

Robert Hayden, M.S.O.M. - Materia Medica Lecture Notes

Clear Heat, Drain Fire

Gypsum Fibrosum (Shigao) (Gypsum)	v. cold, sweet, acrid / LU, ST	Clears Qi-level/Yangming heat w/ irritability and thirst. Clears Lung and Stomach heat. Topical for burns, sores, eczema.	Decoct 20-30 min longer. Contraindicated for stomach cold, Yang or Yin def.	9-30 g
Rhizoma Anemarrhenae (Zhimu) (Anemarrhena)	Cold, bitter (sweet)/ LU, ST, K	Clears Qi-level/Yangming heat. Clears heat from deficiency, nourishes yin and moistens dryness. Treats cough d/t Lung heat.	Contraindicated in diarrhea due Spleen deficiency.	6-12 g
Fructus Gardeniae (Zhizi) (Gardenia fruit)	Cold, bitter/ H, LR, LU, ST, TB	Clears heat, relieves irritability. Drains damp-heat from all three Jiao. Cools blood and stops bleeding.	Contraindicated in diarrhea due Spleen deficiency. Char to stop bleeding. Crush before decocting.	3-12 g
Herba Lophatheri (Danzhuye) (Bamboo Leaf)	Cold, sweet, bland / H, SI, ST	Clears heat in Heart & Stomach, relieves irritability, mouth sores, thirst. Clears damp-heat, promotes urination.	Caution during pregnancy	6-9 g
Spica Prunellae (Xiakucao) (Prunella spike)	Cold, bitter, acrid / LR, GB	Red, painful, watery eyes d/t Liver fire. Hypertension. Phlegm-fire swellings: scrofula, lipoma, swollen glands	Caution in Stomach and Spleen deficiency.	9-15 g
Plumula Nelumbinis (Lianzixin) (Lotus Plumule)	Cold, bitter / H, PC	Clears Heart fire, insomnia, irritability, delerium. Binds Essence, stops bleeding.	Contraindicated in abdominal masses or constipation.	1.5-6 g
Rhizoma Phragmitis (Lugen) (Reed root)	Cold, sweet / LU, ST	Clears heat, relieves irritability. Generates fluids, relieves thirst. Clears Lung & Stomach heat to stop cough or vomiting.	Caution in Stomach and Spleen deficiency cold.	15-30 g
Semen Cassiae (Juemingzi) (Cassia seed)	Cool, sweet, bitter / LR, K, LI	Red itchy painful eyes d/t Liver fire or wind-heat. Moistens stool. Lowers BP & cholesterol.	Interaction w/cannabis seeds (Huomaren). Contraindicated for diarrhea, low BP.	9-15 g
Semen Celosiae (Qingxiangzi) (Celosia seed)	Cool, sweet / LR	Red itchy painful eyes, visual obstruction d/t Liver fire or wind-heat. Lowers BP.	Contraindicated for glaucoma, Liver-Kidney deficiency.	3-15 g
Flos Buddleiae (Mimenghua) (Butterflybush flower)	Cool, sweet / LR	Red itchy painful eyes, visual obstruction d/t either excess or deficiency.	No contraindications noted	3-9 g