

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

Clear Heat, Cool Blood

Cornu Rhinoceri (Xijiao) (Rhinoceros horn)	Cold, bitter, salty / H, LR, ST	Bleeding, skin eruptions, fever, delirium and convulsions d/t Ying- or Blood-level heat.	Endangered species, must substitute with water buffalo horn (Shuiniujiao), dose: 6-15 g (powder) or 30-120 g (decoction).	1-2 g (powder), 1.5-6 g (decoct)
Radix Rehmanniae (Shengdihuang) (Fresh rehmannia root)	Cold, sweet, bitter / H, K, LR	Hi fever, thirst, bleeding d/t Ying- or Blood- heat. Nourishes yin, clears def heat, generates fluids. Heart fire w/irritability, tongue sores. Wasting-thirst.	Contraindicated in spleen deficiency w/dampness, lack of appetite, phlegm in chest, diarrhea	9-30 g
Radix Scrophulariae (Xuanshen) (Scrophularia)	Cold, bitter, sweet, salty / K, LU, ST	Hi fever, thirst d/t Blood heat. Sore swollen throat. Scrofula, subcutaneous nodules. Dry constipation.	Contraindicated in spleen deficiency w/dampness, diarrhea	9-30 g
Cortex Moutan (Mudanpi) (Moutan bark)	Cool, acrid, bitter / H, LR, K	Bleeding d/t Blood- heat. Moves blood stasis, tx menses, ab masses, trauma. Clears heat from yin deficiency. Liver yang rising.	Contraindicated for profuse menstruation or pregnancy, deficiency heat w/ profuse sweat, and for cold conditions.	6-12 g
Radix Lithospermi seu Arnebiae (Zicao) (Lithospermum or Arnebia root)	Cold, sweet / H, LR	Skin eruptions d/t heat toxin, stagnation, or non-venting. Moistens the intestines	Contraindicated for Spleen def with diarrhea. Lithospermum banned in Germany for possible hepatotoxicity.	3-9 g
Cortex Lycii (Digupi) (Lycium bark)	Cold, sweet / LU, LR, K	Cools blood, stops bleeding. Cough, wheezing d/t lung heat. Steaming bone fever d/t def Yin.	Contraindicated in exterior patterns or Spleen def cold w/ diarrhea.	6-15 g
Radix Cynanchi (Baiwei) (Swallowwort root)	Cold, bitter, salty / LU, ST, K	Post-partum fever d/t Yin def heat. Blood-heat urinary dysfunction, esp post-partum.	No contraindications noted	6-15 g
Radix Stellariae (Yinchaihu) (Stellaria root)	Cool, sweet / LR, ST	Cools blood, stops bleeding. Clears heat d/t deficient Yin. Clears heat in infants d/t malnutrition (gan).	Contraindicated in Wind-cold, blood deficiency w/o fever.	3-9 g