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# Wind-cold releasing herbs

## MA HUANG

* **Herba Ephedrae**
* Acrid, bitter, warm, LU, UB

### Chinese actions

* **Releases the exterior through diaphoresis**
  + exterior-excess, wind-cold condition
    - GUI ZHI
      * **MA HUANG TANG**
* **Relieves wheezing and dyspnea, stops cough**
  + Wind-cold constriction of the Lung leading to Lung qi reversal
    - Cough from wind-cold attaking the exteriorior and constricting Lung qi
      * XING REN
    - Wheezing or cough caused by Lung heat
      * SHI GAO + XING REN
        + **MA XING GAN SHI TANG**
    - Wheezing or cough from wind-cold attack at the exterior and cold stagnation in te interior
      * GAN JIANG + XI XIN + BAN XIA
        + XIAO QING LONG TANG
    - Wheezing and dyspnea caused by stagnation of qi and phlegm
      * XING REN + CHEN PI + HOU PO
        + **SHEN MI TANG**
* **Regulates water circulation and relieves edema**
  + Edema with exterior syndrome
    - SHENG JIANG + BAI ZHU + GAN CAO
      * **YUE BI JIA ZHU TANG**
* **Disperses cold**
  + Bi Zheng (painful obstruction syndrome)
    - Bi Zheng caused by wind-damp
      * YI YI REN + XING REN + GAN CAO
  + Yin sores
    - Yin sores
      * SHU DI HUANG + BAI JIE ZI + LU JIAO JIAO
    - Arteritis obliterans, obliterating phlebitis or Raynaud´s disease
      * SHU DI HUANG + BAI JIE ZI + LU JIAO JIAO + ROU GUI + GAN CAO

### Pharmacological effects

* **Ephedrine**
* **Diaphoresis, antipyretic, respiratory, diuresis, cardiovascular, CNS stimulant, antibiotic**

### Caution

* Pregnancy, Liver yang rising, Yin deficiency fire

### Contraindications

* Insomnia, convulsions, epilepsy, seizure disorders and hypertension, Liver yang rising, Yin deficiency fire

### Herb-drug interaction

* Cardiac glycosides, Betabloqueantes, Diuretics

## GUI ZHI

* **Ramulus Cinnamomi**
* Acrid, sweet, warm, HT, LU, UB

### Chinese actions

* **Releases the exterior through diaphoresis**
  + Exterior-excess, wind-cold condition
    - Exterior-excess, wind-cold condition in the absence of perspiration
      * **MA HUANG**
        + **MA HUANG TANG**
    - Wind-cold, exterior-deficient conditions with perspiration and aversion to wind
      * **BAI SHAO** 
        + **GUI ZHI TANG**
* **Warms and opens the channels and collaterals**
  + Bi Zheng (painful obstruction syndrome)
    - Bi Zheng
      * **CHUAN WU CAO WU**
    - Bi Zheng in the upper body, especially the shoulders
      * **JIANG HUANG** + **FANG FENG**
    - Rheumatoid arthritis
      * **QIANG HUO** + **DU HUO** + **FANG FENG** + **WEI LING XIAN**
* **Warms yang to eliminate water or phlegm stagnation**
  + Edema and dysuria
    - Edema and dysuria due to yang deficiency
      * **FU LING** + **ZHU LING** + **ZE XIE** + **BAI ZHU** 
        + **WU LING SAN**
  + Tan yin (phlegm retention)
    - Phlegm accumulation with fullness in the chest and hypochondrium, dizziness, vertigo and palpitations
      * **FU** **LING** + **BAI ZHU** + **GAN CAO**
        + **LING GUI ZHU GAN TANG**
* **Warms yang in the chest**
  + Xiong Bi (painful obstruction of the chest)
    - Xiong Bi due to yang deficiency
      * **GUA LOU SHI** + **XIE BAI**
  + Palpitations and intermittent pulse because of Heart yin and yang deficiencies
    - **ZHI GAN CAO** + **REN SHEN** + **E JIAO**
      * **ZHI GAN CAO TANG**
* **Warms yang in the Chong (throughfare) and Ren (conception) channels to restore normal menstruation**
  + Irregular menstruation due to yang deficiency and cold stagnation
    - **DANG GUI** + **CHUAN XIONG**
      * **WEN JING TANG**
  + Blood stagnation and masses in the lower abdomen
    - **MU DAN PI** + **TAO RE**N
      * **GUI ZHI FU LING WAN**

### Pharmacological effects

* **Antibiotic, diuretic, diaphoretic and antipyretic, analgesic, circulatory, cardiotonic, sedative and hypnotic, antitussive effects**

### cautions

* Pregnancy, high risk of bleeding, hypermenorrhea

### Contraindications

* Febrile disorders, yang excess related to yin deficiency, heat in the blood, heat-dominant disorders

### Herb-drug interaction

* Diuretics

## ZI SU YE

* **Folium Perillae**
* Acrid, warm, LU, SP

### Chinese actions

* **Releases the exterior and dispels cold**
  + Exterior wind-cold syndrome
    - Exterior wind-cold syndrome with aversion to cold, fever, headache, nasal obstruction, absence of perspiration and cough
      * **QIAN HU** + **XING REN** + **JIE GENG**
        + **XING SU SAN**
    - Exterior wind-cold syndrome with qi stagnation and chest congestion
      * **CHEN PI** + **XIANG FU**
* **Regulates qi and expands the chest, harmonizes the middle jiao, alleviates nausea and vomiting**
  + Nausea and vomiting
    - Stomach flu, acute enteritis deu to qi stagnation of the Spleen and Stomach, manifesting as abdominal pain vomiting and diarrhea
      * **CHEN PI** + **BAN XIA** + **HUO XIANG**
        + **HUO XIANG ZHENG QI SAN**
  + Qi stagnation of the Spleen and Stomach with heat
    - **HUANG LIAN**
  + Qi stagnation of the Spleen and Stomach with phlegm stagnation
    - **BAN XIA** + **HOU PO**
* **Calms the fetus**
  + Morning sickness or restless fetus
    - Morning sickness or restless fetus
      * Morning sicknes, restless fetus or threatened abortion
        + **CHEN PI** + **MU XIANG** + **SHA REN**
* **Alleviates seafood poisoning**
  + Seafood poisoning
    - Seafood poisoninig
      * Individually
      * **SHENG JIANG**
    - Rash or itching because of allergy
      * **CHAN TUI** + **FANG FENG**

### Pharmacological effects

* **Anitpyretiuc and diaphoretic, respiratory, antibiotic, gastrointestinal, hyperglycemic**

## SU GENG

* **Caulis Perillae**
* Acrid, sweet, slightly warm, LU

### Chinese actions

* Expands the chest and hypochondrium, regulate qi and calm the fetus

## SHENG JIANG

* **Rhizoma Zingiberis Recens**
* Acrid, slightly warm, LU, SP, ST

### Chinese actions

* **Releases the exterior and induces perspiration**
  + Exterior wind-cold syndrome
    - Early stage of common colds or influenza
      * Individually
      * GUI ZHI
        + **GU ZHI TANG**
  + To prevent catching a cold during cold or rainy weather
    - Cook 15-20 slices during cold or rainy weather with brown sugar added at the end.
* **Warms the middle jiao and alleviates vomiting** 
  + Vomiting caused by Stomach cold
    - Nausea and vomiting
      * DA ZAO
    - Nausea and vomiting due to Stomach cold
      * SHENG JIANG + BAN XIA
    - Nausea and vomiting due to Stomach heat
      * ZHU RU + PI PA YE + HUANG LIAN
        + **JU PI ZHU RU TANG**
* **Warms the Lung and stops coughing**
  + Cough with profuse sputum caused by wind-cold
    - Cough
      * ZI SU YE + XING REN + ZI WAN + CHEN PI
        + XING SU SAN
* **Eliminates toxins**
  + Seafood poisoning
    - Individually
    - ZI SU YE
* **Toxicity of herbs**
  + Detoxification
    - TIAN NAN XING + BAN XIA should be processed with SHENG JIANG

### Pharmacological effects

* **Gastrointestinal. Cardiovascular, antibiotic**

## SHENG JIANG PI

* **Pericarpium Zingiberis Recens**
* Acrid, cool

### Chinese actions

* **Edema and urinary dysfuction**
  + DA FU PI + SANG BAI PI + FU LING PI + CHEN PI
    - **WU PI YIIN**

## XIANG RU

* **Herba Elsholtziae se Moslae**
* Acrid, slightly warm, LU, ST

### Chinese actions

* **Releases the exterior and induces diaphoresis**
  + Wind-cold with dampness
    - Exterior wind-cold syndrome in summer with fever, aversion to cold, headache, chest fullness and congestion, but no perspiration
      * HOU PO + BIAN DOU
        + XIANG RU YIN
    - Exterior wind-cold syndrome in summer with fever, chills, thirst and no perspiration
      * JIN YIN HUA + LIAN QIA + BO HE
* **Eliminates dampness and harmonizes the middle jiao**
  + Gastrointestinal disorders in summer
    - Nausea and vomiting
      * HOU PO + SHENG JIANG
    - Diarrhea
      * BIAN DOU + HUANG QIN + HOU PO + FU LING
* **Promotes urination and relieves edema**
  + Edema and dysuria
    - BAI ZHU

### Pharmacological effects

* **Antipyretic, gastrointestinal, antibiotic, expectorant and diuretic effects**

## JING JIE

* **Herba Schizonepetae**
* Acrid, slightly warm, LU, LV

### Chinese actions

* **Releases the exterior and dispels wind**
  + Wind-heat or wind-cold
    - Exterior wind-cold with aversion to cold, fever, headache and no perspiration
      * FANG FENG + QIANG HUO
        + **JING FANG BAI DU SAN**
    - Exterior wind-heat with fever, headache, sore throat and red eyes
      * BO HE + LIAN QIAO + JIN YIN HUA
        + **YIN QIAO SAN**
* **Dispels wind and relieves muscle spasms**
  + Postpartum spasms and trismus
  + Muscle cramps and spams caused by wind exposure
* **Dispels wind, vents rashes and alleviates itching**
  + Measles
    - CHAN TUI + NIU BANG ZI + BO HE + JIN YIN HUA
  + Pruritic itching
    - FANG FENG
  + Early-stage of carbuncles, furuncles and abscesses with heat
    - LIAN QIAO + BO HE + NUY BANG ZI + MU DAN PI + ZHI ZI
  + Early-stage carbuncles, furuncles and abscesses with exterior signs and symptoms
    - FANG FENG + JIN YIN HUA + LIAN QIAO
* **Stops bleeding**
  + Bleeding from various causes
    - Epistaxis, hemoptysis and hematemesis
      * SHENG DI HUANG
    - Hematochezia or bleeding hemorrhoids
      * HUAI HUA + CE BAI YE + ZHI KE
        + HUAI HUA SAN
    - Hematuria
      * XIAO JI + SHENG DI HUANG + OU JIE + HUA SHI + TONG CAO + PU HUANG
    - For hypermenorrhea, abnormal uterine bleeding or postpartum bleeding
      * E JIAO + AI YE + GAN CAO

### Pharmacological effects

* **Antipyretic and diaphoretic, antibiotic, hemostatic**

### Caution

* Pregnancy, Liver yang rising, Yin deficiency fire

### Contraindications

* Spasms because of Liver wind, fully erupted measles or open sores

## JING SUI

* **Flos Schinepetae**

### Chinese actions

* The aerial part of the plant, treats wind invasion throughout the body

## FANG FENG

* **Radix Saposhnikoviae**
* Acrid, sweet, slightly warm, UB, LV, SP

### Chinese actions

* **Dispels wind and releases the exterior**
  + Exterior wind-heat or wind-cold syndrome
    - Exterior wind-cold syndrome with aversion to cold, fever and headache
      * ZI SU YE + JING JIE + BAI ZHI
    - Exterior wind-cold syndrome with aversion to cold, headache, muscle aches and pain
      * JING JIE + QIANG HUO + QIAN HU
    - Exterior wind-heat syndrome with red eyes and sore throat
      * JING JIE + LIAN QIAO + BO HE
    - To strengthen wei qi
      * HUANG QI
    - Exterior wind-heat syndrome with accumulation of interior heat
      * MA HUANG + JING JIE + HUANG QIN + ZHI ZI
        + JING FANG BAI DU SAN
  + Dermatological disorders with itching
    - Dermatological disorders with itching, rash and irritation
      * JING JIE + CHAN TUI
        + XIAO FENG SAN
    - Acne due to wind-heat attacking the upper body
      * BO HE + LIAN QIAO + HUANG QIN + HUANG LIAN
        + QING SHANG FANG FENG TANG
* **Dispels wind, cold and dampness and relieves pain**
  + Bi Zheng (painful obstruction syndrome)
    - Bi Zheng arising from wind, cold, and dampness
      * QIANG HUO + DANG GUI + JIANG HUANG + CHI SHAO + HUANG QI + GAN CAO
        + JUAN BI TANG
    - Dispels internal Liver wind and relieves muscle spasms and cramps
      * Muscle spasms and cramps
        + Liver wind with spasms

TIAN NAN XING + BAI FU ZI + WU GONG + JIANG CAN + TIAN MA

* **Relieves diarrhea and stops bleeding**
  + Liver and Spleen disharmony
    - Diarrhea with abdominal pain
      * CHEN PI + BIA ZHU + BAI SHAO
        + TONG XIE YAO FANG
    - Chronic, recurrent diarrhea with blood caused by chang feng (intestinal wind)
      * DI YU TAN + HUAI JIAO TAN + HUAI HUA
* **Hemostatic** 
  + Exccessive menstrual bleeding
    - Stri-fry FANG FENG until it turn to ash

### Pharmacological effects

* **Antipyretic, antibiotic**

## QIANG HUO

* **Rhizoma et Radix Notopterygii**
* Acrid, bitter, warm, UB, KD

### Chinese actions

* **Releases the exterior and dispels cold**
  + Pain due to wind-cold
    - Exterior wind-cold syndrome with aversion to cold, fever, headache and muscle aches
      * BAI ZHI + FANG FENG + XI XIN + CHUAN XIONG
        + JIU WEI QIANG HUO TANG
    - Occipital headache from wind-cold, without perspiration
      * JING JIE + FANG FENG
    - Heavy-headed sensations
      * CANG ZHU
    - Red eyes from wind-heat attacking the head
      * LONG DAN CAO + HUANG LIAN + CHUAN TUI + BAI JI LI
* **Eliminates wind, cold and dampness to relieve pain**
  + Bi Zheng (painful obstruction syndrome) due to wind-cold and dampness
    - Muscle aches and joint pain caused by wind, cold and dampness
      * FANG FENG + JIANG HUANG `DANG GUI + CHI SHAO + GAN CAO
        + JUAN BI TANG
    - Arthritis of the upper body or limbs
      * JIANG HUANG + GUI ZHI
    - Wind-damp headache
      * FANG FENG + GAO BEN + CHUAN XIONG
        + QIANG HUO SHENG SHI TANG
    - General arthritis
      * DU HUO + GUI ZHI + CHI SHAO + HONG HUA + WEI LING XIANG

### Pharmacological effects

* **Antipyretic, analgesic, cardiovascular**

### Contraindications

* Febrile disorders, yin deficiency, muscle aches and pain because of blood deficiency

## GAO BEN

* **Rhizoma Ligustici**
* Acrid, warm, UB

### Chinese actions

* **Releases the exterior and dispels cold**
  + Headache due to wind-cold
    - Exterior wind-cold syndrome with aversion to cold, fever, headache, muscle aches and pain
      * JING JIE + FANG FENG + CANG ZHU + CHEN PI
    - Exterior wind-cold syndrome with dampness
      * QIANG HUO + FANG FENG
  + Vertex headache or lower back pain
* **Dispels wind, cold and damp and relieves pain**
  + Bi Zheng (painful obstruction syndrome)
    - Bi Zheng caused by wind, cold and dampness
      * QIANG HUO + FANG FENG + WEI LING XIAN
    - Headache due to cold and dampness
      * CHUAN XIONG + XI XIN
    - Frontal and migraine headaches
      * XI XIN + SHI GAO + BAI ZHI
    - Abdominal pain due to cold and dampness
      * CANG ZHU

### Pharmacological effects

* **Antibiotic, antipyretic and anti-inflammatory effects, effect on smooth muscle**

## JI XIANG TENG

* **Caulis Paederiae**
* Sweet, neutral, slightly warm, LU, LV

### Chinese actions

* **Dispels wind-cold**
  + Body aches associated with an exterior condition
    - Joint pain and body aches of the entire body from wind-cold
      * FANG FENG + HONG GU SHE + DAO DI WU GONG
    - Cough with profuse sputum
      * WU TIAN + FU RONG
* **Dispels cold and dampness**
  + Bi Zheng (painful obstruction syndrome) caused by cold and dampness
    - YI TIAO GEN + CHUAN SHAN LONG + DU HUO
* **Eliminates toxins**
  + Neurodermatitis
    - Topically
  + Organosphosphorus pesticide poisoning
    - LU DOU

## CONG BAI

* **Bulbus Allii Fistulosi**
* Acrid, warm

### Chinese actions

* **Releases the exterior and induces perspiration**
  + Mild cases of wind-cold invasion
    - Wind-cold syndrome
      * DAN DOU CHI
    - Wind-cold syndrome without perspiration
      * MA HUANG + GE GEN
    - Presence of exterior wind-cold with interior heat
      * ZHI ZI + LIAN QIAO + BO HE + DAN DOU CHI
* **Disperse cold and unblocks yang**
  + Abdominal pain
    - interior cold stagnation blockiig the yang
      * FU ZI + GAN JIANG
    - Interior cold stagnation with abdominal coldness, pain and dysuria
      * Directly to the navel to disperse cold and to warm yang
  + Dysuria and constipation
    - Dysuria
      * Should be stir-fried and applied while warm as a topical on the lower abdomen
    - Constipation
      * E JIAO
* **Eliminates toxins and disperses clumps**
  + Sores and abscesses
* **Kills parasites**
  + Abdominal pain caused by intestinal parasites

### Pharmacological effects

* **Antibiotic, antipyretic, diuretic, expectorant effects**

## BAI ZHI

* **Radix Angeelicae Dahuricae**
* Acrid, warm, LU, ST, SP

### Chinese actions

* **Releases the exterior, dispels wind and opens orifices**
  + Wind-cold
    - Wind cold with headache, muscle aches, nasal obstruction and clear nasal discharge
      * SHENG JIANG + DAN DOU CHI
    - Sinusitis and rhinitis with turbid white nasal discharge or nasal obstruction due to cold
      * CANG ER ZI + XIN YI HUA
        + CANG ER SAN
    - Sinusitis and rhinitis with turbid yellow nasal discharge or nasal obstruction caused by heat
      * SHI GAO + HUANG QIN + PU GONG YING
* **Dispels cold and relieves pain**
  + Pain along the Stomach channel
    - Headache and nasal obstruction from wind-cold
      * QIANG HUO + FANG FENG
        + JIU WEI QIANG HUO TANG
    - Yangming channel headache with pain around the eyes frontal headache, and toothace
      * Individually
      * FANG FENG + CHUAN XIONG
        + CHUAN XIONG CHA TIAO SAN
    - Headache with excessive cold
      * XI XIN + WU TOU
    - Headache with excessive heat
      * CHUAN XIONG + SHI GAO + JING JIE
    - Toothache
      * Orally or topically
    - Muscle aches and pain caused by wind and dampness
      * QIANG HUO + GUI ZHI + CHUAN XIONG
        + SHAN ZHONG XIA TONG YONG TONG FENG WAN
* **Reduces swelling, expels pus and eliminates toxins**
  + Sores, carbuncles or furuncles with pus and swelling
    - Rashes and itching caused by wind and dampness
      * QIN JIAO + JING JIE + XIAN CAO
    - Dermatological disorders with abscesses and swelling
      * JIN YIN HUA + CHUAN SHAN JIA + TIAN HUA FEN
    - Formation of pus without ulceration
      * NIU BANG ZI + JIN YIN HUA `CHUAN SHAN JIA + ZAO JIAO CI
    - Formaton of pus with ulceration or prolonged delay in healing
      * DANG SHEN + HUANG QI + JIN YIN HUA + GAN CAO
    - Acute appendicitis or intestinal abscess
      * MU DAN PI + DONG GUA ZI + BAI JIANG CAO + HONG TENG + DA HUANG
    - Breast abscesses
      * CHI SHAO + HONG HUA + PU GONG YING + ZI HUA DI DING + YE JU HUA + JIN YIN HUA
* **Dispels dampness and treats leukorrhea and diarrhea**
  + Leukorrhea
    - White, turbid leukorrhea due to cold and dampness
      * HAI PIAO XIAO + BAI ZHU + FU LING + JI GUAN HUA
    - Yellow, turbid leukorrhea caused by heat and dampness
      * HUANG BAI + CHE QIAN ZI
  + Diarrhea
    - Chronic diarrhea due to Spleen deficiency and damp accumulation
      * ROU DOU KOU + HE ZI + FU LING + QIAN SHI

### Pharmacological effects

* **Antibiotic, anti-inflammatory, analgesic and antipyretic, antispasmodic, affets the cardiovascular system by lowering heart rate and decreasing blood pressure, excites the respiratory system to increase the depth of breathing, and also stimulates the nervous system**

### Clinical studies and research

* Headache, vitiligo, psoriasis

### cautions

* Yin-deficient fire, Liver yang rising, Liver or Kidney yin deficiency

### Contraindications

* Febrile disorders

### Herb-drug interaction

* Liver metabolism

## CANG ER ZI

* **Fructus Xanthii**
* Bitter, acrid, warm, LU, LV

### Chinese actions

* **Opens nasal passages and relieves pain**
  + Sinus disorders with headache
    - Sinussitis or rhinitis with nasal obstruction, loss of smell and nasal discharge
      * BAI ZHI + XIN YI HUA
        + CANG ER SAN
    - Sinus headache caused by wind-cold
      * FANG FENG + BAI ZHI + GAO BEN
* **Dispels wind and dampness**
  + Bi Zheng (painful obstruction syndrome)
    - Individually
    - WEI LING XIAN + CHUAN XIONG + CANG ZHU
  + Dermatological disorders
    - Itching and rash
      * BAI JI LI + DI FU ZI + CHAN TUI + BAI XIAN PI + JING JIE

### Pharmacological effects

* **Antidiabetic, antitussive**

## CANG ER GEN

* **Radix Xanthii**
* Bitter, cold, slightly toxic, LU

### Chinese actions

Clears heat, eliminates toxins and treats common colds caused by wind-heat invasions as well as reducing scrofulae or other toxic swellings such as tonsilltiis

## CANG ER CAO

* **Herba Xanthii**
* Acrid, bitter, cool, slightly toxic

### Chinese actions

* Dispelling wind and clearing heat and toxins

## XIN YI HUA

* **Flos Magnoliae**
* Acrid, warm, LU, ST

### Chinese actions

* **Dispels wind-cold** 
  + Nasal obstruction due to wind-cold
    - Nasal obstruction and clear nasal discharge from wind-cold
      * BAI ZHI + FANG FENG
        + XIN YI SAN
    - Wind-cold attacking the Lung and Stomach with continuous, clear, watery nasal discharge
      * XI XIN + GAN JIANG + FU ZI
* **Opens nasal orifices**
  + Sinusitis and rhinitis with loss of smell
    - CANG ER ZI
      * CANG ER SAN
  + Sinusitis or rhinitis due to cold
    - QIANG HUO + FANG FENG + XI XIN
      * XIN YI SAN
  + Chronic sinusitis or rhinitis caused by damp-heat
    - SHI GAO + DA HUANG
      * QING BI TANG
  + Sinusitis or rhinitis caused by heat
    - ZHI ZI + XUAN SHEN + CHUAN BEI MU + CHAI HU
  + Sinusitis or rhinitis with Lung heat
    - ZHI ZI + HUANG QIN + SHI GAO + SHENG MA
      * XIN YI QING FEI YIN

### Pharmacological effects

* **Effects on nasal mucosa, antihypertensive, analgesic, uterine stimulant, antibiotic**

## E BU SHI CAO

* **Herba Centipedae**
* Acrid, warm

### Chinese actions

* **Opens the nasal orífices, removes superficial visual obstruction**
  + Hypertrophic rinitis, sinus polyps, nasal obstrucion
    - Nasal disorders
      * FU RONG + XIN YI HUA
      * Fresh juice can aslo be applied topically as nose drops
  + Cataract
    - QIAN LI GUANG
* **Dispels wind and dampness and benefits the joints**
  + Traumatic injuries, arthritis
    - Pain
      * YI TIAO GEN + JIN BU HUAN + MO GU XIAO + HHUANG JIN GUI + LIU ZHI HUANG