

Some modern research showed that, the herb has an antiviral effect. Therefore, pharmaceuticals of bupleurum root is commonly selected to suppress the hepatitis virus, influenza virus, and mumps virus. Furthermore, the herb has antipyretic, anti-inflammatory, and antibiotic functions, which are utilized to cure or relieve various types of high fever or pains. Its liver-yin damaging shortcoming was described in ancient time, it is prohibited in the syndrome of flaring-up of yang from yin-deficiency. However, if the dose is not large, and used in combination with large amount of yin-nourishing herbs, such as White Peony Root (白芍药, Baishao Yao), the herb may be used in this kind of cases. It is advisable to give Chinese Thorowax Root (柴胡, Chaihu) with qi-reinforcing drugs in treatment of qi-collapse syndrome of deficient type. Meanwhile, it is forbidden in conditions of qi-exhaustion (e. g. Shock) due to its property of being dispersing and consumptive. A large dose of this drug will result in vomiting, which may be relieved by Pinellia Rhizome (半夏, Banxia) and Fresh Ginger (生姜, Shengjiang).

Chinese Thorowax Root (柴胡, Chaihu) and Lobed Kudzuvine Root (葛根, Gegen) share the effects of dispersing superficial evils, lifting yang-qi and resolving qi-depression. They, hence, also share the indications such as superficial heat syndrome, qi-collapse syndrome, and liver spleen qi-stagnancy. However, the former is effective in resolving evil of the Shaoyang system (boundary between the exterior and the interior layers) and in treating the syndrome manifested as cycling of fever and chill. The latter is slightly cold in property and effective

in reducing superficial wind-heat or toxic heat of the Yangming system. In its yang-lifting function, the former is characterized by elevating the liver-qi, while the latter by elevating spleen-qi. In the aspect of dissolving qi depression or stagnancy, they have the same interrelationship. As a sequence, in treatment of the qi stagnancy syndrome involving the liver and spleen, the two may be used together.

10. 升麻, Shengma

English name: Shunk Bugbane Rhizome

Pharmaceutical name: Rhizomn Cimicifugae

Botanical name: Cimicifuga foetida L. Or C. Dahurica (Turcz.) or C. Heracleifoliz Kom.



升麻

Properties and tastes: pungent, sweet and slightly cold

Meridian tropism: lung, spleen, large intestine, and stomach

Functions: 1. disperse wind and encourage the rash of measles to surface

2. clear away heat and detoxify fire poison

3. elevate yang to ascend sinking of Middle-jiao qi

Indications: 1. headache in the places related to yangming meridian, marked by headache in the forehead

2. flaming up of stomach-fire, swelling and pain of tooth and gum, aphthosis, ozostomia

3. upward disturbance of wind-heat conjunctivitis

4. early stage of measles, measles without adequate eruption

5. sinking of qi in the Middle-jiao for shortness of breath, lassitude, chronic diarrhea,

anorexia, prolapse of rectum, metrorrhagia and metrostaxis due to deficiency of spleen qi and failure in restricting blood

6. warm febrile disease, skin eruptions caused by virulent heat evil

Dosage: 3~9g.

Contraindication: Contraindicated in heat conditions due to yin deficiency or other syndromes when the upper is excessive and the lower is deficient.

Combinations: 1. add Dahurian Angelica Root (白芷, Baizhi)——Yangming meridian headache

2. add Coptis Rhizome (黄连, Huanglian)——swelling and pain of tooth and gum

3. add Figwort Root (玄参, Xuanshen)——conjunctivitis

4. add Lobed Kudzuvine Root (葛根, Gegen), Great Burdock Achene (牛蒡子, Niubangzi)——measles without adequate eruption

5. add Chinese Thorowax Root (柴胡, Chaihu)——sinking of qi in the Middle-jiao syndrome

Prescriptions: 1. Decoction for Strengthening Middle-jiao and Benefiting Vital Energy (补中益气汤, Buzhongyiqi Tang)

2. Powder for Clearing Away Spleen Heat (泻黄散, Xiehuang San)

Notes: Shunk Bugbane Rhizome (升麻, Shengma)'s effects generally acts on the yangming system. Its functions include regulating stomach movement, dispersing evil wind, lifting limpid spleen-stomach qi, and preventing its collapse. Another important function is to reduce toxic heat, and is commonly used to treat yang macula or toothache. Three herbs sharing the lifting effect are Shunk Bugbane Rhizome (升麻,

Shengma), Chinese Thorowax Root (柴胡, Chaihu) and Lobed Kudzuvine Root (葛根, Gegen). However, the first reduces toxicant, the second relieves liver depression while the third improves generation of body fluid. Some researches have shown that Shunk Bugbane Rhizome (升麻, Shengma) has the antipyretic, anti-inflammation, antibiotic, analgesic, and anticonvulsive functions. Consequently, it is usually used for infectious diseases. Its regulating effect on smoothing muscles is applied to cure proctoptosis and hysteroptosis from deficiency of spleen qi.

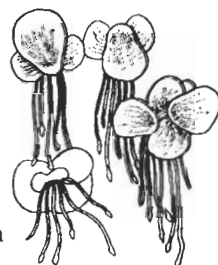
Crude herb is capable of improving eruption in measles, clearing away heat and reducing toxicant, while parched drug is more effective in elevating yang-qi.

11. 浮萍, Fuping

English name: Common
Ducksmeat Herb

Pharmaceutical name:
Herba Lemnae seu
Spirodela

Botanical name: Spirodela
polyrrhiza Schield. Or
Lemna minor L.



浮萍

Properties and tastes: pungent and cold
Meridian tropism: lung, urinary bladder

Functions: 1. induce diaphoresis to relieve exterior syndrome

2. expel the wind evil to alleviate itching
3. detoxicate to encourage rashes to surface
4. remove water to reduce swelling

Indications: 1. common cold of wind-heat type——fever and slight aversion to cold, absence of sweating

2. urticaria of wind-heat type——itching, urticaria

braneous Milkvetch Root (黄芪, Huangqi)

Puerperal diseases

Postpartum hemorrhage: Sanchi Root (三七, Sanqi) Male Fern Rhizome (贯众, Guanzhong) Shepherdspurse Herb with Root (荠菜, Jicai) Purslane Herb (马齿苋, Machixian) Cattail Pollen (蒲黄, Puhuang)

Postpartum retention of urine: Shunk Bugbane Rhizome (升麻, Shengma) Magnetite (磁石, Cishi) Cicada Slough (蝉蜕, Chantui)

Postpartum abdominal pain: Hirsute Shiny Bugleweed Herb (泽兰, Zelan) Safflower (红花, Honghua) Hawthorn Fruit (山楂, Shanzha) Yanhusuo (延胡索, Yanhusuo) Cattail Pollen (蒲黄, Puhuang)

Postpartum perined edema: Pubescent Holly Root (毛冬青, Maodongqing)

Postpartum agalactosia: Cowherb Seed (王不留行, Wangbuliuxing) Uniflower Swiss-centaury Root (漏芦, Loulu) Ant (蚂蚁, Mayi) Silkworm with Batrytis Larva (白僵蚕, Baijiangcan) Cushaw Seed (南瓜子, Nanguazi) Rice Bean (赤小豆, Chixiaodou) Ricepaperplant Pith (通草, Tongcao) Beautiful Sweetgum Fruit (路路通, Lulutong)

Lactifuge: Mirabilite (芒硝, Mangxiao) Malt (麦芽, Maiya) Dandelion (蒲公英, Pungongying) Sanchi Root (三七, Sanqi) Medicated Leaven (神曲, Shenqu)

Cracked nipple: Tendrilleaf Fritillary Bulb (贝母, Beimu) Borax (硼砂, Pengsha) Calamine (炉甘石, Luganshi) Frankincense (乳香, Ruxiang)

Infantile Emergency

Infantile high fever: Indigowoad Leaf (大青叶, Daqingye) Wild Mint (薄荷, Bohe)

Cow-bezoar (牛黄, Niuhuang) Dwarf Lilyturf Root (麦门冬, Maimendong) Sweet Wormwood (青蒿, Qinghao) Cicada Slough (蝉蜕, Chantui) Chinese Thorowax Root (柴胡, Chaihu)

Infantile convulsion: Scorpion (全蝎, Quanxie) Croton Seed (巴豆, Badou) Cicada Slough (蝉蜕, Chantui) Snakegourd Root (瓜蒌根, Gualougen) Cow-bezoar (牛黄, Niuhuang) Earth Worm (地龙, Dilong) Tendrilleaf Fritillary Bulb (贝母, Beimu) Buffalo Horn (水牛角, Shuiniujiao) Gambirplant Hooked Stem and Branch (钩藤, Gouteng) Bamboo Shavings (竹茹, Zhuru)

Infantile infectious shock: Immature Bitter Orange (枳实, Zhishi)

Infantile respiratory system diseases

Infantile upper respiratory tract infection: Natural Indigo (青黛, Qingdai) Baikal Skullcap Root (黄芩, Huangqin) Franchet Groundcherry Calyx or Fruit (锦灯笼, Jindenglong) Silkworm with Batrytis Larva (白僵蚕, Baijiangcan) Hemplaf Negundo Chastetree (牡荆, Mujing) Honeysuckle Flower (金银花, Jinyinhua) Heartleaf Houttuynia Herb (鱼腥草, Yuxingcao) Dyers Woad Root (板蓝根, Banlangen)

Infantile bronchopneumonia: Cinnabar (朱砂, Zhusha) Kansui Root (甘遂, Gansui) Weeping Forsythia Capsule (连翘, Lianqiao) Honeysuckle Flower (金银花, Jinyinhua) Amur Barberry Root and Branchlet (小檗, Xiaonie) Medicinal Evodia Root (吴茱萸, Wuzhuyu) Odorate Rosewood Root-wood (降香, Jiangxiang) White Mustard Seed (白芥子, Baijiezi) Heartleaf Houttuynia Herb (鱼腥草, Yuxingcao)

Infantile asthmatic bronchitis: Balloon-flower Root (桔梗, Jiegeng) Gordon Euryale Seed (芡实, Qianshi) Medicinal Evodia Root (吴茱萸, Wuzhuyu) Ephedra (麻黄, Mahuang) Earth Worm (地龙, Dilong)

Infantile viral pneumonia: Shunk Bugbane Rhizome (升麻, Shengma) Honeysuckle Flower (金银花, Jinyinhua) Dyers Woad Root (板蓝根, Banlangen) Baikal Skullcap Root (黄芩, Huangqin) Coptis Rhizome (黄连, Huanglian)

Infantile night sweat: Figwortflower Picrohiza Rhizome (胡黄连, Huhuanglian) Beardie (泥鳅鱼, Niquyu) Starwort Root (银柴胡, Yinchaihu) Chinese Wolfberry Root-bark (地骨皮, Digupi)

Infantile digestive system diseases

Infantile diarrhea: Whiteflower Patrinia Herb (败酱草, Baijiangcao) Spanishneedles Herb (鬼针草, Guizhengcao) Cinnabar (朱砂, Zhusha) Largehead Atractylodes Rhizome (白术, Baizhu) Wrinkled Gianthyssop Herb (藿香, Huoxiang) Stalactite (钟乳石, Zhongrushi) Swordlike Atractylodes Rhizome (苍术, Cangzhu) Tuckahoe (茯苓, Fuling) Cherokee Rose Fruit (金樱子, Jinyingzi) Honeysuckle Flower (金银花, Jinyinhua) Black Pepper Fruit (胡椒, Hujiao) Medicinal Evodia Root (吴茱萸, Wuzhuyu) Hyacinth Bean (扁豆, Biandou) Lotus Seed (莲子, Lianzi) Medicated Leaven (神曲, Shenqu) Smoked Plum (乌梅, Wumei) Cassia Bark (肉桂, Rougui) Dried Ginger (干姜, Ganjiang) India Mustard Leaf (芥菜, Jiecai) Malt (麦芽, Maiya) Flower of Chinese Trumpetreeper (紫葳, Ziwei) Plantain Seed (车前子, Cheqianzi) Clove Flower-bud (丁香,

Dingxiang) Garlic Bulb (蒜, Suan) Fistular Onion Stalk (葱白, Congbai) Common Yam Rhizome (山药, Shanyao)

Infantile dyspepsia: Plantain Seed (车前子, Cheqianzi) Mirabilite (芒硝, Mangxiao) Malt (麦芽, Maiya) Medicated Leaven (神曲, Shenqu) Largehead Atractylodes Rhizome (白术, Baizhu) Creeping Woodsorred Herb (酢浆草, Zuojiangcao) Common Yam Rhizome (山药, Shanyao) Villous Amomum Fruit (砂仁, Sharen) Swordlike Atractylodes Rhizome (苍术, Cangzhu) Black Pepper Fruit (胡椒, Hujiao) Hyacinth Bean (扁豆, Biandou) Clove Flower-bud (丁香, Dingxiang) Common Aucklandia Root (木香, Muxiang) Fig Receptacle (无花果, Wuhuaguo) Charred Hawthorn Fruit (焦山楂, Jiaoshanzha) Areca Seed (槟榔, Binlang) Chicken Gizzard Membrane (鸡内金, Jineijin)

Pyloric, spasm: Hematite (代赭石, Daizheshi)

Infantile retention of food: Charred Hawthorn Fruit (焦山楂, Jiaoshanzha) Areca Seed (槟榔, Binlang) Anhydrous Sodium Sulfate (玄明粉, Xuanmingfen) Aloes (芦荟, Luhui) Chinese Honeylocust Spine (皂角, Zaojiao) Immature Bitter Orange (枳实, Zhishi) Bitter Orange (枳壳, Zhiqiao) Official Magnolia Bark (厚朴, Houpo) Chicken Gizzard Membrane (鸡内金, Jineijin) Figwortflower Picrohiza Rhizome (胡黄连, Huhuanglian) Chinese Wolfberry Root-bark (地骨皮, Digupi)

Infantile summer diarrhea: Talc (滑石, Huashi) Limonite(禹余粮, Yuyuliang) Plantain Seed (车前子, Cheqianzi) Wrinkled Gianthyssop Herb (藿香, Huoxiang)

Chalasia of candida: Fresh Ginger (生姜, Shengjiang)

Infantile bacterial dysentery: Common