Practitioner Mentorship

Module 6.2
Gu Materia Medica

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6.2: Gu Materia Medica

Learning Objectives:
• Review anti-microbial treatment strategy from module 6.1;
• Learn what herbs can be utilized to fulfill each treatment strategy within a formula;
• Receive in-depth background and understanding of 2-3 herbs for each category.
Herbal (holistic)  
“Antimicrobial” Strategy

**Don’t want to simply duplicate antibiotic fx with cold and bitter herbs! Long-term this can damage immune system, Spleen, and digestion.**

Shang Han Lun = Treatise Due To Cold Damage, by Zhang Zhong Jing c. 200AD

From holistic perspective, we must restore body’s ability to police itself, which can only be done if overall approach is to increase body’s yang solar forces.

Herbal formulas create balance and harmony while delivering potent yet gentler antimicrobial medicine.
Herbal (holistic) “Antimicrobial” Strategy

• Open the exterior, expel Wind, and disperse Gu toxins through diaphoresis
• Tonify Qi & Blood
• Move Qi & Blood
• Treat biofilm and eggs
• Kill parasites and expel demons
• Warm the Yuan-Source Qi
• Tonify the Yin and calm the Shen-spirit
Open the exterior, expel Wind, & disperse Gu toxins through diaphoresis.

• Body’s natural healing mechanism via fever;
• Characteristics of Wind:
  – General malaise
  – Aversion to drafts
  – Moving pains
  – Disease attack from an outside source entering into body; wind-torture diseases often enter via insect / animal bites.
• Traditionally applied only to acute diseases;
• Not typically used in anti-parasite formulas;
• Induces sweating, opening pores + strong fragrance; safe for long-term use;
• Mint (bo he), forsythia (lian qiao), honeysuckle (jin yin hua)
• Can also be done with essential oils (mint) + sauna
Herbs to Open the exterior, expel Wind, and disperse Gu toxins through diaphoresis

- Jin yin hua (Lonicera / honeysuckle)
- Lian qiao (Forsythia suspensa)
- Bai zhi (Angelica dahurica)
- Zi su ye (Perilla frutescens, Shiso)
- Gao ben (Ligusticum sinense root)
- Chai hu (Bupleurum)
- Gui zhi (Cinnamon twig)
- Bo he (herba metha haplocalycis / Ch field mint)
- Sheng ma (Cimicifusa racemosa / black cohosh)
Chai hu, Bupleurum Root

• Family: Apiaceae
• Properties: bitter, acrid, cool
• Channels: Gallbladder, Liver, Pericardium, Triple Burner

Key Functions:
1. Relieves liver qi constraint / congestion.
2. Vents heat in the muscle layer.
3. Releases malarial-type wind-torture / shaoyang pathogens.

*anti-viral, liver protective,
Bai zhi, Angelica dahurica

- Family: Apiaceae
- Properties: acrid, warm
- Channels: Lung, Stomach, Spleen

Key Functions:
1. Expels wind.
2. Alleviates damp and unblocks the nasal passages.
3. Alleviates pain. - headache, toothache
Lian qiao, Forsythia suspensae fruit

- Family: Olieaceae
- Properties: bitter, slightly acrid, slightly cold
- Channels: Heart, Lung, Gallbladder

Key Functions:
1. Releases the exterior for wind-heat disorders.
2. Clears heat and resolves toxicity, especially from the Heart, Lungs and chest.
3. Reduces abscesses and dissipates toxic clumps.
Herbal Synergy to **Open the exterior, expel Wind, and disperse Gu toxins**

**Chai Hu, bupleurum root**
- Bitter, acrid, cool; releases constraint, vents muscles layer and ½ interior / ½ exterior pathogens, detoxifying

+ **Gui zhi, cinnamon twig**
- Acrid, sweet, warm; releases the exterior, warms the yang qi and promotes circulation and sweating, modulates the immune system
Representative Formula to Open the exterior, expel Wind, and disperse Gu toxins

Su He Tang, Perilla & Mint Decoction

• Treats acute / earlier phase of parasitic, protozoal, viral, stealth pathogenic infections.
• May be intestinal or nervous system centered
• Perilla, field mint, angelica dahurica, forsythia, bupleurum, angelica sinensis, cnidium root, white peony, astragalus, fo-ti, glehnia, raw rehmannia, artemisia, cassia, sophora flower
Tonify Qi & Blood with anti-parasitic herbs (Bu qi xue).

• Boost qi (life force energy) and blood with herbs that are both tonifying + have pungent, detoxifying properties and do not strengthen the pathogen.

• Primary tonics that modulate immune system and have anti-parasitic properties.

• Protects against damage, sustains a level of nourishment;

• Prevents against auto-immune complications.

• Food as medicine, nutrient therapy, gut restoration.

• Huang qi (astragalus), Dang gui (Angelica sinensis), Wu jia pi (Siberian ginseng)
Anti-Parasitic Herbs to Tonify Qi & Blood (Bu qi xue).

Qi:

– Gan cao / Glycyrrhizae uralensis (licorice)
– Huang qi / Astragalus
– Wu jia pi / Siberian ginseng
– Ashwaganda
– Rhodiola

Blood:

– Dang gui / Angelica sinensis
– Bai shao / Peaoniae lactiflora, white peony
– He shou wu / Polygoni multiflori (fo-ti)
– Chuan xiong / Ligusticum wallichii
Gan cao, Glycyrrhiza root

• Family: Fabaceae
• Properties: sweet, neutral
• Channels: All, especially Heart, Lung, Spleen, Stomach

Key Functions:
2. Moistens Lungs and stops cough.
3. Stops spasm and pain (with bai shao / white peony).
5. Moderates and harmonizes characteristics of other herbs.
Huang qi, Astragalus root, milk vetch

- Family: Fabaceae
- Properties: sweet, slightly warm
- Channels: Lung, Spleen

Key Functions:
1. Tonifies Qi and Blood.
2. Raises the yang qi.
3. Augments protective qi (immunity) and secures the exterior.
4. Promotes urination and reduces edema.
5. Promotes discharge of pus and generates flesh.
Dang gui, Radix Angelica sinensis

- Family: Apiaceae
- Properties: sweet, acrid, warm
- Channels: Heart, Liver, Spleen

Key Functions:
1. Tonifies blood.
2. Moves blood, facilitates healing and stops pain due to blood stasis, cold and trauma.
3. Moistens intestines and unblocks the bowels.
4. Reduces swelling, expels pus, and generates flesh – internal and/or topical for non-healing situations.
Representative Synergy / Formula:

Dang Gui Bu Xue Wan / Angelica decoction for Enriching the Blood

- Huang Qi / astragalus + Dang gui / angelica

For qi and blood deficiency with loss of blood and/or energy, severe illness, stroke, unresolved fever, cancer / chemo tx, weakness and deficiency; chronic, non-healing illness or injury. Neuropathy, weakness, and loss of movement in the limbs. Facilitates production of new blood.
Move Qi & Blood with anti-parasitic herbs (xing qi xue).

• Crucial or symptom relief from bloating, swelling, pain;
• Addresses stagnation caused by inflammation, internal scar formation and the habitual encystment of parasitic organisms, especially protozoans.
• Promotes circulation.
• Exercise, breathing
Herbs to **Move Qi & Blood with anti-parasitic herbs** (xing qi xue).

- Chuan xiong / Ligusticum wallichii
- Chai hu / Bupleurum
- E zhu / curcuma zedoaria
- San leng / sparganum
- Yu jin / curcuma longa
- Chen pi / Citri reticulata
- Mu xiang / Saussaurea
- Ze lan / Lycopi lucidii
- San qi / Notoginseng
- Xu duan / Dipsacus (teasel)
- Wu jia pi / Acanthopanax (Siberian ginseng)
- Shen jin cao / Lycopodium
Chuan xiong, Ligusticum wallichii, Schezuan lovage root

- Family: Apiaceae
- Properties: acrid, warm
- Channels: Liver, Gallbladder, Pericardium

Key Functions:
1. Invigorates blood, promotes movement of qi, and stops pain.
2. Expels Wind. – headache, dizzy, joint pains, itchy skin
Yu jin, Curcuma rhizome

- Family: Zingiberaceae
- Properties: acrid, bitter, cold
- Channels: Heart, Lung, Liver

Key Functions:
1. Clears heat and cools the blood.
2. Breaks up blood stasis and stops pain.
4. Clears the Heart and opens the orifices.
5. Benefits the Gallbladder.

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Wu jia pi, Acanthopanax root, Siberian ginseng

- Family: Araliaceae
- Properties: acrid, bitter, warm
- Channels: Kidney, Liver

Key Functions:
1. Dispels Wind-Damp and strengthens sinews and bones. – chronic body pain, arthritis, weak sinews and bones due to aging, chronic stress or illness
2. Warms and tonifies the yang qi of the liver and kidneys – aging, chronic degenerative dx
3. Transforms damp and reduces swelling. – edema, swollen joints or tissues, fungal skin infections
Treat biofilm and eggs.

- Aromatic herbs that move qi and blood + are anti-parasitic.
  - San leng / Sparganium
  - E zhu / Zedoaria
  - Yu jin / Curcuma
  - Ze lan / Lycopus
  - Zao jiao / Zanthoxylum
  - Di long / Lumbricus (earthworm)
  - Ding xiang / clove
  - He zi / terminalia
San leng, Sparganium rhizome, burr reed

- **Family:** Sparganiaceae
- **Properties:** acrid, bitter, neutral
- **Channels:** Liver, Spleen

**Key Functions:**

1. Forcefully breaks up blood stasis, promotes movement of qi, and alleviates pain.
2. Dissolves accumulations
E zhu, Curcuma zedoaria rhizome

- **Family:** Zingiberaceae
- **Properties:** acrid, bitter, warm
- **Channels:** Spleen, Liver

**Key Functions:**

1. Breaks up blood stasis, promotes movement of qi, and alleviates pain.
2. Dissolves accumulations.
Di long, Lumbricus, earthworm

- Family: Megascolecidae
- Properties: salty, cold
- Channels: Bladder, Liver, Lung, Spleen

Key Functions:
1. Drains heat and extinguishes Wind. – seizure, convulsion, spasm, schizophrenia, disorientation
2. Unblocks and promotes movement in channels and collaterals. – swollen painful joints, post-stroke paralysis
3. Calms wheezing due to Lung Heat.
4. Promotes urination for UB / KI infection.
5. Treats hypertension due to Liver Yang rising.
Kill parasites (she chong) and expel demons (qu gui).

- Address egg and larval forms as well as adult stages of parasites;
- Worms as well as spirochetes, protozoans, mycoplasmas, viruses;
- Aromatic fumigants – also utilized for spiritual growth;
- Antibiotics / antimicrobials
Herbs to Kill parasites (she chong) and expel demons (qu gui).

- Qing hao (Artemisia annuae)
- Guan zhong (Dryopteris)
- Hu zhang (Polygonum cuspidatum)
- Gui jian yu (Euonymus alatus)
- Chang shan (Dichroa)
- Garlic (Allium sativa) – Raw*
- Xuan shen (scrophularia)
- Tu fu ling (smilax)
- Gui zhen cao
- Bing Lang (Areca catechu)
- Ku gua (Momordica charantia)
- Ban lan gen (Isatis)

- Xu chang xing (Cynancum)
- Yu jin (Curcuma)
- Ku shen (Sophora flavescentis)
- She chuang zi (Cnidii monnieri)
- Jin yin hua (Lonicera japonica)
- Shi chang pu (Acorus graminii)
- Ding xiang (Flos Carophyli), clove
- He zi (Terminalia)
- Cryptolepsis
- Alcornea Cordifola
- Sida Acuta
Artemisia annucae, qing hao, sweet wormwood, sweet annie.

- Well-known anti-malarial
- Treats “summer-heat” conditions in traditional Chinese herbal medicine
- Inhibits breast, lung, and thyroid cancers and leukemia
- Anti-viral (Herpes simplex 1, Hep B & C)
Garlic, Allium sativa, Allicin

- Broad-spectrum antimicrobial fx against many bacteria (Gram + and Gram-), fungi (Candida, Aspergillus), protozoa, parasites and viruses (flu);
- Tx MRSA, MDR-TB;
- Tx gut bacterial and parasite infections;
- High in sulfur compounds (allicin);
- Tx cardiovascular disease, atherosclerosis, hyperlipidemia, and lowers blood pressure;
- Prevents clotting, scavenges oxidants, decreases homocysteine increases microcirculation;
- Tx cancer, diabetes;
- Protects neurons from neurotoxicity and apoptosis thus preventing cognitive decline;
- Activates macrophages, T-cells, NK cells, phagocytosis
- May help prevent glutathione depletion in the liver; supports liver’s detox pathways;
- Protects against negative fx of stress on ANS and neuro-endocrine
Bidens pilosa, railway beggar’s tick, gui zhen cao

• “demon spike plant”
• Clears heat and toxins;
• Anti-viral, anti-malarial, anti-microbial; fx augmented by UV light exposure;
• Tx flu, throat infection, inflamed liver, GI infection, malaria, acute joint inflammation;
• Very non-toxic, safe for long-term use;
• Alt species = B. bipinnata; better for acute babesia.
Isatis indigotica, woad root, ban lan gen

- Anti-viral; tx mumps, epidemic febrile diseases, jaundice;
- Clears heat and toxicity, cools the blood and benefits the throat;
- Esp. for sore throat and swollen glands;
- Non-toxic.
Cryptolepsis sanguinolenta

- Native medicinal of West Africa;
- Contains quinolone alkaloids;
- Non-toxic; safe for long-term use;
- Tx babesia, candida, mold, gram + and gram – bacteria;
- Traditionally used for tx of fever, hepatitis, malaria, HTN, UTI, URTI, GI infections, wounds, measles, snakebite, rheumatism, insomnia and as a tonic.
Alcornea cordifolia

- Broad-spectrum antimicrobial from W. Africa;
- Tx babs, bart, borrelia, myco, yeast, staph, strep, H. pylori et al.
- Anti-inflammatory;
- Protects and generates RBC’s;
- Non-toxic and safe for long-term use.
Warm Yuan-Source Qi.

- The stronger the alarms are sounding activated by infection and stressors, the greater the gradual depletion of the body’s yang forces;
- Also stressed and depleted by anti-microbials (cold);
- Superficial signs of heat (rapid, forceful pulses; fever, heat sensations; night sweats, wired energy) may mask underlying condition of cold and exhaustion;
- Follow a moderate-light cooling approach with warming and consolidation of ming men / Life Gate Fire;
- Sustained support of body’s yang qi strengthens the life force, immune system, body’s capacity to recover and police itself.
- NIR light therapies, FIR sauna, sunshine
- Fu zi (aconite), Rou gui (cinnamon), Gan jiang (ginger)
Herbs to **Warm Yuan-Source Qi.**

- **Aconite + traditionally combined with ginger and licorice (gan cao)**
  - Fu zi – lateral offshoots of Aconitum carmichaeli root
  - Chuan wu – taproot of the same
  - Cao wu – Aconitum kusnezoffii

- **Cinnamon**
  - Rou gui

- **Ginger**
  - Gan jiang, dried ginger
  - Pao jiang, roasted
  - Sheng jiang, fresh

- **Evodia, wu zhu yu**
Fu zi, Aconitum carmichaeli rootlets

- **Family:** Ranunculaceae
- **Properties:** acrid, hot, toxic
- **Channels:** Heart, Kidney, Spleen

**Key Functions:**

1. Revives the yang qi and rescues it from devastation.
2. Tonifies the fire at the Life Gate of Vitality.
3. Disperses Cold, warms the channels, and alleviates pain.
Representative Formula = Si Ni Tang

• Fu zi / aconite, gan cao / licorice, gan jiang / ginger
• Cold presentation, adrenal fatigue, poor circulation, exhaustion, digestive system weakness, bloated / edematous, low body temp, weight gain
• Hx long-term abx, long-term illness
Tonify Yin (bu yin) & Calm the Spirit (an shen).

- Treat anxiety by nourishing the yin without tonifying the pathogen;
- Calm adrenal stress;
- Address mental / emotional symptoms.
- Protects and restores nerves and nervous system function.
- Cellular rehydration, emotional healing, endocrine balancing, NT therapy
- Bai he (lily bulb), Sha shen (Glehnia), Huang jing (Polygonatum)
Herbs to **Tonify Yin & Calm Spirit.**

- Dan shen / *Salvia miltiorrhiza*
- Suan zao ren / *Zizyphus*
- Ye jiao teng / *Polygonum stem*
- He huan pi / *Albizzia bark*
- Shi chang pu / *Acorus*
- Huang jing / *Polygonatum*
- Bai he / *Lily bulb*
- Bei sha shen / *Glehnia*
- Xuan shen / *Scrophularia*
- Sheng di / *Rehmannia glutinosa*
- Xi yang shen / *Panax quinceolia (American ginseng)*
- Jiang xiang (Lignum *Dalbergiae Odoriferae*)
- Passionflower
- Kava
Dan shen, Salvia miltiorrhiza root

- Family: Labiatae
- Properties: bitter, slightly cold
- Channels: Heart, Pericardium, Liver

Key Functions:
1. Invigorates blood and dispels stasis.
2. Clears heat, nourishes blood and calms the spirit.
3. Cools blood and treats skin sores and abscess.
Bai he, Bulbus Lili

- Family: Liliaceae
- Properties: sweet, slightly bitter, slightly cold
- Channels: Heart, Lung

Key Functions:

1. Moistens the Lungs and stops cough.
2. Clears the Heart and calms the spirit.
Kava kava, Piper methysticum

- **Family:** Piperaceae
- **Properties:** acrid, slightly cool
- **Channels:** Heart, Pericardium, Liver, Gallbladder

**Key Functions:**
1. Quiets the mind and calms the Shen-spirit.
2. Opens the orifices.