy, symptom nature (chill or fever), pain location and complications. The mode or organ is usually one of three Organs:

1. Stagnant Spleen and Stomach qi: symptoms include epigastric pain, abdominal distention, belching, gas, vomiting, acid fluid, nausea, diarrhea or constipation. These could result in biomedicine diagnosis of: dyspepsia, neurotic gastroenteritis, chronic gastritis, or peptic ulcer. They can also be the result of Candida albicans.

2. Stagnant Liver qi: symptoms include a stifling sensation in the chest, pain in the flank, loss of appetite, vomiting bitter sour water, menstrual irregularities, tender breast, depression, irritability and in severe cases hernial pain. These could result in biomedicine diagnosis of: chronic hepatitis, neurotic gastroenteritis, neurasthenia and autonomic neurosis. Often a fever can arise in these cases: "liver stagnation turning into fire".
This might result in violent headaches, a ruddy face, eye congestion, dry mouth, bitter mouth, acute hearing difficulties and acute tinnitus. If stagnant liver qi affects the stomach we get a hepatic gastric disharmony causing nausea and epigastric pain. If it affects the spleen it will produce abdominal aches and diarrhea.

3. Stagnant Lung qi: symptoms include coughing, wheezing and laboured breathing, with a stifling sensation in the chest. These could result in biomedicine diagnosis of: bronchitis, bronchial asthma or emphysema.

Herbs that regulate the qi are rarely used alone; they are combined with other botanicals specific for the nature of the disorder. Because most of these herbs are aromatic and dry in nature, long-term use should be avoided as they might exhaust yin and cause qi deficiency. If the patient has weak yin, usually nourishing and moistening herbs like Bai shao (white peony) is used to protect yin fluids. These herbs should not be decocted more than fifteen minutes as they usually contain volatile oils.

The herbs in this lesson are:

- Chen pi - *Citrus reticum*
- Qing pi - *Citrus reticulata*
- Zhi shi - *Citrus aurantium*
- Da fu pi - *Areca catechu*
- Mu xiang - *Aucklandia lapa*
- Chen xiang - *Aquilaria agallocha*
- Xie bai - *Allium macrostemon*
- Li zhi he - *Litchi chinensis*
- Xiang fu - *Cyperi rhizoma*
Chen Pi *Citri reticulatae pericarpium*  

**Other names:**  
**Chen pi** 陈皮: Tangerine peels, aged peel, Pericarpium Citri Reticulatae, chu pi, zhu pi, ju pi, guang chen pi, guang gan pi, chinpi (Japanese), chinpi (Korean)  

**Qing pi** 秦皮: unripe /green tangerine peel, *Pericapium Citri Reticulatae Viride*, blue citrus peel, ching pi, jyohi (Japanese), ch'ongpi' (Korean)  

**Zhi shi** 柱子: immature fruit of bitter orange, *Fructus Immaturua Citri Aurantii*, chisel (Korean).  

**Plant description:** Pericarp usually separated into several pieces, or pieces jointed at the base, varying in size, about 1 mm in thickness. Exocarp orange-red, with numerous rounded oil spots; mesocarp white, loose, with numerous reticular vascular bundles. Aromatic in odour.  

**Part used:** aged peel, green peel, immature fruit.  

**Habitat, ecology and distribution:** Guangdong, Fujian, Sichuan, Jiangsu, Zhejiang, Hunan, Yunnan, Guizhou  

**History:** Found first in the Divine Husbandman's Classic of Materia Medica, and Pouch of Peals.  

** Constituents:**  
**Chen pi:** limolene, isopropenyltroluene, elemen, copanene, humule, beta-sesquiphellandrene, alpha-humulenol acetate, hesperidin, rutin, carotene, cryptoxanthin, B 1 and Vit C. (often consider better as limonene, one of the principal constituents, is higher in the mature peel)  

**Qing pi:** similar to chen pi, with flavonoid, and synephrine  

**Zhi shi:** neohesperidin, naringin, rhoifolin, lonicerin, Vit. C  

**Energetics Properties and Channels entered:**  
**Chen pi:** acrid, bitter, warm, aromatic; entering Lung, Spleen, and Stomach meridians.  
**Qing pi:** bitter, acrid, warm; entering the Gallbladder, Liver and Stomach meridians.  
**Zhi shi:** bitter, acrid, slightly cold; entering the Large intestine, Spleen, Stomach meridians.
**Actions and Indications**: stomachic, stimulant, moves stagnant qi

**Medical Research**:3,4

*Chen pi*: The volatile oil acts as a slight irritant to the gastrointestinal tract, promoting the secretion of digestive fluid and expelling the flatus. It also has a stomachic action with an inhibitory effect on the smooth muscles. Small amounts can increase cardiac output (positive inotropic effect), without increasing heart rate. Large amounts can have an inhibitory effect. Both hesperidin and rutin have a strengthening effect on capillaries, with anti-inflammatory action. Antibacterial action has been found, inhibiting *staphylococci*.

*Qing pi*: has a stomachic property similar to chen pi, with a stronger qi-moving and stagnancy removing action. Qing pi also produces a diaphoretic and cold-removing effect. Synephrine will significantly increase systolic and mean arterial blood pressure, while not effecting diastolic pressure or heart rate. This increases cardiac index and reduces peripheral vascular resistance.5

*Zhi shi*: has been shown to inhibit uterine muscle contractions in mice, but stimulate them in rabbits. Zhi shi reduces muscle action in intestine. The cardiac effect is similar to chen pi.

**Synephrine** is chemically very similar to the ephedrine and pseudo-ephedrine found in many OTC cold/allergy medications and a number of weight loss and energy supplements that contain Ma Huang. But synephrine differs from ephedrine, in that synephrine is considered a semi-selective sympathomimetic (because it targets some tissues such as fat, more than it targets others such as the heart), versus a non-selective sympathomimetic (like ephedra which targets many tissues equally and thus often causes side effects). For example, although some high-dose ephedra-containing supplements have been associated with certain cardiovascular side effects such as elevated blood pressure and heart palpitations, researchers at Mercer University in Atlanta have shown that *Citrus aurantium* extract (because it targets fat tissue rather than heart tissue) has no effect on hemodynamics such as heart rate and blood pressure.

**Claims**
- Increases metabolic rate
- Increases caloric expenditure
- Fat burner
- Promotes weight loss
- Increases energy levels
Theory
Because synephrine is a mild stimulant similar in some ways to caffeine and ephedrine, it is thought to have similar effects in terms of providing an energy boost, suppressing appetite, and increasing metabolic rate and caloric expenditure. In traditional Chinese medicine, zhi shi is used to help stimulate qi - but in order to maximize the metabolic benefits of these extracts, total synephrine intake should probably be kept to a range of 2-10 mg/day. Although synephrine and several other compounds found in zhi shi are structurally similar to ephedrine and are known to act as stimulants (via adrenergic activity), zhi shi does not appear to have the same negative central nervous effects of ma huang (ephedra). Through its stimulation of specific adrenergic receptors (beta-3, but not beta-1, beta-2 or alpha-1), zhi shi is theorized to stimulate fat metabolism without the negative cardiovascular side effects experienced by some people with Ma Huang (which stimulates all beta-adrenergic receptors).

Scientific Support
The effects of synephrine alone or in combination with other ingredients such as kola nut and guarana (both are caffeine sources) or with salicylates such as white willow (a natural form of aspirin), generally fall into the category of acting as a mild stimulant. The extract of *Citrus aurantium*, in addition to synephrine, also contains tyramine and octopamine. Octopamine may be related in some way to appetite control, as it is thought to influence insect behavior by stopping bugs from eating the citrus fruit (so if you're an insect, this may be the perfect weight loss supplement for you).

A recent study conducted in dogs suggests that synephrine and octopamine can increase metabolic rate in a specific type of fat tissue known as brown adipose tissue (BAT). This effect would be expected to increase fat loss in humans.

Up until very recently, synephrine-containing supplements existed with only some interesting theories on how they might work to increase metabolic rate and promote significant weight loss. At this writing, there are now at least two clinical studies showing that synephrine-containing supplements help promote weight loss, and at least three clinical studies showing an enhanced thermogenesis (calorie expenditure) from these supplements. There is a great deal of research currently underway into the weight loss benefits of synephrine and supplements with related thermogenic effects, leading researchers in the Department of Physiology at Georgetown University to conclude that "*Citrus aurantium* may be the best thermogenic substitute for ephedra."

Safety Early animal studies using high doses of isolated (purified) synephrine have been shown to raise blood pressure - but more recent human studies of *Citrus aurantium* extracts (standardized for synephrine) have not demonstrated any cardiovascular side effects. When used as directed, synephrine-containing supplements appear to be quite safe and should be treated as a mild stimulant (similar to a cup of coffee) with appetite controlling and mild thermogenic properties.
Value
The most likely explanation for weight loss effects attributed to *citrus aurantium* supplements is the mild appetite reduction and thermogenesis. Although these effect is likely to be somewhat less dramatic that effects induced by Ma Huang (*ephedra* alkaloids), users can expect variable effects including reduced appetite and heightened feelings of energy (similar to caffeine) - both of which are likely to result in weight loss - but with less chance of cardiovascular involvement (palpitations, blood pressure, heart rate, etc).

Toxicity, Contraindications and cautions:
Some chen pi samples have been tested with pesticide residue. Get organic chen pi if you can; otherwise soak chen pi in water for several hours and wash it thoroughly before use.

**Chen pi**: contraindicated in cases of dry cough due to yin or qi deficiency. Use with caution if the tongue is red and in cases of hot phlegm or dry heat cough or spitting blood.

**Qing pi**: Use with caution in qi deficiency

**Zhi shi**: Use with caution during pregnancy, weak qi or where to Stomach is cold from deficiency.

Medicinal uses:
**Chen pi**:  
- Regulates the qi, improving transportation function of the Spleen, adjusts the middle and relieves the diaphragm. It is specific for stagnant qi in the Stomach or Spleen, with symptom patterns of epigastric or abdominal distention, fullness, bloating, belching and nausea or vomiting. Chen pi promotes downward movement of qi.
- Transforms phlegm, while drying dampness; used for phlegm-damp coughs with stifling sensation in chest and/or diaphragm with copious viscous sputum. Great for damp phlegm in the digestive tract, associated with abdominal distention, loss of appetite, fatigue, loose stool and a thick greasy tongue coating. Prominent herb for qi flow in both Lung and Spleen, often used when both meridians are involved.
- Used as a prevention of stagnation, tonifying Lung and Spleen.

**Qing pi**:  
- Spreads Liver qi and breaks up stagnant qi, with symptoms of distention and pain in chest, breast or hypochondriac region, or hernial pain.
- Dissipates clumps and reduces stagnation of food with distention or pain in epigastric region. Used for severe food stagnation.
- Sometimes used to raise blood pressure.
Zhi shi:
- Breaks up qi stagnation and reduces accumulation, with epigastric or abdominal pain and distention from indigestion and gas.
- Directs qi downward and unblocks bowels; used for constipation and abdominal pain caused by accumulation and stagnant qi
- Transforms phlegm and expels distention; for fullness in chest and epigastrium due to phlegm obstruction and qi mechanism (Candida).
- Used to tone qi in the GI for gastriectasis, gastroposis, rectal prolapsed or uterine prolapse.
- Used to raise blood pressure

**Pharmacy and dosage:**
- **Chen pi:** 3 - 9 grams.
- **Qing pi:** 3 - 9 grams
- **Zhi shi:** 3 - 9 grams

**Major Combinations:**
**Chen pi:**
- With hou po (Magnolia cortex) and cang zhu (Atractylodis roots) for epigastric and abdominal fullness and distention, acid regurgitation, fatigue, loose stool and damp-cool stagnation of Spleen and Stomach.
- With ban xia (Pinelliae root) for a stifling sensation in the chest with cough and excess sputum due to obstruction of damp-phlegm. Add fu ling (Poriae cocos) and hou po (Magnolia cortex) to enhance the phlegm transformation. Used to strengthen the Spleen.
- With sheng jiang (Ginger root) for vomiting and hiccups due to disharmony of Stomach qi.
- With zhu ru (Caulis Bambusae) and huang lian (Coptis) for vomiting due to phlegm heat.
- With dang shen (Codonopsis root) and huang qi (Astragulus root) to prevent the side effect of bloating from other herbs in a formula.

**Qing pi:**
- With chai hu (Bupleuri root) and yu jin (Curumae tuber) for pain and distention in the chest and flank associated with disharmony between the Liver and Stomach. Add bie jia (Carapax Amydæ Sinensis) and dan shen (Salvia miltiorrhizæ root) for enlargement of the spleen and or liver.

**Zhi shi:**
- With hou po (Magnolia cortex) for focal distention, swelling and pain associated with food stagnation and qi obstruction.
• With da huang (Rhubarb root) for constipation and abdominal swelling due to food stagnation or qi obstruction. It can also be used for diarrhea, dysenteric disorders and abdominal pain due to obstruction from a damp-heat.
• With bai zhu (Atractylodis macrocephalae root) for focal distention in the epigastrium and abdominal region due to Spleen and Stomach deficiency or food stagnation.
• With bai shao (Paeniae root) for abdominal pain due to qi and blood obstruction
• With da huang (Rhubarb root), huang qin (Scutellaria baicalensis) for dysentery with tenesmus due to accumulation and stagnation of damp-heat, especially when associated with food accumulation.

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5 Tang W, Eisenbrand; Chinese Drugs of Plant Origin; Spinger-Verlag; New York; 1992 p 347
6 http://www.supplementwatch.com/lsupatozlsupplement.asp?supplementId=273
Images foodsnherb.com, tcm.health-info.org
Da Fu Pi *Areca catechu*  
大腹皮

*Family: Palmae*

**Other names:** betel husks, areca peels, *Pericarpium Arecae* Catechu, ta fu pi, daifukuhi (Japanese), taebokpi (Korean)

**Plant description:** A very attractive palm to about 10 m high, with dark green leaves, and an attractive dark green, ringed trunk. It has fragrant, scented, white flowers, which form into orange/scarlet fruit about 50 mm (2 inches) long.

**Da fu pi:** Somewhat elliptical or long-ovate gourd-shaped, 4-7 cm long, 2-3.5 cm wide, 0.2-0.45 thick. Epicarp deep brown to blackish, with irregular longitudinal wrinkles and raised transverse lines on the surface; style scars at apex and a fruit stalk and remains of calyx at the base. Endocarp dented, brown or deep brown, smooth and hard shell shaped. Texture light and hard, mesocarp fibers visible torn longitudinally. Odour, slight; taste, slightly astringent.

**Da fu mao:** Somewhat elliptical or gourd-shaped. Epicarp mostly lost or remained. Mesocarp fibres yellowish-white or pale brown. Texture lax and soft. Endocarp hard shell-shaped, yellowish-brown or brown, inner surface smooth, sometimes broken in longitudinal. Odourless; taste, weak.

**Part used:** husk, dried fruit skin

**Habitat, ecology and distribution:** Found in tropical rainforests; it has been widely cultivated for centuries, so its original home is uncertain, though it is probably Malaysia. In China it can be found in Guangdong, Hainan, Yunnan, Fujian, Guangxi, Taiwan

**History:** Medical Recipes by Hou Nig-ji

**Constituents:** tannins, arecoline, pararecoline.1, 2

**Energetics Properties and Channels entered:** acrid, slightly warm, entering Large Intestine, Small Intestine, Spleen and Stomach meridians.

**Actions and Indications:** qi stagnation, diuretic, stomachic.

**Medical Research:** a decoction of Da fu pi strengthens the contraction and tension of the intestines; being eliminated by atropine.
**Toxicity, Contraindications and cautions**: Used with caution in cases of qi deficiency. Some allergic responses have been witnessed with symptoms of: urticaria, diarrhea or severe abdominal pain.

**Medicinal uses:**
- Used in Chronic hepatitis, indigestion, edema, oliguria, and diarrhea. Da fu pi / Areca is used as a recreational drug (India) because of its central nervous system (CNS) stimulating properties. It is also used orally for treatment of schizophrenia, but is otherwise rarely used therapeutically. Areca has been used for glaucoma and as a mild stimulant or digestive aid. In veterinary medicine, an extract of areca is used for expelling tapeworms in cattle, dogs, and horses; as a cathartic; and for treating intestinal colic in horses.
  - Promotes downward movement of qi, reducing stagnation of food and qi obstructions. Signs include epigastric and abdominal distention, regurgitation of food, belching acids. It is especially useful if symptoms are accompanied with constipation.
  - Expels damp stagnation in Stomach and Intestine
  - Promotes urination, reducing edema (when accompanied with abdominal distention), and treats food stagnation. It is also used for damp leg qi.

**Pharmacy and dosage**: 6 - 9 grams

**Major Combinations**:
- With hou po (Magnolia cortex) and chen pi (Citrus reticum) for epigastric and abdominal distention accompanied with constipation and stagnant qi and dampness.
- With fu ling pi (Pariae cocos cortex) and sheng jiang pi (Ginger cortex) for mild edema or superficial edema

REFERENCES
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Image chine-informations.com
Mu Xiang *Aucklandia lapa*

木香

**Other names:** costus root, saussurea, aucklandia, *Radix Aucklandiae Lappe*, guang mu xiang, mokko (Japanese), mokhyang (Korean)

Also known as *Saussurea costus* (Falc.), or *Saussurea lappa* (Decne.)

**Plant description:** This perennial grows to about 3 m by 1 m. It is in flower from July to August, and the seeds ripen from August to September. The scented flowers are hermaphrodite (have both male and female organs) and are pollinated by insects. The plant can grow in semi-shade (light woodland) or no shade. It requires moist soil.

**Part used:** root

**Habitat, ecology and distribution:** Native to East Asia, it is grown in the Himalayas, the Middle Eastern countries, Burma, China, India and Spain. In China it is primarily found in Yunnan, but also found in Sichuan and Tibet.

**History:** Divine Husbandman's Classic of the Materia Medica

** Constituents:** aplotaxene, alph-ionone, beta-seline, saussurealactone, costunolide, costic acid, costene, costuslatone, camphene, phellandrene, dehydrocostuslactone, dihydrodehydrocostuslactone, stigmasterol, betulin, saussurine.¹

**Energetics Properties and Channels entered:** acrid, bitter, warm; entering the Gallbladder, Large Intestine, Spleen and Stomach meridians.

**Actions and Indications:** antispasmodic, bronchodilator, hypotensive, mild astringent.

**Medical Research:** The alkaloids have shown to inhibit histamine-induced bronchospasm and intestinal spasm in guinea pigs. This herb can inhibit *typhoid bacillus, Bacillus dysenteriae, Bacillus coli* and a variety of fungi. A 1991 study published in the Journal of the Pakistani Medical Association found that oral doses of an extract of the root of *Saussurea lappa* significantly reduced nematode infestation in children. Nematodes are parasitic roundworms. Another 1998 study done in Korea found that an extract of *Saussurea lappa* killed tiny brine shrimp. One compound isolated in the brine shrimp investigation is known to be moderately effective in killing some types of human tumor cell types in a laboratory setting. ²,³,⁴
Toxicity, Contraindications and cautions: contraindicated in cases of yin deficiency and depleted fluid.

Medicinal uses:
• Promotes the movement of qi, alleviating pain for Stomach and Spleen qi stagnation. With symptoms such as lack of appetite, epigastric or abdominal pain, distention, nausea and also be used for stagnant Liver and Gallbladder qi with symptoms of flank pain, distention or soreness.

• Adjusts and regulates stagnant qi in the Intestines for diarrhea and dysenteric disorders. Can also be used for abdominal pain and tenesmus (a distressing but ineffectual urge to evacuate the rectum or bladder), due to its mild astringent quality.

• Strengthen Spleen, while preventing stagnation. Often used with toning herbs to ameliorate their side effect.

Aucklandia is used in Ayurvedic medicine, where it is valued mainly for its tonic, stimulant and antiseptic (preventing or arresting the growth of microorganisms) properties. It is said to be aphrodisiac (arouses sexual desire) and to be able to prevent the hair turning gray. In India, aucklandia is used primarily as an antiseptic, an insecticide, and a fungicide. It is also said to be effective against yeast infections. Some research suggests that aucklandia may be effective against infections such as cholera and typhoid.

The root is used in Tibetan medicine, where it is considered to have an acrid, sweet and bitter taste with a neutral potency. It is used in the treatment of swelling and fullness of the stomach, blockage and irregular menses, pulmonary disorders, difficulty in swallowing and rotting/wasting of muscle tissues.

Pharmacy and dosage:
Dosage 1.5 - 9 grams usually added during the last five minute of boiling. It can be toasted to increase absorbability (especially in cases of diarrhea).

Major Combinations:
• With bing lang (Arecae seeds) and da huang for epigastric and abdominal fullness, distention and pain accompanied by constipation and stagnation of Stomach and Intestine transforming damp-heat.
• With sha ren (Amomi fruit) for local distention, epigastric and abdominal pain, loss of appetite and nausea.
• With huang lian (Coptis) for dysentery, diarrhea.
• Curing Pills contains: Yi yi ren (Coix lachryma jobi seed), Cang zhu (Atractylodes lancea rhizome), Huo xiang (Agastache rugosa herb), Hou po (Magnolia officinalis bark), Mu xiang (Aucklandia lappa root), Ge gen (Pueraria lobata root), Bai zhi (Angelica dahurica root), Shen qu (Massa fermneta), Gu ya (Orzya sativa sprout), Fu ling (Poria...
cocos fungus), Tian hua fen (Trichosanthes kirilowii root), Ju hua (Chrysanthemum morifolium flower), Ju hong (Citrus erythrocarpae peel), Tian ma (Gastrodia elata rhizome), and Bo he (Mentha haplocalyx herb). - (Yi yi ren, Cang zhu, Huo xiang, Hou po, Mu xiang, Ge gen, Bai zhi, Shen qu, Gu ya, Fu ling, Tian hua fen, ju hua, ju hong, Tian ma, Bo he) for nausea, vomiting, acid regurgitation, indigestion, and motion sickness.

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4 http://www.findarticles.com/g2603/0000/2603000013/ plIartic1e.jhtml
Image futurosity.com
Chen Xiang *Aquilaria agallocha*

**Other names:** aloeswood, aquilaria, *Lignum Aquilariae*, Agarwood, eaglewood, gaharu, luo shui chen, chen hsiang, jinko (Japanese), ch'irnyang (Korean)

It gets its name from heartwood that sinks in water, hence its name "sinking fragrance".

**Part used:** Secretions of the plant.

**Habitat, ecology and distribution:** Indonesia, Malaysia, Cambodia, Vietnam. Taiwan, Guangdong, Guangxi, Fujian. The tree (at least 3 m in diameter) is cut 1.5 - 2 m above the ground, after several years, the secretion of the tree is collected.

**History:** Miscellaneous Records.

**Constituents:** Essential oils (13%; benzylacetone and methoxybenzylacetone) hydrocinnamic acid and others. After the wood is infected with microbe; agarospirol, agarospiral, agarol, agarofuran, dihydroagarofuran, 3,4-dihydroxy-dihydroagarofuran, 4-hydroxydihydroagarofuran and others. 1, 2

**Energetics Properties and Channels entered:** acrid, bitter, warm, aromatic; entering the Kidney, Spleen and Stomach meridians.

**Actions and Indications:** anti-emetic, moves qi, stomachic, nervine, analgesic, anti-asthmatic, antimicrobial, digestive, stimulant.

**Medical Research:** The tea has shown antibacterial effects against typhoid and dysentery. The volatile oil has a tranquilizing and analgesic action. Agarospirol decreases methamphetamine and apomorphine-induced spontaneous mobility and exerts antiemetic action.3,4

**Toxicity, Contraindications and cautions:** Use with caution in cases of prolapse due to qi deficiency and heat sign due to yin deficiency.5 Heavily over harvested like Sandlewood, best to obtain from sustainable resources.

**Medicinal uses:**
- Aquilaria has been used to enhance cerebral function, balance the mind/body connection and the nervous system. Cheng xiang is being currently employed for epileptic therapy. This herb has been used in India and Europe for cancerous tumor.6, 7 It is used to make calming incense, said to enlighten one.
• Promotes movement of stagnant qi while alleviating pain. Symptoms include distention, pain, epigastric or abdominal pressure. Especially useful when problem is due to cold from deficiency or blood stasis.

• Directs rebellious qi downwards, while regulating the middle. Stops wheezing either from deficiency or excess, or vomiting, belching or hiccups due to cold from deficiency of the Stomach or Spleen.

• Aids the Kidneys in taking on qi. Used for asthma and wheezing due to Kidney deficiency.

**Pharmacy and dosage:**
1.5 - 3 grams as a powder. Should never be decocted.

The wood, when infected by certain fungi, develops large and irregular patches of dark streaks charged with the oleoresin and becomes odiferous. The intensity of the dark patches of agar is a measure of the quantity of oleoresin present. Agar is found frequently in trees that are c. 20 years old; but commercially exploitable amounts of agar are found in 50-year-old trees. Trees c. 80 years old are known to be riches in their content of agarwood, varying from 6.9 kg to 9.0 kg per tree. Agar is the pathological product of a fungal disease contracted by the tree chiefly through wounds on the trunk. Since agar is located deep within the trunk, its detection is not easy. Generally such trees are distinguished by poor crown development, the presence of swellings or depressions or cankers on the bole. Depending upon the extent of the resin accumulation the heart - wood is graded into four categories:(1) Grade I or Black or True Agar; (2) Grade II or Batang; (3) Grade III or Bhuta or Phuta; and (4) Grade IV or Dhum. In true black agar, the impregnation of the resin is intense and the wood resembles black stone. It is heavy to the extent that it sinks in water, and bears the highest content, but it is difficult to distill. True agar is mainly exported to the Middle Eastern countries where it is used as incense. Bantang is brown in colour without any black tone. Bhuta is also brown in color but interspersed with 50 per cent or more of yellow-colored wood. These two grades are also usually used in incense. Dhum is the lowest grade. It is mostly yellow with scattered streaks of brown or black resin. It is chiefly distilled for the oil. Sometimes oil is also extracted from Bhuta and this oil is reported to be superior to that from Dhum. Wealth of India Volume 1-1985
Other Uses: When dusted on clothes and skin as a preventative against fleas and lice. Used in fumigators such as pastilles and agarbatis. (The ancient Indian name for incense "agarbati" means lights of agar.) Bark is a source of the writing material sachpat, which is immune to insect attack and used for writing religious scriptures.8

**Major Combinations:**
• With wu yao (*Linderae Strychnifoliae*) root for abdominal pain, in cases when lower abdomen is cold or has tension. Used for stifling sensation in the chest and diaphragm with wheezing, with focal pain and loss of appetite.
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6 http://www.rain-tree.comlaquilaria.htm
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Image plumdragonherbs.com
Xie Bai  *Allium macrostemon*  

**Other names:** Chinese chive bulbs, *Bulbus Alii*, hsieh pi, ye bai tou, gaihaku (Japanese), haebaek (Korean)

xie is the term for this particular plant; bai means white and refers to the bulb, the part used, which is white

**Plant description:** Bulb irregularly ovate, 0.5-1.5 cm high, 0.5-1.8 cm in diameter. Surface yellow-white to yellow-brown, semi opaque, with membranous scaly remained; base round-obtuse; top acute-obtuse. Odour of garlic.

**Part used:** bulb of chives

**Habitat, ecology and distribution:** Throughout China, harvested in the spring in Northern China and summer through autumn in the rest.

**History:** The Divine Husbandman's Classic Materia Medica

**Constituents:** scorodose, and other sugars; essential oils

**Energetics Properties and Channels entered:** acrid, bitter, warm; entering the Large intestine, Lung and Stomach meridians.

**Actions and Indications:** cardiac, antimicrobial, expectorant, stimulate, and cathartic.

**Medical Research:** This herb first stimulates the smooth muscles for a short period and then inhibits them. The extract has been employed successfully to treat angina pectoris. Inhibits the growth of *Staphylococcus aureus* and *pneumococcus in vitro*. 1,2

**Toxicity, Contraindications and cautions:** Use with caution in cases of qi deficiency. Not to be used long term allium can produce peptic ulcers.3

**Medicinal uses:**
- Unblocks yang qi and disperses cold phlegm; used for damp-cold painful obstruction of the chest due to cold turbid phlegm, congealing and stagnation in the chest. It helps to make the flow of yang qi.

- Promotes the movement of qi and blood, while alleviating pain. Used for cold stagnant qi with symptom of epigastric fullness, distention and abdominal pain. Used for blood obstruction in the Heart channel.
• Directs qi flow downward, reducing stagnation. Used for damp stagnation in the Large Intestine associated with dysenteric disorders.

**Pharmacy and dosage:** 4.5 - 9 gram of dried or 30 - 60 grams of fresh.

**Major Combinations:**
• With chai hu (*Buperuri root*) and bai shao (*Paeoniae root*) for dysenteric diarrhea due to qi stagnation.
• With gua lou (*Trichonsanthis fruit*) and ban xia (*Pinelliae ternatae root*) for damp-cold painful obstruction of the chest. Add dan shen (*Salvia miltiorrhizae root*) and hong hua (*Carthami tinctorii flowers*) if there is blood stasis.

**REFERENCES**
2 [http://herb.damqigong.net/fO13.htm](http://herb.damqigong.net/fO13.htm)
3 Bensky D, Gamble A; Chinese Herbal Medicine Materia Medica;Easdand Press Seattle Wa; 1993
Image futurosity.com
Li Zhi He  *Litchi chinensis*  
荔枝核

**Other names:** litchi, leechee nuts, *Semen Litchi Chinensis*, li chih ho, reishikaku (Japanese), yojihaek (Korean)

**Plant description:** A graceful, slim-trunked tree, the lychee reaches a height of 30 ft (9 m) and a spread of 10-15 ft (3-4.5 m). Bright green compound leaves, gold or pink when young, form a low spreading crown. Clusters of small, petal-less, greenish yellow flowers are borne in abundance in spring, followed by the bright red, edible fruit, which enclose a brown seed. The fruit contain a sweet whitish pulp reminiscent in texture and flavor to that of grapes.

**Part used:** dried seed

**Habitat, ecology and distribution:** Guangdong, Guangxi, Fujian, Sichuan; harvested in June or July when the fruit has ripened

**History:** Extension of the Materia Medica.

**Constituents:** saponins, tannins, alpha-methylenecyclo-propyl glycine. 1,2

**Energetics Properties and Channels entered:** sweet, astringent, warm; entering the Liver and Stomach meridians.

**Actions and Indications:** hypoglycemic, PMS, stomachic, hepatic.

**Medical Research:** Can reduce blood sugar and glycogen stores in liver.

**Toxicity, Contraindications and cautions:** Use only in cases of stagnant qi associated with damp-cold.

**Medicinal uses:**
- Regulates qi and stops pain in abdominal and epigastric region that is due to Liver qi constraint. Can also be used for abdominal premenstrual and post parturition pain due to stagnant qi or blood stasis.
- Disperses cold and stagnation, while stopping pain. Used for hernial or testicular pain due to cold congealing in Liver channel.

**Pharmacy and dosage:** 6 - 15 grams, crush before dispensing
**Major Combinations:**
- With mu xiang (*Auckladiae lappa root*) for chronic epigastric pain due to Liver qi stagnation.
- With xiang fu (*Cyperi rotundi root*) for PMS or postpartum pain

The fresh flesh of the fruit is also medicinal being sweet, warm and essence neutral. It is used to move qi.

**REFERENCES**
1. Bensky D, Gamble A; Chinese Herbal Medicine Materia Medica; Eastland Press Seattle Wa; 1993

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**Xiang Fu** (*Cyperi rotundus*)

Family: Cyperaceae

**Other names:** Cyperus, sha cao gen, nut grass rhizome, nut sedge, Kobu (Japanese), hyangbu (Korean), literal English translation “aromatic appendage”

**Parts used:** rhizome

**Plant description:** Perennial plant, up to 40 cm tall, leaves sprout in ranks of three from the base of the plant. Flower stems have triangular cross-section, bisexual, has three stamina and three stigma carpel, Fruit is a three angled achene. One of the most invasive weeds known. Known as “the worlds worst weed”, it is found in over 90 countries, mostly temperate and tropical regions.

**Habitat, ecology and distribution:** Wild spread from hill grass land, cultivated fields, roadside, water side, available from east to middle, west south China, volumes output from Shan Dong, Zhe Jiang Fu, Hu Nan, He nan areas.

**History:** First appeared in Miscellaneous Records of Famous Physicians

** Constituents:** volatile oil: B-pinene, camphene, 1,8-cineole, limonene, p-cymene, cyperene, selinatriene, b-selinine, patchoulenone etc. Flavonoids: rhamnetin-3-0-rhamnosyl-(1-4)-rhamnopyranoside. Other: proteins and sugars.

**Energetics Properties and Channels entered:** Acrid, slightly bitter, slightly sweet, neutral. Enters the San jiao, Gallbladder and Liver meridians,

**Actions and Indications:** Hepatic, emmenagogue

**Medical Research:** none noted

**Toxicity, Contraindications and cautions:** Not be used without stagnation, or with yin deficiency heat or blood heat

**Medicinal uses:**
- Moves and regulates liver qi: symptoms of hypocondrium pain, epigastric distention and hernial pain. Harmonize the liver and spleen, directs rebellious qi downward.
- Regulates menstruation and alleviates pain: Regulates the liver meridian to stop pain in cases of dysmenorrhea, breast distention, ammenorrhea and treats irregular menstruation.
**Pharmacy and dosage:** 6 - 12 grams

**Major Combinations:**
- With Chai hu (*Bupleuri radix*) and Bai shao (*Paeoniae radix alba*) for distention and pain in the hypochondriac region and epigastrium.
- With Mu xiang (*Aucklandia radix*) and Fo shou (*Citri sacrodactylis fructus*) for distension and pain in the abdomen and epigastric region, indigestion, vomiting, and diarrhea.
- With Dang gui (*Angelica sinensis*) and Chuan xiong (*Chuanxiong rhizoma*) for irregular menstruation and dysmenorrhea due to blood and qi stagnation.

**REFERENCES**
3. Image futurosity.com