

Chinese Herbology

Herbal Relationships...

• Seven Relationships

- 1) **Going Alone:** (Single Effect) - dan xiang - One medicinal for treatment.
- 2) **Mutual need:** (Mutual Accentuation) - xiang xu - Combination of two substances with similar properties.
- 3) **Empowering:** (Mutual Enhancement) - xiang shi - Mutual-enhancing herbs, combination of two or more substances with different functions. This combination enhances each other.
- 4) **Fear:** (Mutual Counteraction) - xiang wei - Toxicity of one medical reduced by another.
- 5) **Aversion:** (Mutual Antagonism) - xiang wu - Reduction in the main reaction.
- 6) **Killing:** (Mutual Suppression) - xiang sha - Rapid elimination of toxin.
- 7) **Clashing:** (Mutual incompatibility) - Becomes more toxic by combination, avoidance.

• 8 Methods or 8 Treatment

- 1) **Sweating:** Stimulating Lung Qi, regulating or correcting defense and construction (ying & wei) (Ying- nutrition, inner. Wei- protects outer).
- 2) **Vomiting:** Stimulate Stomach, phlegm, food stagnation, toxic matter.
- 3) **Draining Downward:** Purgative, inducing defecation to clean bowels.
- 4) **Harmonizing:** Regulates Organs
- 5) **Warming:** Warms Interior expels cold from channels, restoring yang qi.
- 6) **Clearing:** Eliminating heat, draining fire, or fire toxins.
- 7) **Reducing:** Gets rid of accumulations due to food or blood stagnation.
- 8) **Tonifying:** Replenishes what is weak in the body.

• Four Medicinal Roles: These are the roles individual herbs perform in a formula.

- 1) **Sovereign:** Performs principle action of the formula. The sovereign addresses the chief complaint.
- 2) **Minister:** Provides direct assistants to the sovereign. Secondary support, same focus or function.
- 3) **Assistant:** Addresses secondary patterns. The assistant is used to reduce toxicity of sovereign or minister.
- 4) **Courier:** Guides the formula to a certain organ or part of the body. The courier is also used to harmonize the formula. The Courier is sometimes called, "Channel Conductors" or "Medicine Horses"

• 19 Fears (Antagonizes): Toxicity of one medical reduced by another.

Shi Liu Huang	Fears	Po Xiao
Shui Yin	Fears	Pi Shuang
Lang Du	Fears	M. Tuo Seng
Ba Dou	Fears	Qian Niu Zi
Ding Xiang	Fears	Yu Jin
Ya Xiao	Fears	San Leng
Wu Tou (two varieties)	Fears	Xi Jiao
Ren Shen	Fears	Wu Ling Zhi
Rou Gui	Fears	Chi Shi Zhi



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Herbal Relationships continued...

• **18 Clashes (Incompatibilities):** Becomes more toxic in combination

Gan Cao: Gan sui, Da ji, Yuan hua, Hai zao

Wu Tou: Bei mu, Gua lou, Ban xia, Bai lian, Bai ji

Li Lu: Ren shen, Sha shen, Dan shen, Ku shen, Xi xin, Bai shao

NOTES:

