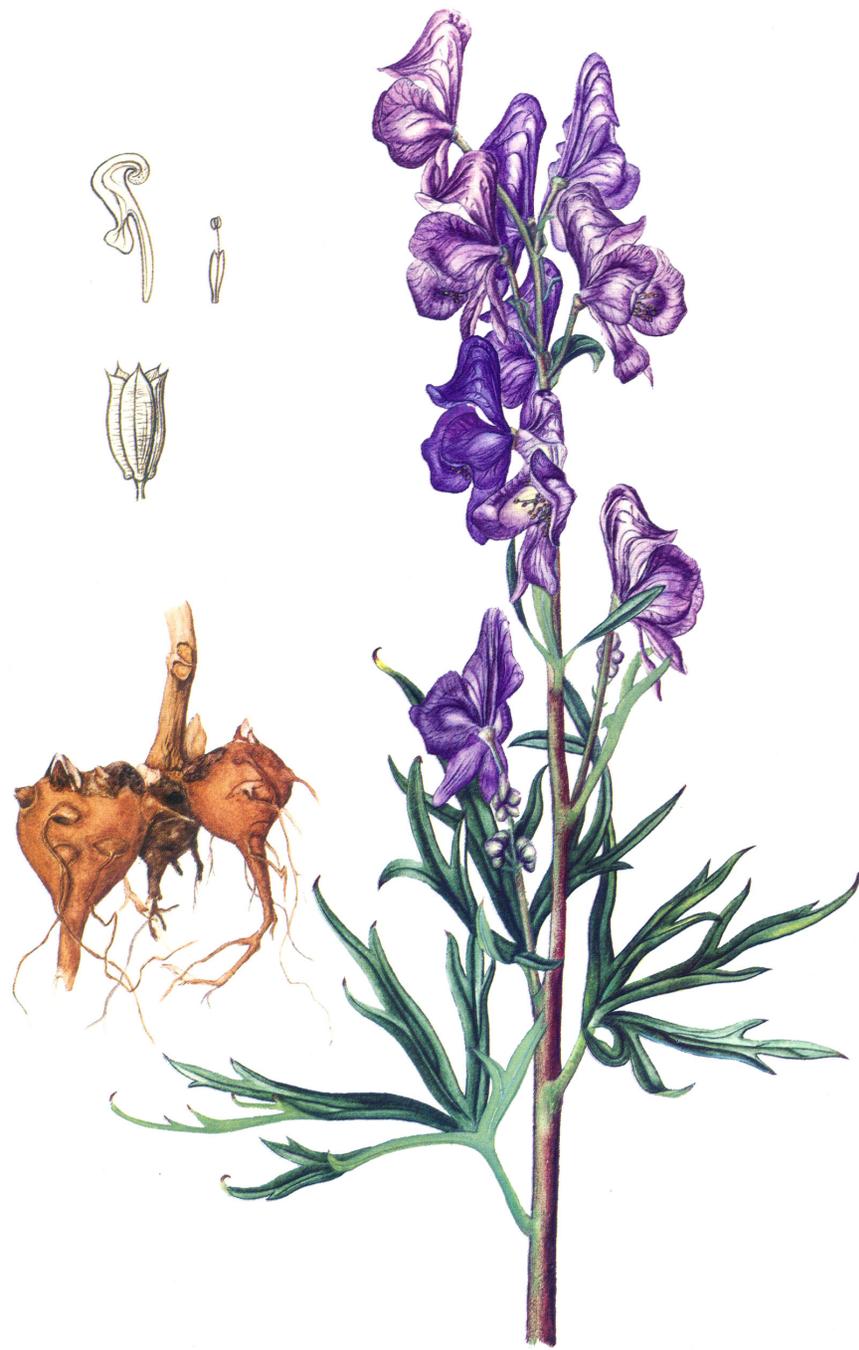


川乌头

Chuān Wū Tóu



乌头 Wū Tóu
Aconitum Carmichaeli

川乌头 **Chuān Wū Tóu**

《Yao Pu》

Radix Aconiti

Acrid
Bitter

Hot

Heart
Liver
Spleen
Kidney

**Dispel Wind, Overcome Dampness
Warm Meridians
Dissipate Cold, Stop Pain**

Wind Cold Damp Bi
Joint Pain
Limb Numbness, Tingling
Hemiplegia
Head Wind, Headache
Heart, Abdomen Cold Pain
Cold Mounting Aching, Pain
Knocks, Falls Stasis, Pain
Yin Flat - Abscesses Swelling, Toxicity
Can Be Used as an Anaesthetic

Large Toxicity

Internal Use {
Tang (Decoction): 3-9g
Ground to Powder: 1-2g
Wan (Pill), San (Powder)
Internal Consumption Necessitates Processing First:
Tang Decoctions Suit Pre Decoction for 1-2 Hours to Decrease Toxicity

External Use (Appropriate Dose) {
Grind to Powder, Apply
Grind to Powder, Apply Mixed

Contraindications {
Yin Vacuity Yang Flourishing
Heat Pattern Pain
Pregnancy

Clashes With: Bàn Xià, Guā Lóu, Tiān Huā Fě, Chuān Bèi Mǔ, Zhè Bèi Mǔ, Bái Liǎn, Bái Jí

Alcohol Steeps, Alcohol Decoctions Frequently Result in Toxicosis (Suits Consumption With Caution)

Improper Consumption of Wu Tou Can Result in Toxicosis

Symptoms Include: Mouth, Tongue, Four Limb, Full Body Numbness, Tingling, Drooling, Nausea, Retching, Vomiting, Abdominal Diarrhea, Dizziness, Flowery Vision, Dry Mouth, Decreased, Relaxed Pulse, Difficulty Breathing, Hand, Foot Convulsions, Unclear Consciousness, Fecal, Urinary Incontinence, Decreased Blood Pressure, Decreased Body Temperature, Heart Rhythm Abnormalities, Ventricular Premature Contraction, Sinus, Atrial Stopped Beats ...

Severe Toxicosis Can Result in: Death From Circulatory Failure, Respiratory Failure, and Severe Arrhythmia

Wind Cold Damp Bi Bone, Joint Pain

Chuan Wu is { **Drying, Hot**
Specialized at **Stopping Pain**

It is Especially Suited to: **Cold Damp** Flourishing (**Severe Pain**)

It is Commonly Paired With **Dispel Wind Damp Herbs** (e.g. { **Fáng Fēng**
Qiāng Huó
Wēi Líng Xiān })

	Joint Running Wind Pain Inability to Bend, Stretch	Má Huáng Sháo Yào Huáng Qí	Dispel Wind Dissipate Cold Diffuse Bi Stop Pain	Jin Gui Yao Lue: Wu Tou Tang
Wind Damp, Stasis Blood Lodging, Stagnating in Meridians, Collaterals	Limb Sinew, Vessel Hypertonicity, Pain Inhibited Join Bending, Stretching Not Healing for a Prolonged Duration	Cǎo Wū Dì Lóng Rǔ Xiāng	Dissipate Cold Eliminate Dampness Free Collaterals Stop Pain	Ju Fang: Huo Luo Dan
Wind Cold Damp Bi Qi Vacuity Blood Congealing	Hand, Foot Hypertonicity	Fáng Fēng Xì Xīn Huáng Qí Dāng Guī	Dispel Wind Eliminate Dampness Dissipate Cold Stop Pain + Supplement Qi Quicken Blood	Zhang Shi Yi Tong: Gai Ding San Bi Tang
Cold, Damp External Invasion Blood, Qi Not Moving	Hand, Foot Paralysis, Pain	Wēi Líng Xiān Wǔ Líng Zhī	Quicken Blood Dispel Wind	Pu Ji Fang: Xian Tao Wan
Knocks, Falls Damage	Stasis, Pain			Grind to Powder Make Paste With Vinegar, Consume

Treating Bi (Impediment) With Chuan Wu is Not Limited to **Internal Consumption**

It Can Also be **Applied Externally**

	Wind Damp Sprains	Chuān Wū		Modern: (Broad External Application)
		Cǎo Wū Mǎ Qián Zǐ		Shang Shi Zhi Tong Gao

Wind Stroke: Paralysis, Mouth, Eye Deviation

Wind Stroke	Paralysis Mouth, Eye Deviation	Dāng Guī Wǔ Líng Zhī	Quicken Blood Dispel Stasis	Yi Lin Lei Zheng Ji Yao: Si Sheng Wan
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Head Wind: Headache Hemilateral Headache

External Contraction Wind Cold	Wind Aversion Headache	Chuān Xiōng Xì Xīn Bái Zhǐ Bò Hé	Dispel Wind Dissipate Cold Stop Pain	Ju Fang: Tong Guan San
New, Old Head Wind	Headache	Xì Xīn Cha Ye (Tea Leaves)	Stop Pain	Bei Ji Jiu Fa: Wu Xin Cha
		Tiān Nán Xīng Shēng Jiāng		Bai Yi Xuan Fang: Tou Feng Fang
		Nán Xīng		Wei Sheng Yi Jiang Fang: Grind to Powder Apply to Tai Yang Xue Mixed With Cong Zhi

Wind Cold Internally Flourishing

Wind Cold Internally Flourishing	Heart Pain Stretching to the Back Back Pain Stretching to the Heart	Gān Jiāng Fù Zǐ Shǔ Jiāo	Drastically Expel Yin Pathogen Warm Meridians Stop Pain	Jin Gui Yao Lue: Wu Tou Chi Shi Zhi Wan
Cold Mounting	Abdominal Pain Limb Coldness	(Wū Tóu) Bái Mì	Warm Meridians Dissipate Cold	Jin Gui Yao Lue: Da Wu Tou Jian
	Abdominal Pain Limb Coldness Hand, Foot Numbness Pain	(Wū Tóu) Bái Mì Gui Zhi Tang		Jin Gui Yao Lue: Wu Tou Gui Zhi Tang

Abscesses Swelling, Toxicity

	Malign Toxicity Swelling, Pain Persistent, Head Not Emerging	Mù Biē Zǐ	Disperse Swelling Ulcerate Hardness	Yang Yi Da Quan: Dai Zhen San Water Grind Apply Externally
	Malign Sores: Pus, Water Not Healing	Wǔ Líng Zhī Quán Xiē	Quicken Blood Expel Pus	Wai Ke Ji Yang Fang: Zhuo Du San Grind to Powder Apply Externally
	Abscesses Swelling, Toxicity	Huáng Bǎi		Seng Shen Ji Fang: Grind to Powder Apply to Affected Area

Wai Ke Pre - Surgery Anaesthesia

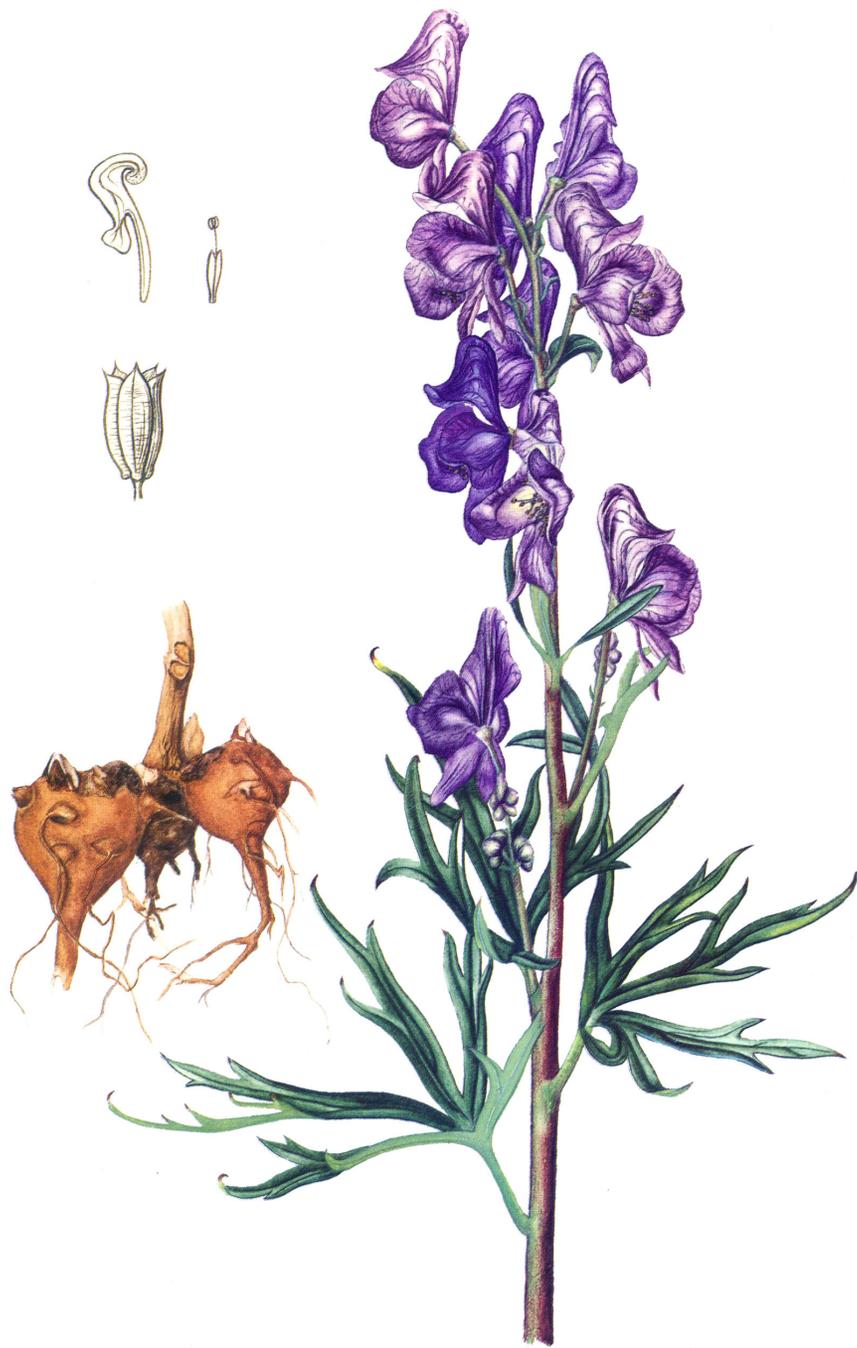
		Nao Yang Hua (Yellow Azalea) Chán Sū Chuān Jiāo Bàn Xià		Yi Zong Jin Jian: Qiong Su San
Wai Ke Pre - Surgery Anaesthesia		Nao Yang Hua (Yellow Azalea) Chán Sū Chuān Jiāo Bàn Xià Cǎo Wū Jian Shēng Nán Xīng or Xì Xīn	Stop Pain	Yang Yi Da Quan: Ma Yao

Other

	Sinew, Bone Fractures, Damage	Zi Rán Tóng Dì Lóng Wū Yào	Dissipate Stasis Stop Pain	Die Sun Miao Fang: Hui Sheng Xu Ming Dan
	Toothache	Fù Zǐ	Stop Pain	Sheng Hui Fang: Wu Tou Wan Grind to Powder Form Pill Wrap in Cotton Bite in Location of Pain

草乌头

Cǎo Wū Tóu



乌头 Wū Tóu
Aconitum Carmichaeli



北乌头 Běi Wū Tóu
Aconitum Kusnezoffii

草乌头 **Cǎo Wū Tóu**

《Yao Pu》

Radix Aconiti Kusnezoffii

Acrid
Bitter

Hot

Heart
Liver
Spleen

**Dispel Wind, Overcome Dampness
Warm Meridians, Dissipate Cold
Disperse Swelling, Stop Pain**

Wind Cold Damp Bi
Joint Pain
Head Wind, Headache
Stroke Hemiplegia
Heart, Abdominal Cold Pain
Cold Mounting Soreness, Pain
Knocks, Falls Damage
Stasis Blood Swelling, Pain
Yin Flat-Abscesses Swelling, Toxicity
Can Be Used as an Anaesthetic

Large Toxicity

Internal Use { Tang (Decoction): 3-9g
Internal Consumption Necessitates Processing First:
Tang Decoctions Suit Pre Decoction for 1 -2 Hours to Decrease Toxicity
Wan (Pill), San (Powder)

External Use (Appropriate Dose) { Grind to Powder, Apply
Vinegar, Alcohol Ground Application

Contraindications { Yin Vacuity Fire Effulgence
Various Heat Patterns
Pregnancy

Consume With Caution { Elderly
Weak Constitution
Children

Clashes With: Bàn Xià, Guā Lóu, Tiān Huā Fě, Chuān Bèi Mǔ, Zhè Bèi Mǔ, Bái Liǎn, Bái Jí

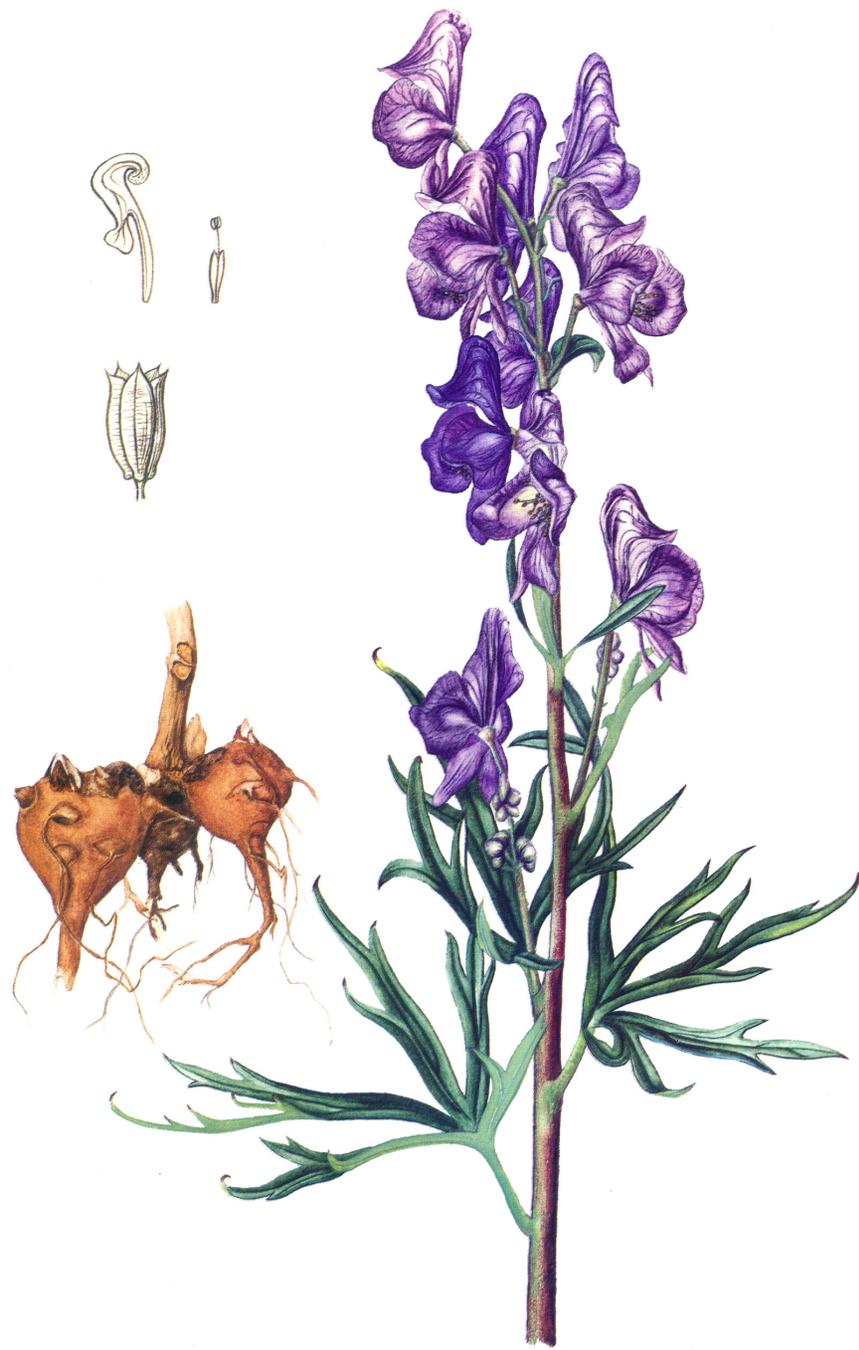
Alcohol Steeps, Alcohol Decoctions Frequently Result in **Toxicosis** (Suit **Consumption With Caution**)

Excessive Dosage Can Result in **Toxicosis**

(For Toxicity Symptoms, See “Chuan Wu”)

附子

Fù zǐ



乌头 Wū Tóu
Aconitum Carmichaeli

附子 Fù Zǐ «Shen Nong Ben Cao Jing»

Radix Aconiti

Acrid
Sweet

Hot

Heart
Kidney
Spleen

**Return Yang, Stem Counterflow
Supplement Fire, Assist Yang
Dissipate Cold, Eliminate Dampness**

Yang Collapse, Verging on Desertion
Cold Limbs, Pulse Slight
Yang Wilting, Uterine Cold
Heart, Abdominal Cold Pain
Vacuity Cold Vomiting, Diarrhea, Prolonged Dysentery
Yin Cold Edema
Yang Vacuity External Contraction
Wind Cold Damp Bi
Yin Abscesses Sores Leaking

Has Toxicity

Internal Use { Tang (Decoction): 3-9g (Processed Medicinal)*
(Return Yang, Stem Counterflow: Can Use 18-30g)
Wan (Pill), San (Powder)

External Use (Appropriate Dose) { Grind to Powder, Apply Mixed
Cut Small Slices
(Apply to Affected Area or Acupoints,
Add Moxa Cones for Moxibustion)

Contraindications { Yin Vacuity Fire Effulgence
True Heat False Cold
Pregnancy

* Internal Use { **Shu Fu Zi**
(Processed Fu Zi)

External Application { **Sheng Fu Zi**
(Fresh Fu Zi)

When Consuming, Drinking **Alcohol** is Not Suitable
Using **Alcohol** to Carry Herbs is Not Suitable

Clashes With: Bàn Xià, Guā Lóu, Bái Liǎn, Bái Jí, Bèi Mǔ

Inappropriate Use of Fu Zi Can Result in Toxicosis (For Signs and Symptoms, See: “**Chuān Wū**”)

Yang Collapse Vacuity, Desertion

Fu Zi { Upwardly Can: **Assist Heart Yang to Free Vessels**
Centrally Can: **Warm Spleen Yang to Dissipate Cold**
Downwardly Can: **Supplement Kidney Yang to Boost Fire**

It Can be Used for Either { Any { **Constitutional Yang Vacuity**
Cold Pathogen Directly Striking Middle
Shang Han { Transmitting } to 3 Yin Changing } Symptoms { **Four Limb Reversal Counterflow**
Cold Aversion, Curled Lying Posture
Abdominal Pain, Precipitating Clear Grain
Spirit Lassitude, Hypersomnia
Deep, Slight, Thin or Floating Weak Pulse }
Incorrect { **Copious Sweating**
Copious Vomiting
Copious Draining
Other Causes } Treatment Resulting in: **Yang Following Yin to Desert**

(In Order to: **Recover** { **Dissipated**
Lost } **Original Yang**)

It is Commonly Paired with: **Gān Jiāng** (in a Relatively Enhancement Pair)

(In Order to { **Stretch**
Assist } its **Effusion of Yang Qi**)

Yang Collapse Pattern		Gān Jiāng Gān Cǎo	Assist Yang Qi Moderate Fu Zi, Gan Jiang's Severe, Toxic Natures	Shang Han Lun: Si Ni Tang
Original Qi Big Depletion Yang Qi Fulminant Desertion	Sweating Limb Cold Slight, Expiring Pulse	Rén Shēn	Strongly Supplement Original Qi Increase Boost Qi, Secure Desertion Efficacy	Ji Sheng Fang: Shen Fu Tang
Yang Qi Debilitated, Slight Fulminant Desertion (Severe Pattern)	Panting Sweating	Add: Gān Jiāng Ròu Guī Wú Wèi Zǐ	Return Yang Stem Desertion Boost Qi Engender Pulse	Shang Han Liu Shu: Hui Yang Ji Jiu Tang (Emergency Rescue)
		Warm Yang Herbs Boost Qi Herbs Táo Rén Hóng Huā	Quicken Blood Free Vessels (Assist Yang Qi Movement)	Yi Lin Gai Cuo: Ji Jiu Hui Yang Tang

Fu Zi Can { **Warm Yang, Dissipate Cold**
Conduct Fire to Return to Origins

Exuberant Yin Repelling Yang Floating Yang Upwardly Straying	Precipitation, Disinhibition Slight Pulse + Red Face Vexation, Agitation	Gān Jiāng Cōng Bái	Break Yin Return Yang Diffuse, Free Yang Qi	Shang Han Lun: Bai Tong Tang
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Various Yang Vacuity Patterns

Fu Zi Can { **Supplement Yang**
Assist Yang

Its Use Suits Any { **Kidney Yang Depletion, Damage**
Spleen, Stomach Vacuity Cold
Heart Yang Devitalization

Kidney Yang Insufficiency Ming Men Fire Debilitation	Yang Wilting Jing Efflux Limb Cold Cold Aversion Involuntary Loss of Urine	Ròu Guī Shú Dì Shān Zhū Yú Góu Qǐ Zǐ	Seek Yang Within Yin Warm Kidney Boost Jing	Jing Yue Quan Shu: You Gui Wan
Kidney Vacuity Original Qi Not Securing	Dizziness Limb Cold Lumbar, Knee Soreness, Softening Dream Seminal Emission	Ròu Cōng Róng Bā Jǐ Tiān Niú Xī Duàn Lóng Gǔ		Zheng Zhi Zhun Sheng: Mi Jing Wan
Chong, Ren Vacuity Cold	Prolonged Infertility	Bù Gǔ Zhī Dāng Guī Zī Shí Yīng Lu Jiāo Jiāo (Lù Jiāo Gelatin)	Warm, Nourish Chong, Ren	Zhong Zhong Can Xi Lu: Wen Chong Tang
Spleen, Kidney Yang Vacuity	Epigastric, Abdominal Cold Pain Sloppy Stool	Gān Jiāng Bái Zhú	Warm Middle Supplement Spleen	Yan Shi Xiao Er Fang Lun: Fu Zi Li Zhong Tang
Abdominal Cold Qi	Thunderous Borborygmus Cutting Pain Chest, Rib-Side Counterflow Fullness Retching, Vomiting	Jing Mi (Rice) Gān Cǎo Dà Zǎo	Warm Yang Dissipate Cold Harmonize Middle Downbear Counterflow	Jin Gui Yao Lue: Fu Zi Jing Mi Tang
Stomach Vacuity Cold Phlegm Upward Attack	Dizziness, Visual Distortion Retching, Vomiting	Shēng Jiāng Bàn Xià Chén Pí	Warm Middle Transform Phlegm Downbear Counterflow Stop Retching	Lu Xing Jing: Wen Pi San

If There is { **Interior Heat Pathogen**
Yang Qi is Not Invigorated

Fu Zi Can be Used to { **Dispel Pathogen**
Support Yang

Pathogenic Heat Congesting, Flourishing True Yang Insufficiency	Epigastric Glomus, Fullness Cold Aversion Sweating	Dài Huáng Huáng Lián Huáng Qín	Assist Yang Drain Heat	Shang Han Lun: Fu Zi Xie Xin Tang
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In Modern Times,

Damp Warmth Lingering Yang Debilitated Dampness Encumbering	Dazed, Confused Thirst Without Drinking	Fragrant, Aromatic Transform Damp Herbs	Support Yang Expel Dampness
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Yang Debilitation Pathogen Sinking	Measles Scarlet Fever	Clearing, Resolving Herbs Diffusing, Outthrusting Herbs	
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Cold, Dampness Biased Flourishing: Entire Body Joint Pain

Fu Zi { Nature is: **Warm, Hot**
is: "**Moving and Not Storing**"

It is Able to { **Warm Meridian Vessels**
Dissipate Congealed Cold
Eliminate Dampness Pathogen
Stop Pain

Cold, Dampness Biased Flourishing	Entire Body Joint Pain	Guī Zhī Gān Cǎo		Shang Han Lun: Gui Zhi Fu Zi Tang Gan Cao Fu Zi Tang
Damp Bi Yang Vacuous Yin Flourishing	Entire Body As If Emerging From Water	Chuān Wū Guān Guī Bái Zhú		Xuan Ming Lun Fang: Fu Zi Wan
Dampness Damaging Kidney Meridian	Lumbar Heaviness, Cold, Pain	Bái Zhú Dù Zhòng		Yi Lin Lei Zheng Ji Yao: Zhu Fu Tang
Joint Running Wind	Wind Pain Daytime, Nighttime Unable to Endure	Huáng Qí Má Huáng Fáng Fēng	Dissipate Cold Dispel Wind Stop Bi Pain	Sheng Ji Zong Lu: Fu Zi Tang

Welling Abscesses Flat Abscesses Sores Swelling

Fu Zi Can Also { **Warm Meridians**
Resolve Congealed
Dissipate Binding

It is Predominantly Used to Treat { **Yin Flat - Abscesses**
Thin Pulse
Body Cold

For Cold Natured { **Sores**
Abscesses } { (Chronic Swelling
Lack of Ulceration) Use of Fu Zi Can { **Disperse**
Ulcerate }
(Prolonged Ulceration
Lack of Constraining) Use of Fu Zi Can { **Warm Yang**
Constrain Sores

Cold Natured Sores, Abscesses	Chronic Swelling, Lack of Ulceration Prolonged Ulceration, Lack of Constraining	Rén Shēn Huáng Qí Dāng Guī	Boost Qi Nourish Blood	Wai Ke Zheng Zong: Hui Yang San Jian Tang Shen Gong Nei Tuo San
Yang Qi Vacuity, Weakness	Cold Spotting Various Sores	Guī Zhī Bái Zhú		Bai Ke Jing Yao: Shen Xiao Gui Fu Wan
	Bone-Clinging Flat Abscesses Non-Stop GB-30 (Huan Tiao) Pain	Ròu Guī Huáng Qí Dāng Guī Má Huáng	Dissipate Cold Stop Pain	Xian Nian Ji: Fu Gu Tang

Additionally, Fu Zi Can be Used to Treat Externally (Topically)

	Chronic Sores	Fresh Fù Zǐ Powder Vinegar		Adhere to Soles of the Feet
	Tooth Decay Toothache	Roasted, Ground Fù Zǐ Kū Fán		Wipe Topically
	Cold, Non-Constraining Sores	Fù Zǐ		Apply to Sore Surface Burn Moxibustion
	Clove Sore Swelling	Ground Fù Zǐ Vinegar		Wei Sheng Yi Jian Fang: Apply Topically
Breast Abscesses Breast Milk Excess	Cold Heat Pain	Fù Zǐ Powder Lí Lú Vinegar		Sheng Hui Fang: Fu Zi San Apply Topically