# 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**

## 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**