

## Some External Uses Of Chinese Herbs

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Mediums for combining with herbs

Each medium has its own properties and can enhance the effect of the method

1. Wine
2. Water
3. Vinegar
4. Honey
5. Vegetable oil
6. Egg white
7. Herb juices
8. Lanolin

### *1. Wine*

- is warm and invigorating
- it is a guiding and penetrating agent
- it is cleansing, antiseptic
- it is a preservative

### *2. Water*

- neutral
- moistens
- takes on properties and enhances the properties of what combined with

### *3. Vinegar*

- sour
- invigorates blood, dispels blood stasis, and stops pain
- courses the liver, regulates *qi*, and moves stagnation
- relieves toxicity

### *4. Honey*

- sweet
- tonifies the middle
- calms spasms
- moistens the lungs
- calms cough
- moistens the intestines

### *5. Vegetable oil*

- sesame, neutral, sweet, liver, kidney
- nourish yin
- nourish blood
- moisten and lubricate

#### 6. *Egg white*

- sweet, cool, neutral
- moisten the lung
- clear heat and toxicity

#### 7. *Herb juices*

##### *Jin yin hua*

- pungent, slightly bitter, cold, lung, heart, stomach, large intestine
- clear heat and toxicity, disperse wind-heat and summer heat
- warm diseases and external contraction of wind-heat
- sores and abscess due to heat-toxicity, swollen and sore throat, dysentery

##### *Ju hua*

- pungent, sweet, bitter, slightly cold, lung and liver
- disperse wind-heat, subdue liver yang, clear liver heat to improve vision, clear lung heat
- liver yang or liver heat flaming up leading to vertigo and headache

#### 8. *Lanolin*

- neutral
- moistens
- clears heat and toxins

### **1. Direct application to the skin**

Using fresh ground or dried ground herbs combined with a medium into a paste

#### 1. a. *Ground or crushed ginger*

##### *Functions*

- ginger is spicy, warm
- to warm yang
- dispel cold

##### *Indications*

- bi zheng due to wind, cold, damp
- used to warm the middle jiao to treat symptoms like;
- vomiting, diarrhea, reflux, abdominal discomfort due to cold

#### 1. b. *Ground or crushed garlic*

##### *Functions*

- warm and pungent
- it reduces swellings
- relieves pain
- draws pus, clears toxins

##### *Indications*

- swollen, painful lymph glands
- internal organ inflammation, eg Crohn's, appendicitis
- inflamed ulcer

#### 1. c. *Ground or crushed pepper*

##### *Functions*

- pepper has a travelling hot and pungent nature
- effective in dispelling damp, eases pain and distention

##### *Indications*

- wind, cold and damp bi syndrome
- cold abdominal pain
- tumors from stasis

*1. d. Ground aconite*

*Functions*

- warm, pungent for dispelling cold and reviving yang

*Indications*

- chronic boils and carbuncles
- chronic fatigue and burn out
- wind, cold, damp bi zheng
- cold hands and feet
- ulcers

*1. e. Ground or crushed mustard seeds*

*Functions*

- warms the lung
- dissolve phlegm
- impel the flow of qi
- disperse masses

*Indications*

- difficulty breathing, COPD, asthma, emphysema
- facial hemiplegia
- phlegm masses
- wind, cold, damp bi zheng

*1. f. Ground or crushed jiang huang, tumeric*

*Functions*

- acrid, bitter, warm
- invigorates blood, unblocks menstruation
- promotes movement of qi and stops pain
- expels wind
- moves blood

*Indications*

- wind, damp, bi zheng
- swelling and pain from trauma
- amenorrhea, dysmenorrhea, abdominal pain
- epigastric and abdominal pain from qi stasis

*1. g. Fermented soybean paste*

*Functions*

- cold and bitter and has a detoxifying effect

*Indications*

- chronic ulcers and carbuncles
- chronic swelling of lymph glands
- repeated ear infections

**2. Dian Fa – applying a paste to a specific point**

Combining one or more herbs with an appropriate medium directly to points you wish to treat. The herbs and mediums can be chosen that enhance the points effectiveness. Small pill shaped formulas can be applied directly to the points and taped on.



*Bai hui – Du 20*

Ascending herbs for; prolapse, astringe loss from lower orifices, awaken the senses, irrigate the brain with qi and blood

Descending herbs; to relax the senses, calm the mind, warm the feet, descend qi and blood

*Yong quan – Kid 1*

Descend and calm qi and blood, wind, yang rising

*Xia wan - Ren 10, Zhong wan – Ren 12, Shang wan – Ren 13, Known as the 3 ventors or gates*

Open and facilitate good digestion

Calm digestion

Promote a good appetite

*Dan Zhong, or Shang qi hai - Ren 17*

Facilitate the lung in descending and dispersing

Stop cough

Resolve phlegm and drain damp

*Guan yuan - Ren 4*

Supplement and nourish blood and fluids

Invigorate the movement of blood and fluids

Warm the uterus, stabilize the fetus

*Back Shu points*

Front Mu points

Choose appropriate herbs and mediums to enhance the effectiveness of your chosen points

*Ahshi points*

Choose herbs and mediums appropriate to the location and cause of pain on the ahshi points

**3. Tie Fa – applying medicinals with plasters, rice paper, gauze, plastic wrap**

#### **4. Pu Fen Fa - sprinkling with powder**

#### **5. Fa Pao Fa - burning the skin**

Isolating a spot to apply a caustic herb. Easy to cut a hole in a bandage

Ya dan zi to warts

Mustard seed to skin tags

#### **6. Qi Lao Fa - applying medicinals to the navel**

Good to use herbs that supplement yuan qi

#### **7. Chan Yao Fa - applications directly on to wounds**

Use appropriate herbs to treat wounds

For infection and inflammation, use cold bitter, heat and toxin clearing medicinals; huang qin, lian qiao, jin yin hua

To promote healing; gan cao, ji xue teng, niu xi, du zhong, hai piao xiao,

#### **8. Dou Du Fa - wearing medicinals in underwear**

To enhance your sexual attractiveness

Breast lumps; ban xia, wang bu liu xing, ju he

Ovarian cysts or uterine fibroids; ban xia, mu li, kun bu, hai zao, dan shen, hong hua, tao ren

#### **9. Zhen Fa - using medicinals in pillows**

To facilitate breathing; aromatic herbs

To calm the mind and descend uprising

To use in pillows applied to specific areas

#### **10. Mo Ca Fa**

-using medicinals in liquids or ointments and rubbed on

#### **11. Yun Fa - Ironing**

-using dried powdered herbs mixed with a medium and wrapped in a bag to iron the affected area

#### **12. Yan Xun Fa - Smoking**

-directing the heat and smoke to an area

For example; moxa

Using moxa to enhance herb patties applicable to certain points or areas

Smoking areas of the body or rooms to cleanse

#### **13. Xun Zheng (or Xi) Fa - Steaming**

-directing the steam of a decoction and washing an area

#### **14. Yan Fa - Compress**

-can be cold or hot. Soak a cloth in decoction, wring out and apply

#### **15. Zuo Yao fa - Hip bath**

-sitting in a decoction

#### **16. Guan Chang Fa - Enema**

-introducing decoctions directly in to the anus/rectum

**17. Han Shu Fa – Gargles & lozenges**

–using decoctions or powders as to gargle or suck on

For example, sore throat;

-salt

-mu hu die & pang da hai

**18. Dian Yan Fa – Eye drops and baths**

–applying decoctions directly to the eyes

**19. Qu Ti Fa – Sneezing**

– inducing sneezing with powders

**20. Bi Xu Fa – Nasal inhalations**

–directly sniffing powders, inhaling the steam of decoctions, inhaling the smoke of burning medicinals

**21. Sai Bi Fa – Nasal applications**

–putting herbal soaked threads or pills directly into nostrils

-Ya dan zi

-other aromatic herbs

**22. Sai Gang Men Fa – Suppositories**

–tucking pills or capsules in to the anus

**23. Sai Yin Dao Fa – Pessaries**

–tucking pills or capsules in to the vagina