




30. AROMATIC FOR OPENING ORIFICES

SHI CHANG PU 石菖蒲(석창포) Acori tatarinowii Rz (Grassleaf Sweetflag rhizome)	acrid bitter warm aromatic 3-9g	HT ST <ul style="list-style-type: none"> • Open the HT orifices, vaporize Phlegm, quiet the Spirit: Phlegm veiling the sensory orifices, coma, withdrawal-mania, impaired mental functioning from Phlegm-Damp veiling the consciousness → <i>Di Dan Tang / Ding Zhi Wan / Sheng Tie Luo Yin</i> • Transform turbid-Damp and harmonize the Middle Jiao: chest & epigastric fullness & abdominal pain from Damp distressing the SP/ST → <i>Lian Po Yin</i> • Dispel Wind-Damp-Cold: ulceration of the mucous membranes, Wind-Cold-Damp painful obstruction 	 									
				<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;">Shi Chang Pu</td> <td style="width: 50%; text-align: center;">Yuan Zhi</td> </tr> <tr> <td colspan="2" style="text-align: center;">Open the HT orifices, vaporize Phlegm, calm the Shen</td> </tr> <tr> <td colspan="2" style="text-align: center;">For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia</td> </tr> <tr> <td style="text-align: center;">SP/ST Damp, Wind-Damp-Cold</td> <td style="text-align: center;">LU Damp-Phlegm, swelling</td> </tr> </table>	Shi Chang Pu	Yuan Zhi	Open the HT orifices, vaporize Phlegm, calm the Shen		For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia		SP/ST Damp, Wind-Damp-Cold	LU Damp-Phlegm, swelling
				Shi Chang Pu	Yuan Zhi							
				Open the HT orifices, vaporize Phlegm, calm the Shen								
For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia												
SP/ST Damp, Wind-Damp-Cold	LU Damp-Phlegm, swelling											

Aromatics that Transform Dampness	Aromatics that Open the Orifices
Huo Xiang, Cang Zhu, Hou Po	Shi Chang Pu, Niu Huang, (She Xiang)

Which of the following Dui-Yao (herb pairs) is used for mental confusion, decreased intellectual acuity and insomnia due to Phlegm misting Heart orifice?

- A. Suan Zao Ren (Ziziphi spinosae Semen) + Zhi Zi (Gardeniae Fructus)
- B. Long Gu (Fossilia Osis Mastodi) + Mu Li (Ostreae Concha)
- C. Shi Chang Pu (Acori tatarinowii Rhizoma) + Yuan Zhi (Polygalae Radix)
- D. Bai Zi Ren (Platycladi Semen) + Suan Zao Ren (Ziziphi spinosae Semen)

NIU HUANG 牛黃(우황) Bovis Calculus (Cattle Gallstone)	bitter cool 0.2-0.5g	HT LV <ul style="list-style-type: none"> • Clear the HT to awaken the Spirit, vaporize Phlegm to open the orifices: delirium or coma due to warm-febrile diseases, Wind-stroke, convulsions, or seizures → <i>Niu Huang Qing Xin Wan / Zhi Bao Dan / An Gong Niu Huang Wan</i> • Extinguish LV Wind and stop convulsions: spasms, tremors, or convulsions with high fever from LV Heat • Clear Toxic-Heat: red, painful, swollen or ulcerated throat, hot swellings & sores 	

Niu Huang (Bovis Calculus) Cattle gallstone	Dan Nan Xing (Arisaema cum Bile) Arisaematis prepared with Bovine bile
Clear Heat, Eliminate Phlegm, Settle convulsions	
More powerfully clears the HT and opens the orifices, while also cooling the Blood and resolving toxicity	More strongly eliminates phlegm, expels Wind and arrests convulsions, and is thus better suited to patterns involving overabundance of Phlegm-Heat

TCM looks to the Heart in the presence of sensory or consciousness disorders, while Western medicine assesses the brain and central nervous system. Herbs that are said to “open the orifices” act to dispel any pathogenic blockages in order to restore sensory function and induce consciousness. One must discern whether the disorder is Cold or Hot in nature. Which of the following Orifice-opening herbs is used for loss of consciousness due to Heat?

- A. She Xiang (Moschus)
- B. Su He Xiang (Styrax)
- C. An Xi Xiang (Benzoinum)
- D. Niu Huang (Bovis Calculus)