

Herbs for Relieving Pains

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1. Relieving pains according to differentiation of syndrome

(1) Herbs that relieve exterior syndrome for relieving pains:

Most of the herb effect on central nervous system,
peripheral nervous system:

Ledebouriella Root(Fangfeng),

Cinnamom Twig(Gui zhi),

Asarum Herh(Xi xin),

Dahurian Angelica Root (Baizhi)

Peppermint(Bohe),

Chrysanthemum Flower(Juhua),

Bupleurum Root(Chai Hu)

(2) Herbs that clear heat for relieving pains:
Antibiotical, eliminate bacterial toxin, anti-inflammation.

Huang Lian, Long Dan Cao, Zhi Zi

(3) Herbs that eliminate phlegm and stop cough for relieving
pains:
effect on the central nervous system to relieve pain.

Ban Xiao, Dan Nan Xing, Bai Fu Zi

(4) Herbs that eliminate dampness:--Relax intestinal spasm
Huo Xiang, Cao Guo, Sha Ren

(5) Herbs that regulate qi for relieving pains—Relax organs' spasm

exert sedative and analgesic effects, dilate blood vessels.

Zhi Ke, Qing Pi, Mu Xiang, Xie Bai

(6) Purgative herbs for relieving pains-- Anti-infection, promote bowel movement.

Da Huang

(7) Herbs that resuscitate for relieving pains—effect on central nervous system, increase in cardiac output.

She Xiang(musk), Bing Pian, Zhang Nao, Chan Chu

(8) Herbs that warm the interior for relieving pains—
anesthetic, dilate blood vessels, regulate intestinal
movement, antibiotic.

Fu Zi (aconite), Chuan Wu, Bi Bo, Gao Liang Jiang,
Wu Zhu Yu



(9) Herbs that calm liver and expel wind for relieving
pains—analgesic, antiseizure.

Di Long, Wu Gong, Quan Xie

(10) Herbs that induce diuresis and excrete dampness for
relieving pains—antibiotic, anti-inflammation.

Ze Xie, Yi Yi Ren, Shi Wei, Hai Jin Sha

(11) Herbs anti-rheumatics for relieving pains—analgesic, anti-inflammatory, immunosuppressive.

Qiang Huo, Du Huo, Wei Ling Xian, Lei Gong Teng.

(12) Herbs that remove blood stasis for relieving pains—analgesic and anti-inflammatory, antibiotic.

Chuan Xiong, Dan Shen, Ru Xiang, Mu Yao, San Qi

(13) Herbs that stop pains—analgesic and anesthetic.

Chuan Wu, Cao Wu, Ma Qian Zi, Lu Feng Fang

(14) Herbs that tonify for relieving pains-- Effects on the immune function, Effects on the nervous system, Promote endocrine functions, Effect on the cardiovascular system, Effects on the digestive system

Bai Shao, Dang Gui, Gan Cao, Ji Xie Teng.

- 2. Relieving pains according to diseases:



- Infections

- IBS—Tong Xie Yao Fang

Chest Bi— Xie Bai, Dan Shen, Gua Luo Xie Bai Ban Xia Tang, Dan Shen Yin.

Angina pectoris—Dan Shen Yin

Cancers—Dan Shen, San Qi, Wu Gong, She Xiang, Chan Chu.

Strain and fracture---San Qi, Chuan Xiong,

Shu Jing Huo Xue Tang:

Yu Nan Bai Yao

- 3. Relieving pains according to locations or organs of pains:

Pain of heart—Dan Shen, Xie Bai, Dan Shen Yin.

Pain of liver—Chai Hu, Chuan Lian Zi, Bai Shao,

Xiao Yao San, Xue Fu Zhu Yu Tang

Stomachache—Gao Liang Jiang, Yuan Fu Suo, Mu Xiang, Xiang Fu.

Liang Fu Wan.

Painful intestine—Bai shao, Yuan Hu Suo, Bi Bo, Fa Luo Hai

Si Ni San,

Painful urination—Shi Wei, Dong Kui Zi, Hai Jin Sha, Jin Qian Cao,
Ba Zheng San, San Jin Tang

Gallbladder—Yin Chen, Mu Xiang, Wu Mei, Mu Gua,
Wu Mei Wan: for worm
Dan Dao Pai Shi Tang: for stone, infection

Painful uterus—Ai Ye, Yan Hu Suo, Chuan Lian Zi
Jin Ling Zi San,,

Abdominal pain—Yan Hu Suo, Wu Yao, Chuan Lian Zi

Headache—Chuan Xiong, Bai Zi, Gao Ben, Wu Zhu Yu, Xi Xin,
Chuan Xiong Cha Tiao San,

Nose pain---Bai Zhi, Cang Er Zi, Xing Yi Hua. Cang Er Zi San

Lower back pain— Du Zhong, Xu Duan, Sang Ji Shen
Du Huo Ji Shen Tang

Pain in spine— Guo Ji

Pain of heel—Wei ling xian,
Zuo Gui Wan

Neck Pain—Ge Gen, Qiang Huo
Gen Gen Tang

Shoulder Pain—Jiang Huang,
Jiuan Bi Tang

Limb Pain—Hai Feng Teng, Luo Shi Teng, Ren Dong Teng, Ji Xue Teng, Wu Tou

Upper limb pain—Jiang Huang, Sang Zhi, Gui Zhi, Fang Feng

Lower limb pain—Xu Duan, Niu Xi, Mu Gua, Du Huo, Fang Ji, Can Sha
Er Miao San

4. Relieving pains according to painful symptoms

Herbs that have strong function of stopping pains: eg.

San Qi:

Qi Ye Yi Zhi Hao(Xue Shang Yi Zhi Hao): Bitter, punget, and warm, toxicity.

Functions: expel wind, and eliminate dampness, remove blood stasis and stop pain

Good for pain caused by trauma, cancers, sores.

Usage: 1-3g, exterior use.

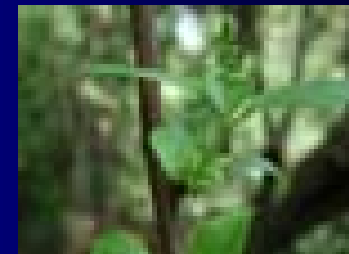


Lei Gong Teng: Bitter, punget, and cold, toxicity.

Functions: expel wind, and eliminate dampness, remove blood stasis and stop pain

Good for pain caused by immune disorders. Eg: rheumatoid arthritis, Lupus,,

Usage: 3-6g, oral or exterior use.



Chuan Wu, Cao Wu: Bitter, punget, and warm, toxicity.

Functions: expel wind, and eliminate dampness,
warm channels and stop pain.

Good for pains caused by trauma, Bi syndrome, Chest Bi, cancers, sores.

Usage: 1-3g, exterior use.

Ru Xiang,

Mu Yao,

Wu Gong,

Quan Xie,

Shui Zhi,

Mang Chong,

Ma Qian Zi,

She Xiang,

Chan Chu,

Lu Feng Fang.

