









**14. DISSOLVE COLD-PHLEGM** 溫化寒痰藥(온화한담약)

BAN XIA	TIAN NAN XING	BAI FU ZI	BAI JIE ZI	ZAO JIAO CI	JIE GENG	XUAN FU HUA	BAI QIAN
Pinelliae Rhizoma Preparatum 半夏(반하)	Arisaematis Rhizoma Preparatum 天南星(천남성)	Typhonii Rhizoma preparatum 白附子(백부자)	Sinapis Semen 白芥子(백개자)	Gleditsiae Spina 皂角刺(조각자)	Platycodi Radix 桔梗(길경)	Inulae Flos 旋覆花(선복화)	Cynanchi Stauntonii Rhizoma 白前(백전)
							
acid	bitter, acrid	acid, sweet	acid	acid	bitter, acrid	bitter, acrid, salty	acid, sweet
warm, <u>toxic</u>	warm, <u>toxic</u>	warm, <u>toxic</u>	warm	warm	neutral	sl warm	sl warm
LU SP ST	LV LU SP	LV SP ST	LU	LV ST LU	LU	LV LU ST SP	LU
<b>Herbs that warm and transform Cold-Phlegm</b>							
<b>Araceae family</b>							
<b>Organ</b>	<b>Channel</b>						
<ul style="list-style-type: none"> <li>= <b>ZHI BAN XIA</b></li> <li>Only the prepared herb is for internal use</li> <li>Descend rebellious ST Qi and stop vomiting</li> <li>Dissipate nodule and reduce swelling</li> </ul>	<ul style="list-style-type: none"> <li>= <b>ZHI TIAN NAN XING</b></li> <li>Disperse Wind-Phlegm in channels and stop spasms</li> <li>Reduce swelling and alleviate pain (topically)</li> </ul> <p><b>DAN NAN XING</b></p> <ul style="list-style-type: none"> <li>Bitter/cool; Used for tremor, seizures, or stroke due to phlegm-heat</li> <li>3-6g</li> </ul>	<ul style="list-style-type: none"> <li>= <b>ZH BAI FU ZI</b></li> <li>Dry damp, transform phlegm, expel Wind, stop spasms</li> <li>Resolve toxicity and dissipate nodule</li> <li>Dry damp and stop pain and itching</li> </ul>	<ul style="list-style-type: none"> <li>Warm the LU, regulate Qi and expel Phlegm</li> <li>Open the channels and stop pain</li> <li>Dissipate nodule and reduce swelling</li> </ul>	<ul style="list-style-type: none"> <li>Draw out toxicity, discharge pus, invigorate the blood, and reduce swelling</li> <li>Expel Wind and kill parasites</li> </ul> <p><b>ZAO JIAO</b></p> <ul style="list-style-type: none"> <li>Gleditsiae Fructus</li> <li>More strongly dispel phlegm</li> <li>1-1.5g</li> </ul>	<ul style="list-style-type: none"> <li>Open up and diffuse LU Qi, Benefits the throat (for both cold and heat patterns)</li> <li>Promote discharge of pus</li> <li>Benefit the throat</li> <li>Direct the effect of other herbs upward</li> </ul>	<ul style="list-style-type: none"> <li>Used for vomiting, hiccup, and belching</li> <li>Descend rebellious ST Qi and stop vomiting</li> </ul>	<ul style="list-style-type: none"> <li>Important herb LU Qi blockage and stagnation (esp. good for cough with phlegm in the throat)</li> </ul>
<b>TOXICITY: reduced by Sheng Jiang</b>							
<b>General C/C: Yin deficiency with Heat, Phlegm-Heat</b>							
<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>dry cough from yin deficiency</li> <li>sore throat from excess fire</li> <li>bleeding</li> </ul> <p><b>Toxicity</b></p> <ul style="list-style-type: none"> <li>severe irritation of the mucosa of the mouth, pharynx, and GI tract, and has toxic effects on the nervous system</li> </ul> <p><b>Incompatible</b></p> <ul style="list-style-type: none"> <li>with Wu Tou, Fu Zi</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>dry cough from yin deficiency</li> <li>wind stirring from either intense heat or blood deficiency</li> <li>pregnancy</li> </ul> <p><b>Toxicity</b></p> <ul style="list-style-type: none"> <li>severe cases may present with loss of consciousness, slow and irregular respiration, dyspnea, or even death from respiratory paralysis</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>pregnancy</li> <li>To avoid toxicity, dosage for internal consumption should not exceed 5g</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>chronic cough from LU deficiency</li> <li>yin deficient fire</li> <li>blazing ST fire</li> <li>overdosage causes diarrhea</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>open sores</li> <li>pregnancy</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>chronic cough from yin def.</li> <li>hemoptysis</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>dry cough due to yin deficiency</li> <li>debilitated pt. with loose stools</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>unproductive cough associated with LU deficiency</li> </ul>
3-9g	4.5-9g (decoction), 0.3-1g (powder)	3-6g	3-9g	3-9g	3-9g	3-9g	3-9g
			don't decoct for a long period of time			wrap in cheesecloth	

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BAN XIA	半夏(반하)	▲	●	■	Pinelliae Rhizoma (pinellia)
TIAN NAN XING	天南星(천남성)	▲	●	■	Arisaematis Rhizoma (jack-in-the-pulpit)
BAI FU ZI	白附子(백부자)			■	Typhonii Rhizoma (typhonium rhizome)
BAI JIE ZI	白芥子(백개자)	▲	●	■	Sinapis Semen (white mustard seed)
ZAO JIAO CI	皂角子(조각자)			■	Gleditsiae Spina (gleditsia thorn)
JIE GENG	桔梗(길경)	▲	●	■	Platycodi Radix (balloon flower root)
XUAN FU HUA	旋覆花(선복화)	▲	●	■	Inulae Flos (inula flower)
BAI QIAN	白前(백전)	▲	●	■	Cynanchi Stauntonii Rhizoma (swallow wort rhizome)

## 14. DISSOLVE COLD-PHLEGM

Which herb detox *Ban Xia* (Pinelliae Rhizoma preparatum) and also provide synergetic function for directing stomach rebellious Qi downward?

- |                |                  |
|----------------|------------------|
| A. Sheng Jiang | B. Tian Nan Xing |
| C. Gan Cao     | D. Wu Tou        |

Jiang Ban Xia	The herb is soaked and rinsed until it has only a slightly spicy, numbing taste, then it is boiled with fresh ginger and alum until cooked through. It is then dried in the open until 60-70% dry, moistened again to slice, then dried completely.
Fa Ban Xia	Raw pinellia is soaked and rinsed until only a slightly spicy, numbing taste remains. It is then mixed evenly in a decoction of <i>Gan Cao</i> (Glycyrrhizae Radix) and lime, and soaked until the center becomes yellow without any remaining white and the originally powdery herb becomes horn-like and semitransparent.

*Bensky*

*Sheng Ban Xia* (Pinelliae Rhizoma), a highly toxic herb, must be processed for internal use. Toxic effects are severe irritation of the mucosa in the mouth, pharynx, and gastrointestinal tract, and the nervous system. The herbal antidote to poisoning from *Sheng Ban Xia* (unprepared Pinelliae Rhizoma) is a decoction of:

- A. Lu Dou 30g + Fang Feng 60g + Gan Cao 15g
- B. Sheng Jiang 30g + Fang Feng 60g + Gan Cao 15g
- C. Wu Tou 60g + Sheng Jiang 30g + Gan Cao 15g
- D. Da Zao 30g + Fang Feng 60g + Gan Cao 15g

- Toxic reactions may occur after ingestion of the unprocessed drug (toxic dose: 0.1-2.4g) or overdosage of the prepared drug.
- Note that Ban Xia (Pinelliae Rhizoma preparatum) acts synergistically with barbiturates.

Which herb is often combined with *Ban Xia* (Pinelliae Rhizoma) as a traditional "two-aged (Er Chen, 二陳이진)" pair and used for dozens of Phlegm-resolving formulas?

- |             |             |
|-------------|-------------|
| A. Xiang Fu | B. Cang Zhu |
| C. Fu Ling  | D. Chen Pi  |

Eighteen Incompatibles (*Shi Ba Fan*, 十八反) states that \_\_\_\_\_ is incompatible with *Ban Xia* (Pinelliae Rhizoma).

- |              |            |
|--------------|------------|
| A. Bai Fu Zi | B. Li Lu   |
| C. Wu Tou    | D. Gan Cao |

- However, the combination of these two have not demonstrated an increase in toxicity or adverse reactions in recent studies. Thus, the validity of this incompatibility is currently under more challenges and investigation.

*Ban Xia* (Pinelliae Rhizoma preparatum) and *Tian Nan Xing* (Arisaematis Rhizoma preparatum) belong to the araceae family with similar functions and levels of toxicity. The most important antidote for these toxic herbs is:

- A. Fang Feng
- B. Gan Cao
- C. Lu Dou
- D. Sheng Jiang

Which of the following herb combination is best for facial paralysis, headache, and muscular tetany due to Wind-Phlegm obstructing the channel?

- A. Jie Geng + Yu Xing Cao
- B. Ban Xia + Chen Pi
- C. Tian Nan Xing + Bai Fu Zi
- D. Bai Qian + Qian Hu

The prepared form of *Tian Nan Xing* (Arisaematis Rhizoma preparatum) is *Dan Nan Xing* (Arisaema cum Bile). The preparation reduces its toxicity, moderates its strong drying quality, changes the temperature quality of the herb from \_\_\_\_\_, and its predominant flavor from acrid to bitter.

- A. warm to cool
- B. cool to warm

Method 1	The sterilized bile of a cow, pig, or sheep is mixed with finely-powdered prepared arisaema, then steamed thoroughly for one hour. Once cooled, it is cut into small cubes and dried.
Method 2	Alternatively, the finely-powdered herb is mixed with the bile, placed in a warm area to ferment for one to two weeks, then steamed round the clock for nine days, stirring every two hours, until it is thoroughly black and paste-like, no longer numbs the tongue, and is no longer malodorous. After drying, it is steamed again to moisten it, and then sliced into small cubes.

Which herb is used in treating tremors, seizures, or stroke due to Phlegm-Heat?

- A. Tian Nan Xing
- B. Dan Nan Xing

- It is often used for childhood seizures due to phlegm-heat with *Niu Huang* (Bovis Calculus), *Huang Lian* (Coptidis Rhizoma), *Tian Ma* (Gastrodiae Rhizoma), and *Quan Xie* (Scorpio).

Tian Nan Xing	Dan Nan Xing
bitter, acrid / warm, toxic	bitter / cool
↓	↓
Dissolve Cold-Phlegm	Dissolve Hot-Phlegm



Which herb is frequently used during the early stages of swollen sores to encourage suppuration, or to induce those already formed to burst?

- A. Zao Jiao Ci
- B. Tian Nan Xing
- C. Dan Nan Xing
- D. Xuan Fu Hua

- Zao Jiao Ci → Frequently used during the early stages of swollen sores to encourage suppuration, or to induce those already formed to burst
- Clinical use: obstruction or adhesions of the fallopian tubes secondary to PID → Zao Jiao Ci + Tao Ren + Bai Jiang Cao

Zao Jiao	Zao Jiao Ci
Zao Jiao (Gleditsiae Fructus) and Zao Jiao Ci (Gleditsiae Spina) have similar functions	
more strongly dispels phlegm	more effectively activates blood circulation and disperse stagnation
Clinical use: treatment of obesity, elevated cholesterol level, and lipoma. Both of these herbs have a “detergent” effect with both lipophilic and hydrophilic properties, enabling the flushing of fatty substances from the body. 3-5g each in decoction. <span style="float: right;"><i>Zhang Xiao-Ping</i></span>	

Which Phlegm-dissolving herb is contraindicated in patients with a tendency to cough up blood?

- A. Zhu Ru
- B. Gua Lou Ren
- C. Chuan Bei Mu
- D. Jie Geng

Which herb is neutral and can be used in patients with Lung disorders caused by either Cold or Heat?

- A. Bai Fu Zi
- B. Bai Jie Zi
- C. Jie Geng
- D. Zao Jiao Ci

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Ban Xia	Tian Nan Xing	Bai Fu Zi	Bai Jie Zi	Zao Jiao Ci	Jie Geng	Xuan Fu Hua	Bai Qian
warm	warm	warm	warm	warm		sl warm	sl warm
toxic	toxic	toxic					

*Jie Geng* (Platycodi Radix) pushes out pus associated with Lung abscess or throat abscess. Which herbs are combined for this action?

- A. + Xuan Shen, Shan Dou Gen, She Gan
- B. + Zi Su Ye, Xing Ren, Qian Hu
- C. + Bo He, Niu Bang Zi, Chan Tui
- D. + Gua Lou Ren, Yu Xing Cao, Yi Yi Ren

- The traditional disease of Lung abscess is marked by fevers, chest pain, coughing of yellow sputum with a fishy smell, along with coughing up of blood and pus.

What is the cooking direction of *Xuan Fu Hua* (Inulae Flos)?

- A. Place in a cloth bag for decoction
- B. Cook 30-60 minutes longer
- C. Dissolve in the strained decoction
- D. Add near the end

• The pappus of *Xuan Fu Hua* (Inulae Flos) may irritate the mucosa of the upper digestive tract, resulting in cough and vomiting.

*Xuan Fu Hua* (Inulae Flos) redirects the Qi downward and stops vomiting, hiccough, and belching. Which of the following herbs is commonly combined?

- A. Xi Xin
- B. Sang Bai Pi
- C. Dai Zhe Shi
- D. Mu Xiang

Clinical use

Xuan Fu Hua + Xiang Fu	Chuan Lian Zi + Yan Hu Suo
R-sided hypochondriac pain	L-sided hypochondriac pain

Ding Guang-Di

Which herb is warm in nature and is used for treating disorders of Cold-Phlegm?

- A. Gua Lou
- B. Bai Qian
- C. Bei Mu
- D. Qian Hu

*Bai Qian* (Cynanchi stauntonii Rhizoma) is often combined with *Qian Hu* (Peucedani Radix). Both excel at directing rebellious Qi downward and reducing profuse phlegm. Match the herbs to the correct properties.

Qian Hu	■	<input type="checkbox"/>	acid, sweet / slightly warm / LU → Dissolve Cold-Phlegm
Bai Qian	■	<input type="checkbox"/>	bitter, acrid / slightly cold / LU → Dissolve Hot-Phlegm

• *Bai Qian* (Cynanchi stauntonii Rhizoma) and *Qian Hu* (Peucedani Radix) are combined so often that the phrase "The two Qian (Er Qian, 二前이전)" is usually written in prescriptions.