

E A S T / W E S T

H e r b a l E n e r g e t i c s

P a r t I I I

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*In arriving at an integrated East/West Herbal Energetics perspective, we need to consider the Energetic aspects of the Western herbs, the Western properties of the Chinese herbs, and their pharmacology. The information presented will essentially allow readers to start to bridge/integrate knowledge of Western Herbal Therapeutics and Chinese Herbalism to form a unique knowledge base combining the best parts of both of these great herbal traditions. This article extends the East/West Herbal Energetics perspectives developed in two previous articles (published in previous issues of the **Canadian Journal of Herbalism**^{1,2}) that explored the Traditional Chinese Medicine (TCM) Organ systems and how to identify and treat Disharmonies of these systems.*

Introduction:

In this article we will be examining some of the fundamental concepts underlying the TCM Organ systems. In TCM, observation of stimulus and response (of inputs and outputs/symptoms and signs) replaces the need to open the "black box" as a way to learn about the human "system": dissection, analysis, and reduction are no longer appropriate in this wholistic approach. In analyzing TCM Organ imbalances we are engaged in sophisticated pattern matching in order to determine recognizable Patterns of Disharmony within the network of Organ systems which can manifest externally as observable symptoms and signs.³

The TCM Organs:

- Chinese medicine recognizes a number of important Organs, which work in unison with each other and with the Fundamental Substances.
- In Chinese Medicine Organs are **not** physical objects, but rather groups of dynamic metabolic processes.
- These processes are generation, transformation, transportation, storage, regulation and excretion. This is quite different from the Western model of anatomical structure and function.
- The Chinese Liver is defined by the functions/processes associated with it, the Western liver by its physical structure. (note that all references to key TCM Organs are capitalized to differentiate them from Western terminology)
- In learning about the Chinese Organs, we must leave our Western notions about them at the door. The self-consistent

Chinese system needs to be learned and dealt with on its own terms.

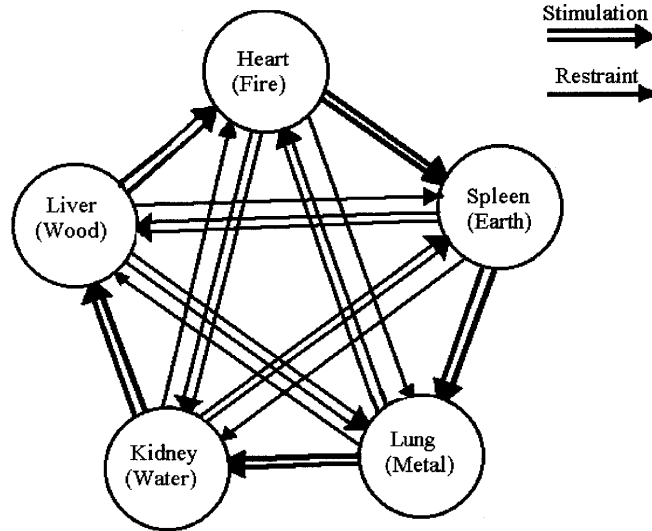
Key Organ Systems:

Key Zang Organs	Associated Fu Organs
Heart	Small Intestine
Lungs	Large Intestine
Spleen	Stomach
Liver	Gall Bladder
Kidneys	Urinary Bladder

- The functions of the **Zang** Organs are to produce, transform, regulate and store the Fundamental Substances.
- The functions of the **Fu** Organs are to receive, break down and absorb the part of the food that will be transformed into Fundamental Substances and to excrete the unused portions.
- In Chinese Herbalism, the Zang Organs are considered the most important Organs to strengthen in order to restore systemic balance/harmony and a Zang-Fu Organ system consisting of the Zang Organ plus its associated Fu Organ is commonly referred to simply by the name of the Zang Organ.

The Network of Organ Systems

The five major Organ systems are viewed as being in continuous communication with each other, constantly exchanging information and energy in such a way as to attempt to maintain the network of Organ systems in a healthy state of harmony and balance (homeostasis). This model of the human network of Organ systems (often referred to as the five element model of health and disease) is usually depicted as follows:⁴



We will now consider each of these major Organ systems, the common Patterns of Disharmony that may be associated with each one, and how we can use herbal formulae to harmonize/restore balance to these systems, should they be found to be out of equilibrium.

The Heart Organ System

- The Heart governs the Blood:

- The Heart controls and regulates the flow of Blood
- Proper functioning of the Heart ensures warm extremities and a regular, even pulse.
- Impaired functioning leads to cold extremities and possibly chest pains.
- The Heart transforms Food Qi into Blood.

- The Heart is manifested in the complexion:

- A strong Heart gives a rosy lustrous complexion.
- A Deficient Heart gives a dull complexion.
- Serious Heart Deficiency can cause Blood Stagnation and a blue tinge in the complexion.

- The Heart opens into the tongue:

- If the Heart Qi is Deficient the tongue will be pale.
- Serious Heart Deficiency can cause Blood Stagnation and make the tongue appear purple.

- The Heart controls sweat:

- The Blood and Body Fluids are in continuous interchange.
- Heart Deficiency can cause abnormal sweating.
- The Heart maintains Joy (excitement):
- Overexpressed/exaggerated Joy is a symptom of Heart Disharmony.
- An excessively negative/ pessimistic attitude is also a symptom of Heart Disharmony.⁵

Symptoms of Heart Disharmony

Now let's take a look at how we can assess whether a person is suffering from a Heart Disharmony. There are quite specific symptoms and signs (S/S) that indicate the presence of a Heart Disharmony in an individual:⁶

Heart Disharmony S/S

Easily confused	
Fatigue with anxiety and restlessness	
Circulatory problems	
Slight exertion or excitement causes heat, perspiration	
Hysteria, agitation, over-excitability	
Insomnia or palpitations when nervous, worried, or overtired	
Frequent urination and bowel movements from nervousness	
Burning, sensitivity, or irritation of mouth, tongue, urethra, vagina or anus	
Dry mouth or throat with craving for cool drinks and juicy foods	
Easy blushing of face and ears	
Easily hot, easily cold	
Anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares	
Cravings for spicy, hot, and sweet foods	
Aggravations from heat and dryness	
Total	Factor = .7
	Score =

If the person exhibits any of the symptoms of Heart Disharmony, a tick is placed in the corresponding box. The total number of ticks is then counted and inserted in the "Total" space and multiplied by the "Factor" to arrive at the "Score". A score of 3 or more would be considered significant.

Herbs to Treat Heart Disharmony Patterns

We can now use herbs to rebalance the body should we detect a significant Heart Disharmony in the body. Specifically, the following herbal formulae can be used to Tonify the Heart and restore the Heart Organ system to a

healthy state of equilibrium (the strategy implemented by each formula to restore balance and harmony to the Zang-Fu Organ system is summarized in the strategy statement at the end of each formula listing).⁷

Formula to Tonify the Heart (using Chinese Herbs)					
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount	
Suan Zao Ren	Zizyphus spinosa	Seed	Tonifies Blood, Calming	9g	
Dan Shen	Salvia miltiorrhiza	Root	Regulates Blood Stagnation Clears Heat, Calming	9g	
Wu Wei Zi	Schisandra chinensis	Fruit	Calming, Strengthens Heart, Astringent	6g	
Ren Shen	Panax ginseng	Root	Tonifies Qi, Calming Strengthens Heart	12g	
Fu Ling	Poria cocos	Fungus	Clears Wetness/Phlegm Calming	9g	
Lian Zi	Nelumbo nucifera	Seed	Calming Treats Insomnia, Excessive Dreaming and Palpitations	9g	
Gan Cao	Glycyrrhiza glabra	Root	Tonifies Qi and Harmonizes other Herbs	6g	
Strategy:	Tonify Blood Regulate Blood Calm/Stabilize Heart Tonify Qi Tonify Yin Clear Heat Clear Wetness/Phlegm				

Thanks to the bridging work between the Western and Chinese systems carried out by such pioneering herbalists as Michael Tierra, Lesley Tierra, and Peter Holmes we are able to arrive at an equivalent formulation using Western herbs. It is worth noting that the Energetic properties of the Chinese herbs within the TCM model have been determined and refined through practical experience over the centuries. In contrast, the Energetic classification of Western herbs within the Chinese model is a relatively recent and still evolving body of knowledge. Where differences exist within this evolving body of knowledge, we have tended to view the Energetics of Western herbs by Peter Holmes as being the definitive standard. In arriving at an equivalent herbal formula using Western herbs, we need to consider the Energetic aspects of the Western herbs,^{8,9} the Western properties of the Chinese herbs,¹⁰ and their pharmacology.¹¹ It should be noted that several different Chinese herbs may be referred to by the same Pinyin name. Chinese herbalists view this as quite legitimate, since they have through the

centuries empirically established that these herbs have very similar actions within the TCM model of the human body.

The detailed Materia Medica sheets for the herbs that are mentioned in this article are being made available through the OHA web site at www.herbalists.on.ca. There are 70 or so Western and 70 or so Asian herbs that we have found to be most useful in our practice. If you refer to the Materia Medica sheets you will note that they include the Western^{12, 13, 14} and Energetic properties for each herb.

In China a herbal formula such as that listed above is traditionally decocted with about nine cups of water and consumed at the rate of a couple of cups per day. The convenience of custom-blended herbal tinctures is, however, gaining rapid acceptance in both the East and the West, since they are easier to take and transport and have a long shelf life due to the alcohol content. The 40% alcohol usually used in such tinctures is also able to more efficiently extract some of the herbal constituents when compared to the extraction by decoction.

Let's take a look at an equivalent formula to Tonify the Heart using Western herbs:

Formula to Tonify the Heart (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Nettle	Urtica gracilis/dioica	Herb	Tonifies Blood, Clears Wet Heat	10g
Yarrow	Achillea millefolium	Herb	Regulates Blood Stagnation Tonifies/Regulates Qi	10g
Lavender	Lavandula officinalis	Flowers	Calming, Clears Heat Regulates/Circulates Qi	10g
Hawthorn	Crataegus oxyacantha	Berries	Tonifies Heart Qi and Yin Regulates Blood Stagnation	10g
Black Cohosh	Cimicifuga racemosa	Root	Tonifies Yin, Treats Heart Yin Deficiency, Regulates/Circulates Qi	10g
Pot Marigold	Calendula officinalis	Flowers	Tonifies Heart Qi, Clears Wet Heat Regulates Qi and Blood	10g
Motherwort	Leonurus cardiaca	Herb	Tonifies Heart Qi Treats Palpitations Regulates Qi and Blood	10g
Sweet Clover	Mellilotus officinalis	Herb	Calming, Clears Wet Heat/Phlegm Regulates Qi and Blood	10g
Lemon Balm	Melissa officinalis	Herb	Calming, Tonifies Qi Regulates/Circulates Qi	10g
Skullcap	Scutellaria lateriflora	Herb	Calming, Tonifies Yin Regulates/Circulates Qi	10g
Strategy:	Tonify Blood Regulate Blood Calm/Stabilize Heart Tonify Qi Tonify Yin Clear Heat Clear Wetness/Phlegm			

The strategy implemented by this Western herb formulation is essentially equivalent to that implemented by the previous formulation based on Chinese herbs.

The Lung Organ System:

- The Lungs govern Qi and respiration:

- The Spleen sends Food Qi up to the Lungs.
- The Lungs extract Air Qi from the air.
- These are mixed with Original Qi to form Qi.

- The Lungs control dispersing and descending:

- The Lungs disperse defensive Qi and Body Fluids to the outer layers of the body.
- The Lungs send Qi and Body Fluids down to the Kidneys.

- The Lungs regulate the passage of water through the body:

- Impaired Lung function can lead to urine retention.

- The Lungs control skin, pores and body hair:

- Impaired Lung function can lead to rough dry skin. (TCM substantiates the link between eczema and asthma).

- The Lungs open into the nose:

- Good Lung function gives a clear nose and a good sense of smell.

- The Lungs are linked with grief and sadness:

- Unresolved grief/sadness can cause Lung Disharmony.¹⁵

Symptoms of Lung Disharmony:

Now let's take a look at how we can assess whether a person is suffering from a Lung Disharmony. There are quite specific symptoms and signs that indicate the presence of a Lung Disharmony in an individual:¹⁶

Lung Disharmony S/S:		
Frequent sore throats/colds		
Frequent rhinitis or sinusitis		
Cough with or without phlegm		
Frequent throat clearing or laryngitis		
Morning attacks of coughing or sneezing with clear phlegm or mucus discharge		
Dry skin and mucous membrane, especially of face, nose, and mouth		
Edema, particularly in upper body		
Tendency to eczema, asthma		
Shortness of breath, chest pain or wheezing in chest from fatigue or exertion		
Problems with urination (retention)		
Easily disappointed or offended		
Craves spicy, juicy, sweet foods and stimulants		
Aggravations from heat, cold and dryness		
Total	Factor = .8	Score =

If the person exhibits any of the symptoms of Lung Disharmony, a tick is placed in the corresponding box. The total number of ticks is then counted and inserted in the "Total" space and multiplied by the "Factor" to arrive at the "Score". A score of 3 or more would be considered significant.

Herbs to Treat Lung Disharmony Patterns:

We can now use herbs to rebalance the body should we detect a significant Lung Disharmony in the body. Specifically, the following herbal formulae can be used to Tonify the Lungs and restore the Lung Organ system to a healthy state of equilibrium.

Formula to Tonify the Lungs (using Chinese Herbs)				
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount
Bei Mu	Fritillaria cirrhoza	Bulb	Clears Heat/Phlegm from Lungs	9g
Huang Qi	Astragalus membranaceus	Root	Tonifies Qi and Blood	9g
Jie Geng	Platycodon grandiflorum	Root	Regulates Lung Qi, Expels Phlegm	9g
Gan Cao	Glycyrrhiza glabra	Root	Tonifies Qi, Moistens Lungs Stops Coughing	6g
Sheng Jiang	Zingiber officinale	Root	Resolves Cold/Phlegm in Lungs Relieves Disperses Exterior Cold	6g
Wu Wei Zi	Schisandra chinensis	Fruit	Astringes the Lungs, Stops Coughing	6g
Sang Ye	Morus alba	Leaves	Clears Lung Heat Cooling Sudorific	6g
Chen Pi	Citrus reticulata	Peel	Herb for Qi Stagnation	6g
Zhi Mu	Anemarrhena asphodeloides	Root	Tonifies Yin Clears Excess Lung Heat	6g
Ling Zhi	Ganoderma lucidum	Mushroom	Tonifies Qi, Strengthens Lungs	6g
Strategy:	Clear Heat/Phlegm Tonify Qi Regulate Qi Tonify Yin, Moisten Lungs Resolve Cold/Phlegm in Lungs Astringe the Lungs			

Let's take a look at an equivalent formula to Tonify the Lungs using Western herbs:

Formula to Tonify the Lungs (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Horehound	Marrubium vulgare	Herb	Clears Lung Phlegm/Wetness with Heat	10g
Sage	Salvia officinalis	Herb	Clears Wetness/Phlegm Tonifies/Regulates Qi	10g
Mullein	Verbascum thapsus	Herb	Tonifies Lung Yin Resolves Phlegm Regulates Lung Qi, Relieves Coughing	10g
Oregano	Origanum vulgare	Herb	Regulates/Circulates Lung Qi Resolves Cold Wetness/Phlegm	10g
Vitex	Vitex negundo-heterophylla	Leaves/Berries	Clears Phlegm Regulates Qi Stops Coughing	10g
Coltsfoot	Tussilago farfara	Leaves	Clears Phlegm with Heat Tonifies Yin	10g
Thyme	Thymus vulgaris	Herb	Clears Cold Phlegm, Tonifies Qi Dispels Wind/Cold/Wetness	10g
Ground Ivy	Glechoma hederacea	Herb	Clears Wetness/Phlegm Regulates Qi Stagnation, Astringent	10g
Plantain	Plantago major	Herb	Clears Wet Heat and Phlegm Astringent	10g
Wild Pansy	Viola tricolor	Herb	Clears Wetness/Phlegm Clears Lung Wind/Heat	10g
Strategy:	Clear Heat/Phlegm Tonify Qi Regulate Qi Tonify Yin, Moisten Lungs Resolve Cold/Phlegm in Lungs Astringe the Lungs Dispel Wind Cold/Wetness/Heat			

The Spleen Organ System:

- The Spleen governs transportation and transformation:

- In TCM, the Spleen is the primary digestive Organ.
- The Spleen extracts nutrients from food in the Stomach.
- These nutrients (Food Qi) are then sent to the Lungs and Heart.
- A healthy Spleen gives a good appetite, digestion and muscle tone.
- Disharmony of the Spleen leads to fatigue, abdominal distension, poor digestion and diarrhea.

- The Spleen is involved in the assimilation of Body Fluids throughout the body:

- Spleen Disharmony can cause fluid retention.
- The Spleen generates the Qi to keep the Blood in the vessels.
- **The Spleen transports Qi throughout the body:**
 - Spleen Disharmony can cause a loss of muscle tone.
- **The Spleen opens into the mouth:**
 - A healthy Spleen means a sharp sense of taste and moist rosy lips.
- **The Spleen raises Qi in the body:**
 - Spleen disharmony can lead to organ prolapse.
- **The Spleen houses thought:**
 - The Spleen sends Qi to the head and brain.
 - A healthy Spleen means clear thinking.
 - Excess mental work or worry can stress the Spleen.¹⁷

Symptoms of Spleen Disharmony:

Now let's take a look at how we can assess whether a person is suffering from a Spleen Disharmony. There are quite specific symptoms and signs that indicate the presence of a Spleen Disharmony in an individual:¹⁸

Spleen Disharmony S/S:		
Fatigue, tiredness, low energy		
Easily worried		
Upset by changes		
Poor concentration, thinking		
Overwhelmed by details		
Digestive problems, gas, bloating, mild stomach pains, food allergies, slow digestion		
Loss of appetite and sense of taste		
Nausea, vomiting		
Cravings for sweets and starchy foods		
A feeling of heaviness and lethargy		
Water retention and puffiness		
Diarrhoea, loose stools from raw or cold foods and liquids		
Weight loss (or inability to gain weight)		
Easy or frequent bruising		
Lack of muscle tone or strength, especially of abdomen, back or neck		
Prolapse of stomach, intestines, rectum, uterus, vagina, bladder		
Anaemia		
Chronic low level bleeding (uterine, intestinal, stomach, nose etc.)		
Haemorrhoids		
Frequent but scanty urination		
Aggravation from cold and dampness		
Total	Factor = .5	Score =

If the person exhibits any of the symptoms of Spleen Disharmony, a tick is placed in the corresponding box. The total number of ticks is then counted and inserted in the "Total" space and multiplied by the "Factor" to arrive at the "Score". A score of 3 or more would be considered significant.

Herbs to Treat Spleen Disharmony Patterns:

We can now use herbs to rebalance the body should we detect a significant Spleen Disharmony in the body. Specifically, the following herbal formulae can be used to Tonify the Spleen and restore the Spleen Organ system to a healthy state of equilibrium.

Formula to Tonify the Spleen (using Chinese Herbs)				
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount
Fu Ling	Poria cocos	Fungus	Strengthens Spleen Transforms Phlegm	9g
Huang Qi	Astragalus membranaceus	Root	Strengthens Spleen Raises Spleen Qi Tonifies Qi and Blood	9g
Bai Zhu	Atractylodes macrocephala	Root	Tonifies Spleen and Qi	9g
Hong Zao	Ziziphus jujuba	Fruit	Tonifies Spleen/Stomach Tonifies Qi	4 Fruits
Sheng Jiang	Zingiber officinale	Root	Warms Stomach Balances Flow of Qi	6g
Chen Pi	Citrus reticulata	Peel	Regulates Spleen/Stomach Qi Strengthens Spleen Dries Wetness/Transforms Phlegm	6g

Table continued on following page . . .

continued . . . Formula to Tonify the Spleen (using Chinese Herbs)				
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount
Yi Yi Ren	Coix lacryma-jobi	Seeds	Clears Wet Heat in Spleen/Stomach Strengthens Spleen	6g
Gan Cao	Glycyrrhiza glabra	Root	Tonifies Qi and Strengthens Spleen	6g
Lian Qiao	Forsythia suspensa	Fruit	Clears Heat and Detoxifies	6g
Sha Ren	Ammomum villosum	Fruit	Transforms Wetness in Spleen/Stomach Regulates Qi, Strengthens Stomach	6g
Strategy:	Strengthen Spleen/Stomach Tonify Qi Regulate Qi Raise Spleen Qi (to counter prolapse) Warm Stomach Dry Wetness / Transform Phlegm			

Let's take a look at an equivalent formula to Tonify the Spleen using Western herbs:

Formula to Tonify Spleen (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Thyme	Thymus vulgaris	Herb	Clears Spleen Wetness Tonifies Qi	10g
Hawthorn	Crataegus oxyacantha	Berries	Tonifies Spleen/Stomach Dissipates Food Accumulation	10g
Saw Palmetto	Serenoa repens	Berries	Tonifies Qi, Tonifies Yang Tonifies Spleen	10g
Myrrh	Commiphora molmol	Resin	Tonifies Qi, Clears Wetness/Phlegm	5g
Sage	Salvia officinalis	Herb	Tonifies/Regulates Qi Clears Wetness/Phlegm	10g
Cinnamon	Cinnamomum verum	Bark	Tonifies Spleen Yang Clears Wetness	10g
Rosemary	Rosmarinus officinalis	Leaves	Relieves Spleen Cold/Wetness Resolves Phlegm	10g
Sarsaparilla	Smilax officinalis	Root	Tonifies Qi, Yang and Blood Treats Spleen Qi Deficiency	10g
Gentian	Gentiana lutea	Root	Regulates Abdominal Qi Stagnation Clears Heat and Detoxifies	5g
Yarrow	Achillea millefolium	Herb	Tonifies/Regulates Qi Treats Liver/Spleen Disharmony	10g
Strategy:	Strengthen Spleen/Stomach Tonify Qi Regulate Qi Clear Wetness/Phlegm Tonify Spleen Yang (Relieve Spleen Cold) Treat Liver/Spleen Disharmony			

The Liver Organ System:

- **The Liver controls the smooth flow of Qi:**
 - A smooth/free flow of Qi throughout the body is critical to health.
 - Liver Qi Stagnation is a common Disharmony.
- **The Liver stores Blood:**
 - With increasing physical activity, the Liver releases Blood as needed.
 - When the body is at rest, the Liver stores Blood.
 - The Liver regulates menstruation.
- **The smoothing/flowing function of the Liver harmonizes the emotions:**
 - If the Liver function is impaired, it can result in rigid/controlling behaviour and irrational angry outbursts.

- The Liver controls the tendons and ligaments and their attachment to the muscles:

- A healthy Liver gives smooth flexible movements.
- The Liver manifests in the nails:
 - A healthy Liver gives strong, moist, pink nail beds.
- **The Liver opens into the eyes:**
 - The eyes require Liver Blood nourishment for clear vision.¹⁹

Symptoms of Liver Disharmony:

Now let's take a look at how we can assess whether a person is suffering from a Liver Disharmony. There are quite specific symptoms and signs that indicate the presence of a Liver Disharmony in an individual:²⁰

Liver Disharmony S/S		
Easily irritated, angry outbursts, anxiety, depression*		
Sensitive to wind, noise, strong odours and tastes		
Muscle tension or cramps especially in neck, jaw (grinding of teeth), shoulders, lower abdomen, hips, calves*		
Muscle trembling, shaking		
Weak or blurry vision, floaters		
Dry eyes		
Coarse brittle nails or hair		
Numbness or tingling in limbs when asleep or inactive		
Easy chilling of arms, hands, legs, feet*		
Difficult elimination, dry stool, tense colon*		
Weak, dizzy, flushed from hunger, tension or anger*		
Occasional acute temporal headaches		
Irregular and or scanty menstruation		
Nausea or queasiness from hunger or fatigue*		
Genital organ hypersensitivity		
Pains in ribs, chest, breasts, beneath diaphragm or in groin*		
Cravings for sour, spicy, fatty foods		
Tinnitus characterized by whistling or ringing in the ears		
PMS, often characterized by symptoms marked above with asterisk		
Aggravations from heat, wind and drafts		
Total	Factor = .5	Score =

If the person exhibits any of the symptoms of Liver Disharmony, a tick is placed in the corresponding box. The total number of ticks is then counted and inserted in the "Total" space and multiplied by the "Factor" to arrive at the "Score". A score of 3 or more would be considered significant.

Herbs to Treat Liver Disharmony Patterns:

We can now use herbs to rebalance the body should we detect a significant Liver Disharmony in the body. Specifically, the following herbal formulae can be used to Tonify the Liver and restore the Liver Organ system to a healthy state of equilibrium.

(see Table on following page . . .)

Formula to Tonify the Liver (using Chinese Herbs)				
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount
Bai Shao Yao	<i>Paeonia lactiflora</i>	Root	Tonifies Blood, Pacifies Liver Regulates Liver Qi	12g
Gou Qi Zi	<i>Lycium barbarum</i>	Fruit	Tonifies Blood and Yin Tonifies Liver and Kidneys	9g
Chai Hu	<i>Bupleurum chinense</i>	Root	Regulates Stagnant Liver Qi Disperses Heat	6g
Chuan Xiong	<i>Ligusticum chuaxiong</i>	Root	Regulates Blood and Qi Stagnation	9g
Xiang Fu	<i>Cyperus rotundus</i>	Root	Regulates Liver Qi Stagnation	9g
Shu Di Huang	<i>Rehmannia glutinosa</i>	Prepared Root	Tonifies Blood and Yin	9g
Suan Zao Ren	<i>Zizyphus spinosa</i>	Seed	Calming, Nourishes Liver Blood	9g
Ju Hua	<i>Chrysanthemum morifolium</i>	Flower	Clears Liver, Cooling Disperses Internal Wind Treats Liver Yang Rising	6g
Sang Ye	<i>Morus alba</i>	Leaves	Clears Liver Disperses Internal Wind	6g
Mu Dan Pi	<i>Paeonia moutan</i>	Root Bark	Clears Heat, Regulates Blood Treats Liver Yang Rising	9g
Gan Cao	<i>Glycyrrhiza glabra</i>	Root	Tonifies Qi, Harmonizes	6g
Strategy:	Clear/Pacify Liver Tonify Blood Regulate Blood Regulate Qi Disperse Internal Wind Clear Liver Yang Rising			

Let's take a look at an equivalent formula to Tonify the Liver using Western herbs:

Formula to Tonify the Liver (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Kelp	<i>Fucus vesiculosus</i>	Herb	Tonifies Blood Regulates abdominal Qi Stagnation	10g
Nettle	<i>Urtica gracilis/dioica</i>	Herb	Tonifies Blood	10g
Gentian	<i>Gentiana lutea</i>	Root	Regulates abdominal Qi Stagnation Clears Wet Heat from Liver	5g
Sweet Clover	<i>Melilotus officinalis</i>	Herb	Regulates/Circulates Qi Regulates Blood Stagnation Treats Liver Yang Rising	10g
Lemon Balm	<i>Melissa officinalis</i>	Herb	Regulates/Circulates Qi, Calming Treats Liver Yang Rising	10g
<i>(Table continues on following page . . .)</i>				

continued . . . Formula to Tonify the Liver (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Bai Ji Li	Tribulus terrestris	Fruit	Regulates Stagnant Liver Qi Suppresses Internal Wind	10g
Skullcap	Scutellaria lateriflora	Herb	Regulates Blood Stagnation Treats Liver Yang Rising	10g
Horsetail	Equisetum arvense	Herb	Regulates/Circulates Qi, Calming Treats Liver Yang Rising Calms Internal Wind	5g
Black Walnut	Juglans nigra	Green Hulls	Clears Wet Heat, Tonifies Liver	5g
Dandelion	Taraxacum officinale	Root	Clears Wet Heat, Tonifies Blood Tonifies Liver	10g
Optionally add:				
Licorice	Glycyrrhiza glabra	Root	Clears Liver Heat/Detoxifies Harmonizer	5g
Strategy:	Clear Liver Heat Tonify Blood Regulate Blood Regulate Qi Disperse Internal Wind Clear Liver Yang Rising Calm			

The Kidney Organ System:

- **The Kidneys store Jing, which controls reproduction, growth and development:**
 - Impaired Kidney Jing can lead to retarded growth, learning difficulties, infertility, sexual disorders and premature senility.
 - The Kidneys are the root storehouse for Yang (metabolic fire) and Yin (overall fluid/water/ substance side of the body, including hormones).
- **The Yang Fire of the Kidneys regulates water metabolism, including urination:**
 - Yang Deficiency of the Kidneys leads to copious clear (watery) urination and, in some cases, edema of the legs and ankles.
- **The Lungs send Qi downwards and the Kidneys hold it down, facilitating normal breathing:**
 - Impaired Kidney function allows Qi to rebel upwards (Rebellious Qi), causing breathing difficulties (including asthma).
- **The Kidneys open into the ear:**
 - The ear needs Kidney Jing for normal functioning.

- If this is lacking, deafness and tinnitus can result.
- As Jing diminishes with age, older people become hard of hearing.
- **The Kidneys manifest in the hair:**
 - Normal Kidney Jing gives healthy glossy hair.
 - Deficient Kidney Jing leads to dull, prematurely grey, brittle hair.
- **The Kidneys house the will and control fear:**
 - Poor Kidney function leads to weakness and timidity.
 - Conversely, chronic fear can damage the Kidneys.²¹

Symptoms of Kidney Disharmony:

Now let's take a look at how we can assess whether a person is suffering from a Kidney Disharmony. There are quite specific symptoms and signs that indicate the presence of a Kidney Disharmony in an individual:²²

(see Table on following page . . .)

Kidney Disharmony S/S		
Sore throats from fatigue		
Frequent copious watery urination		
Edema of legs and ankles		
Puffiness around eyes		
Dull hearing		
Tinnitus characterized by low humming		
Low back pain or soreness		
Weakness or soreness of hips, knees, ankles or feet		
Diminished libido, impotence		
Diminished motivation, timidity		
Lack of sexual secretions		
Infertility or difficulty conceiving and/or going to term		
Loss of stamina		
Needs to sleep a lot		
Easily depressed and disgruntled		
Forgetful, difficulty concentrating		
Aggravations from cold, sex and lack of rest		
Total	Factor = .6	Score =

If the person exhibits any of the symptoms of Kidney Disharmony, a tick is placed in the corresponding box. The total number of ticks is then counted and inserted in the "Total" space and multiplied by the "Factor" to arrive at the "Score". A score of 3 or more would be considered significant.

Herbs to Treat Kidney Disharmony Patterns:

We can now use herbs to rebalance the body should we detect a significant Kidney Disharmony in the body. Specifically, the following herbal formulae can be used to Tonify the Kidneys and restore the Kidney Organ system to a healthy state of equilibrium.

Formula to Tonify the Kidneys (using Chinese Herbs)				
Mandarin Pinyin Name	Latin Name	Part used	Action/Use	Amount
Shan Yao	Dioscorea opposita	Root	Tonifies Qi and Yin Tonifies/Astringes Kidneys	12g
Shu Di Huang	Rehmannia glutinosa	Prepared Root	Tonifies Blood Tonifies Kidney Yin	12g
Fu Ling	Poria cocos	Fungus	Clears Wetness/Phlegm	12g
Shan Zhu Yu	Cornus officinalis	Fruit	Tonifies Liver and Kidneys Astringent	9g
Du Zhong	Eucommia ulmoides	Bark	Tonifies Yang Tonifies Liver and Kidneys	9g
Ze Xie	Alisma orientale	Herb	Clears Kidney Yin Deficiency Heat Drains Wetness	9g
Wu Wei Zi	Schisandra chinensis	Fruit	Astringent Herb Tonifies Kidney Qi	6g
Sha Ren	Ammomum villosum	Fruit	Herb to Clear Wetness/Phlegm	6g
Zhi Mu	Anemarrhena asphodeloides	Root	Tonifies Kidney Yin Clears Kidney Heat	6g
Rou Cong Rong	Cistanche deserticola	Stem	Tonifies Kidney Yang	6g
Strategy:	Tonify Qi Tonify Yin Tonify Yang Clear Yin Deficiency Heat Drain Wetness			

Let's take a look at an equivalent formula to Tonify the Kidneys using Western herbs:

Formula to Tonify the Kidneys (using Western Herbs)				
Common Name	Latin Name	Part used	Action/Use	Amount
Wild Yam	Dioscorea villosa	Root/Tuber	Tonifies Kidney Qi Regulates abdominal Qi	12g
Borage	Borago officinalis	Herb	Tonifies Yin Clears Kidney/Bladder Wet Heat Clears Yin Deficiency Heat	12g
Nettle	Urtica gracilis/dioica	Herb	Tonifies Blood, Clears Wet Heat Astringent	12g
Wild Strawberry	Fragaria vesca	Leaves	Tonifies urogenital Qi Astringent	9g
Saw Palmetto	Serenoa repens	Berries	Tonifies Yang, Tonifies Qi Tonifies Kidneys	9g
Goldenrod	Solidago canadensis	Flowers	Drains Wetness, Clears Wet Heat Astringent	9g
Ginkgo	Ginkgo biloba	Leaves	Tonifies Qi, Tonifies Kidney Jing	6g
Sarsaparilla	Smilax officinalis	Root	Tonifies Qi, Tonifies Blood Tonifies Kidney Yang	6g
Marsh Mallow	Althea officinalis	Root	Tonifies Yin, Clears Wet Heat Clears Kidney Yin Deficiency Heat	6g
Damiana	Turnera diffusa	Herb	Tonifies Kidneys, Tonifies Jing Tonifies Yang, Tonifies Qi	6g
Optionally Add: Licorice	Glycyrrhiza glabra	Root	Harmonizer	
Strategy:	Tonify Qi Tonify Yin Tonify Yang Clear Yin Deficiency Heat Drain Wetness Clear Wet Heat			

In summary, the information presented above and in the previous two articles is intended to allow the reader to move towards an integrated East/West Herbal Energetics perspective, combining knowledge of Western Herbal Therapeutics and Chinese Herbalism to address the TCM concepts of Cold/Heat, Wetness/Dryness, Qi and Blood Deficiency, Qi and Blood Stagnation and Disharmonies of the five major Organ systems in the body and to identify and treat these Disharmonies with Chinese and Western herbal formulae. 🌿

Recommended further reading:

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 Ted J. Kaptchuck, Congdon and Weed Inc., Chicago, Illinois, 1983.

Chinese Herbal Medicine, Materia Medica (revised edition)
 Dan Bensky and Andrew Gamble with Ted Kaptchuck,
 Eastland Press, Seattle, WA, 1993.

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. . . continued from page 18

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- ¹⁹ Tierra M, Tierra L. 1998; 147-153.
- ²⁰ Beinfeld H, Korngold E.1999; 306.
- ²¹ Tierra M, Tierra L. 1998; 153-158.
- ²² Beinfeld H, Korngold E.1999; 308.