
Substituting Herbs In Practice

Fanyi Meng
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Rationale-1

- * Some herbs are banned or restricted
 - * But there are the key components in formula
- *
 - * For their toxicity:
 - * Mu Tong,
 - * heavy metals, i.e., Zhu Sha
 - * Because they are endangered species (plants or animal):
 - * Tiger bone,
 - * turtle shells

Rationale-2

- * Many herbs are too expensive
 - * Jin Yin Hua (Honeysuckle flower)
 - * Huang Lian
 - * Xi Yang Shen
 - * Dong Chong Xia Cao
- * Many herbs are temporarily unavailable
 - * Out of stock (Du Zhong, some years)
 - * Disruption in shipping, could be any

Can a herb be replaced?

- * In theory, every herb has its own nature, flavour and unique combination.

It is very difficult to find two herbs identical in nature and clinical applications.

- * In clinical practice, not all are used.

Many practitioners use no more than 150 individual herbs.

Replace a herb according to Action-1

* **Tian Ma** *Gastrodin, vanillyl alcohol*
Farm produced, with certificate.
Gou Teng, Bai Ji Li

* **Gui Ban, Lu Jiao** *animal hormone*
Sheng Di Huang, Tu Si Zi,
Nu Zhen Zi, Han Lian Cao

Replace a herb according to Action-2

Lu Rong

Yin Yang Huo, Ba Ji Tian, Xie Bai

Mu Tong

Che Qian, Zhu Ling, Zhu Ye

Replace a herb regarding Active ingredients-1

- * Huan Lian: Barbarine
Huang Bai, San Ke Zhen
(antibiotic, anti- Arrhythmia, ant-cholesterol,
lowering-blood sugar)
- * Niu Huang,
Ren Gong Niu Huang (artificial)
- * **Xiong Dan** (bear bile)
Zhu Dan Zhi (pig, replace bear)

Replace a herb regarding Active ingredients-2

- * Dong Chong Xia Cao
cordycepin

(Better than the caterpillar in stimulating immune system, anti-viral effect, and some anti-cancer effect)

- * **Xi Jiao** (rhino horn)
 - * Shui Niu Jiao (Buffalo horn)

Replace a herb regarding Active ingredients-3

- * Xi Yang Shen (American ginseng)
Ren Shen
Cheaper, stronger, needs small dosage)
- * Ling Yang Jiao (antelope horn)
 - * Shan Yang Jiao (goat horn)

Replacing herb in formula

- * If it is an envoy, assistant, simple use other herbs with similar nature and flavour
- * If it is a chief, then it need to consider other formula
 - * Ma Huang Tang---Jiu Wei Qiang Huo Tang
- * If it is in a key combination, then think about other formula
 - * Li Zhong Wan---Jian Shong Tang

Some have not found an ideal replacement-1

- * **Zhu Sha** (mercury)

No other herbs could suppress the shen as strong as Zhu Sha

(functional impossible)

Possible others: **Suan Zao Ren**,

- * **She Xiang**

No other herbs could be absorbed so quickly, and take effect so quickly

(the way it helps other could not be achieved)

Possible others: **Jiang Huang**,

Some have not found an ideal replacement-2

- * **Fu Zi** (aconites)

No other herbs could be so hot to burst the yang.
(functional impossible)

Possible others: Gan Jiang, Wu Zhu Yu, Wu Yao,

- * **Ma Huang** (Ephedra)

other could not match the power of it.

Possible others: Bai Guo, Xing Ren (Asthma)

Thanks

