



# Center for Acupuncture and Herbal Medicine, P.A.

## HERBS

WIND-COLD HERBS		
<p>MA HUANG</p> <p>Herba Ephedra</p>	<p>warm, acrid,</p> <p>sl. bitter</p> <p>LU/BL</p>	<p><b>Release exterior and disperse cold:</b> w-c exterior excess w/out sweat, with chills, fever, HA and tight floating pulse and thin white tongue fur. Also for w-c-d bi</p> <p><b>Facilitate the circulation of LU qi and controls wheezing:</b> cough and wheezing from obstructed LU qi by wind and cold (and heat with Shi Gao). Encourages the LU qi to flow more easily and descend. Imp for either ext or int generated excess wheezing; ext. w-c with interior phlegm-rheum. Ephedrine and psuedoephedrine have mild and prolonged bronchodilating effect. Ephedrine has faster onset of action, but resistance decreased effectiveness.</p> <p><b>Promote urination and reduce edema:</b> edema accompanied by ext pathogen; allergies, arthritis, pulmonary edema, poor circ, abd bloating, acute nephritis</p> <p><b>Warms channels and dispels cold:</b> w-c-d bi syndrome and yin-type swellings</p> <p>*Toasting reduces sweating properties *Can use for fatigue from low blood pressure; strong as stimulant of the sympathetic nervous system -- effect is to increase immune response. * anti-biotic effect for staph, strep, pseudomonas, dysentery, salmonella. The essential oil has inhibitory effect against e-coli, candida and various influenza viruses.</p>
<p>GUI ZHI</p> <p>Ramulus Cinnamomi</p> <p>Cinnamon twig</p>	<p>sweet, warm,</p> <p>acrid</p> <p>LU/BL/HT</p>	<p><b>Adjust nutritive and defensive qi level:</b> used in defic cold ext patterns with sweating without improvement or spontaneous sweat (use w/ Bai Shao)</p> <p><b>Warm the channels and disperse cold:</b> w-c-d bi in joints and limbs, esp shoulders. Also for gyn problems (dysmenorrhea) from cold obstructing the blood. Warms the uterus for infertility.</p> <p><b>Move the yang and transform qi:</b> edema and phlegm-rheum from accum of cold phlegm or poor circ of yang qi. Diffic urination from yang defic (warms KI and UB)</p> <p><b>Warms and facilitates the flow of yang qi in the chest:</b> palp due to obstruction to flow of yang qi in chest or stagnation or defic. Angina, HT yang defic, intermittent/knotted pulse from HT y/y defic</p> <p><b>Warm and facilitate the flow in the blood vessels:</b> dysmenorrhea with or w/out abd masses; pain due to cold congestion or w/ blood stag; irreg menses from empty cold in Chong or Ren</p> <p>*Warms ST/SP yang for digestive problems, ST pain, cock's crow diarrhea, gastritis, ulcers</p> <p>*Gui Zhi warms internally where Ma Huang warms surface</p> <p>*anti-biotic and anti-viral properties (weak) ; mild effect for LU infections; inhibitory effect against staph, salmonella, influenza</p>
<p>ZI SU YE</p> <p>Folium Perilla Frutescentis</p>	<p>warm,acrid,aro</p> <p>SP/LU</p>	<p><b>Release ext and disperse cold:</b> w-c w/ fever, chills, HA, nasal congestion, or cough, stifling sensation in chest. (Excess so no sweat) Often used with Xing Ren, Jie Geng, Qian Hu</p> <p><b>Promote the movement of qi and expand chest:</b> nausea, vomiting, poor appetite, asthma (has mild to moderate effect of bronchodilation and relief of bronchospasm; reduces secretion from bronchioles)</p> <p><b>Use during pregnancy:</b> calms restless fetus or for morning sickness (helps digestion of tonifying herbs)</p> <p><b>Alleviates seafood poisoning:</b> alone or with other herbs</p>

		<p>*Zi Su Geng - better for regulating qi and calming fetus w/out inducing sweat</p> <p>*Zi Su Zi - cough and wheezing with copious phlegm</p>
<p>JING JIE</p> <p>Herba seu Flos Schizonepetae</p>	<p>acid,</p> <p>sl warm,aro</p> <p>LU/LV</p>	<p><b>Release ext and expel wind:</b> w-c or w-h. Also for carbuncles and boils first erupting, esp when accompanied by fever and chills. Benefits throat and reduces swelling for red eyes and sore throat</p> <p><b>Encourage rash to surface and alleviate itching:</b> initial stages of measles &amp; skin eruptions w/ itching</p> <p><b>Stop Bleeding:</b> auxiliary herb for hemorrhage, such as blood in stool and uterine bleeding (charred )</p> <p><b>Dispels wind and relieves spasms or convulsion:</b> postpartum convulsion or stiffness of spine, spasmodic muscles (not internal convulsions -- look to Fang Feng)</p>
<p>FANG FENG</p> <p>Radix Ledebouriella Divaricatae (Sileris)</p>	<p>sl warm, sweet, acid</p> <p>UB/LV/SP</p>	<p><b>Release ext and expel wind:</b> HA, chills and body aches from w-c (also w-h). Also Relieves itching for rash or hives with Jing Jie and herbs that cool blood (Chi Shao, Mu Dan Pi, Bai Ji Li)</p> <p><b>Expel wind and relieves convulsions:</b> auxiliary herb for trembling of hands and feet and lockjaw and hemiplegia. Also for intestinal wind from imbalance b/w LV and SP manifested by recurring painful diarrhea w/ bright red blood in stool</p> <p><b>Stop Bleeding:</b> charred form (Jing Jie more commonly used)</p> <p><b>Migraine HA and to Relieve Arsenic Poisoning</b></p>
<p>QIANG HUO</p> <p>Rhizoma et Radix Notopterygii</p>	<p>bit, acid, warm, aro</p> <p>KI/BL</p>	<p><b>Release ext and disperse cold:</b> chills fever, HA, and body aches and pains. Commonly used when dampness accompanies with joint pain, general feeling of heaviness, sleepiness, or when occipital pain</p> <p><b>Unblock painful obstruction and alleviate pain:</b> w-c-d bi, (upper limbs &amp; back); Dispels w-d b/w muscles, tendons and bones</p> <p><b>Guide qi to tai yang and Du channels</b></p> <p><b>Good at Reducing fever</b> with Pu Gong Ying and Ban Lan Gen</p>
<p>GAO BEN</p> <p>Ligustici</p>	<p>acid,warm</p> <p>BL</p>	<p><b>Expels wind and alleviates pain:</b> w-c HA. Pain at vertex down to cheeks and teeth; acute low back pain from w-c invasion. Treats both ends of the Du channel</p> <p>*Chinese Lovage Root</p>
<p>BAI ZHI</p> <p>Radix Aneolica Dahurica</p>	<p>Acrid,warm</p> <p>LU/ST</p>	<p><b>Expel wind and alleviate pain:</b> w-c patterns esp with HA. Also for supraorbital pain, nasal congestion and toothache. Though warm, it can be used for any problem from wind invading yang ming channel of head</p> <p><b>Reduce swelling and expel pus:</b> early stages of surface sores and carbuncles to expel wind and reduce swelling. If pus has formed, it can help discharge pus</p> <p><b>Expel damp and alleviate discharge:</b> vaginal discharge from c-d in lower burner</p> <p><b>Open up nasal passages:</b> sinus congestion, chronic or acute nasal congestion, sinus pain</p> <p>*Commonly used for skin problems (rash and eczema) b/c dries damp, stops itch and reduces swelling</p> <p>*Bai Zhi treats damp in sinus, Qiang Huo treats damp in joints</p>
<p>XI XIN</p> <p>Herba cum Radice Asari</p>	<p>warm,acid,</p> <p>sl toxic</p> <p>LU/KI</p>	<p><b>Release ext and disperse cold:</b> ext cold pattern esp w/ dampness and underlying defic yang pattern (esp w-c in KI channel). Used for w-c when dominant symptoms of head/body aches, no sweat, nasal congestion, aversion to cold</p> <p><b>Disperse cold and alleviate pain:</b> pain in various parts of body esp HA, toothache (shao yin w/ pale gums, loose teeth and sensitivity to cold), or painful obstruction from wind and/or cold, and cold in the blood vessels (renal syndrome, purple cold extremities)</p> <p><b>Disperses and unblocks qi of nasal orifices:</b> w-c with congested fluids (cough, copious watery sputum), phlegm-rheum in LU, cold in LU w/ cold phlegm or int phlegm-rheum, allergies worse with cold, sinus HA. w/ Cang Er Zi</p> <p>*Good for stubborn, deep, internal problems</p>

		*stimulating effect on respiratory system. Can increase respiratory capacity for 15-30 min.
SHENG JIANG Rhizoma Zingiberis Officinalis Recens  Fresh ginger	warm,acid  LU/ST/SP	<b>Release ext and disperse cold:</b> ext cold. Auxiliary herb (mild w/ cough) <b>Disperse cold and alleviate cough:</b> cough from acute w-c and chronic LU disorders w/ phelgm <b>Reduce toxic effects of other herbs:</b> esp Fu Zi and Ban Xia <b>Adjust nutritive and defensive qi:</b> ext deficient patterns where sweat does not resolve. W/ Da Zao <b>Warm middle burner and alleviate vomiting:</b> for cold in ST; morning sickness; also for vomiting from phlegm heat and damp w/ appropriate other herbs <b>Relieve Seafood Toxicity:</b> w/ Zi Su Ye
CONG BAI Alli Fistulosi  White scallion	warm,acid  LU/ST	<b>Release exterior and induce sweat:</b> early stage w-c <b>Disperse cold and unblock yang:</b> abd pain and distention, or nasal congestion from blockage of yang qi by cold <b>Relieve toxicity and disperse clumps:</b> sores and abscesses externally as a poultice
XIANG RU Herba Elsholtziae seu Moslae	sl.warm, acrid, aromatic  LU/ST	<b>Release exterior, expel summerheat, and transform damp:</b> ext s-h or damp w/ chills and fever, HA, no sweat, body aches and diarrhea. Expels ext s-h and int damp turbidity simultaneously. Used in summer with GI problems/infections (traveler's diarrhea, food related diarrhea) <b>Promotes urination and reduces swelling:</b> edema and urinary diffic, esp w/ ext pattern  *known as "summer Ma Huang". *anti-biotic effect (e-coli, staph, beta-hemolytic strep)
XIN YI HUA Flos Magnoliae	acid, warm  LU/ST	<b>Expels wind cold and unblocks nasal passages:</b> nasal congestion, discharge, loss of smell, sinus prob and related HA.  *Mostly for w-c, but used for any nasal prob w/ other herbs

WIND HEAT HERBS		
BO HE Herba Mentha Haplocalycis  Mint	cool,aromatic,acid  LU/LV	<b>Disperse wind-heat:</b> w-h patterns w/ fever, HA, cough <b>Clear the head &amp; eyes; benefit the throat:</b> w-h w/ sore throat, HA (temporal), red eyes, heat in orifices <b>Encourage rash to surface:</b> early stage rash and measles as well as epidemic (contagious acute & severe)  <b>Allow constrained LV qi to flow freely:</b> constrained LV qi w/ pressure in chest and flanks, emotional instability, gyn problems, LV qi stag, LV heat, anxiety and emotions causing problems in other organs, decision-making (GB)  *not for nursing mothers  *Bo He Ye: stonger for w-h: Bo He Gen: stonger for reg LV qi
NIU BANG ZI Fructus Aretii Lappae  Aretium fruit seed	bit,acid,cool  LU/ST	<b>Disperse wind-heat and benefit throat:</b> w-h w/ fever, cough and sore red swollen throat; early stage of warm febrile diseases. Can gargle for sore throat, tonsilitis. <b>Clear heat and relieve toxicity:</b> red swellings, carbuncles, erythemas, mumps, and acute febrile maculopapular rash <b>Encourage rash to surface:</b> rash, measles, hives, toxic heat types  <b>Moisten the intestines:</b> w-h constipation  *anti-biotic effect for strep and other pathogenic fungi.

<p>CHAN TUI</p> <p>Periostracum Cicadae</p> <p>Cicada moulting</p>	<p>salty,sweet,</p> <p>sl cold</p> <p>LU/LV</p>	<p><b>Disperse wind and clear heat:</b> w-h esp w/ loss of voice, swollen sore throat; commonly used for allergies</p> <p><b>Encourage rash to surface:</b> incomplete expression of measles, rash, hives, itching.</p> <p><b>Clears the eyes and removes superficial visual obstruction:</b> w-h eye problems (red, painful and swollen or blurry); allergies with itchy red eyes. Also cools LV heat</p> <p><b>Stops spasms and extinguishes wind:</b> childhood febrile diseases where wind produces convulsions, spasms, delirium or night terrors. Auxiliary for tetanus</p> <p>* Has antihistamine effects (skin, eyes, nose, asthma, allergy-related)</p>
<p>SANG YE</p> <p>Folium Mori Albae</p> <p>Mulberry leaf</p>	<p>bit,sweet,cold</p> <p>LU/LV</p>	<p><b>Expel wind and clear heat from LU:</b> w-h w/ fever, HA and coughing. Also for LU dryness patterns w/ cough and dry mouth or LU heat w/ thick yellow sputum or dry diffc to expectorate sputum; mild ability to cool blood for cough or vomit w/ blood; dry skin</p> <p><b>Clear LV and eyes:</b> LV channel eye prob from w-h or defic yin (red, sore, dry or painful eyes or spots in front of eyes)</p> <p><b>Cools blood and stops bleeding:</b> for mild cases of vomiting of blood due to heat in blood</p>
<p>JU HUA</p> <p>Flos Chrysanthemi Morifolii</p> <p>Chrysanthemum flower</p>	<p>bit,sweet,</p> <p>sl.cold</p> <p>LU/LV</p>	<p><b>Disperse wind and clear heat:</b> w-h w/ fever and HA</p> <p><b>Clear LV and eyes:</b> w-h in LV channel w/ red, painful dry eyes or excessive tearing or defic KI/LV yin with spots in front of eyes, blurry vision or dizziness</p> <p><b>Calm the LV and extinguish wind:</b> dizziness, HA and deafness from LV yang rising</p> <p><b>Clears heat and detoxifies:</b> furuncles, boils, swellings, acne, HTN</p> <p>*Huang Ju Hua --- w-h *Ye Ju Hua -- clear heat &amp; detoxify *Bai Ju Hua - better for anchoring LV yang &amp; clearing eyes</p>
<p>MAN JING ZI</p> <p>Fructus Viticis</p> <p>Vitex fruit</p>	<p>bit,acid,cool</p> <p>BL/LV/ST</p>	<p><b>Disperse wind and clear heat:</b> main complaint of HA or eye pain (w-h on head and face)</p> <p><b>Clear and benefit the head and eyes:</b> LV channel w-h w/ excessive tearing, red, painful or swollen eyes, or spots in front of eyes</p> <p><b>Drain damp and expel wind:</b> auxiliary for wind-damp in limbs causing stiffness, numbness, cramping or heaviness (zhou bi)</p>
<p>GE GEN</p> <p>Radix Puerariae</p> <p>Pueraria root</p>	<p>acid,sweet,</p> <p>cool</p> <p>SP/ST</p>	<p><b>Release the muscles and clear heat:</b> ext conditions lodged in muscle w/ fever, HA, and stiff or tight upper back or neck</p> <p><b>Nourish the fluids and alleviate thirst:</b> thirst from ST heat, esp in w-h and wasting &amp; thirsting</p> <p><b>Encourage the rash or measles to surface:</b> hastens recovery from measles (w/ Sheng Ma)</p> <p><b>Alleviate Diarrhea:</b> diarrhea or dysentery from heat, but can be used for defic SP diarrhea w/ other herbs (raises pure yang qi)</p> <p><b>Treats symptoms of HTN:</b> HA, dizziness, tinnitus, or paresthesias that accompany HTN. It is antispasmodic and increases blood flow and decreases resistance of blood vessels (vasodilator); *useful for high cholesterol</p>
<p>CHAI HU</p> <p>Radix Bupleuri</p> <p>Bupleurum</p>	<p>bit,acid,cool</p> <p>SJ/PC/LV/GB</p>	<p><b>Resolve shao yang disorders and reduce fever:</b> alt fever and chills, bitter taste, flank pain, irritability, vomiting and sensation of constriction in chest from shao yang stage of ext contracted disorder. Harmonizes interior and exterior</p> <p><b>Spread LV qi and resolve constraint:</b> constrained LV qi w/ dizziness, vertigo, chest and flank pain, one-sided HA, emotional instability or menstrual prob. Also for disharmony b/w LV and SP w/ epigastric and flank pain, constriction in chest, abd bloating, nausea, indigestion</p> <p><b>Raise yang qi in patterns of SP or ST deficiency:</b> hemorrhoids, anal or uterine prolapse, and diarrhea due to SP qi fall</p> <p>*Medicine Horse for LV/GB *great for herpes zoster</p> <p>*interacts poorly with interferon (used in treatment of CML); anti-biotic properties (beta-hemolytic strep, cholera, mycobacterium TB, leptospira, flu virus, HEP virus. Not great for respiratory infections)</p>

SHENG MA Rhizoma Cimicifuga	acid,sweet,cool  LU/LI/SP/ST	<b>Release the exterior &amp; encourages the rash of measles to surface:</b> early stage measles & HA from w-h  <b>Raise the yang qi of SP:</b> prolapse, SOB, and fatigue, bloating, distention, diarrhea, dysfunctional bleeding, bruise easily. Also medicine horse to upper burner  <b>Clear heat and relieve toxicity:</b> various fire toxins in upper or superficial aspect of body. For sore teeth, painful and swollen throat, sores, or blotches from warm febrile diseases, boils, swollen glands
DAN DOU CHI Semen Sojae Praeparatum  Fermented soybean	sl.bit,sweet,  cold or warm  LU/ST	<b>Release exterior:</b> w-h or w-c. Mild and good for defec pts  <b>Alleviate irritability:</b> irritability, restlessness, stifling sensation in chest and insomnia from febrile disease *inhibits lactation
FU PING Lemnae Herba  Duckweed	Cold, acrid  LU	<b>Promotes Sweat, Dispels wind:</b> itching skin  <b>Moves Water:</b> water swelling, urinary block  <b>Clears Heat, Removes Toxins:</b> febrile heat diseases, non-eruptions of maculopapules, windheat dormant papules, sores and lichen, cinnabar toxin (erysipelas), scalds
MU ZEI Equiseti Herba  Equisetum	Sweet, bitter, balanced  LU/LV/GB	<b>Courses wind and dispels heat:</b> intestinal wind bleeding, blood dysentery, rectal prolapse, malaria, sore throat, swollen welling abscess  <b>Eliminates eye screens:</b> nebulous screens, tearing on exposure to wind  *for topical use, grind and sprinkle on affected area

CLEAR HEAT, DRAIN FIRE		
SHI GAO Gypsum (Fibrosum)	acid,sweet,very cold  LU/ST	<b>Clear heat and drain fire:</b> high fever w/out chills, irritability, thirst, profuse sweat, flooding big pulse, red tongue with yellow coat. Excess in the qi level or yang ming stage. 4 BIGS. Has quick onset to clear heat, but short duration. Combined with Zhi Mu which has slower onset of action but much longer duration.  <b>Clear excess heat in LU:</b> cough & wheezing with fever and thick viscous sputum. (lobar pneumonia, chronic bronchitis)  <b>Clear blazing ST fire:</b> HA, toothache, swollen and painful gums, mumps, excessive hunger, acne  <b>For eczema, burns and ulcerated sores:</b> primarily topically in powdered form, after being calcined and mixed with other herbs. Can also be taken internally.  <b>Clear Heat, Protect Body Fluids and Calm Shen</b>  *Sheng Shi Gao: sweeter, dosage important, usually 3-4 qian  *with Zhi Mu to reduce blood glucose levels (see Huang Qi, Xuan Shen, Cang Zhu & Shan Yao)
ZHI MU Radix Anemorrhhenae Asphodeloidis	bit,cold  LU/ST/KI	<b>Clear heat and quell fire:</b> high fever, irritability, thirst and rapid flooding pulse in patterns of excess heat in the LU and ST, as well as cough from heat in LU with expectoration of thick yellow sputum. (Qi aspect and yang ming stage like Shi Gao)  <b>Nurture yin and moisten dry conditions:</b> exhaustion or defec. of LU and KI qi giving rise to defec yin w/ heat signs like night sweats, steaming bone syndrome, irritability, afternoon or low-grade fevers, warmth in the five centers, and bleeding gums. Also for KI heat signs - spermatorrhea, nocturnal emissions, abnormally increased sex drive, menopause (hot flashes, unstable BP, sweats, dryness, thirst)  <b>Generates fluids and clear heat:</b> oral ulcers and inflammation from defec yin and wasting and thirsting, diabetes (blurred vision, numbness, thirst, frequent urination)
ZHI ZI	bit,cold	<b>Clear heat and eliminate irritability:</b> heat patterns with fever, irritability, restlessness, insomnia, stifling

<p>Fructus Gardeniae Jasminoidis</p> <p>Gardenia fruit</p>	<p>SJ/LV/ST</p> <p>LU/HT</p>	<p>exterior and cold fluids don't relieve; constrained emotions accum in chest; excessive fire (red tongue, rapid pulse, constip, irritability --- HT(tongue ulcer); LV(red eyes, HA, bit taste, hypochondriac pain); ST(toothache, HA, swollen glands, bleeding gums)</p> <p><b>Drain damp heat:</b> painful urinary dysfx from dampheat in lower burner; patterns of damp heat and constrained LV/GB (middle burner) with jaundice; and dampheat in GB and SJ channels on the face affecting the nose and eyes or seen as sores in the mouth or facial region; UTI (d-h in SJ), urinary retention, Lin syndrome</p> <p><b>Cool blood and stop bleeding:</b> hot blood patterns with nosebleed, blood in vomit, stool or urine. (charred)</p> <p><b>Reduces swelling and remove congealed blood due to trauma:</b> topically as powder mixed with egg white or vinegar. (Usually early stage (before 24 hrs.))</p> <p>*treats qi and blood level</p>
<p>DAN ZHU YE</p> <p>Herba Lopatheri Gracilis</p> <p>Bamboo leaf</p>	<p>sweet,cold, bland</p> <p>HT/SI/ST</p>	<p><b>Clear heat and eliminate irritability:</b> heat patterns (w-h or qi level) with irritability and thirst. Also for mouth sores and swollen painful gums from heat in HT or ST channels. Also for HT fire (more extreme restlessness, delirium, and fever in childhood w/ Huang Lian) * ingredient in Yin Qiao San</p> <p><b>Promote urination and clear damp-heat:</b> rough scanty painful urination. Esp for heat in SI channel with above symproms, irritability, and a dark red tongue tip.</p> <p>*Guides HT heat via urine; D-H in L.J. (UTI), summerheat with dark scanty and painful urine</p> <p>*Zhu Ye Xin (tender bamboo leaf) specific for treating HT fire</p>
<p>XIA KU CAO</p> <p>Spica Prunellae Vulgaris</p> <p>Prunella spike</p>	<p>Bit,acid,cold</p> <p>LV/GB</p>	<p><b>Clears the LV and brightens the eyes:</b> ascending LV fire w/ red painful or swollen eyes, or HA and dizziness. Also for defec LV eye pain that increases in evening, esp when eyes are neither red nor swollen; Constrained LV heat (anxiety, restlessness, thirst, aversion to heat w/ no red tongue, desire for cool drinks)</p> <p><b>Clear heat and dissipates nodules:</b> for neck lumps or nodules i.e., scrofula, lipoma, swollen glands, or goiter in patterns of phlegm fire. Also for similar nodules in inguinal canal and other parts of body; early stage furuncles, carbuncles, abd masses, fibroids.</p> <p>*Recently used for HTN, esp when accompanied by LV fire or ascending yang patterns w/ HA and dizziness</p>
<p>LU GEN</p> <p>Rhizoma Phragmites Communis</p> <p>Phragmites root</p>	<p>sweet,cold</p> <p>LU/ST</p>	<p><b>Clear heat and generate fluids:</b> heat patterns - high fever and thirst, insuffic fluids, restless, dry mouth, w-h w/ dry mouth or throat</p> <p><b>Clear heat from LU:</b> LU heat patterns w/ cough and expectoration of thick yellow sputum. Esp useful in acute stages; also LU abscesses (pus, foul smell and taste, pain in chest, yellow and thick but no consistency, high fever)</p> <p><b>Clear ST heat:</b> vomiting and belching and nausea. Commonly used for kids</p> <p><b>Clear heat and promote urination:</b> dark scanty painful urination or blood in urine, esp when accompanied by irritability and thirst (Re Lin)</p> <p><b>Encourage rash to surface:</b> febrile diseases w/ rashes that do not express themselves completely. Disperses toxins - early stage measles</p> <p>*Treats qi level heat in ST and LU. Clears heat and phlegm and pus and ST heat w/out damaging fluids.</p>
<p>JUE MING ZI</p> <p>Semen Cassiae</p>	<p>bit,sweet,cool</p> <p>LI/KI/LV</p>	<p><b>Clears the vision and expels wind heat:</b> itchy red and painful eyes and sensitivity to light from w-h</p> <p><b>Clears the LV and benefits the eyes:</b> patterns of ascending LV yang w/ HA, red painful itchy eyes, excessive tearing, or sensitivity to light, dizziness, poor vision, cataracts, glaucoma (defec)</p> <p><b>Lubricates the intestines and moves the stool:</b> dry or infrequent stool or chronic constipation esp with constrained LV heat or defec LV yin. Sometimes used for weight loss</p> <p>*Recently used to prevent atherosclerosis as is lowers both blood pressure and serum cholesterol.</p> <p>*Lowers HTN from LV yang rising; *has estrogenic effect (increasing organ weight)</p>
<p>XIONG DAN</p> <p>Fel Ursi</p>	<p>bit,cold</p> <p>GB/LV/HT</p>	<p><b>Clears (LV) heat and alleviates spasms:</b> warm febrile diseases w/ high fever and convulsions. Also for delirium assoc w/ extensive burns; LV heat for convulsion, eclampsia, epilepsy. Often for childhood convulsions due to phlegm heat or wind phlegm</p>

(Vessica Fellea Ursi)		<p><b>Clears heat and relieves fire toxicity:</b> hot skin lesions, furuncles, carbuncles, swollen glands. Topically esp effective in alleviating pain</p> <p><b>Benefits the eyes in pattern of LV fire:</b> severe red painful swollen eyes; mild visual obstruction</p> <p><b>Reduces swelling and pain:</b> trauma, sprains, fractures, or hemorrhoids, swellings</p> <p>*Cow GB often substitutes b/c of price. (Niu Dan --- use higher dose)</p>
HAN SHUI SHI Calcitum Glauberite	Acrid,salty,cold HT/ST/KI	<p><b>Drains fire and expels summerheat:</b> for high fever, irritability, thirst, and yellow tongue coat associated w/ summerheat warm-febrile disease</p> <p><b>Used for burns and sores:</b> applied topically for burns and such problems as sore throat and oral ulcers</p> <p><b>Clears heat and downbears fire</b></p> <p><b>Disinhibits the orifices and disperses swelling</b></p>
LIAN XIN or LIAN ZI XIN Plumia Nelumbinis Lotus embryo	Bit, cold HT/PC (HT/LU/KI)	<p><b>Drains HT fire (clears heat and abates fever):</b> warm febrile diseases where heat collapses into PC channel causing mental confusion or delirium. Also for insomnia or irritability from HT fire, vexation, thirst, red sore swollen eyes</p> <p><b>Stops bleeding and binds essence:</b> powder for vomiting of blood or spermatorrhea</p> <p>*dosage: 1.5 - 3 g</p>

CLEAR HEAT, COOL BLOOD		
XI JIAO Cornu Rhirnoceri Rhinoceros horn	Salty,bit,cold HT/LV/ST	<p><b>Clear heat, relieve fire toxicity, cool blood:</b> warm febrile disease w/ extreme heat or heat signs and for very high fevers affecting the nutritive or blood levels (w/ reckless blood). Manifestations include: erythema, purpura, nosebleed, vomiting of blood, or convulsions and delirium.</p> <p><b>Clear heat and suppress tremors:</b> warm febrile disease when heat enters the nutritive or blood levels w/ loss of consciousness, delirium, convulsions, or mania and unremitting high fever</p> <p><b>Clears heat and calms the shen</b></p> <p><b>Releases rash and detoxifies</b></p> <p>*Shui Niu Jiao (Cornu Bubali)(water buffalo horn) used as substitute(<b>clears heat, cools blood, resolves toxins</b>)</p>
SHENG DI HUANG Radix Rehmannia Glutinosae (raw) Fresh rehmannia	Sweet,bit,cold KI/LV/HT	<p><b>Clear heat and cool the blood:</b> in all warm febrile diseases where heat enters the nutritive level causing very high fever, thirst and a scarlet tongue. Cases of hemorrhage from heat entering the blood level; variety of internal chronic blood heat conditions *can also remove stagnation</p> <p><b>Nourish the yin and blood and generate fluids:</b> patterns of defic yin w/ heat signs, as well as injury to the body fluids, i.e., dry mouth, continuous low-grade fever, and constipation (moistens bowels). Also for defic yin throat pain</p> <p><b>Used for wasting and thirsting disorder:</b> b/c caused by defic yin heat</p> <p><b>Cool the upward blazing of HT fire:</b> mouth and tongue sores, irritability, insomnia, afternoon or low-grade fevers and malar flush</p> <p>*Used for skin prob from heat in large doses</p> <p>*Gan Di Huang (dried rehmannia)</p>
XUAN SHEN Radix Scrophylaria Ningpoensis Scrophularia root	Sweet, salty, bit, cold LU/ST/KI	<p><b>Clear heat and cool the blood:</b> when heat enters the blood level from warm febrile disease causing bleeding, fever, dry mouth and a purplish tongue, and rash</p> <p><b>Nourish yin (and moisten intestines and drain fire for excess heat w/ yin defic):</b> esp for the sequelae of warm febrile diseases w/ constip and irritability, restlessness, exhaustion of body fluids, thirst</p>

		<p><b>Drain fire and relieve toxicity:</b> swollen or red eyes and esp extreme cases of sore throat, painful swollen glands, sores, phlebitis</p> <p><b>Soften hardness and dissipate nodules:</b> neck lumps from phlegm fire as well as severe throat pain and swelling; goiter, scrofula</p> <p>*Used for hyperthyroidism; reduces blood glucose levels with Cang Zhu (don't use if hyperthyroid -- can cause dizziness) see also Shi Gao, Huang Qi, Shan Yao</p>
<p>MU DAN PI</p> <p>Cortex Moutan Radicis</p> <p>Moutan root bark</p>	<p>bit,acid,cool</p> <p>KI/LV/HT</p>	<p><b>Clear heat and cool blood:</b> heat entered the nutritive or blood levels during warm febrile disease w/ nosebleed, blood in sputum or vomit, or subcutaneous bleeding. Also for frequent and profuse menstruation from blood heat</p> <p><b>Clear deficiency fire:</b> defic yin patterns like steaming bone disorder partic in the aftermath of a warm febrile disease. Most suitable when there is no sweating</p> <p><b>Treats YIN LEVEL:</b> night fever, morning chills, no sweat, prior disease or pathogen</p> <p><b>Invigorate blood and dispel blood stasis:</b> for LV congealed blood patterns w/ amenorrhea, firm masses, lumps or bruises, due to traumatic injuries; intestinal abscess</p> <p><b>Clear ascending LV fire/stagnant heat in LV:</b> HA, eye pain, flank pain, flushing, dysmenorrhea, dizziness, red eyes</p> <p><b>Drain pus and reduce swelling:</b> also used topically for firm, non-draining sores or internally for intestinal abscess</p> <p>*Treats blood, qi, and yin levels *Cools blood w/out causing stagnation</p>
<p>ZI CAO</p> <p>Radix Arnebiae seu Lithospermi</p> <p>Arnebia</p> <p>Puccoon</p> <p>Lithospermi</p>	<p>Sweet,cold</p> <p>LV/HT</p> <p>(LV/PC)</p>	<p><b>Clear heat, cool blood, relieve fire toxicity while venting rashes:</b> encourages rash to surface or if course of disease such as measles or chickenpox is not progressing smoothly, to encourage complete expression of rash. Often used for fire poison w/ very dark purple rashes and painful throat. Blood in urine, strangury</p> <p>*Has estrogen-like effects for hot flashes.</p> <p><b>Clear damp-heat in the skin:</b> topically (soak in veg oil w/ 3 parts oil and 6 parts herb for few days, strain and save oil for application) for damp-heat skin lesions (eczema, open ulcers) or vaginal itching. Also for burns</p> <p><b>Moisten the intestines and unblock the bowels:</b> heat in blood w/ constipation, blood dysentery</p> <p><b>Quickens the blood</b></p> <p>*Zi Cao Gen: anti-biotic effects (staph, e-coli, dysentery, flu, herpes, Hepatitis) more anti-viral than anti-biotic.</p> <p>*oral dosage: 3-9g</p>
<p>DI GU PI</p> <p>Cortex Lycii Radicis</p> <p>Lycium root bark</p>	<p>Sweet,cold</p> <p>KI/LU/LV</p>	<p><b>Drain fire from yin deficiency:</b> night sweats, steaming bone disorder w/ sweating, and chronic low-grade fever, irritability and thirst, dry mouth. Also for childhood malnutrition (fever due to qi defic often w/ parasites, pale-yellow complexion, emaciation, yellow sclera, dry sticky hair)</p> <p><b>Clear heat and stop cough:</b> LU heat w/ cough or wheezing. Often for kids b/c occurs w/ defic (dehydration)</p> <p><b>Clear heat and cool blood:</b> nosebleed, vomiting blood, hematuria from reckless marauding of hot blood (moderate fx)</p> <p><b>Drain floating fire in KI channel:</b> toothache from defic fire</p>
<p>BAI WEI</p> <p>Radix Cynanchi Baiwei</p> <p>Baiwei</p> <p>Cynanchum root</p>	<p>Salty,bit,cold</p> <p>LU/ST/KI</p>	<p><b>Clear (yin defic) heat and cool blood:</b> heat in ying and xue level, esp for defic fevers, persistent summertime fevers in kids, post-partum fevers, and for lingering fevers as the sequelae of warm febrile diseases than injure blood or yin. Most commonly used for postpartum fevers and during the recovery period from a febrile illness</p> <p><b>Used w/ exterior condition w/ yin deficiency fever:</b> b/c doesn't bind pathogen and bring it internally</p> <p><b>Cool the blood &amp; promote urination:</b> hot or bloody painful urination, esp before or after giving birth</p> <p><b>Relieve toxicity:</b> toxic sores, swollen and painful throat and snakebite. Internally or externally</p> <p><b>Clear LU heat w/ cough</b></p>

YIN CHAI HU	Sweet,cool	<b>Clear deficient heat:</b> fire from yin defic w/ steaming bone disorder or any yin defic fever
Radix Stellariae Dichotomae	LV/ST	<b>Clear heat and reduce childhood malnutrition fever:</b> fever, thirst, irritability from childhood nutritional impairment due to accum of heat
Lanceolate stellaria root		<b>Cool the blood and stop bleeding:</b> cough w/ blood, nosebleeds, uterine bleeding or bloody urine from reckless movement of hot blood

CLEAR HEAT AND DRY DAMPNESS

HUANG QIN	bit,cold	<b>Clear heat and drain fire, partic in upper burner:</b> for heat patterns w/ high fever, irritability, thirst, cough, and expectoration of thick yellow sputum, or hot sores or swelling (topically or internally)
Radix Scutellariae Baicalensis	GB/LU/LI/ST	<b>Drain damp-heat:</b> major herb for damp-heat in ST or intestines, manifesting as diarrhea or dysentery-like disorder; damp warm febrile diseases, w/ fever, a feeling of heaviness in chest, and thirst but inability to drink; or from damp-heat in lower burner with painful urination. Auxiliary herb for damp-heat jaundice (chronic or acute hepatitis)
Scutellaria root		<b>Clear heat and calm fetus:</b> pacifies womb when fetus is restless or kicking excessively from heat; spotting, discomfort
		<b>Sedate ascending LV yang:</b> HA, irritability, red eyes, flushed face, bitter taste in mouth
		<b>Clear heat and stop bleeding:</b> excessive internal heat causing blood to move recklessly; vomit, cough of blood, nosebleed and blood in stool
		*Used for shao yang heat; broad spectrum antibiotic like huang lian. Used for upper and middle jiaos. Very effective against pseudomonas aeruginosa (diffic to kill -- green discharge -- use large dose and other antibiotic herbs) and staph aureus. The effects of standard antibiotics such as ampicillin, amoxicillin, methicillin and cefotaxime can be potentiated with the addition of baicalin (a flavone isolated from this herb). In addition, the effectiveness of beta-lactam-resistant staph and methicillin-resistant staph were restored with the use of this herb. Also good for epidemic encephalitis (passes blood brain barrier)
		*Ban Zhi Lian (scutellaria) good for ST and colon cancer with Bai Hua She She Cao

HUANG LIAN	bit,cold	<b>Drain fire and relieve toxicity:</b> heat pattern w/ fire raging; high fever, irritability, disorientation, delirium, coma in extreme cases, a red tongue and rapid full pulse. Also for excess heat w/ painful red eyes and sore throat, and for boils, carbuncles and abscesses. HT heat and LV fire --- CALMS SHEN
Rhizoma Coptidis	LV/ST/LI/HT	<b>Clears heat and drains dampness:</b> damp-heat in ST or intestines w/ diarrhea or dysentery like disorders. Also for vomiting and/or acid regurgitation from ST heat as well as constip, dry stools, ulcers, heartburn
Coptis root		<b>Clear HT fire:</b> irritability and insomnia from lack of communication b/w HT and KI
		<b>Clear heat and stop bleeding:</b> nosebleed, blood in urine, stool, vomit from reckless movement of hot blood
		<b>Drain ST fire:</b> digestive dysfx w/ bad breath, belching w/ putrid odor
		<b>Clear heat topically:</b> for red painful eyes, ulcerations of tongue and mouth
		*Medicine Horse for HT
		*Used for Diabetes to relieve thirst ; good for otitis media
		*Can be used in very small doses for SP qi vac to dry damp
		*single strongest antibiotic herb. No resistance problems. Middle and lower jiao infections. Caution with people allergic to sulfa drugs. Broad spectrum antibiotic (dysentery, mycobacterium TB, salmonella, e-coli, pseudomonas, cholera, staph, strep, diphtheria, leptospira, etc.) Use within an herbal decoction increased its effect over 10-fold.

HUANG BAI or HUANG BO	bit,cold	<b>Drain damp-heat, partic in lower burner:</b> for thick yellow vaginal discharge, foul-smelling diarrhea or dysentery. Also for damp-heat pouring downward or hot leg qi w/ red, swollen and painful knees, legs or feet. Also for damp-heat jaundice, leukorrhea, urinary prob (infection, burning)
Cortex Phellodendri	KI/BL	<b>Drain KI fire:</b> ascending KI fire w/ defic yin signs as steaming bone disorder, night sweats, afternoon fevers and sweating, sometimes accom by nocturnal emissions and spermatorrhea (like Zhi Mu but
Phellodendron bark		

		<p>doesn't tonify yin)</p> <p><b>Drain fire and relieve toxicity:</b> (externally) for fire toxin generated sores and damp lesions of skin; eczema, vaginitis as douche.</p>
<p>LONG DAN CAO</p> <p>Radix Gentianae Longdancao</p> <p>Gentian root</p>	<p>bit,cold</p> <p>LV/GB/ST</p>	<p><b>Drain damp-heat from LV and GB channels:</b> damp-heat in upper portion of GB channel w/ red swollen sore throat and eyes, swollen and painful ears, or sudden deafness. Also for damp-heat in LV or lower portion of GB channel w/ jaundice, pain, swelling or dampness of genital area, or foul-smelling vaginal discharge and itching; painful dark scanty urine (Lin)</p> <p><b>Drain and pacify excess LV fire:</b> LV fire blazing upward w/ HA or red eyes, hypochondriac pain, bitter taste, tinnitus, swelling or itching or painful genitals. Imp for impending stroke. Also for LV wind-heat w/ fever, spasms, convulsions, flank pain and HA</p>
<p>KU SHEN</p> <p>Radix Sophorae Flavescentes</p> <p>Flavescent sophora root</p>	<p>bit,cold</p> <p>BL/LV/HT/LI/SI</p>	<p><b>Clear heat and dry damp:</b> primarily for dysenteric disorder or vaginal discharge, jaundice and sores w/ oozing</p> <p><b>Disperse wind, kill parasites and stop itching:</b> damp toxin skin lesions or infestations w/ chronic itching, seepage, and bleeding. Also for genital itching and vaginal discharge; scabies, eczema, chronic acne, seborrheic dermatitis (w/ Qing Hao). Used both internally and topically</p> <p><b>Clear heat and promote urination:</b> damp-heat in SI, painful urinary dysfx and hot edema</p>
<p>HU HUANG LIAN</p> <p>Rhizoma Picrorhizae</p> <p>Picrorhiza root</p>	<p>Bit,cold</p> <p>LV/ST/LI</p>	<p><b>Drains damp-heat:</b> for dampheat dysenteric disorders or sores</p> <p><b>Clears heat from deficiency:</b> for yin defic w/ heat signs</p> <p><b>Clears heat and reduces childhood nutritional impairment:</b> most appropriate when this disorder is accompanied by abd distention, afternoon fevers, and dysenteric diarrhea</p> <p>*often substituted for Huang Lian</p>
<p>QIN PI</p> <p>Cortex Fraxini</p> <p>Ash bark</p>	<p>bit,cold</p> <p>LI/LV/GB/ST</p>	<p><b>Drain damp-heat:</b> damp-heat or bloody dysentery-like disorders and damp-heat vaginal discharge</p> <p><b>Drain LV fire and benefit the eyes:</b> used when LV heat affects the eyes causing redness, swelling, pain or the formation of superficial visual obstruction</p> <p><b>Disperse wind-damp:</b> for painful obstruction, primarily of hot type</p>

CLEAR HEAT AND RELIEVE TOXINS		
<p>JIN YIN HUA</p> <p>Flos Lonicera Japonicae</p> <p>Lonicera flower</p>	<p>Sweet,cold</p> <p>LI/LU/ST</p>	<p><b>Clear heat and relieve fire toxicity:</b> hot, painful sores and swellings in various stages of development, esp of the breast, throat and eyes. Also for intestinal abscess, localized redness, swelling, burning sensation, boils</p> <p><b>Clear damp-heat in the lower burner:</b> damp heat dysentery like disorders or painful urinary dysfx</p> <p><b>Expel externally contracted wind-heat:</b> early stages of warm febrile diseases w/ fever, slight sensitivity to wind, sore throat and HA. Also expels externally contracted summerheat and rashes</p> <p><b>Cools blood</b></p> <p>*stronger for viruses than bacteria. Leaves have stronger antibiotic effect than flowers. Broad spectrum against staph, beta-hemolytic strep, e-coli, salmonella, bacillus dysentery, pseudomonas, cholera, mycobacterium TB, meningitides.</p> <p>*inhaling herbal vapor prior to consumption good idea</p>
<p>LIAN QIAO</p> <p>Fructus Forsythiae Suspensae</p> <p>Forsythia fruit</p>	<p>bit,cool,sl acrid</p> <p>HT/LV/GB</p>	<p><b>Clear heat and toxin, reduce swelling and dissipate nodules:</b> for all hot sores, furuncles, carbuncles, and neck lumps, scrofula, abscess, pyelonephritis</p> <p><b>Expel externally contracted wind-heat:</b> for significant fever, slight chills, sore throat and HA.</p> <p>*Residual heat in the diaphragm and chest w/ restlessness, irritability and heat sensation</p>

		<p>*Heat sinking to the PC w/ delirium, restlessness, coma</p> <p>*Heat in blood w/ rashes (b/c detoxifies)</p> <p>*Promotes urination for Lin syndrome</p> <p>*anti-bacterial and anti-viral effects like Jin Yin Hua</p>
<p>DA QING YE</p> <p>Folium (Daqingye) Isatidis seu Baphicacanthus</p> <p>Isatis leaf</p>	<p>bit,very cold, salty</p> <p>HT/LU/ST</p>	<p><b>Clear heat and relieve toxicity:</b> for any warm febrile disease or epidemic febrile outbreak (high fever, HA, thirst, restlessness). Esp useful for epidemic poison or any severe febrile illness affecting people regardless of their constitution, such as severe contagious diseases. Used for fire toxin anywhere in body, esp throat and LU and upper respiratory infections. Used for toxic heat leading to mumps, swollen glands, mouth sores, furuncles</p> <p><b>Cool blood and reduces blotches:</b> reduces blotches or skin eruptions due to toxic heat in blood. Often used in severe cases w/ intense fever, irritability, changes in consciousness; poison ivy, rashes</p> <p>*Treats both qi and blood level</p> <p>*Clinically used for treating and preventing bacterial or viral infections like pneumonia, infectious hepatitis, encephalitis, flu, meningitis, strep throat, also for fungal infections. Passes blood brain barrier.</p>
<p>BAN LAN GEN</p> <p>Radix Isatidis seu Baphicacanthus</p> <p>Isatis root</p>	<p>bit,cold,salty</p> <p>HT/LU/ST</p>	<p><b>Drain heat, relieve fire toxicity, cool blood and benefit throat:</b> for warm febrile diseases, warm epidemic disorders, mumps, and painful swollen throat conditions. Also for damp-heat jaundice</p> <p>*Reduces swelling better than Da Qing Ye. *anti-bacterial and anti-viral effects. (staph, e-coli, salmonella, influenza). Esp good for upper respiratory tract infection. *people allergic to sulfa antibiotics may be allergic to isatis herbs (may cause skin reactions). Passes blood brain barrier.</p>
<p>QING DAI</p> <p>Indigo Pulverata Levis</p> <p>Indigo</p>	<p>Salty,cold</p> <p>LV/LU/ST</p>	<p><b>Clear heat and detoxifies:</b> similar to Da Qing Ye. Esp for draining excessive heat in LV channel. Used for LV fire invading LU w/ cough and bloody sputum. Used also for leukemia (esp sub-acute) in small doses b/c leukemia accom usually w/ inflamed LV/SP.</p> <p><b>Cools blood and disperses swelling:</b> topically for mouth sores, ear infection, eczema, shingles, herpes, mumps. Internally for bleeding due to reckless movement of blood, febrile convulsions in kids and cough due to LU heat</p>
<p>PU GONG YING</p> <p>Herba Teraxici Mongolici cum Radice</p> <p>Dandelion</p>	<p>bit,sweet,cold</p> <p>LV/ST</p>	<p><b>Clear heat and relieve fire toxins:</b> for any hot disorder, esp in patterns of LV heat w/ red swollen painful eyes</p> <p><b>Reduces abscesses and dissipates nodules:</b> for abscesses and sores, esp if firm and hard. Esp for breast, LU and intestinal abscesses (appendicitis). Used internally or topically.</p> <p><b>Promotes lactation:</b> esp due to heat; mastitis</p> <p><b>Clear heat and resolve damp (and promote urination):</b> damp-heat acute jaundice; painful urination</p> <p>*anti-biotic (staph, beta-hemolytic strep, pneumonia, meningitides, pseudomonas, dysentery, salmonella), esp good if pus, phlegm, discharge, like abscesses, sores, tonsillitis.</p> <p>*caution w/ Cipro. Binds to Cipro and makes both less effective. Take 2-4 hrs. apart.</p>
<p>ZI HUA DI DING</p> <p>Herba cum Radice Violae Yedoensis</p> <p>Yedo violet</p>	<p>bit,acid,cold</p> <p>LV/HT</p>	<p><b>Clear heat and relieve fire toxicity:</b> to reduce hot swellings. Esp for red swollen eyes, swollen painful throat and ears; or mumps</p> <p><b>Clear hot sores:</b> internally and topically (usually fresh) for sores and abscesses, esp of head and back; carbuncles, furuncles; deep-rooted skin lesions.</p> <p><b>Cools blood and reduces swelling</b></p> <p>*Used for snakebite; anti-biotic effect (pseudomonas, e-coli, dysentery, salmonella, staph, candida, strep, bacillus proteus, leptospirosis)</p>
<p>CHUAN XIN LIAN</p> <p>Herba Andrographitis Paniculatae</p>	<p>bit,cold</p> <p>LU/LI/SI/ST</p>	<p><b>Clear heat and relieve fire toxicity:</b> wide variety of heat patterns including heat in LU, throat, and urinary tract. Also for fire toxins on skin such as sores, carbuncles. Topically for snakebite</p> <p><b>Clear heat and dry damp:</b> damp-heat dysenteric disorders, hot painful urinary dysfx; eczema (topically)</p>

Andrographis		
BAI HUA SHE SHE CAO HedyotisDiffusae (Oldenlandia) Hedyotis	bit,sweet,cold LI/LV/ST	<b>Clear heat, strongly relieve fire toxicity, and reduce abscesses:</b> for intestinal abscess, toxic sores, ulcerations and swellings; swollen glands, sore throat; CANCER (many types). Also for snakebite. Internally and externally  <b>Clear heat and resolve damp by promoting urination:</b> hot painful urination and damp-heat jaundice.  *Widely used for bacterial and viral infections (HIV, chronic fatigue, chronic hepatitis)
BAI XIAN PI Cortex Dictamni Dasycarpi Radicis Dictamnus root bark	bit,cold SP/ST	<b>Clear heat, relieve fire toxicity, expel wind and dry damp:</b> wind heat or damp heat sores, carbuncles and rashes marked by much pus or leaking of yellow fluid, moist skin and pruritis. Also used in combination for damp-heat jaundice or painful obstruction
TU FU LING Rhizoma Smilicis Glabrae Smooth greenbrier root	Neutral,sweet, bland LV/ST	<b>Relieve toxicity and eliminate dampness:</b> joint pain, turbid and painful urination, or damp-heat jaundice; eczema, psoriasis, syphilis, mercury poison leading to muscle and joint spasm and deformity, leprosy  <b>Clear damp-heat from skin:</b> recurrent ulcers or other hot skin lesions; eczema, chronic cystitis; dampness assoc w/ infections
SHE GAN Belamcandae Chinensis Belamcanda root	bit,cold LU	<b>Clear heat, relieve toxicity, and benefit throat:</b> swollen or painful throat from excess fire, fire toxin or hot phlegm obstruction.  <b>Transform phlegm and clear LU:</b> cough and wheezing w/ phlegm obstruction. Its effect on phlegm is so strong that it is combined w/ warming herbs in treating cold phlegm obstruction
BAI TOU WENG Radix Pulsatillae Chinensis Pulsatilla root	bit,cold LI/LV/ST	<b>Clear heat and relieve fire toxicity and cool blood:</b> dysentery-like disorders, esp from damp-heat in ST or intestines and amoeba; acute or chronic colitis  <b>Kills parasites and relieves itching:</b> vaginal discharge, Trichomonas
MA CHI XIAN Herba Portulacae Oleracea	Sour,cold LI/LV	<b>Relieve fire toxicity and cool blood:</b> damp-heat or fire toxin dysentery-like disorders; hot or bloody painful urinary dysfx  <b>Clear damp-heat and treat sores:</b> fire toxin carbuncles or sores as well as red or white vaginal discharge (topically or internally)  <b>Antidote to pain and swelling of wasp sting and snakebite</b>  <b>Recently used for post partum bleeding or uterine bleeding</b>
MA BO Fructificatio Lasiosphaerae seu Calvatiae	Acrid,neutral LU	<b>Clears the LU, relieves fire toxicity, and improves the condition of the throat:</b> for fire toxin affecting the throat causing pain, swelling, and loss of voice. Also cough due to LU heat  <b>Stops bleeding:</b> used topically to stop bleeding, most often in the oral cavity or lips; also for bleeding gums associated w/ frostbite.
ZI BEI TIAN KUI Herba Begonia Fimbristipulatae Begonia	Sweet,cool LV/ST	<b>Clears heat and cools the blood, invigorates the blood, and discharges toxin:</b> for LU heat w/ cough, coughing up blood, trauma, pain associated w/ blood stasis, toxic sores, and burns.  *CI for yin-type boils
YE JU HUA	bit,acid,sl cold	<b>Drains fire and relieves toxicity:</b> furuncles, carbuncles and sores; sore swollen throat and wind-fire

Flos Chrysanthemi Indici Wild chrysanthemum flower	LU/LV	causing red eyes  *Anti-bacterial and anti-virus (dysentery, flu, herpes. Mild to moderate or use as adjunct. Not as strong by itself.) *water decoction stronger than alcohol decoction.
YA DAN ZI Fructus Bruceae Javanicae Brucea fruit	bit,cold,toxic LI/LV	<b>Treats dysenteric disorders:</b> chronic or recurring dysentery. Imp herb for chronic cold stag dysenteric disorders that wax and wane or alt hard and soft stool. Esp for dysentery from protozoans  <b>Treats intermittent fever and chills:</b> malarial disorders  <b>Also used topically for treating warts and corns:</b> either as paste or ointment
REN DONG TANG		<b>Similar to Jin Yin Hua:</b> mostly used to treat abscesses and sores.  Also clears wind, dampness and heat from channels and is used in treating pain assoc w/ w-h-d w/ hot swollen painful joints diffc to move
BAN BIAN LIAN Lobelia chinensis herba cum radice Chinese lobelia	Sweet, balanced	<b>Disinhibits water, disperses swelling, and resolves toxins:</b> treats jaundice, water swelling, drum distention, diarrhea, dysenteric disorders, snake bites, clove sores, toxin swellings, eczema, knocks and falls, sprains  *dosage: 15-30g
YU XING CAO Houttunyniae herba cum radice Houttuynia	Acric, cold LV/LU	<b>Clears heat and resolves toxins:</b> pneumonia, suppurative sores, heat dysentery, malaria, hemorrhoids, rectal prolapse, eczema, bald scalp sores, scab and lichen  <b>Disinhibits urine and disperses swellings:</b> water swelling, strangury, vaginal discharge, swollen welling abscess  *dosage: 6-12g
SHAN DOU GEN Sophorae subprostratae radix Bushy sophora root	Bitter, cold HT/LU/LI	<b>Clears fire, resolves toxins:</b>  <b>Disperses swelling and relieves pain:</b>
BAI JIANG CAO Baijiang	Bitter, neutral LV/ST/LI	<b>Clears heat and resolves toxins:</b> red sore swollen eyes, swollen welling abscess, scab and lichen  <b>Outthrysts pus and resolves stasis:</b> intestinal abscess, diarrhea, red and white vaginal discharge, post partum abdominal stasis and stagnation pain
SHAN CI GU Shancigu bulb	Cold, sweet, slightly acrid LV/SP	<b>Disperses swelling, Dissipates binds, Transforms phlegm, Resolves toxins</b>  *dosage: 3-6g
HAI JIN SHA CAO Lygodii herba Lygodium	Sweet, cold	<b>Clears heat and resolves toxins:</b> fever, cough, sore throat due to colds, enteritis, dysenteric disease, scalds, cinnabar toxin (erysipelas)  <b>Disinhibits water and frees strangury:</b> UTIs, urinary calculus, white turbidity, inhibited urination, nephritic edema, damp-heat jaundice  *dosage: 24-30g

CLEAR HEAT, RELIEVE SUMMER-HEAT

HE YE Folium Nelumbinis Nucifera Lotus leaf	bit,sl sweet, neutral SP/LV/HT	<b>Treat summer heat patterns:</b> fever, irritability, excessive sweating, scanty urine, and esp diarrhea from summerheat  <b>Raise and clear SP yang:</b> diarrhea from defec SP, esp when in aftermath of summerheat  <b>Stop Bleeding:</b> esp for bleeding in lower burner from heat or stag; also used for vomiting blood, Lin syndrome or bloody stool (used charred form)
LIAN GENG Ramulus Nelumbinis Nuciferae	bit,sl sweet, neutral SP/LV/HT	Has properties similar to the leaf (He Ye). It also opens and promotes the movement of qi through the chest, and is appropriate for summerheat patterns with a stifling sensation in the chest.  *Lian Xin (CHDF) – for HT fire and vomiting blood and spermatorrhea
XI GUA Fructus Citrulli Vulgaris Watermelon	Sweet,cold BL/HT/ST	<b>Clear summer heat and generate fluids:</b> summerheat patterns esp w/ significant thirst and dark scanty urine and dry heaves; drain dampness for summerheat  <b>Promote urination and expel jaundice:</b> adjunct in treatment of icteric hepatitis; edema  *Xi Gua Pi: watermelon rind; Xi Gua Sheng: watermelon frost
(BAI) BIAN DOU Semen Dolichoris Lablab	neutral,sweet SP/ST	<b>Clear summerheat:</b> for summerheat patterns esp dampness with significant diarrhea or vomiting  <b>Strengthen SP (and resolve damp):</b> for chronic diarrhea w/ loud ST growling from defec SP (tiredness, poor app). Also for vaginal discharge from defec SP. Also used after illness (tired, poor app b/c tonifies w/out clogging and resolves damp w/out warming or drying)  <b>Detoxifies:</b> alcohol (drunkenness or poisoning), arsenic, mercury, bird meat (parasites)
QING HAO Herba Artemesia Annuae Sweet wormwood	bit,cold LV/GB/KI	<b>Clear summerheat:</b> esp for summer heat patterns w/ low fevers, HA, dizziness, and stifling sensation in chest, no sweating, painful urination  <b>Clear defec fevers:</b> fevers either from defec blood or the aftermath of febrile illness (yin defec). esp useful for unrelenting fever or night fever and morning coolness w/ an absence of sweating (YIN LEVEL)  <b>Cool blood and stop bleeding:</b> for purpuric rashes or nosebleeds from blood heat  <b>Checks malarial disorders and relieves heat:</b> for alt fever and chills or malarial disorders (w/ Chang Shan, Cao Guo and Chai Hu)  *Used for seborrheic dermatitis w/ Ku Shen
LU DOU Semen Phaseoli Radiata (Mungo) Mung bean	sweet,cool HT/ST	<b>Clear summerheat:</b> summerheat patterns w/ irritability and fever, esp when thirst is an imp symptom. Often made as a tea in summer and used to prevent summerheat. (crush seed)  <b>Antidote:</b> to Fu Zi, fava beans, pesticide poison (manifested as HA, restlessness, vomiting, thirst); antidote to variety of poisonous substances -- can use with Gan Cao, Sheng Jiang, Fang Feng, Hu Zhang, Chi Shi Zhi, Mang Xiao. <u>3 Methods of Detoxing Poison:</u> (1) if in ST, induce vomit with herbs (Li Lu), soapy water, epicac. (don't induce vomit if corrosive substance); (2) binding method -- activated charcoal, or Chi Shi Zhi, milk, egg whites; (3) purgatives -- Mang Xiao.  <b>Clear heat and detoxify:</b> furuncles and sores  <b>Known as Natural White Tiger Decoction:</b> releases heat from ST channel

DOWNWARD DRAINING HERBS

PURGATIVES

DA HUANG Radix et Rhizoma	bit,cold LI/ST/LV/HT	<b>Drain heat &amp; move stool (purge accumulation):</b> for high fever, profuse sweat, thirst, constip, abd distention & pain, delirium, yellow tongue fur, full pulse. Intestinal heat excess or yang ming <b>organ</b> stage.
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Rhei Rhubarb		<p>disorders. Also for painful urinary dysfx. Qi aspect heat.</p> <p><b>Drain heat from blood:</b> for blood in stool from either bleeding hemorrhoids or heat stagnating in intestines. Also for reckless marauding of hot blood that overflows, manifested by vomiting blood or nosebleed, with constip. Blood aspect (swollen glands, HA, toothache (ST fire)).</p> <p><b>Invigate blood and dispel blood stasis:</b> for amenorrhea, immobile abd masses, or fixed pain from congealed blood. Also for traumatic injuries with congealed blood or intestinal abscess w/ congealed blood. For chronic and acute blood stasis.</p> <p><b>Clear heat obstructing the blood level:</b> for fever, hot, swollen and painful eyes; or fire poison sores from excess heat obstructing blood level. (LV fire)</p> <p><b>Clear heat and reduce toxicity:</b> either topically or internally for burns or hot skin lesions.</p> <p>*food stagnation; parasites; LV/ST fire; ST bleeding *often w/ wine to move blood (trauma, appendicitis)</p>
MANG XIAO Mirabilium	<p>acid,bit,salty, very cold</p> <p>LI/ST</p>	<p><b>Purge accumulation, guide out stagnation:</b> for excess heat in ST and intestines w/ constip (abd fullness and distention) to moisten dryness and soften hardness.</p> <p><b>Clear heat and reduce swelling:</b> for red, swollen painful eyes; painful swollen ulcerated mouth or throat; or red swollen skin lesions including breast problems; eczema w/ Ming Fan</p> <p>*benefits GB (gallstones, cholecystitis) *food stag; inhibit lactation; topically to reduce swelling</p> <p>*Diff. forms (Mang Xiao; Po Xiao; Xuan Ming Fan)</p>
LU HUI Herba Aloes Aloe	<p>bit,cold</p> <p>LI/LV/ST</p>	<p><b>Drain fire and move stool (guide out accumulation):</b> constip, dizziness, red eyes, irritability from accumulation of heat. Mild herb for chronic constip</p> <p><b>Kill parasites and strengthen ST:</b> childhood nutritional impairment from roundworm; ringworm</p> <p><b>Clear heat and cool LV:</b> epigastric discomfort, dizziness, HA, tinnitus, irritability, constip, and fever from excess heat in LV channel</p>
FAN XIE YE Folium Sennae Senna leaf	<p>sweet,bit,cold</p> <p>LI</p>	<p><b>Drains downward and moves the stool:</b> constip from heat accum in intestines. Intestinal obstruction, acute pancreatitis and cholecystitis</p> <p><b>Moves water and reduces edema:</b> abd water retention, present distention and bloating</p> <p>*milder than Gan Sui but stronger than Da Huang. In small doses for chronic constip; prior or post surgery or for cleaning intestines for x-ray exam. Often causes abd pain w/ diarrhea.</p>
<b>MOIST LAXATIVES</b>		
HUO MA REN Semen Cannabis Hemp seed	<p>neutral,sweet</p> <p>LI/ST/SP</p>	<p><b>Nourish and moisten the intestines:</b> constip in elderly; in the aftermath of febrile illness, post partum, and in cases of defic blood or dry stool</p> <p><b>Nourish the yin:</b> mildly tonifies yin and primarily for defic yin w/ constip</p> <p><b>Clear heat and promote healing of sores:</b> auxiliary herb for sores &amp; ulcerations (orally /topically)</p> <p>*oil good for HT (beat and circulation)</p>
YU LI REN Semen Pruni Bush cherry kernel	<p>bit,sweet, neutral,acid</p> <p>SP/LI/SI</p>	<p><b>Moisten the intestine and move stool:</b> constip from stagnant qi in intestines. excess type</p> <p><b>Promote urination and reduce edema:</b> leg qi or edema w/ diffic urination and constip</p> <p>*dispersing and moving effect; lowering HTN effect.</p>
<b>HARSH EXPELLANTS (CATHARTICS)</b>		
QIAN NIU ZI	<p>acid,bit,cold,</p>	<p><b>Expel water:</b> accum of excess heat in ST or intestines w/ severe constip, distended abd, and diffic urination. Expels water thru the BL and intestines. (more moderate than Gan Sui)</p>

<p>Semen Pharbitides Morning glory seed</p>	<p>sl toxic KI/SI/LI/LU</p>	<p><b>Expel phlegm and congested fluid:</b> cough, asthma, wheezing, and a sensation of fullness in chest and abd due to congested fluids obstructing the LU; phlegm or phlegm-rheum</p> <p><b>Expel intestinal parasites and reduce stagnation:</b> roundworm or tapeworm infestations and food stag. Kills parasites also</p> <p><b>Unblock the bowels and remove accumulation:</b> constip from accum and stag of damp heat in ST and intestines. Dosage is less than in previous fx's; excess heat constip; food stag</p> <p>*small dose is laxative; large dose is watery diarrhea, promote urination and reduce edema</p>
<p>GAN SUI Radix Euphorbia Kansui Kansui root</p>	<p>bit,sweet, cold,toxic LU/LI/KI</p>	<p><b>Expel water by flushing it down:</b> drains severe water accum in chest &amp; abd. Also for generalized edema, facial edema, abd distention. Violent cathartic - causes one to pass water anally.</p> <p><b>Clear heat and reduce swelling:</b> topically for swollen, painful, nodular skin lesions from damp heat. Most appropriate for early stages of these conditions. Herbs that clear heat and reduce toxicity should be given orally at same time *use powdered form only – don't boil</p>
<p>DA JI Radix Euphorbia seu Knoxiae Euphorbia knoxia root</p>	<p>bit,cold, toxic,acid LI/KI/LU</p>	<p><b>Drains water downward and drive out congested fluid:</b> moderate fluid accum in chest &amp; flanks w/ labored breathing, dull pain in lateral chest, expectoration of thick sputum; thick greasy fur</p> <p><b>Reduce swelling and dissipate nodules:</b> topically for red swollen painful toxic sores or scrofula.</p>
<p>YUAN HUA Flos Daphnes Genkwa Genkwa flower</p>	<p>bit,acid, warm,toxic KI/LI/LU</p>	<p><b>Drains water downward and drives out congested fluids:</b> used both as a cathartic and a diuretic for accum of fluids in the chest and abd and congested fluids in the flanks</p> <p><b>Kills parasites:</b> topically to kill such infestations as roundworm *incompatible w/ Gan Cao</p>
<p>BA DOU Semen Croton Tiglii Croton seed</p>	<p>acid,hot,toxic LU/LI/ST</p>	<p><b>Warmly unblock and vigorously purge (expel cold):</b> severe cold accum in interior leading to constip and abd fullness, distention and pain; severe phlegm or food stag</p> <p><b>Bursts clogged phlegm and improve condition of throat:</b> phlegm clogging the throat; LU abscesses causing diffic breathing, wheezing, severe fullness &amp; distension in chest &amp; diaphragm. For phlegm veiling the sensory orifices, causing epilepsy</p> <p><b>Drive out water and reduce edema:</b> ascites; water accum in abd</p> <p><b>Promote healing of abscesses and ulcers:</b> topically for abscesses that have suppurated but not yet ulcerated to accelerate the ulcerating process. Severe ulcers such as phagedena; reduces swelling</p> <p>*antagonizes Qian Niu Zi; detoxified by Huang Lian and Lu Dou</p>

<p>DIURETIC DRAIN DAMP</p>		
<p>FU LING Sclerotium Poriae Cocos Poria</p>	<p>neutral,sweet, bland SP/LU/HT</p>	<p><b>Promote urination and leech out damp:</b> diffic urination, diarrhea or edema caused by stag of fluids or dampness. Also for scanty urine from damp heat (more often in its red form Chi Fu Ling); helps SP do its job</p> <p><b>Strengthen SP &amp; harmonize the middle burner:</b> defic SP distressed by dampness w/ loss of appetite, diarrhea, epigastric distention; added w/ qi tonics to reduce clogging &amp; prevent damp (Ren Shen and Gan Cao)</p> <p><b>Strengthen SP and transform phlegm:</b> defic SP w/ congested fluids where phlegm ascends causing palpitations, HA, dizziness, and a thick greasy coating. Used for rheum</p> <p><b>Quiet the HT and calm the spirit:</b> cases of palpitations, insomnia and forgetfulness due to HT /SP defic.</p> <p>*Fu Shen better at calming spirit; Fu Ling Pi better at promoting urination; Chi Fu Ling used for heat problems</p>

<p>ZHU LING</p> <p>Sclerotium Polypori Umbellati (Grifola)</p> <p>Polyporus</p>	<p>sweet,bland, sl cool</p> <p>SP/KI/BL</p>	<p><b>Promote urination and leech out damp:</b> problems caused by stag of dampness such as edema, scanty urine, leukorrhea, turbid painful urinary dysfx, as well as jaundice or diarrhea (watery) *esp for D-H b/c cool *stronger diuretic than Fu Ling</p>
<p>HUA SHI</p> <p>Talcum</p>	<p>sweet,bland, cold</p> <p>BL/ST</p>	<p><b>Promote urination and drain heat from the BL:</b> imp herb for hot painful urinary dysfx or any condition w/ dark painful scanty urine. Also for damp-heat diarrhea</p> <p><b>Clear heat &amp; release summer heat:</b> summer heat disorder w/ fever, diffic urination, irritability, thirst</p> <p><b>Absorb damp:</b> topically for damp skin lesions; eczema, athlete's foot (w/ Bo He, Gan Cao, Qing Dai)</p> <p><b>Expel damp heat thru urine:</b> adjunct for heat in qi level w/ damp manifested by unremitting fevers, a feeling of heaviness, thirst and yellow tongue fur</p>
<p>YI YI REN</p> <p>Semen Coicis Lachryma-jobi</p> <p>Coix seed</p>	<p>sweet,bland, sl cold</p> <p>SP/LU/KI</p>	<p><b>Promote urination and leech out damp:</b> edema, diffic urination, damp leg qi</p> <p><b>Strengthen the SP and stop diarrhea:</b> mild effect against SP defic patterns w/ damp diarrhea</p> <p><b>Clear heat and expel pus:</b> soft pus-filled carbuncles, LU abscess or intestinal abscess; acne, D-H skin lesions</p> <p><b>Expel wind damp:</b> w-d bi esp for increasing joint mobility &amp; reducing spasms in chronic conditons.</p> <p><b>Clear damp heat:</b> any damp heat disorder at qi or any level w/ greasy coat and digestive problems; congestion, nausea, diarrhea, heaviness. *Treatment of Plantar Warts</p>
<p>DONG GUA REN (ZI)</p> <p>Semen Benincasa Hispidae</p> <p>Wax gourd seed</p>	<p>sweet,cold</p> <p>SI/LI/ST/LU</p>	<p><b>Clear heat, expel phlegm and promote discharge of pus:</b> heat that has collected in LU or intestines, such as LU heat w/ expectoration of thick yellow sputum. Also for damp heat w/ phlegm obstruction in upper or lower burner as in LU or intestinal abscess; also for chest pain and fever</p> <p><b>Clear heat and drain damp:</b> esp for damp heat vaginal discharge</p> <p>*Dong Gua Pi – <b>promotes urination and drain damp:</b> edema <b>clears summer heat</b></p>
<p>MU TONG</p> <p>Caulis Akebia (Mutong)</p> <p>Mutong stem</p>	<p>bit,cool</p> <p>BL/SI/HT</p>	<p><b>Promote urination and drain heat from the HT via the SI:</b> irritability accom by sores of the mouth or tongue, and scanty urine. Also for damp heat painful urinary dysfx, edema, and leg qi</p> <p><b>Promote lactation and unblock blood vessels (remove blood stasis):</b> insuffic lactation, and less commonly for amenorrhea, and pain and stiffness of joints *stronger diuretic than Zhu Ling</p>
<p>DENG XIN CAO</p> <p>Medulla Junci Effusi</p> <p>Juncos pith</p>	<p>sweet,bland, sl cold</p> <p>SI/LU/HT</p>	<p><b>Clear heat from the HT channel (and relieve irritability):</b> move heat from HT channel down into SI channel and expel it thru urine. Commonly used in pediatric disorders w/ dark scanty urine and irritability, esp at night. Also for adults w/ insomnia or restless sleep from lack of communication b/w HT and KI.</p> <p><b>Promote urination and leech out damp:</b> heat disorders w/ dark scanty urine or in hot painful urinary dysfx</p>
<p>QU MAI</p> <p>Herba Dianthi</p> <p>Dianthus</p>	<p>bit,cold</p> <p>BL/SI/HT</p>	<p><b>Clear d-h &amp; promote urination; unblock painful urinary dysfx:</b> painful urinary dysfx; esp bloody</p> <p><b>Break up congealed blood:</b> auxiliary for amenorrhea from congealed blood</p> <p><b>Promote movement of stool:</b> constip</p>
<p>DI FU ZI</p> <p>Fructus Kochiae Scopariae</p> <p>Kochia fruit</p>	<p>bit,sweet,cold</p> <p>BL</p>	<p><b>Clear damp heat (separate the clear from turbid) and promote urination:</b> painful urinary dysfx from damp heat collecting in the BL w/ dark scanty painful burning urination; cloudy urine</p> <p><b>Expel damp and stop itching:</b> internally or topically for damp skin conditions and various skin problems where itching is a major symptom; eczema and scabies. Also for damp heat in external genitalia</p> <p><b>Expel wind damp:</b> bi syndrome *don't use w/ Hai Piao Xiao</p>

BIAN XU Herba Polygoni Avicularis Knotgrass	bit,sl cold BL	<b>Promote urination and clear damp heat in BL and unblock painful urinary dysfx:</b> d-h painful urinary dysfx; heat or blood Lin syndrome  <b>Expel parasites and stop itching:</b> dampskin lesions w/ itching, including tinea, or with oozing, or against intestinal parasites like tapeworm, hookworm, pinworm. Topically or orally. Also for damp heat jaundice or dysentery  *hookworm – 30g/day for 3 consec days *roundworm – 30g/day + 90ml vinegar for 3 consec days *pinworm – w/ garlic, diluted and apply topically
CHE QIAN ZI Semen Plantaginis Plantago seed	sweet,cold KI/BL/LU/LV	<b>Promote urination and clear heat:</b> any type of edema, esp damp heat painful urinary dysfx and damp heat pouring into lower burner; copious vaginal discharge  <b>Clear the eyes:</b> eye prob from either defic LV or KI (such as dry eyes or cataracts) or heat in the LV channel (such as red painful swollen eyes and sensitivity to light) depending on which herbs it is combined with  <b>Promote urination to solidify the stool:</b> diarrhea assoc with damp heat or summerheat; or watery stool  <b>Expel phlegm and stop cough:</b> LU heat induced cough w/ copious sputum
BEI XIE Rhizoma Dioscoreae Hypoglaucae Fish poison yam	bit,neutral BL/LV/ST	<b>Separate the pure from turbid:</b> resolves turbid dampness in lower burner ie, cloudy urine (like rice porridge) or leukorrhea. Can be used for defic or damp heat; vaginal discharge from damp in lower jiao  <b>Expel wind damp, relax sinews and unblock connecting channels:</b> wind damp, damp cold or damp heat bi w/ lower back pain, numbness or stiffness of lower extremities, or muscle ache. Mild.  <b>Clear damp heat from the skin:</b> dampheat skin lesions like eczema and pustular sores.
ZE XIE Alismatis Orientalitis (Plantago) Alisma tuber	sweet,bland, cold KI/BL	<b>Promote urination and leech out damp:</b> for stag of dampness with diffic urination, edema and diarrhea (d-h). esp for damp heat in lower burner; Lin syndrome; dizziness and vertigo from phlegm-rheum obstruction  <b>Drain KI fire:</b> for defic KI yin patterns w/ heat signs, including dizziness and tinnitus and yang rising. For LV and KI yin defic w/ empty heat leading to nocturnal emissions, increased sex drive  *useful for high cholesterol, esp if also HTN
YIN CHEN HAO Herba Artemisiae Yinchenhao (Capillaris) Capillaries	bit,acid,cool SP/ST/LV/GB	<b>Clear damp heat from the LV and GB and relieve jaundice:</b> primary herb for treating jaundice from either damp heat or damp cold (yin or yang type jaundice); damp jaundice w/ diffic urination, cholecystitis  <b>Clear heat and release the exterior:</b> heat patterns w/ intermittent fever and chills (unrelieved by sweating), bitter taste in mouth, sense of constriction in chest, flank pain, dizziness, nausea, and loss of appetite, binding HA, body heaviness, dry mouth, thirst w/out desire to drink, loose or incomplete stool, white greasy fur  <b>Clear damp heat from the skin:</b> eczema, rash and scabies
HAN FANG JI and GUANG FANG JI (MU FANG JI) Radix Stephaniae Radix Aristolochiae	bit,acid,cold KI/BL/SP	<b>Promote urination &amp; reduce edema:</b> for edema esp lower body, damp leg qi, borborygmus, abd distention, or ascites from dampness in low burner. Han Fang Ji better but large dose toxic to LV/KI and adrenals.  <b>Expel wind damp and alleviate pain:</b> wind damp heat collecting in the channels w/ fever and red swollen hot and painful joints. Goes to extremities. Guang Fang Ji better (but toxic to KI – nephritis)  *Han Fang Ji also lowers HTN and has antifungal effect for skin problems and amoeba dysentery diarrhea

DISPEL WIND DAMP HERBS		
DU HUO Radix Angelica Pubescens	bit,acid,warm KI/BL	<b>Expel wind damp and alleviate pain:</b> w-c-d bi, esp lower back and legs. Can be used for both acute and chronic cases. (Qiang Huo upper back and shoulders. Du Huo emphasizes KI channel and Qiang Huo emphasizes BL channel)  <b>Disperse wind cold damp and release exterior:</b> ext wind cold w/ damp

Angelica root		*Also for lesser yin stage headache and toothache
QIN JIAO Radix Gentianae Qinjiao (Macrophyllae) Large gentian root	bit,acrid,sl.cold LV/GB/ST	<b>Expel wind damp and relax the sinews:</b> wind damp bi and cramping, esp in extremities. Chronic or acute, hot or cold. Hot type bi w/ yin defic; wind obstruction leading to numbness such as mild stroke; harmonizes other herbs' dry and warm properties in w-c-d category  <b>Clear heat from deficiency:</b> defic yin patterns w/ fever, including steaming bone disorder. Also childhood malnutrition w/ tidal fever. Menopause pt w/ aching joints  <b>Resolve damp (via urination) and remove jaundice:</b> jaundice from d-h, esp in acute cases and infants  <b>Moisten the intestines and move the stool:</b> for dry constip  *stimulates adrenals (like cortisone----Gan Cao also does this)
WEI LING XIAN Radix Clematidis Clematis root	salty,warm,acrid BL	<b>Expel wind damp, unblock the channels and alleviate pain:</b> esp for wind painful obstruction b/c it releases ext and moves qi of channels. Esp for xing bi and pain; traumatic injury b/c unblocks channels; psoriasis  <b>Soften and transform fish bones:</b> for fish bones lodged in throat. Ineffective for deeply lodged bones or large ones. Also used for focal distention and accumulation in the middle burner b/c it reduces phlegm and pathogenic water  *anti-cancer cell effect, esp breast cancer
MU GUA Fructus Chaenomelis Chaenomeles fruit	sl.warm, sour LV/SP	<b>Relax the sinews and unblock the channels:</b> damp bi in extremities, esp w/ severe cramping and weakness in lower back and lower extremities. Very effective for relaxing sinews; reduces swelling and relieves muscle cramps.  <b>Harmonize ST &amp; transform damp:</b> abd pain, spasm and cramping of the calves, leg qi edema  <b>Reduce food stagnation:</b> indigestion, damp in middle burner w/ vomit and diarrhea  *can kill amoeba parasite
CAN SHA Excrementum Bombycis Mori	sweet,warm,acrid SP/ST/LV	<b>Expel wind damp:</b> painful obstruction or damp; itchy rashes due to wind damp (eczema, contact dermatitis – orally or topically); esp damp bi w/ heaviness, swelling, cold and painful sensations.  <b>Harmonize the ST and transform turbid damp:</b> for internal obstruction from turbid damp w/ vomiting, diarrhea, cramps, abd pain, borborygmus, calf spasms
SANG ZHI Ramulus Mori Albae Mulberry twig	bit,sweet,sl.cold LV	<b>Dispel wind and unblock the channels and benefit joints:</b> for wind damp bi, esp in extremities (upper part and shoulders, w/ Qiang Huo, Gui Zhi and Jiang Huang) Also used for edema
WU JIA PI Cortex Acanthopanax Gracilistylis Radicis Acanthopanax root bark	bit,acrid,warm LV/KI	<b>Dispel wind damp and strengthen the sinews and bones:</b> for chronic wind damp cold bi when chronic defic of the LV and KI generate weak or soft sinews and bones. Esp useful when smooth flow of qi and blood is obstructed. Esp suitable for treating elderly and for developmental delays in motor fx's of kids; muscle atrophy. Used for chronic illness b/c strengthens LV and KI  <b>Transform damp and reduce swelling:</b> for diffic urination from LV/KI qi defic, edema and cold damp leg qi. Can warm KI yang to transform damp.  *improves immune fx – used to reduce side effects from chemo and radiation
CANG ER ZI Fructus Xanthii Sibirici	bit,sweet, warm,toxic LU	<b>Open the nasal passages:</b> for any sinus problem with thick viscous discharge and related HA; runny nose, itchy eyes or ears, chronic or acute sinusitis, sinus HA  <b>Disperse wind and dispel damp:</b> for wind damp bi or skin conditions w/ itching; hives, rashes, eczema, leprosy  <b>Expel exterior wind:</b> auxiliary for ext conditions w/ splitting HA that radiate to back of neck.

		*most common herb for allergies.
BAI HUA SHE and WU SHAO SHE  Agkistrodon seu Bungaris (krait/agkistrodon)  and  Zao cys Dhumnades (black-striped snake)	salty,sweet,  warm,toxic  and  salty,sweet,  neutral  SP/LV	<b>Unblocks the channels and extinguishes wind:</b> for stubborn chronic wind damp w/ numbness and weakness of limbs and cramping of sinews; HA due to wind, facial deviation, hemiplegia  <b>Dispels wind from the skin:</b> tinea, numbness of skin or any type of rash; psoriasis, skin lesions, scrofula  <b>Dispels wind from the sinews:</b> any kind of spasms, tremors, or seizures. Can be for facial paralysis or hemiplegia from wind-stroke; chronic or acute childhood convulsions (not from heat)  *clinically used for post stroke, thrombo-angitis, phlebitis and Raynaud's syndrome

COOL HERBS THAT TRANSFORM HOT PHLEGM		
QIAN HU  Radix Peucedani	bit,acid,sl.cold  LU	<b>Redirect qi downward and expel phlegm:</b> LU heat induced cough or wheezing w/ thick sputum  <b>Release exterior wind:</b> for w-h or w-c w/ cough and copious sputum. Most often for w-h
CHUAN BEI MU  Bulbus Fritillariae Cirrhosae	bit,swee,sl.cold  LU/HT	<b>Clear heat and transform phlegm (and alleviate cough):</b> for various coughs w/ signs of fire from defic yin; cough w/ slightly diffie to expectorate sputum; or could w/ blood streaked sputum. Best for coughs accom by constrained qi, manifested by a decrease in appetite and a stifling sensation in chest and upper abd. Also for LU yin defic, phlegm heat, w-h or dryness, phlegm fire, stagnant heat  <b>Clear heat and dissipate nodules:</b> where phlegm fire collects and produces nodules, sores, swellings, scrofula, and LU or breast abscesses; goiter, furuncles  *ineffective in treating cough from phlegm secondary to dampcold
ZHE BEI MU  Bulbus Fritillariae Thunbergii	bit,cold  LU/HT	<b>Clear and transform hot phlegm:</b> acute LU heat w/ productive cough; phlegm heat, wind heat or heat constrained cough  <b>Clear heat and dissipate nodules:</b> for phlegm fire which congeals and causes neck swellings. Also imp for LU and breast abscesses and swelling; ovarian cysts  *both fx's stronger than Chuan Bei Mu
GUA LOU  Fructus Trichosanthis	sweet,cold  LU/LI/ST	<b>Clear heat and transform hot phlegm:</b> hot coughs w/ thick diffie to expectorate sputum ( <b>Regulate LU qi</b> ), <b>Expand the chest and dissipate nodules:</b> for conditons where qi accum in the leading to a stifling or distended sensation, constriction pain, diaphragmatic pressure in chest. Used in treating painful obstruction, LU abscess, breast abscess, chest bi, Jie Xiong  <b>Moisten the intestines and promote bowels:</b> constip from excessive heat in ST/LI/LU; diabetic w/ thirst, constip and restlessness
GUA LOU REN  Semen Trichosanthis	sweet,cold  LU/LI/ST	<b>Clear and transform hot phlegm:</b> for hot phlegm cough. It both cools and moistens and is esp useful for cough w/ chest pain and thick diffie to expectorate sputum  <b>Expand the chest:</b> for accum of phlegm in chest leading to stifling sensation, pain or diaphragmatic pressure  <b>Moisten the intestines:</b> dry constip, esp when appears w/ pattern of LU heat w/ dry mouth, thirst and irritability  <b>Promote healing of sores:</b> adjunctively for breast abscesses and swellings as well as sores that have not yet supporated; LU and LI abscesses
TIAN HUA FEN	sl.sweet,bit,cold	<b>Drain heat and generate fluids:</b> when heat injures fluids, leading to thirst and irritability, defic yin

Radix Trichosanthes Kirilowii	LU/ST	LU or ST heat w/ dry mouth, thirst and irritability  <b>Relieve toxicity and expel pus:</b> for hot toxic carbuncles, furuncles and sores. Esp for breast abscesses. Used internally and externally; also for pimples  <b>Clear and drain LU heat, transform phlegm and moisten LU dryness:</b> phlegm heat above the diaphragm, esp when heat has lead to dryness; dry cough
GUA LOU PI Pericarpium Trich.	sweet,cold LU/LI/ST	Clears the LU, Transforms phlegm Regulates the qi in the chest Expands the chest
ZHU RU Caulis Bambusae in Taeniis	sweet,sl.cold GB/LU/ST	<b>Clear and transform hot phlegm:</b> for heat in LU w/ thick yellow sputum, a sense of constriction in chest, or coughing up blood  <b>Clear heat and stop vomiting:</b> vomiting of bitter or sour material from heat in ST w/ bad breath, aversion to heat, and a yellow greasy tongue. Very effective in stopping vomiting and can be used with other herbs for various types of vomiting, including morning sickness  <b>Cool the blood and stop bleeding:</b> charred form for nosebleeds, and vomiting blood  <b>Clear phlegm heat and calm shen:</b> phlegm heat leading to restlessness, insomnia, mania. GB and phlegm (stifling chest, restlessness and retching, nausea and insomnia (gallstone pt)).
HAI ZAO Herba Sargassii	salty,bit,cold LV/KI/LU/ST	<b>Clear heat and reduce phlegm nodules:</b> for neck nodules; goiter and scrofula  <b>Promote urination and reduce edema:</b> adjunct for edema from leg qi or floating edema; swelling of testicle Also traditionally used for pain assoc w/ hernial disorder
KUN BU Thallus Algae	salty,cold LV/ST/KI	<b>Reduce phlegm and soften areas of hardness:</b> various neck nodules or sensation of fullness and obstruction in chest from phlegm  <b>Promotes urination and reduces swelling:</b> action is weak – adjunct for edema and leg qi
PANG DA HAI Semen Sterculiae Scaphigerae	sweet,cold LU/LI	<b>Clears and disseminates LU qi:</b> sore throat, hoarseness, phlegm heat cough; constrained LU qi  <b>Clears the intestines and unblocks the bowels:</b> mild to moderate constip due to heat w/ current HA or red eyes  <b>Encourages the expression of rashes:</b> adjunct as an ext. wash

#### WARM HERBS THAT TRANFORM COLD PHLEGM

BAN XIA Rhizoma Pinelliae Ternatae	acid,warm,toxic SP/ST/LU	<b>Dry damp, transform phlegm, and cause rebel qi to descend:</b> for coughs w/ copious sputum, as in conditions of cold phlegm in LU. Esp transforming phlegm when source is damp defic SP; cold phlegm or phlegm damp leading to wind (dizzy, vertigo, chest/diaphragm stifling, white greasy coat, wiry pulse; chest bi due to phlegm turbidity, phlegm blocking channels; fire stroke)  <b>Dissipates nodules and reduces distention:</b> nodules, pressure, distention or pain du to phlegm lingering in the chest; phlegm nodules in the neck (goiter and scrofula); or obstructions caused by phlegm anywhere in the body. Also for focal distention in the chest and epigastrium (Jie Xiong). Non-prepared form for swelling and abscess topically  <b>Harmonize the ST and stop vomiting:</b> lingering damp phlegm in the ST that rebels upward causing nausea and vomiting; cold-rheum phlegm, ST qi defic, ST heat (b/c very effective—use with appropriate herbs); Pregnancy  *Sheng Jiang detoxifies Ban Xia -- Alumen used for overdose
JIE GENG Radix Platycodi Grandiflori	bit,acid,neutral LU	<b>Open up and disseminate LU qi and expel phlegm:</b> for cough. When combined w/ appropriate other herbs it can be for both w-c and w h cough  <b>Raises LU qi:</b> (connection b/w upper & lower jiaos) diarrhea, constip, hemorrhoids, urinary block,

		<p>incontinence, chest oppression, cough, phlegm.</p> <p><b>Promote the discharge of pus:</b> LU or throat abscess, sinus, pimples, acne</p> <p><b>Benefits the throat:</b> sore throat or loss of voice, esp if caused by ext heat, but also if the condition is due to other factors such as hot phlegm or defic of yin w/ heat signs; congested throat, plumpit, swollen glands</p> <p><b>Direct the effect of other herbs upwards:</b> medicine horse to LU/throat</p> <p>*tonifies SP to generate LU; incompatible w/ pork</p>
<p>TIAN NAN XING</p> <p>Rhizoma Arisaematis</p>	<p>bit,warm,</p> <p>acid,toxic</p> <p>LU/LV/SP</p>	<p><b>Dry damp and expel phlegm:</b> cough and a sense of constriction and distention in the chest from stubborn phlegm. Herb is extremely drying (stronger than Ban Xia); damp phlegm in LU; phlegm heat w/ other clearing heat herbs; cold phlegm</p> <p><b>Disperse wind phlegm in the channels and stop spasms:</b> for disorders where wind and phlegm obstruct the channels (causing dizziness, numbness in limbs, facial paralysis, spasms in the hands or feet, opisthotonos, stroke, seizures or lockjaw) or orifices (causing epilepsy; closed syndrome).</p> <p><b>Reduce swelling and abscesses and alleviate pain:</b> topically for deep-rooted sores, ulcers and carbuncles. Also for swelling and trauma. Mixed w/ Alumen or vinegar and applied topically for scrofula, uterine cancer, facial deviation</p>
<p>DAN NAN XING</p> <p>Pulvis Arisaemae cum Felle Bovis</p>	<p>bit,cool</p> <p>LV/GB</p>	<p><b>Clears heat and resolves phlegm:</b> phlegm heat cough, asthma or wheezing (esp w/ stubborn phlegm – deep rooted); chronic sinus congestion w/ phlegm heat</p> <p><b>Dispels wind and relieves convulsion:</b> esp for childhood convulsions from phlegm heat; stroke, epilepsy, unconsciousness</p> <p>*same herb as Tian Nan Xing except prepared w/ bear GB bile</p>
<p>XUAN FU HUA</p> <p>Flos Inulae</p>	<p>sl.warm,bit,acid</p> <p>LU/LV/SP/ST</p>	<p><b>Redirect qi downward and expel phlegm:</b> esp useful where phlegm collects and qi rebels, as in congested fluid disorders with wheezing and copious sputum</p> <p><b>Stop vomiting and calm rebellion:</b> redirects ST qi down in cold defic ST or SP patterns or damp SP w/ vomiting and hiccups</p> <p>*descending flower</p>
<p>BAI QIAN</p> <p>Radix et Rhizoma Cynanchi Baiqian</p>	<p>sl.warm,</p> <p>sweet,acid</p> <p>LU</p>	<p><b>Redirects qi downward and expel phlegm:</b> cough w/ copious sputum and gurgling in throat. LU qi blockage and stagnation, excessive disorders w/ copious sputum that is diffic to expectorate, as well as wheezing. Wind cold cough or phlegm heat cough and asthma w/ copious sputum. * Warm but not drying</p>
<p>BAI JIE ZI</p> <p>Semen Sinapsis Albae</p>	<p>acid,warm</p> <p>LU</p>	<p><b>Warm the LU, regulate the qi and expel phlegm:</b> cough w/ copious thin sputum, chest distention, and pain due to accum of cold phlegm, esp in chronic conditions; cough and wheezing from phlegm cold in LU or phlegm rheum w/ clear copious sputum; phlegm rheum in chest and hypochondrium. Very good expectorant effect. Useful for acute or chronic trachitis in kids. Can make paste using 33g Bai Jie Zi and 90g flour, mixed with water and applied to upper back (retain during sleep).</p> <p><b>Dissipate nodules, reduce swelling, and alleviate pain:</b> cold phlegm collecting in channels w/ joint pain, body aches, yin boils, bedsores, and watery oozing sores</p> <p>*can cause skin blisters when used topically</p> <p>*mix w/ vinegar into paste for childhood wheezing</p>
<p>BAI FU ZI</p> <p>Rhizoma typhonii Gigantei</p>	<p>acid,sweet,</p> <p>warm,toxic</p> <p>LV/SP/ST</p>	<p><b>Dries damp, transform phlegm, expels wind and stops spasm:</b> wind phlegm or cold damp obstructing causing facial deviation, wind stroke, hemiplegia, convulsion, migraines</p> <p><b>Dispels wind cold damp and alleviates pain:</b> wind phlegm obstructing causing migraines, HA w/ body aches, Bi syndrome, dizziness, numbness, facial pain or weakness, genital eczema due to wind damp or cold damp</p> <p><b>Relieve toxicity and dissipate nodules:</b> topically mixed w/ wine or water for scrofula due to constrained phlegm heat, snakebite</p>

HERBS THAT RELIEVE COUGH AND WHEEZING

<p>XING REN Semen Pruni Armeniaca</p>	<p>bit,sl.warm, sl.toxic LU/LI</p>	<p><b>Stop cough and calm wheezing:</b> broad application for many kinds of cough caused by heat or cold depending on combinations. Esp useful for ext. contracted dry cough b/c moist herb. Also for cough w/ copious phlegm (expels phlegm); cough and wheezing due to excess (Tian Xing Ren) or defec (Ku Xing Ren), chronic trachitis. Xing Ren inhibits/sedates the respiratory reflex area in the brain (due to hydrocyanic acid)</p> <p><b>Moisten intestines and unblock the bowels:</b> secondary use b/c of high oil content. Crush or grind to moisten</p> <p>*adults – 40-60 pieces is toxic; children – 20 pieces is toxic ---- due to hydrocyanic acid</p>
<p>ZI WAN Radix Asteris Tatarici</p>	<p>sl.warm,bit LU</p>	<p><b>Relieve cough and expel phlegm:</b> imp for stopping cough of various etiologies; primarily for chronic coughs esp cold induced w/ copious sputum diffc to expectorate or blood streaked sputum; cough w/ ext w-c; cough and wheezing from LU heat (w/ clearing heat herbs); LU qi defec chronic cough; acute chronic excess or defec as long as phlegm is diffc to expectorate.</p> <p>*often used w/ Kuan Dong Hua which stops cough better but Zi Wan transforms phlegm better</p>
<p>KUAN DONG HUA Flos Tussilaginis Farfarae</p>	<p>acid,warm LU</p>	<p><b>(Moisten LU), Redirect qi down, (expel phlegm) and stop coughing:</b> common for cough and wheezing from various etiologies. B/c it is warm it is often used for cough from diff types of cold; w-c cough w/ copious sputum; chronic cough w/ LU defec; heat or cold</p>
<p>(ZI) SU ZI Fructus Perilla Frutescnetis (Acutae)</p>	<p>acid,warm LU/LI</p>	<p><b>Alleviate cough and wheezing, redirect qi down and dissolve phlegm:</b> cough and wheezing w/ copious phlegm. Esp useful when exhalation is more labored than inhalation and there is a sense of stifling sensation in chest. Chronic and stubborn cough.</p> <p><b>Moistens intestines:</b> constip from dry intestines</p>
<p>PI PA YE Folium Eriobotryae Japonicae</p>	<p>bit,cool LU/ST</p>	<p><b>Transform phlegm, clear LU heat, and redirect LU qi down:</b> for hot LU patterns w/ cough; thirst, bitter taste, dry heat causing cough and wheezing; w/ Bai Bu, Sang Bai Pi and Sha Shen</p> <p><b>Harmonize the ST, clear ST heat, and redirect ST qi down:</b> for nausea, vomiting, hiccup and belching from ST heat</p> <p>*also treats pinworms – 100ml tea (raw 50g) in morning on empty ST for 15 consecutive days</p>
<p>BAI BU Radix Stemonae</p>	<p>bit,sweet,sl.warm LU</p>	<p><b>Moistens the LU and stop cough:</b> acute and chronic coughs. Esp for chronic defec cough including LU defec yin cough; whooping cough, T.B., dry cough</p> <p><b>Expel parasites and kill lice:</b> topically as tincture or decoction for head or body lice or fleas. Internally as an enema for pinworms; skin rash like tinea or itching, eczema, athlete's foot; amoeba dysentery w/ Han Lian Cao</p> <p>*anti-bacterial effect (esp for mycobacterium tuberculosis hominis; staph, salmonella, pseudomonas, e-coli. * also anti-viral effect for some types of flu (weak)</p>
<p>SANG BAI PI Cortex Mori Albae Radici</p>	<p>sweet,cold SP/LU</p>	<p><b>Stop cough and wheezing and quells heat from LU:</b> for LU heat induced cough and wheezing w/ yellow phlegm</p> <p><b>Promote urination and reduce edema:</b> in disorders where LU heat obstructs the downward movement of LU qi preventing water from moving and cutting off perspiration, manifesting as floating edema, facial edema, swelling of extremities, fever and thirst, diff urination and floating pulse; water rheum</p> <p><b>Also recently used for HTN:</b> to lower blood pressure from LV yang rising</p>
<p>MA DOU LING Fructus Aristolochiae</p>	<p>bit,sl.acrid,cold LU/LI</p>	<p><b>Clear the LU, transform phlegm, stop coughing and calm wheezing:</b> cough and wheezing from LU heat or LU defec accom by heat signs, as long as there is phlegm clogging the LU</p> <p><b>Recently used for HTN:</b> w/ light headedness and flushing</p>

		<b>Also used for bleeding hemorrhoids</b> , b/c clears heat from LI
TING LI ZI Semen Descurainiae seu Lepidii	bit,acid, very cold  LU/BL	<b>Drains LU, expels phlegm, and calms wheezing:</b> excess-type wheezing or coughing w/ copious sputum & gurgling sound in throat due to phlegm heat, LU heat, or water rheum in LU. One of strongest herbs to reduce/eliminate phlegm. Use in acute asthma attacks. Very drying in nature. Cough and dyspnea from bronchitis.  <b>Promotes urination and reduces edema:</b> cough and wheezing w/ water retention; water rheum accum in LU or thoracic cavity causing chest fullness and pain, wheezing, facial edema, diffc urination, palpitations from excess type obstruction of LU and BL qi

AROMATIC HERBS THAT TRANSFORM DAMP

HUO XIANG Herba Agastache seu Pogostemi	sl.warm,acid  SP/ST/LU	<b>Aromatically transform damp in middle jiao:</b> for turbid dampness creating internal obstruction, specifically when the spleen loses its trans- porting functions. Symptoms and signs include abdominal and/or epigastric distension, nausea, vomiting, lack of appetite, fatigue, diarrhea, and a white, moist coating on the tongue.(thick and greasy)  <b>Harmonize the middle burner and stop vomiting:</b> most commonly in cases of nausea or vomiting from dampness obstructing the middle burner. Also for other types of vomiting when combined with other herbs. Morning sickness w/ Sha Ren, Sheng Jiang, Zi Su Ye or Bai Zhu), motion sickness; for cold damp; d-h w/ Zhu Ru and Huang Lian; SP/ST qi defic w/ qi tonic herbs  <b>Release the exterior &amp; transform turbidity:</b> used for exterior conditions accompanied by digestive symptoms such as nausea, abdominal distension, or stomach ache. It can be used for summer heat disorders (esp w/ dampness – Xiang Ru good for s-h w/ fever and chills) as well as externally contracted wind-cold with internal injury from dampness; early stage damp-type warm febrile disease  *good for skin prob (athlete’s foot) – soak in vinegar 1 week, strain and save liquid. Use 30 min ea time soaked *leaf-release ext; stem-harmonize M.J.; fresh-summerheat
HOU PO Cortex Magnoliae Officinalis	bit,acid, warm,aro  SP/ST/LU/LI	<b>Promote movement of qi, transform damp and resolve stagnation: (food, damp or phlegm)</b> used when dampness distresses the spleen and stomach <b>or</b> in cases of food stagnation with symptoms of abdominal distension and fullness, loss of appetite, vomiting, diarrhea (from SP qi vac cold). This is an im- portant herb when fullness & extension are due to excess.  <b>Warm and transform phlegm and direct rebellious qi downward:</b> for wheezing, primarily that due to obstruction by phlegm with coughing, and a sense of constriction in the chest. Also qi stag w/ phlegm accum (plum pit or im M.J.)  *qi stag w/ Mu Xiang; food stag w/ Zhi Shi; phlegm accum w/ Ban Xia; wheezing w/ Ma Huang or Xing Ren; cold damp in M.J. w/ Gan Jiang; damp heat w/ Da Huang; damp in M.J. w/ Cang Zhu
CANG ZHU Rhizoma Atractylodes (Lancea)	bit,acid, warm,aro  SP/ST	<b>Strongly dries damp and strengthens the spleen:</b> dampness obstructing the middle burner and blocking the transportive and transformative functions of the spleen. Symptoms include reduced appetite, diarrhea (from dampness, d-h, SP defic w/ damp or summerheat), epigastric distension and pressure, fatigue, nausea, and vomiting, and a thick greasy tongue coat.  <b>Clear damp in the lower burner:</b> damp heat pouring downwards, (as in leg qi), vaginal discharge, and swollen, sore joints. Although this herb is warm, it is very effective in drying dampness, and when combined with herbs that clear heat, is used for damp- heat disorders. Skin lesions or eczema on lower body – w/ Huang Bai (Er Miao San – 3 Miracle Powder)  <b>Improves vision:</b> for night blindness or diminished vision with a rough sensation in the eyes. 35-50g for 3 consec days  <b>Expel wind-damp:</b> for painful obstruction due to wind dampness in the extremities.  <b>Induce sweating and release exterior disorders.</b> for headache, body aches, no sweating, and/or oozing yin sores from wind-cold- damp pathogenic influence; ext w-c w/ int damp; ext w-c; early stage damp-type warm febrile disease  **useful for high cholesterol; lowers blood glucose levels with Xuan Shen  *raw promotes sweat better; fried better for SP and dampness *can damage yin b/c strong drying effect

<p>BAI DOU KOU</p> <p>Fructus Amomi Kravnah (Cardamomi)</p>	<p>warm,acid,aro</p> <p>SP/ST/LU</p>	<p><b>Aromatically transforms damp:</b> used in damp-warm-febrile diseases with such symptoms as a stifling sensation in the chest, lack of appetite, and a very greasy tongue coating. Ext damp type pathogen obstructing; damp in M.J.</p> <p><b>Warm the middle burner and cause rebel qi to descend:</b> vomiting from cold deficient spleen and stomach or stomach cold. Pregnant vomiting; postpartum retching; retching and nausea from SP/ST defic or empty cold</p> <p><b>Promote movement of qi and transform stagnation:</b> for SP or ST stagnant qi w/ fullness in the chest or epigastrium with distension &amp; lack of appetite, sticky sweet taste in mouth</p> <p>*Empty cold in M.J.</p> <p>*don't cook more than 5 min</p>
<p>CAO DOU KOU</p> <p>Semen Alpiniae Katsumadai</p>	<p>acid,warm,aro</p> <p>SP/ST</p>	<p><b>(Warm M.J.), Expel cold and dry damp:</b> used for damp- cold spleen and stomach with such symptoms as fullness, distension and pain in the epigastrium and abdomen accompanied by vomiting and diarrhea; irritable bowel syndrome; vomiting clear mucous; poor appetite, lack of thirst, white greasy coat; empty cold M.J. w/ diarrhea; cold phlegm or phlegm rheum *Cold Damp</p>
<p>SHA REN</p> <p>Fructus Amomi</p>	<p>acid,warm,aro</p> <p>SP/ST</p>	<p><b>Promote the movement of qi and strengthen the stomach:</b> Spleen or stomach stagnant qi patterns w/ loss of appetite or epigastric/abdominal distension, pain and diarrhea. Food stag</p> <p><b>(Warm Middle), Transform dampness and stop vomiting (diarrhea):</b> used when dampness distresses the spleen or stomach with discomfort in the epigastrium, nausea, abdominal pain, and diarrhea (cold damp type).</p> <p><b>Calm the fetus (and stop vomiting):</b> used for morning sickness or restless fetus; threatened miscarriage. 1<sup>st</sup> Choice for Morning Sickness or any pregnancy problem.</p> <p><b>Used in herbal prescriptions with tonifying herbs to prevent them from causing stagnation.</b></p> <p>*Crush and add last 5 min *Bai Dou Kou emphasizes M.J.; Sha Ren heavier and also treats diarrhea</p>
<p>CAO GUO</p> <p>Fructus Amomi Tsao-Ko</p>	<p>acid,warm</p> <p>SP/ST</p>	<p><b>Strongly dries dampness and disperses cold:</b> for damp-cold obstructing the Spleen and Stomach presenting as epigastric and abdominal distension, fullness and pain together with vomiting and diarrhea and a very greasy tongue coat.</p> <p><b>Checks malarial disorders:</b> for intermittent fever and chills associated with malarial disorders, especially-when due to damp-cold or turbid dampness w/ Cang Zhu, Zhi Mu, Bing Lang.</p> <p><b>Dissolves stagnation and distension:</b> for indigestion due to meat stagnation. Also for focal distension and nausea due to cold from deficiency of the Spleen and Stomach. *Excessive cold damp</p>
<p>PEI LAN</p> <p>Herba Eupatorii</p>	<p>acid,neutral</p> <p>SP/ST</p>	<p><b>Aromatically transforms damp in M.J.:</b> damp obstructing SP w/ stifling sensation in chest, lack of app, nausea, white moist tongue fur. B/c it's neutral and doesn't dry, it can be used for d-h in SP channel w/ sticky sweet taste in mouth, excessive saliva and foul breath.</p> <p><b>Transform damp and release summerheat:</b> ext damp summerheat patterns w/ nausea, heavy limbs, chest congestion, body aches, chills, fever. Early stage of damp warm febrile diseases</p> <p>*used for poor app after chemo (must have tongue coat)</p>

HERBS THAT RELIEVE FOOD STAGNATION		
<p>SHAN ZHA</p> <p>Fructus Crataegi</p>	<p>sl.warm,</p> <p>sweet,sour</p> <p>LV/ST/SP</p>	<p><b>Reduce and guide out food stagnation:</b> for accum due to meat or greasy foods w/ accom abdominal distension, pain, or diarrhea.</p> <p><b>Transform blood stasis and dissipate clumps:</b> (good at breaking accum --- food or blood) for postpartum abd pain and clumps from blood stasis. Also for hernial disorders. Blood stasis from trauma; retention of afterbirth (type of stasis)</p> <p><b>Stop diarrhea:</b> (partially charred) used for the diarrhea of chronic dysentery-like disorders.</p>

		<p><b>(transforms stasis) and elevated serum cholesterol (6 wks).</b></p> <p>*ripe fruit for food stag; unripe for diarrhea; charred for bleeding</p>
<p>MAI YA</p> <p>Fructus Hordei Vulgaris Germinantus</p>	<p>sweet,neutral</p> <p>LV/SP/ST</p>	<p><b>Reduce food stagnation and strengthen the stomach:</b> used for poor digestion due to stagnation and accumulation of undigested starchy foods (esp wheat), as well as poorly digested milk in infants. It is also used for weak digestion and loss of appetite in deficient spleen patterns.</p> <p><b>Facilitates the smooth flow of liver qi:</b> used for constrained liver qi manifested as a sense of distension and constriction in the epigastrium or ribs, belching and loss of appetite.</p> <p><b>Inhibits lactation:</b> women who are discontinuing nursing, or distended, painful breasts; PMS.</p> <p>*Xiao Mai – tonify qi and nourish. Use w/ Da Zao and Gan Cao for "restless organ syndrome" and postpartum depression *Fu Xiao Mai – binds – sweating and calming shen</p> <p>*CI: Nursing women; Long term use may injure the Kidneys</p>
<p>GU YA</p> <p>Fructus Oryzae Sativae Germinantus</p>	<p>sweet, neutral</p> <p>SP/ST</p>	<p><b>Reduce food stagnation and strengthen the stomach:</b> used for poor digestion due to stagnation and accumulation of undigested starchy foods. Also for weak digestion and loss of appetite in deficient spleen patterns.</p> <p>*CI: Nursing women; Long term use may injure the Kidneys</p>
<p>SHEN QU</p> <p>Massa Fermentata</p>	<p>acid,warm,sweet</p> <p>SP/ST</p>	<p><b>Reduce food stagnation and harmonize the stomach:</b> stomach cold with food stagnation or accumulation, with epigastric and abdominal fullness or distension, lack of appetite, borborygous and diarrhea; various stag due to diet, damp, exterior conditions; SP/ST defic</p> <p><b>Added to pills containing heavy minerals to aid in the digestion and absorption.</b></p> <p>*Esp good for diarrhea or vomiting from ext condition. Has release ext effect</p>
<p>JI NEI JIN</p> <p>Endothelium Corneum Gigeriae Galli</p>	<p>sweet,neutral</p> <p>SI/BL/SP/ST</p>	<p><b>Strongly reduces food stagnation and improves the Spleens transportive functions:</b> various types of food stagnation. Used alone for mild cases. Important in the treatment of childhood nutritional impairment.</p> <p><b>Secures essence &amp; stops enuresis:</b> bed-wetting, frequent or night urination; seminal emission</p> <p><b>Transforms hardness and dissolve stones:</b> for stones in the urinary or biliary tract. (Walnut w/ purple skin also dissolves stones, but only KI. Crush w/ 1/3 sugar, 2/3 walnut – 15 pcs)</p> <p>*raw powder</p>
<p>LAI FU ZI</p> <p>Semen Raphani Sativi</p>	<p>sweet,neutral, acid</p> <p>LU/ST/SP</p>	<p><b>Dissolve food stagnation and transforms accumulations:</b> food stag accum in middle burner and fullness and distention, belching w/ a rotten smell, acid regurgitation, or abd pain w/ diffic diarrhea; qi stag in middle jiao</p> <p><b>Causes qi to descend to reduce phlegm:</b> chronic productive cough or wheezing. Most effective in cases due to excess; copious phlegm (cold only); cough w/ food stag; phlegm obstructing the LU</p> <p>*3 seeds to nourish the parents – Lai Fu Zi, Zi Su Zi, Bai Jie Zi – productive mucous and wheezing</p>
<p>GENG MI</p> <p>Semen Oryzae</p>	<p>neutral,sweet</p> <p>SP/ST</p>	<p>To replenish the vital energy of the SP/ST; tonify the SP/ST; diuretic; poor appetite; thirst; oliguria; diarrhea</p>

QI REGULATORS		
CHEN PI	bit,acid,	<p><b>Regulate the qi, improve the transportive function of the SP, adjust the middle and relieve the</b></p>

Pericarpium Citri Reticulatae	warm,aro  LU/ST/SP	nausea and vomiting. Herb promotes movement in qi in general and specifically directs in downward. So it is commonly used in many diff types of nausea and vomiting. Also for pain aggravated by eating, gastritis, ulcer, gallstones, cholecystitis, morning sickness; loose watery diarrhea (cold-type) w/ no odor or irritation; irritable bowel syndrome  <b>Dry damp and transform phlegm:</b> imp for phlegm damp coughs w/ sense of constriction in chest and/or diaphragm, and copious viscous white sputum. Also for damp turbidity obstructing the middle w/ stifling sensation in chest, abd distention, loss of app, fatigue, loose stool and thick greasy tongue fur. Imp qi level herb of both the SP and LU channels. Esp good for disorder of both channels. Also for thyroid nodules, breast lumps, ovarian cysts; sinus congestion, allergies, psychological prob, plum-pit, fatigue  <b>Help prevent stagnation:</b> used w/ tonifying herbs to prevent their cloying nature from causing stag. Helps digest formula
QING PI  Pericarpium Citri Reticulatae Viride	bit,acid, warm  LV/GB/ST	<b>Spread the LV qi and break up stagnant qi:</b> for constrained LV qi patterns w/ pain (qi or blood stasis) in chest, breast, or hypochondrium or hernia like pain; enlarged LV/SP; gallstones; inflammation; shingles, hepatitis; PMS; breast distention; testicular pain (dull ache); breast lumps  <b>Dissipate clumps and reduce stagnation:</b> for food stag w/ accum manifesting as pain distention, or a stifling sensation in epigastrium. Often used for severe food stag and for masses when stag qi progresses to blood stasis; tumor in SP/ST/LV  <b>Dry damp and transform phlegm:</b> phlegm dampness w/ malarial disorder; esp for breast abscesses w/ this etiology Recently used for raising blood pressure  *breast lumps ----- Chen Pi breaks phlegm; Qing Pi blood stag
DA FU PI  Pericarpium Arecae Catechu	sl.warm,acid  SP/ST/LI/SI	<b>Promote the downward movement of qi and reduce stagnation:</b> for food stag and qi obstruction w/ epigastric and abd distention and bloating, regurgitation of food, and belching w/ sour aftertaste. Esp when constip accompanies. ST prolapse, intestinal obstruction, cirrhosis, late stage LV disease, congestive HT failure  <b>Promote urination and move damp:</b> for abd distention w/ edema, esp superficial edema or the symptoms of food stag. Also for damp leg qi  <b>Expel damp:</b> damp stag in ST and intestines
ZHI SHI  Fructus Immaturis Citri Aurantii	bit,acid,sl.cold  SP/ST/LI	<b>Break up stagnant qi and reduce accumulation:</b> for epigastric or abd pain and dist or indigestion w/ focal dist or gas. Stronger than Chen Pi for this fx.  <b>Direct the qi downward and move stool:</b> for abd pain and constip from accum and stag qi. Also for dysenteric diarrhea that is diffic, w/ or w/out tenesmus (used w/ Da Huang, Mang Xiao to move qi)  <b>Transform phlegm and expel focal distention:</b> focal dist and fullness in chest (Ren 17 area --- Chen Pi and Qing Pi open hypochondrium) and epigastrium from phlegm obstructing qi mechanism. Also for angina, asthma, emphysema, recovery from open HT surgery Also use with qi tonic herbs for gastriectasis, gastroptosis, rectal prolapse, or uterine prolapse. Recently used to raise blood pressure
ZHI KE  Fructus Aurantii – ripe	bit,cool  SP/ST	Milder than Zhi Shi. Less acid. Frequently used for moving qi and reducing dist and pressure, chest pressure. Esp good when pt is defic or weak. Zhi Shi more approp if constip. Zhi Ke better for prolapse b/c lighter
XIANG FU  Rhizoma Cyperi Rotundi	sl.bit,sl.sweet, acid,neutral  SJ/LV	<b>Spread and regulate LV qi:</b> constrained LV qi patterns w/ hypochondriac pain and dist, and disharmony b/w the LV and SP. Also used for pain relating to emotions (i.e., see Chen Xiang)  <b>Regulate menstruation and alleviate pain:</b> facilitate the flow of LV qi in gyn disorders w/ dysmenorrhea or irreg menstruation; menstrual cramps, PMS, mood swings, breast dist/lumps
MU XIANG  Radix Aucklandiae L.annae	bit,acid, warm  SP/ST/LI/GB	<b>Promote the movement of qi and alleviate pain:</b> for SP or ST stagnant qi patterns w/ lack of app, epigastric or abd pain or dist, nausea and vomiting. Also for stagnant LV or GB qi w/ flank pain, dist or soreness; SP invading LV/GB (Qing Pi is LV overacting on SP); hepatitis, biliary obstruction  <b>Adjust and regulate stagnant qi in the intestines:</b> for diarrhea and dysentery (caused by dampness) like disorders or for abd pain and tenesmus (b/c sl. astringent)

(Saussureae)		<b>Strengthen the SP and prevent stagnation:</b> w/ tonifying herbs to ameliorate side effects. Esp when transformative and transportive fx's of SP are weak
WU YAO  Radix Linderae Strychnifoliae	acid,warm  BL/KI/SP/LU	<b>Promote the movement of qi and alleviate pain:</b> for stifling sensation in chest (including HT yang defic type angina w/ pale face, lips, cold sweat, palms fingers cold), flank pain and epigastric and abd pain and dist from cold constraint and qi stag. Warms and disperses and is good at spreading and unblocking qi mech. Smooths flow of qi, facilitates middle, disperses cold and stops pain. Also used when cold accum and qi stag cause lower abd pain, hernial disorder or menstrual pain.  <b>Move the qi, reverse rebel qi, expel cold and alleviate pain:</b> when cold accum and qi stag cause lower abd pain, hernia, menstrual pain, cramps from cold uterus, fibroids  <b>Warm the KI:</b> frequent urination, urinary incontinence from insuffic of KI yang and cold from defic of BL; pain from cold invasion of KI; all urination prob (diabetes); prostate prob; testicular pain
CHEN XIANG  Lignum Aquilariae  Aloes wood	bit,acid,  warm,aro  KI/SP/ST	<b>Promote the movement of qi and alleviate pain:</b> stagnant qi patterns w/ dist, pain, feeling of pressure in epigastrium or abd region. Esp for defic cold or congealed blood  <b>Direct rebel qi downward and regulate the middle:</b> rebellious qi wheezing (LV emotions invading LU) of excess or defic type vomiting, belching or hiccups from cold defic in ST or SP; nausea  <b>Aids KI in grasping qi:</b> asthma and wheezing from KI defic  *disperse HT qi and stag *some say not used in formula – solo use  *heavy, goes deep into KI and accesses fears – use w/ Xiang Fu which uses LV qi to move and bring it to surface
TAN XIANG  Lignum Santali Albi  Sandalwood	acid,warm,aro  SP/ST/LU	<b>Promotes the movement of qi and alleviates pain:</b> stag qi generated pain in chest and abd. Angina Recently used in treating coronary artery disease
CHUAN LIAN ZI or JIN LING ZI  Fructus Meliae Toosendan	bit,cold,sl.toxic  BL/LV/ST/SI	<b>Clear heat, dry damp, regulate the qi and alleviate pain:</b> epigastric abd and flank pain or hernia pain (BL area) assoc w/ dampheat stag qi  <b>Kill parasites and stop pain:</b> roundworms and tapeworms – doesn't expel, just alleviates pain caused by. Also topically in powder form for tinea of scalp.  <b>Promote the movement of qi and stop pain:</b> flank, rib, and abd pain from constrained LV qi or LV/ST disharmony. Also for hernial disorders. Esp useful where heat signs. Disperses LV qi stag  *cold herb that goes to LV -- stag can cause heat *w/ Yan Hu Suo for LV meridian pain, LV organ disease causing pain (hepatitis, ulcer, gastritis, breast tenderness)
JU HONG  Pericarpium Citri Erythrocarpae	bit,acid,warm  LU/ST	More drying and aromatic than Chen Pi, but less effective in harmonizing middle and regulating ST and SP. Used mostly for vomiting and belching and for treating phlegm damp coughs.
FO SHOU  Fructus Citri Sarcodactylis	bit,acid,sl.warm  LV/LU/ST/SP	<b>Spreads and regulates LV qi:</b> hyponchondriac pain, dist and belching from LV stag. Herb is strong for moving qi but weak in alleviating pain. Used for ST/abd pain.  <b>Harmonize ST and strengthen SP:</b> SP/ST qi stag w/ epigastric pain, fullness and dist, lack of app, belching and/or vomiting. Indigestion, esp in kids who overeat. Also for roundworms  <b>Drain damp and transform phlegm:</b> sub-acute or chronic cough w/ copious phlegm. Allergies, bronchitis. Esp for unrelenting cough w/ chest pain  *Fo Shou Hua has milder fx's, but is better at directing qi down, so used often for cough and wheezing from rebellious LU qi.
LI ZHI HE	sweet,ast,warm	<b>Regulates qi and stops pain:</b> abd and epigastric pain from LV qi constraint. Also for abd premenstrual or

Semen Litchi Chinensis	LV/ST	With Xiang Fu for menstrual prob  <b>Disperse cold and stagnation and stop pain:</b> hernial or testicular pain from cold congealing in LV channel. Also for stag from heat in LV channel w/ appropriate herbs.  *similar to Chuan Lian Zi, but more for L.J.
XIE BAI  Bulbus Allii	bit,acid,warm  LI/LU/ST	<b>Unblocks yang qi and disperses cold phlegm:</b> damp cold bi of chest from cold turbid phlegm congealing and stagnating in chest preventing the dissemination and flow of yang qi.  <b>Disperses LU qi:</b> chest, flank or upper back pain, dyspnea, coughing, wheezing, stifling chest.  <b>Promotes movement of qi and blood and alleviates pain:</b> cold stag qi (epigastric fullness, dist and abd pain). Also for chest pain from blood obstructing HT channel.  <b>Directs qi downward and reduces stagnation:</b> damp stag in LI assoc w/ dysenteric disorders
SHI DI  Calyx Diospyri Kaki	bit,ast,neutral LU/ST	<b>Directs qi downward and stops hiccups:</b> rebellious ST qi (persistent nausea/vomit); belching or hiccups. Treats hot or cold patterns.

HERBS THAT STOP BLEEDING -- HEMOSTATICS		
PU HUANG  Pollen Typhae	sweet,neutral,  acid  SP/LV/HT	<b>Stop bleeding:</b> stop ext bleeding from traumatic injuries & various forms of internal bleeding ( uterine bleeding, vomiting blood, nosebleed, coughing blood, blood in urine, stool, subcutaneous bleeding). Astringent nature.  <b>Invigorate blood and dispel blood stasis:</b> chest pain, postpartum abd pain and menstrual pain from blood stasis *HT (upper jiao – angina w/ Wu Ling Zhi); ST (middle jiao – ST pain and ulcers worse at night, sharp pain and purple tongue); LV (lower jiao – uterine fibroids, pain, bleeding)
XIAN HE CAO  Herba Agrimoniae Pilosae	bit,acid,neutral  SP/LU/LV	<b>Restrain leakage of blood and stop bleeding:</b> various types of bleeding; vomiting blood, coughing blood, nosebleed, bleeding gums, blood in urine, or uterine bleeding. For hot, cold, excess or defic depending on combo.  <b>Alleviate diarrhea and dysenteric disorders:</b> chronic problems because this herb is restraining in nature; Chron’s disease, ulcerative colitis  <b>Kills parasites:</b> trichomonas vaginitis; tapeworm ( w/ purgative)  *used for fatigue and longevity (like ginseng)
SAN QI (TIAN QI)  Radix Notoginseng (Pseudoginseng)	sl.bit,warm,  sweet  LV/LU/ST	<b>Stop bleeding and transform blood stasis:</b> int. and ext. bleeding, including vomiting blood (from LV or esophageal cancer), nosebleed, or blood in urine or stool, uterine bleeding. Widely used because stops bleeding w/out congealing blood, i.e., it invigorates the blood.  <b>Reduce swelling and alleviate pain:</b> herb of choice for traumatic injuries and is used for swelling and pain du to falls, fractures, contusions, and sprains. Effective in promoting the circulation of blood, it is used for chest and abd pain as well as joint pain caused by blood stasis.  *used for fibroids and colitis (stops mucus in blood and stool); also used for hepatitis  *often used by itself for stasis and in Yun Nan Bai Yao powder
BAI JI  Rhizoma Bletillae Stritae	bit,sweet,cool  LV/LU/ST	<b>Restrain leakage of blood and stop bleeding:</b> mainly for bleeding from LU and ST; vomiting or coughing blood, nosebleed. LU cancer, colitis, hemorrhoids. Also for bleeding from trauma, usually applied locally. Stops bleeding very quickly -- acts like cement to plug up area  <b>Reduces swelling and generates flesh:</b> topically for sores, ulcers and chapped skin. Reduces swelling of sores and helps speed resolution of ulcers. Esp useful for chronic non-healing ulcers. Also treats scars and burns (and prevents scarring)  *can cause constipation.

DI YU  Radix Sanguisorbae Officinalis	bit,sour,sl.cold  LV/LI/ST	<b>Cool the blood and stop bleeding:</b> esp for bleeding in the L.J. from damp-heat w/ blood in stool, bleeding hemorrhoids (pills or cream), bloody dysentery-like disorders, excessive uterine bleeding. Also for vomiting blood and nosebleed.  <b>Clear heat and generate flesh:</b> (topically) sores, ulcers, injuries from burns (w/ Bai Ji). Decreases oozing by holding in fluids and promotes generation of new flesh.  *mostly affects L.J. *use in small doses - toxic to LV
HUAI HUA MI  Flos Sophorae Japonicae Immaturis	bit,cool  LV/LI	<b>Cool the blood and stop bleeding:</b> for damp-heat patterns of the LI when bleeding is present. Esp imp for bleeding hemorrhoids and bloody dysentery-like disorders. Also coughing up blood, nosebleed or uterine bleeding.  <b>Cools the LV:</b> for red eyes and dizziness from LV heat or LV yang rising. Also used for HTN w/ Xia Ku Cao, Huang Qin, Di Long and Da Huang.
CE BAI YE  Cacumen Biotae Orientalis	bit,ast,sl.cold  LV/LI/HT	<b>Cool the blood and stop bleeding:</b> extensively for various bleeding disorders such as vomiting blood, bleeding gums, coughing blood, blood in stool or urine, bloody dysentery-like disorders and uterine bleeding. B/c it is sl.cold, it is effective for hot blood patterns and may also be used w/ warming herbs for cold bleeding patterns.  <b>Stop cough and expel phlegm:</b> for LU heat patterns w/ cough and accum of phlegm. Esp imp for diffie to expectorate sputum streaked w/ blood, T.B., LU cancer  <b>Promotes healing of burns:</b> topically/powdered for early stages of burns over a small to moderate surface area.
AI YE  Folium Artemisiae Argyi	bit,acid,warm  LV/SP/KI	<b>Warms womb &amp; stops bleeding:</b> prolonged menstrual bleeding; uterine bleeding from defic cold in uterus.  <b>Warms the womb and pacifies the fetus:</b> restless fetus, lower abd pain, and vaginal bleeding as in threatened miscarriage. Also for infertility from cold womb.  <b>Disperse cold and alleviate pain:</b> for cold abd pain, esp related to menstrual pain.  *w/ E Jiao to warm uterus, stop bleeding and tonify blood (jiao ai si wu tang)
BAI MAO GEN  Rhizoma Imperatae Cylindrica	sweet,cold  SI/BL/LU/ST	<b>Cool the blood and stop bleeding:</b> reckless movement of hot blood w/ blood in urine, vomiting blood, nosebleed and coughing blood.  <b>Quell heat and promote urination:</b> hot painful urinary dysfx and other heat patterns w/ edema and urinary difficulty; UTI (w/ Lian Qiao – 60 g ea), blood in urine, nephritis, KI stones.  <b>Clear heat from the ST and LU:</b> nausea and thirst from ST heat, or wheezing from LU heat.
QIAN CAO GEN  Radix Rubiae Cordifoliae	bit,cold  LV/HT	<b>Cools the blood and stops bleeding:</b> for vomiting blood, nosebleed, coughing blood, blood in stool, uterine bleeding, or any bleeding from reckless movement of hot blood.  <b>Invigorate the blood and dispel blood stasis:</b> pain assoc w/ blood stasis, esp in chest and flank. Also for lochioschesis, pain form trauma, joint pain, or early stages of carbuncles.
XUE YU TAN  Charred Human Hair	bit,neutral HT/LV/KI	<b>Restrains leakage of blood and stops bleeding:</b> many kinds, esp uterine and nose.  <b>Promotes urination:</b> painful urinary dysfx, esp hematuria.
ZONG LU TAN  Charred Palm Leaves	bit,ast,neutral LV/LI/LU/SP	<b>Binds &amp; stops bleeding:</b> coughing or spitting blood, nosebleed, blood in stool, excessive uterine bleeding.
ZI ZHU  Folium Callicarpae	bit,neutral LV/LU/SP	<b>Stops bleeding:</b> variety of internal and external bleeding esp hematuria. Burns and sores

OU JIE  Nodus Nelumbinis	sweet, astringent  neutral  LU/ST/LV	<b>Stops bleeding:</b> many types b/c astringent & breaks up stasis. Most often for heat in LU (T.B.), or ST (nausea, vomiting), or coughing up blood. For chronic bleeding when used w/ appropriate herbs. Ulcers, esophageal bleeding, chronic bronchitis, LU or ST cancer, gastritis, ST ulcers, chemo/radiation therapy.  *moistens LU/ ST
DA JI  Cirsii Japonici	sweet, cool  LV/SP	<b>Cools the blood &amp; stops bleeding:</b> mostly bleeding in L.J.; uterine, stool, urine. Relieves vomiting or coughing blood.  <b>Reduces swelling and generates flesh at sores:</b> carbuncles, sores, swellings
XIAO JI  Herba Cephalanoplos	sweet, cool LV/SP	<b>Cools the blood, stops bleeding and promotes urination:</b> KI stones, KI cancer, nephritis, Lin syndrome, hematuria  *weaker, but used more often than Da Ji

HERBS THAT INVIGORATE THE BLOOD		
CHUAN XIONG  Radix Ligustici Wallichii	acid, warm  PC/LV/GB	<b>Invigorate the blood and promote the movement of qi:</b> any blood stasis patterns including those w/ symptoms as dysmenorrhea, amenorrhea, diff labor, or lochioschisis, cramps, fibroids. Imp herb in gynecology. Also used for stagnant qi and blood stasis w/ pain and soreness in chest (angina), flanks and hypochondria.  <b>Expel wind and alleviate pain:</b> principal herb for any ext-contracted wind disorder characterized by HA, dizziness, or painful obstruction. Also for a variety of skin prob caused by wind.  <b>Headaches:</b> herb moves qi upwards and alleviates pain. Depending upon which herbs it is combined with, it can be used for HA from wind, heat, cold, blood defic or stasis.  *used w/stroke patients; shen disturbances (bipolar), joint pain from blood stag; tumors  *often used w/ Chai Hu to move LV qi and invig blood  * caution w/ Coumadin
DAN SHEN  Radix Salviae Miltiorrhiziae	bit, sl. cold  PC/LV/HT	<b>Invigorate the blood and break up blood stasis:</b> for blood stasis disorders in the lower abd such as dysmenorrhea, amenorrhea, palpable masses, lochioschisis, and pain from blood stasis. Also used for blood stasis obstructing the chest w/ chest of epigastric pain, as well as soreness in the ribs or hypochondrium from constrained LV qi w/ blood stasis.  <b>Clear heat and soothe irritability:</b> esp useful for restlessness, irritability, palpitations and insomnia from heat entering the nutritive level. Can be used in patterns of HT and KI yin defic. Calms shen (bipolar-depressive ----- use Da Huang for excessive) *Systems: HT (angina, palpitations, diff breathing from stag (use tablets – good for long term use); LV (all hepatitis, gallstones, pain in gastric area which is sharp and worse at night, menstrual prob, LV yang rising, flank pain, HTN); LU (emphysema, chronic bronchitis, LU fibrosis, cancer, asthma w/ Ping Chuan pills to stop wheezing ---- LU qi can't go thru HT to help blood circulate when HT blood stag; respiratory diseases even if no signs of stasis); SP/ST (tumors, ulcers, enlarged thyroid); KI (nephritis, hematuria, enlarged prostate).  *extra: Also used for cancers (blood stag tumors); HTN; diabetes complications (i.e, HT disease, stroke, neuropathy caused by stasis; stroke/paralysis w/ Tao Ren Hong Hua, Chuan Xiong; post-stroke depression; *useful for high cholesterol  * caution w/ Coumadin
JI XUE TENG  Radix et Caulis Jixueang (Milletia)	bit, sweet, warm  SP/LV/HT	<b>Promote the movement of and tonify the blood:</b> for defic blood patterns with dysmenorrhea, irreg menstruation, or amenorrhea accompanied by abd pain.  <b>Invigorate the channels and relax the sinews:</b> for numbness of the extremities, lower back pain, knee pain, or generalized joint soreness from wind damp painful obstruction, with either blood defic or stasis. Also for pain in small joints, pinched nerve, sciatica with numbness and pain.  <b>Tonify the blood and invigorate the channels:</b> for weakness of the extremities in the elderly or paralysis and vertigo from blood stasis or wind stroke

		<p>*used for blood diseases: leukemia, chemo/radiation therapy</p> <p>*spreads tendons: injuries, blood stagnation</p>
<p>YAN HU SUO</p> <p>Rhizoma Corydalis</p>	<p>bit,acid,warm</p> <p>LV/ST/LU/ST</p>	<p><b>Invigorates the blood and alleviates pain:</b> pain from blood stasis and traumatic injuries. Esp good for dysmenorrhea.</p> <p><b>Promote the movement of qi and alleviate pain:</b> stagnant qi manifesting with chest pain (angina), abd pain, menstrual pain, hernia-like disorders, and esp epigastric pain</p> <p>*used widely in the treatment of pain -- any type if combined w/ appropriate herbs.</p> <p>*best for LV &amp;ST, i.e., hypochondriac pain, menstrual cramps, LV cancer pain, ulcers (for ulcer pain, and also b/c inhibitsST acid release), gastritis, ST cancer pain</p> <p>*used for angina w/ Zhi Shi or Zhi Ke to open chest</p>
<p>YI MU CAO (Kun Cao)</p> <p>Herba Leonuri Heterophylli</p>	<p>bit,acid,sl.cold</p> <p>BL/LV/HT</p>	<p><b>Invigorate the blood and regulate the menses:</b> common for gynecological syndromes like irreg menstruation, premenstrual abd pain, immobile abd masses, infertility, or postpartum abd pain w/ lochioschesis.</p> <p><b>Invigorate the blood and reduce masses:</b> abd masses or infertility from stasis of defic blood; also for angina</p> <p><b>Promote urination and reduce swelling:</b> acute systemic edema, esp if accompanied by blood in urine, Lin syndrome, KI stones.</p> <p>*1<sup>st</sup> choice if menstrual prob/clots and water retention; PMS w/ frequent urination</p> <p>*also used for ascites from LV prob; any edema; anything causing blood in urine; prostate problem causing diff urination; prevent HT attack; water retention from HT failure</p>
<p>CHONG WEI ZI</p> <p>Leonuri Heterophylli</p>	<p>sweet,sl.cold</p> <p>BL/LV/HT</p>	<p><b>Break up blood stasis:</b> w/ astringent and tonifying quality; excessive menses/uterine bleeding</p> <p><b>Cools LV &amp; brightens eyes:</b> LV heat w/ red swollen painful eyes or pterygium. *also for infertility (seed)</p>
<p>ZE LAN</p> <p>Herba Lycopi Lucidi</p>	<p>bit,acid,</p> <p>sl.warm,aro</p> <p>LV/SP</p>	<p><b>Promote the movement of blood and promote menstruation:</b> for pain due to congealed blood obstructing the menses as well as postpartum abd pain from blood stasis.</p> <p><b>Invigorate the blood and dispel blood stasis:</b> topically or internally for pain and swelling from traumatic injury or abscess.</p> <p><b>Promote urination:</b> for postpartum edema, postpartum painful urinary dysfx, and systemic or facial edema.</p>
<p>CHI SHAO</p> <p>Radix Paeniae Rubra</p>	<p>bit,sour,sl.cold</p> <p>LV/SP</p>	<p><b>Invigorate the blood and disel blood stasis:</b> dysmenorrhea, amenorrhea, abd pain, immobile abd masses. Also for swelling and pain due to traumatic injuries as well as the early stages of abscesses and boils. Also for HA from blood stag.</p> <p><b>Clear heat and cool the blood:</b> for heat entering the blood level with fever, purple tongue, skin blotches and bleeding from reckless marauding of hot blood. Also for gynecological problems from hot blood *also used for HT diseases (angina), flank pain, menstrual problems, ST ulcers, tumors, lumps in breast, trauma, LV fire</p>
<p>TAO REN</p> <p>Semen Persicae</p>	<p>bit,sweet,</p> <p>neutral</p> <p>LU/LV/LI/HT</p>	<p><b>Break up blood stasis:</b> imp herb for many blood stasis problems, including menstrual disorder, abd pain, and traumatic injuries, flank pain, LU abscess and intestinal abscess w/ immobile abd masses, fibroids. Used for blood stag in lower jiao because seed descends</p> <p><b>Moisten the intestines and unblock the bowels:</b> constip from dry intestines or blood stag, hemorrhoids, cancer, radiation.</p> <p>*for acute appendicitis w/ Da Huang *for pain all over body if from blood stag</p> <p>* caution w/ Coumadin</p>
<p>HONG HUA</p>	<p>acid,warm</p>	<p><b>Invigorate the blood and unblock menstruation:</b> for blood stasis patterns with amenorrhea, abd pain,</p>

Flos Carthami Tintorii	LV/HT	<p>postpartum dizziness, lochioschesis and abd masses</p> <p><b>Dispel blood stasis and alleviate pain:</b> blood stasis wounds and pain, non-suppurative sores, carbuncles, and dark purplish erythema. Also for incomplete expression of the rash of measles or chest painful obstruction from blood stasis.</p> <p>*U.J.: HA from blood stag; angina; palpitations; irreg HT beat; shen problems; chest injuries, including open HT surgery pain or numbness w/ Yan Hu Suo</p> <p>*L.J.: menstrual prob --- Tao Hong Si Wu Tang</p> <p>*also used for stroke and bruises from martial arts (w/ Yan Hu Suo and Chuan Xiong)</p> <p>*has estrogenic effect (increasing organ weight)</p> <p>* caution w/ Coumadin</p>
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E ZHU	bit,acid,warm	<p><b>Break up blood stasis, move qi, and alleviate pain:</b> for abd pain, dysmenorrhea, amenorrhea, abd masses, and epigastric masses from blood stasis; localized masses, tumors, bruises, broken bones</p>
Rhizoma Curcumae Ezhu (Zedoariae)	LV/SP	<p><b>Dissolve accumulations and alleviate pain:</b> for pain, distention, fullness and constriction in chest and abd from food stag; abd masses from food stag *very strong -- (tumors, LV cancer, breast cancer/tumor, fibroids, cervical/uterine cancer, enlarged LV/SP) -- use w/ San Leng</p> <p>* caution w/ Coumadin</p>
SAN LENG	bit,acid,neutral	<p><b>Forcefully breaks up congealed blood, moves the qi, alleviates pain:</b> for blood stasis patterns, amenorrhea, dysmenorrhea, postpartum abd pain and abd masses, tumors</p>
Rhizoma Spargani Stoloniferi	LV/SP	<p><b>Dissolves accumulation:</b> severe abd pain and distention from food stagnation and stagnant qi *w/ E Zhu</p> <p>* caution w/ Coumadin</p>
RU XIANG	bit,acid,warm	<p><b>Invigorate blood and promote movement of qi:</b> for traumatic pain arising from blood stag, as well as the early stages of carbuncles, sores, swellings and pain. Also for chest, epigastric or abd pain from blood stag; HA from qi/blood stag</p>
Gummi Olibanum	LV/HT/SP	<p><b>Reduce swelling and generate flesh:</b> topically as an ointment or powder to reduce swelling, generate flesh, alleviate pain and promote healing of sores, carbuncles and traumatic injuries. Also for pain, redness and swelling of gums, mouth and throat. Used also for burns with Bai Ji and Di Yu. Heat into gel</p> <p><b>Relax the sinews, activates the channels, and alleviates pain:</b> for wind damp bi, rigidity and spasms, body aches (knee, shoulder), joint pain</p> <p>*sedative effect *used w/ Mo Yao</p>
MO YAO	bit,neutral	<p><b>Invigorate the blood and dispel blood stasis, reduce swelling and alleviate pain:</b> used for problems from blood stasis, i.e., pain from trauma, sores, carbuncles, swelling, immobile abd masses, painful obstruction, chest and abd pain, and amenorrhea. Also for HA from qi or blood stasis; body aches (knee, shoulder), joint pain</p>
Myrrha	LV/HT/SP	<p><b>Promote healing:</b> topically for chronic non-healing sores. Also for burns w/ Bai Ji and Di Yu.</p> <p>*heat into gel</p> <p>*sedative effect</p>
NIU XI (HUAI NIU XI)	bit,sour,neutral	<p><b>Invigorate the blood and expel blood stasis:</b> dysmenorrhea, amenorrhea, lochioschesis, fibroids (guiding herb for this), infertility, postpartum pain</p>
Radix Achyranthis Bidentatae	KI/LV	<p><b>Strengthen the sinews and bones and benefit joints:</b> for pain and soreness affecting the lower back and knees from deficiency, b/c it nourishes the LV and KI</p> <p><b>Clear damp heat in the lower burner:</b> damp heat pouring down manifesting as knee pain or lower back damp painful obstruction. Auxiliary herb for painful urinary dysfx or leukorrhea. Esp useful for painful urinary dysfx w/ stones accompanied by lower back pain and bloody urine</p>

		<p><b>Induce the downward movement of blood:</b> for reckless marauding of hot blood in the upper burner or defic yin w/ ascending fire, manifesting as nosebleed, vomiting blood, toothaches, bleeding gums. Also for dizziness, HA, HTN, blurred vision due to LV yang rising. Downward Conducting of Blood.</p> <p><b>Promote urination:</b> prostate prob w/ diffic urination, hematuria, pain related edema</p> <p>*Descending herb. Good for L.J.; uterine, ovarian cysts, tumors, UTI w/ sharp pain, stones; low back pain from blood stag (1<sup>st</sup> choice b/c also strengthens bones --- acute or chronic), knee pain, heel pain; HT disease (angina) w/ Jie Geng which guides to chest and Niu Xi which brings down; uprising HT/LV fire *Huai Niu Xi stronger for tonifying LV/KI, tendons while Chuan Niu Xi stronger for invigorating blood</p>
<p>CHUAN NIU XI</p> <p>Radix Cyathula Officinalis</p>	<p>bit,sweet</p> <p>neutral</p> <p>LV/KI</p>	<p><b>Expel wind:</b></p> <p><b>Drain damp:</b></p> <p><b>Activate the channels:</b></p> <p><b>Invigorate the blood:</b></p> <p><b>Pain from wind damp:</b> esp in the lower back, atrophy and spasm in the lower extremities, painful urination w/ blood in urine, amenorrhea, abd masses. Arthritic pain</p>
<p>WU LING ZHI</p> <p>Excrementum Trogopterori seu Pteromi</p>	<p>bit,sweet,warm</p> <p>LV/SP</p>	<p><b>Disperse blood stasis and alleviate pain:</b> variety of disorders from blood stasis; amenorrhea, dysmenorrhea, postpartum abd pain and epigastric pain</p> <p><b>Transform stasis and stop bleeding:</b> uterine bleeding and lochioschesis from blood stasis</p> <p><b>Also used for childhood nutritional impairment w/ focal distention.</b></p> <p>*w/ Pu Huang for angina (HT), ulcers (ST); uterus</p> <p>*wrap separately</p>
<p>WANG BU LIU XING</p> <p>Semen Vaccariae Segetalis</p>	<p>bit, neutral</p> <p>LV/ST</p>	<p><b>Promote the movement of blood and invigorates channels:</b> in upper part of body this herb promotes lactation, in the lower part it promotes menstruation. Used for amenorrhea, insuffic lactation, due to blood stasis</p> <p><b>Reduce swelling:</b> painful swellings esp of breasts and testicles</p> <p>*used w/ Chuan Shan Jia</p>
<p>CHUAN SHAN JIA</p> <p>Squama Manitis Pentadactylae</p>	<p>salty,cool</p> <p>LV/ST</p>	<p><b>Disperse blood stasis, unblock menstruation and promote lactation:</b> amenorrhea, dysmenorrhea, insuffic lactation, fibroids, clots</p> <p><b>Reduce swelling and promote discharge of pus:</b> toxic swellings like abscesses and boils; promotes healing of suppurative lesions; for chronic non-healing wounds. Can be applied topically</p> <p><b>Expel wind damp from the channels:</b> pain from painful obstruction, stiffness and spasms in limbs or pain that prevents bending and stretching</p> <p>*very strong. Good for tumors b/c softens harness (breast lumps, cancer); enlarged LV, cirrhosis; elevated estrogen levels, menopause (hot flashes, moodiness)</p>

<p>YU JIN</p> <p>Radix (Tuber) Curcuma</p>	<p>bit,acid,cool</p> <p>LU/LV/HT</p>	<p><b>Invigorates the blood and breaks up blood stagnation:</b> topically and internally for pain related to trauma injury and to hasten the healing process of chronic sores</p> <p><b>Promote the movement of qi:</b> when constrained LV qi causes chest, abd, flank, or menstrual pain (dark clots, moodiness). Also suitable for constrained LV qi patterns w/ heat signs (cools LV). Also for emotions from LV qi stag and blood stag; depression.</p> <p><b>Clear HT and cool blood:</b> when hot phlegm obstructs the HT orifices w/ anxiety, agitation, seizures or mental derangement. Calms Shen.</p> <p><b>Benefits the GB and reduces jaundice:</b> GB disorders and jaundice (w/ Mu Xiang, Zhi Zi, Da Huang, Chai Hu); hepatitis, gallstones</p>
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<p>JIANG HUANG</p> <p>Radix Curcuma Longae</p>	<p>bit,acid, warm</p> <p>SP/ST/LV</p>	<p><b>Invigorates the blood and unblocks menstruation:</b> chest/abd pain, amenorrhea, dysmenorrhea due to blood stasis from cold defic. Also, pain and swelling from trauma</p> <p><b>Promotes movement of qi and alleviates pain:</b> epigastric/abd pain from stag qi. Angina-chest pain (HT), flank pain (LV)(broken ribs)</p> <p><b>Expels wind and promotes movement of blood:</b> wind damp painful obstruction w/ blood stasis; esp shoulder pain (similar to Gui Zhi and Sang Zhi)</p>
<p>SHUI ZHI</p> <p>Hirudo seu Whitmania</p>	<p>bit, salty,</p> <p>neutral, toxic</p> <p>LV/BL</p>	<p><b>Breaks up and drives out blood stasis and reduces immobile masses:</b> severe blood stagnation, tumors, paralysis, leukemia. Persistent chronic migraines from blood stag. Amenorrhea, and immobile abd masses due to blood stasis as well as traumatic injury.</p> <p>*leech – chemical ingredient prevents clogging of vessels. Grind into powder</p> <p>* caution w/ Coumadin* caution w/ Coumadin</p>
<p>ZHE CHONG</p> <p>Eupolyphaga seu Opisthoplatia</p>	<p>salty, cold, toxic</p> <p>LV/HT/SP</p>	<p><b>Breaks up and drives out blood stasis:</b> severe blood stag (tumors); abd masses, amenorrhea; numb and swollen tongue from blood stasis</p> <p><b>Renews sinews and joins bones:</b> lacerations, contusions, fractures. Toasted and grounded into a powder for acute lumbar strain.</p> <p><b>Invigorates blood, moves and opens meridians</b></p>
<p>LU LU TONG</p> <p>Liquidambaris Taiwanianae</p>	<p>bit, neutral</p> <p>LV/ST</p>	<p><b>Promotes the movement of qi and blood, opens the middle burner, and unblocks the channels:</b> epigastric pain, abd distention, irregularity or irregular scanty menstruation. Also for w-d painful obstruction w/ pain and stiffness of the lower back and knees</p> <p><b>Promotes urination:</b> edema w/ diffic urination.</p>

HERBS THAT WARM THE INTERIOR AND EXPEL COLD

<p>FU ZI</p> <p>Radix Lateralis Aconiti Carmichaeli Praeparata</p>	<p>hot, acid, toxic</p> <p>SP/KI/HT</p>	<p><b>Restore devastated yang (and stem counterflow):</b> where the yang qi is extremely weak and cold yin is in abundance. Symptoms: diarrhea w/ undigested food, chills, cold extremities, faint or imperceptible pulse. Often occurs after severe vomiting, diarrhea or sweating. This herb is critical in these situations since it both assists the HT yang to unblock the vessels and improve circulation, tonifies the KI yang to augment the fire and avoid loss of the basal yang.</p> <p><b>Warm the fire and assist the yang:</b> any problem assoc w/ weakness of defic of the HT, SP, or KI yang. Widely used herb, esp when the pattern involves interior cold due to yang defic. It warms the yang qi and KI fire.</p> <p><b>Disperse cold, warm the channels, and alleviate pain:</b> for wind-cold-damp painful obstruction, esp when cold is predominant. Can be used when cold causes blockages of the organ, channel, sinews, bones or blood vessels. For severe fixed pain aggravated by cold.</p> <p><b>HT:</b> 1. <u>Yang collapse:</u> profuse sweating, cold extremities (from fingers in – closer to HT &amp; more serious). Shen Fu Tang (Ren Shen, Fu Zi – tonifies qi and warm yang; increases heart beat and blood pressure. Contrast w/ Ren Shen, Mai Men Dong and Wu Wei Zi which is for yin collapse 2. <u>Yang deficiency:</u> angina, irreg heart beat – slow, edema, cold ext, congestive HT failure, poor circ, Raynaud’s syndrome. (Gui Zhi good for this)</p> <p><b>KI:</b> 1. <u>Yang deficiency:</u> (Fu Zi, Rou Gui/Gui Zhi, + Liu Wei Di Huang Wan – Dynamic Warrior; Golden Book Tea Pill) for frequent urination esp at night, edema (all kinds esp if w/ cold extremities and no heat signs or caused by nephritis, hyperthyroidism, in legs, caused by HTN), cold uterus (infertility, pre-menstrual cramps, blood stag), sexual disorders, low back pain (i.e., from chronic nephritis)</p> <p><b>SP:</b> 1. <u>Yang deficiency:</u> (usually use Gan Jiang unless SP and KI yang defic) for chronic diseases, colitis, pain in abdomen (epigastric from cold invasion, lower abd pain (cold uterus, PMS cramps)) Fu Zi Li Zhong Wan (cold ST pain); diarrhea (watery, no odor or irritation or burning, worse in morning, undigested food)</p>
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		<p>*toxic: numbness in fingers and toes, tongue and throat; irreg HT beat w/ overdose; disorientation, palpitations, musculo-skeletal paralysis. ANTIDOTES: Rou Gui (causes vomiting of Fu Zi if taken in first few hours while still in ST), Sheng Jiang, Gan Cao. PREVENTION: cook Fu Zi until soft like tofu</p> <p>*also used for pain in extremities b/c toxic and can numb. It is better for the L.J., esp bi syndrome w-c-d.</p> <p>*fill umbilicus w/ salt and Fu Zi cake on top w/ moxa for KI/SP yang defic</p>
<p>WU TOU (CHUAN WU or CAO WU)</p> <p>Radix Aconiti (also a prepared herb)</p>	<p>bitter, acrid</p> <p>warm, very toxic</p> <p>SP/LV/HT</p>	<p><b>Wu Tou</b> (an alternative to Fu Zi) has two subcategories Chuan Wu and Cao Wu.</p> <p><b>Chuan Wu:</b> expels wind damp, disperses cold and alleviates pain in the treatment of damp cold painful obstruction, cold and pain in the chest and abd, intense HA, and pain from trauma. More effective than Fu Zi in dispelling cold and alleviating pain, but is more toxic and has less tonifying properties.</p> <p><b>Cao Wu (wild):</b> similar to Chuan Wu but is both stronger, more toxic and rarely used.</p> <p>*neither is used in decoction.</p>
<p>GAN JIANG</p> <p>Rhizoma Zingiberis Officinalis</p>	<p>hot,acrid</p> <p>LU/HT/SP/ST</p>	<p><b>Warm the LU and transform phlegm:</b> for cold LU patterns w/ expectoration of thin, watery, or white sputum, or thick foamy sputum. Cough and wheezing from phlegm cold accum, bronchitis, asthma, emphysema, CHF, chronic cough w/ itching at Ren 17, pleurisy, water retention.</p> <p><b>Rescue devastated yang &amp; expel interior cold:</b> patterns of devastated yang w/ weak pulse &amp; cold limbs.</p> <p><b>Warm the channels &amp; stop bleeding:</b> for defic cold patterns that may present w/ hemorrhages of various types, esp uterine bleeding. This herb is used in cold hemorrhage only if the bleeding is chronic and pale, and accompanied by cold limbs, ashen white face and a soggy thin pulse. * Pao Jiang</p> <p><b>Warm the middle and expel cold:</b> warms SP &amp; ST both in conditions of excess due to externally contracted cold, and cold from defic due to insuffic of the yang qi. Also abd pain, ulcers worse at night, diarrhea.</p>
<p>ROU GUI</p> <p>Cortex Cinnamomi Cassiae</p>	<p>sweet,hot,acrid</p> <p>LV/SP/KI/HT</p>	<p><b>Warm the KI and fortify yang:</b> defic KI yang and waning of the gate of vitality. Characterized by aversion to cold, impotence, spermatorrhea, cold limbs, weak back, frequent urination. Also for waning of the SP and KI yang w/ abd pain and cold, reduced appetite, diarrhea. Also for asthma (inability of the KI to grasp qi)</p> <p><b>Encourage generation of qi &amp; blood:</b> w/ qi &amp; blood tonics as an aux. herb for chronic defic of qi &amp; blood</p> <p><b>Disperse deep cold, warm the channels, unblock the channels and alleviate pain:</b> deep cold causing qi stag and blood stasis causing amenorrhea or dysmenorrhea, damp cold painful obstruction. Also for yin type boils (chronic concave sores that ooze clear fluids). Also for abscesses or sores that do not heal</p> <p><b>Lead the fire back to the source:</b> defic KI yang (defic yang floats upward). Manifestations include: flushed face, wheezing, severe sweating (pours out like oil), weak and cold lower extremities, and defic rootless pulse. Also called illusionary heat and true cold. Also when upper body is hot (dry mouth, sore throat, toothache worse at night) and lower body cold (lower back pain, cold lower extremities, diarrhea, weak chi position).</p> <p><b>KI: 1. Yang deficiency:</b> lower back pain better w/heat, low BP, edema, diff/frequent urination, prostate prob, sexual disorders (erection, fertility), menstrual prob, cold extremities, clammy hands and feet. Great for anemia/blood defic b/c can't use Fu Zi b/c toxic and Gan Jiang doesn't tonify.</p> <p><b>HT: 1. Yang deficiency:</b> Gui Zhi better unless caused by HT and KI yang defic and you would use both. Irreg heartbeat, diff breathing, diff urination, leg edema, CHF</p> <p><b>SP: 1. Yang deficiency:</b> use Gan Jiang</p> <p>*tonifies KI yang and yang of entire body w/ no toxicity</p> <p>*used for HT heat rising (mouth sores/ulcers and lips and nose from anxiety and stress. Also for HT and KI not communicating w/ insomnia, menopause, HTN. For these problems can make a paste from Rou Gui powder and vinegar and put on KI 1, cover w/ gauze before sleeping.</p>
<p>WU ZHU YU</p> <p>Fructus Evodiae Rutaecarpae</p>	<p>bitter, acrid</p> <p>hot, sl. toxic</p>	<p><b>Warm the middle, disperse cold, relieve constraint in the LV channel and alleviate pain:</b> for both LV and ST channel disorders for cold or phlegm manifesting as HA, epigastric pain w/ nausea, drooling, decreased taste sensation, pale tongue, and a wiry or weak pulse. Also used for cold hernia-like disorders in the areas traversed by the LV channel.</p> <p><b>Redirect rebellious qi downward and stop vomiting:</b> for flank pain, regurgitation of sour fluid, a wiry</p>

	LV/KI/SP/ST	<p>rapid pulse, and red tongue from LV and ST disharmony. LV overacting on SP/ST; all types of nausea and vomit, ulcers, gastritis, esophagitis, LV disease (hepatitis, cirrhosis), GB disease (cholecystitis), esophageal reflux disease</p> <p><b>Warm the SP, stop diarrhea, and expel cold damp:</b> used in patterns of diarrhea from cold defic SP and KI and cold damp leg qi disorders</p> <p><b>Leads fire downward:</b> for sores of the mouth and tongue. For this purpose the herb is ground into powder, mixed w/vinegar and placed on the center of the soles of the feet. HTN, insomnia</p> <p><b>LV:</b> HA (jue yin w/ foaming saliva, migraines &amp; nausea, sensitivity to light; LV yang rising, LV wind</p> <p><b>ST:</b> w/ Huang Lian for ST heat, ulcers</p>
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DING XIANG	acrid, warm	<b>Warm the middle burner, and cause rebel qi to descend:</b> for cold ST w/ nausea and vomiting, hiccough, abd pain, and diarrhea as well as cold defic SP or ST patterns w/ such symptoms as lack of appetite, vomiting and diarrhea.
Flos Caryophylli	KI/ST/SP	<p><b>Warm the KI and aid the yang:</b> for impotence or clear vaginal discharge from defic yang of KI. This type of vaginal discharge is regarded as a manifestation of cold defic womb and is usually accom by weakness of the legs.</p> <p>*warm SP and ST for nausea and pain.</p>
XIAO HUI XIANG	acrid, warm	<b>Spread the LV qi, warm the KI, expel cold, and alleviate pain:</b> used to warm and encourage movement in the LV channel or the L.J. as in cold hernia-like disorders, or any kind of lower abd pain from cold.
Fructus Foeniculi Vulgaris	LV/KI/SP/ST	<p><b>Regulate the qi and harmonize the ST:</b> used for cold ST patterns w/ abd pain, indigestion, decreased appetite, vomiting.</p> <p>*warms KI for lower abd pain</p>
XI XIN		See wind cold category.

HERBS THAT TONIFY THE QI		
REN SHEN	sl.bitter,sweet	<p><b>Strongly tonifies the original qi:</b> for severe collapsed qi conditions that manifest as shallow respiration, SOB, cold limbs, profuse sweating, minute or weak pulse. Used alone for this condition after severe blood loss. Used for cancer (use Jin Lin Ren Shen w/ American and Prince ginseng; or 3 ginseng tablets from Health Concerns for cancer, AIDS, during chemo/radiation; or use ginseng w/ Ling Zhi and Dong Chong Xia Cao); AIDS, chronic fatigue syndrome. Also tonifies KI (yuan qi stored in KI), esp essence and prevents aging w/ Lu Rong; developmental problems (children, menopause), sexual disorders (premature ejaculation, etc); anorexia.</p> <p><b>Tonify the LU and augment the qi:</b> for wheezing, SOB, and labored breathing w/ exertion caused by defic LU qi. Usually there is also a failure of the KI to grasp qi. Fatigue, LU cancer (after surgery), asthma. Ren Shen + Hu Tao + Ge Jie for difficult breathing from KI not grasping qi; Ping Chuan pills; emphysema, CHF.</p> <p><b>Strengthen the SP and tonify the ST:</b> for lethargy, lack of appetite, chest and abd distention, chronic diarrhea, and, in severe cases, prolapse of ST, uterus, or rectum. Used for blood defic/anemia. Too high a dose can cause bloating.</p> <p><b>Stops thirst and generates fluids:</b> for wasting and thirsting syndrome, as well as in cases when the qi and fluids have been injured by high fever and profuse sweating (usually American ginseng b/c it's cooler); diabetes (fatigue, thirst, frequent urination, hunger)</p> <p><b>Benefits the HT qi and calms the spirit:</b> for palpitations w/ anxiety, insomnia, forgetfulness, and restlessness from defic qi and blood; poor memory/concentration (Ren Shen – aging – KI); stress (Siberian better).</p> <p>*Extra Applications: 1. <u>Tonifies HT qi for yang collapse:</u> cold extremities w/ profuse sweating, shen disturbed, loss of consciousness, shock, coma; 2. <u>Can Raise BP and increase heart beat:</u> can use w/ Fu Zi.</p>
Radix Ginseng	sl. warm	
	SP/LU	

		<p>*types of ginseng: Korean, Kirin (Jin Lin) NE province near N.Korea, Bai Ren Shen (Bai Jin Ling Ren Shen), Hong Ren Shen, Wild Ginseng.</p> <p>*similar to ginseng: Tai Zi Shen (Prince), Xi Yang Shen (American), Wu Jia Shen (Siberian)</p> <p>*overdoses causes heat (dryness in mouth, insomnia, acne) and bloating</p> <p>*pills good b/c absorbs well in alcohol</p> <p>*tail cheap – prevents aging.</p>
DANG SHEN  Radix Codonopsis Pilosulae	sweet,neutral  LU/SP	<p><b>Tonify the middle burner and augment the qi:</b> lack of appetite, fatigue, tired limbs, diarrhea, vomiting or any illness w/ defic SP qi. Prolapse of uterus, ST or rectum from collapsed SP qi. It is like Ren Shen but not as strong.</p> <p><b>Helps SP generate blood:</b> it is better than Ren Shen for this. Anemia from blood loss (30-50g + Chen Pi + Er Chen Wan)</p> <p><b>Tonify LU:</b> for defic LU patterns w/ chronic cough and SOB, or copious sputum from defic SP qi. (same as Ren Shen); LU cancer (4 gentlemen tea); bronchitis, emphysema, asthma, diffic breathing, prevention of cold and flu and allergies.</p> <p><b>Strengthen the qi &amp; nourish fluids:</b> wasting and thirsting syndrome; thirst from injury to fluids.</p> <p>Also used with herbs that release the exterior or drain downward when the presentation includes significant qi defic. In such cases, this herb supports the normal while the other herbs expel the pathogen. (like Ren Shen but not as good).</p>
HUANG QI  Radix Astragali Membranaceus	sl.warm, sweet  SP/LU	<p><b>Tonify the SP and augment the qi:</b> defic SP presenting as lack of appetite, fatigue, diarrhea</p> <p><b>Raise the yang qi of the SP and ST (SP/KI):</b> prolapse syndromes such as prolapse of uterus, bladder, ST or rectum (Ge Gen, Zhi Shi/Ke, Chai Hu, Sheng Ma); also for chronic uterine bleeding; chronic leakage of essence, chronic diarrhea, chronic leukorrhea, chronic loss of urine, ptosis. (Bu Zhong Yi Qi Tang – Aroused Vigor: for prolapse, leukorrhea)</p> <p><b>Augment the protective qi and stabilize the exterior and tonifies LU (LU/KI):</b> (what you eat/inhale/genetics): defic conditions (qi, yang or yin) with spontaneous sweating as it stabilizes the wei qi; frequent colds and ext invasions (Astra-C), SOB. Its action in stabilizing the exterior may be used to produce a therapeutic sweat when diaphoresis doesn't work. TONIFIES IMMUNE SYSTEM: low immunity, allergies from qi defic (Jade Windscreen – Fang Feng, Bai Zhu, Huang Qi)</p> <p><b>In appropriate circumstances for wasting and thirsting syndrome, numbness of limbs, paralysis, spinal injuries, and painful obstruction, stroke (150 g), bells palsy (with wind phlegm herbs). Also used for psychological problems.</b></p> <p><b>Promote urination and remove edema:</b> for edema from defic. One of 1<sup>st</sup> choices b/c moves qi to help move fluids. W/ Fang Ji (urine); Gui Zhi (warm, unblock channel); Huang Qi (tonify)</p> <p><b>Promote discharge of pus and generate flesh:</b> defic chronic ulcerous sores not draining or healing. Chronic non-healing wounds, pus, discharge, inflammation; when SP qi can't reach muscles (pale white pus). HOLY HERB FOR HEALING.</p> <p><b>Tonify qi &amp; blood:</b> postpartum fever due to defic qi and blood: recovery from severe blood loss.</p> <p>*Extra: 1. <u>Diabetes</u>: reduces blood sugar levels (use with Shan Yao). Don't use for diabetes if hyperthyroid (can cause dizziness) for diabetes see also Shi Gao, Zhi Mu, Xuan Shen, Cang Zhu); 2. <u>Numbness</u>: caused by blood defic in extremities. Used for cervical diseases which degenerates bones causing blood defic.</p> <p>*used to prevent ear and KI damage: with Lu Han Cao (Lu Xian Cao)</p>
SHAN YAO  Radix Dioscoreae Oppositae	sweet,neutral  SP/LU/KI	<p><b>Tonify and augment the SP and ST:</b> defic SP or ST – diarrhea (all kinds except d-h), fatigue, spontaneous sweat, lack of appetite; edema/water retention</p> <p><b>Tonify the LU qi and augment the LU yin:</b> for chronic cough or wheezing due to LU defic</p> <p><b>Tonify the KI and also stabilize and bind:</b> b/c this herb moistens and is neither hot or cold, it benefits both the yin and yang of the LU and KI. It is therefore often used in treating wasting and thirsting/diabetes (lowers blood glucose levels with Huang Qi), frequent urination (Liu Wei di Huang Wan), leukorrhea (clear, profuse – SP/Ki yang defic), premature ejaculation</p>

		hot flashes.
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<p>BAI ZHU</p> <p>Rhizoma Atractylodes Macrocephalae</p>	<p>bit,sweet,warm</p> <p>SP/ST</p>	<p><b>Tonify SP and augment the qi:</b> SP or ST defic w/ diarrhea (fried -- all kinds except d-h; usually w/ Ren Shen/Dan Shen), fatigue, lack of appetite, vomiting.</p> <p><b>Strengthen the SP and dry dampness:</b> digestive dysfx's from SP yang not rising. Edema and decreased urination in defic SP patterns (w/ Fu Ling), defic HT (w/ Fu Ling and Gui Zhi), defic KI (i.e., nephritis)(w/ Fu Ling, Fu Zi and Rou Gui), LV disease causing edema (i.e., cirrhosis causing ascites, LV cancer). An auxiliary herb for damp painful obstruction.</p> <p><b>Stabilize exterior and stop sweating:</b> spontaneous sweating from defic qi; frequent colds and flu and allergies. Jade Windscreen (Bai Zhu, Huang Qi, Fang Feng)</p> <p><b>Strengthen the SP and calm the fetus:</b> for restless fetus disorder, esp when due to SP defic. Also for other types of this disorder when combines w/ approp herbs. Bloating, nausea, vomit, low appetite, morning sickness from SP defic. (Zi Su Ye, Huang Qin (more for heat and bleeding during pregnancy), Xu Duan (low back pain (tonify KI) furing pregnancy)</p> <p>*also used for hepatitis w/ low appetite and bloating</p>
<p>DA ZAO</p> <p>Fructus Zizyphi Jujubae</p>	<p>sweet,neutral</p> <p>SP/ST</p>	<p><b>Tonify SP and augment the qi:</b> weakness, SOB, and lassitude in defic SP or ST patterns. Mild fx but common when accom by blood defic.</p> <p><b>Nourish the blood and calm the spirit:</b> for wan appearance, irritability, and severe emotional lability due to restless organ disorder. Common for all kinds of anemia; spirit problems related to blood defic (great w/ Dang Shen 20-30g), overthinking, ADD, manic-depression (Gan Mai Da Zao Tang)</p> <p><b>Moderate and harmonize the characteristics of harsh herbs:</b> 1. <u>Flavor</u>; 2. <u>SP/ST</u>: for nausea/vomiting (Gan Cao doesn't do this) – use w/ Sheng Jiang; 3. <u>Protect M.J.</u>: when using harsh purgatives – 10 Dates Formula.</p> <p>*use approx 10 pcs.</p>
<p>GAN CAO</p> <p>Radix Glycyrrhizae Uralensis</p>	<p>Raw: sweet, neutral</p> <p>Prep: sweet, warm</p> <p>All 12 channels</p>	<p><b>Tonify SP and augment the qi:</b> commonly used for def SP patterns, esp when toasted.</p> <p><b>Tonify HT qi:</b> Also used for defic (HT) qi or defic blood patterns with an irreg or intermittent pulse or palpitations; irreg heart beat with fatigue, SOB, sweating on exertion (Zhi Gan Cao Tang); moodiness, shen problems, cry easy, menopause, hormone imbalance, PMS, depression (Gan Mai Da Zao Tang)</p> <p><b>Moistens LU and stops coughing:</b> for coughing and wheezing. B/c it's neutral, it can be used for hot or cold in the LU. Mild fx. Useful for pulmonary TB (steroidal effects)</p> <p><b>Clear heat and detoxify fire toxicity:</b> carbuncles, sores, or sore throat arising from fire poison. Internally or topically. (raw) (b/c sweet and toxins are bitter)</p> <p><b>Soothes spasms &amp; stops pain:</b> painful spasms of the abd or legs. harmonizing fx – w/ Bai Shao)</p> <p><b>Moderate and harmonize the characteristics of other herbs:</b> by virtue of its sweet, neutral and moderating properties, it moderates: 1. <u>Temperature</u>: moderates hot and cold herbs; 2. <u>Toxicity</u>: makes violent herbs more gentle; 3. <u>Flavor</u>: w/ Da Zao; 4. <u>Pain</u>: spasms in legs and abd. B/c it enters all 12 channels, it can lead and conduct other herbs into the channels. (use small dose when used as courier)</p> <p><b>Also used as an antidote to a variety of substances, both internally and topically.</b> Antidote to poisonous substances. Can use with Sheng Jiang, Fang Feng, Lu Dou, Hu Zhang, Chi Shi Zhi, Mang Xiao.</p> <p>*Zhi Gan Cao: best for supplementing and moistening (augments qi and nourishes HT); *Sheng Gan Cao: best for clearing heat and relieving toxins. *Sheng Gan Cao and Jie Geng: sore throat (big dose)</p> <p>*effects endocrine system -- steroid effects (<u>reduces inflammation</u> - secretes more steroids from adreno-cortex and slows breakdown/catabolism of steroids. Useful for formation granuloma, edema arthritis. Anti-inflam effect is 1/10 that of cortisone.</p> <p>*caution in large doses for extended period of time w/ HTN (can cause edema - use w/ diuretic herbs)</p>
<p>TAI ZI SHEN</p>	<p>sl.bit, sweet, neutrla</p>	<p><b>Strengthens the SP and augments the qi:</b> SP/ST defic w/ fatigue and lack of appetite. Also for LU qi defic w/ spontaneous sweating.</p> <p><b>Generates fluids:</b> thirst and injury to fluids after a febrile disease. Also for unrelenting fever or</p>

Radix Pseudostellariae Heterophyllae	LU/SP	summerheat in kids.  *very mild: combine w/ Ren Shen, Dang Shen or Xi Yang Shen
HUANG JING  Rhizoma Polygonati	sweet,neutral  KI/LU/SP	<b>Tonifies SP qi and augments the SP yin:</b> for SP and ST qi defic w/ lassitude, fatigue, and loss of appetite. Also for SP and ST yin defic w/ dry mouth, loss of appetite, loss of taste, dry stool, and a dry red tongue.  <b>Moisten the LU:</b> dry cough w/ little sputum production due to LU qi and yin defic. Also for coughs due to consumption.  <b>Tonifies the KI and augments the essence:</b> KI defic and waning essence w/ low back pain, lightheadedness, and weakness of the lower extremities.  *also used for wasting and thirsting disorder.
YI TANG  Saccharum Granorum (Maltose)	sl.warm, sweet  LU/ST/SP	<b>Tonify the qi of the middle burner and alleviate pain:</b> for abd pain accom by excess salivation, a pale tongue w/ white coating, and a deep slow pulse due to defic cold in the middle burner.  <b>Moisten the LU and alleviate coughs:</b> for dry non-productive cough w/ labored slow breathing, and a weak voice from def LU.  <b>Tonify the SP and augment the qi:</b> over exertion that injures the SP w/ SOB and reduced appetite.

HERBS THAT TONIFY THE BLOOD		
SHU DI HUANG  Radix Rehmannia Glutinosae Conquitae (Prep)	sl.warm, sweet  LV/KI/HT	<b>Tonify blood:</b> for blood defic patterns w/ pallid complexion, dizziness, palpitations, insomnia and poor memory, etc.. Also for irreg menstruation, uterine bleeding and postpartum bleeding. (Similar to Dang Gui and Bai Shao) (Si Wu Tang)  <b>Nourish the blood and tonify the essence:</b> low back pain, weakness of the lower extremities, light headedness, and dizziness, tinnitus, diminished aural acuity, and premature greying of hair due to exhausted blood and essence. <u>Supplements essence and boosts marrow:</u> essence deficiencies; age-related, sexual dysfx's, developmental problems related to bone marrow – (1) impotence (male); (2) infertility (female); (3) hair loss; (4) unstable loose teeth; (5) hearing loss; (6) menopause; (7) broken bones, osteoporosis.  <b>Nourish the yin:</b> for defic KI yin, with night sweats, nocturnal emissions, steaming bone syndrome, and wasting and thirsting syndrome. Balances yin and yang, esp yang rising for yin defic w/ heat (Liu Wei Di Huang Wan); blurring vision, tinnitus, urination problems, sexual dysfx's (premature ejaculation), menopause, night sweats, low back pain, insomnia.  *commonly used in formulae for menstrual prob w/ vacuity pattern, infertility, child failing to thrive, elderly losing essence.  *larger dose for skin disorders from blood vacuity (ie, eczema, psoriasis)  *can be used for constipation b/c causes loose stools
HE SHOU WU  Radix Polygoni Multiflori	sl.warm, sweet bit,astringent  LV/KI	<b>Tonify LV and KI, nourishes the blood, and augments essence:</b> used for defic blood w/ dizziness (esp related to aging), blurred vision, hair loss or prematurely grey hair, weak lower back and knees, soreness in the extremities, and insomnia; fertility, aging, sexual dysfx's, bones, hair, child night blindness. This herb is commonly used as it both tonifies and preserves and is neither cold, drying or too cloying.  <b>Secures the essence and stops leakage:</b> for nocturnal emissions, spermatorrhea, or vaginal discharge, premature ejaculation, low sperm count, infertility, amenorrhea, scanty periods, chronic vaginal discharge (clear, thin, no itch or odor)  <b>Relieve fire toxins:</b> used raw for fire toxin carbuncles, sores, scrofula, goiter, neck lumps.  <b>Moisten the intestines and unblock the bowels:</b> for constip, esp that due to blood defic or yang defic, menstrual related; women w/ greasy hair and constip, postpartum, anemia  <b>Expel wind from skin by nourishing the blood:</b> for wind rash due to blood defic. <u>Harmonize blood to treat wind:</u> itching w/ Dang Gui and Chi Shao. <u>Promotes healing.</u>  <b>Treats malarial disorder:</b> for chronic malarial disorder w/ signs of qi and blood defic.

		<p>*Prevents aging w/ Ren Shen, Gou Qi Zi, Ling Zhi, Lu Rong (soak in Bai Jiu); <span style="float: right;">*useful for high cholesterol</span></p> <p>*Hair: Shou Wu Pian (great for peri menopausal women); Shou Wu Chi or Qi Bao Mei Yan Dan (great for men)</p> <p>*also known as "Fo ti"</p>
<p>DANG GUI</p> <p>Radix Angelicae Sinensis</p>	<p>bit, sweet, warm, acrid</p> <p>SP/LV/HT</p>	<p><b>Tonifies the blood and regulates the menses:</b> (one of 1<sup>st</sup> choices) for defic blood patterns w/ pale ashen face, tinnitus, blurred vision, and palpitations. Used also for blood defic patterns w/ menstrual prob like irreg menstruation, amenorrhea, dysmenorrhea. Used for any anemia from loss of blood or blood disease; menopause. Regulates menstruation via its tonifying, invigorating and warming fx's</p> <p><u>Treats shen and spirit problems</u> like sadness, moodiness, anger, etc.</p> <p><b>Invigorates and harmonizes the blood and disperses cold:</b> an important herb used to stop pain from congealed blood. Commonly used for abd pain, traumatic injuries, and carbuncles from blood stasis. Used also in the treatment of blood defic w/ chronic wind-damp painful obstruction. Used for menstrual problems (fibroids, dysmenorrhea) and PAIN (HA related to emotions/stress, PMS, menopause, injuries, trauma, hypochondriac pain, abd pain after surgery). Effect on uterus</p> <p><b>Moistens the intestines and moves the stool:</b> for dry intestines from defic blood or in menopause or postpartum or post surgery. (not very strong fx)</p> <p><b>Reduce swelling, expel pus, generate flesh and alleviate pain:</b> used in treating sores and abscesses where its ability to both tonify and invigorate the blood leads to improvement.</p> <p><b>Downbears qi and suppresses cough:</b> chronic or asthmatic w/ dryness (maybe caused by blood vacuity) (Dang Gui and Shu Di)</p> <p><b>Harmonizes blood to extinguish wind:</b> skin diseases like psoriasis, etc. w/ itching; rashes</p> <p>*Dang Gui Tou: head (supp fx and little moving fx); *Dang Gui Shen: head ( ½ and ½); *Dang Gui Wei: tail ( moving fx and little supp fx)</p> <p>*for other menstrual prob, use Dang Gui w/ Chuan Xiong; combine w/ regulate qi herbs (Xiang Fu &amp; Chai Hu)</p> <p>*has estrogenic effect (increasing organ weight)</p> <p>* caution w/ Coumadin</p>
<p>BAI SHAO</p> <p>Radix Paeoniae Lactiflora (Alba)</p>	<p>bit,sour,cool</p> <p>LV/SP</p>	<p><b>Nourish the blood and regulate the menses:</b> defic blood patterns (Si Wu Tang) w/ menstrual dysfx, vaginal discharge and uterine bleeding. Also for qi stag menstrual prob (Xiao Yao Wan)</p> <p><b>Calm and curb the LV yang and alleviate pain:</b> Emolliates the LV (makes sure that the LV blood and yin are ok before coursing the LV qi). Used for such symptoms as flank, chest, or abd pain from either constrained LV qi or disharmony b/w the LV and SP. In general, this herb is used to "soften and comfort" the LV, to stop painful spasms in the abd, stop cramping pain or spasm in the hands and feet, and alleviate abd pain assoc w/ dysentery-like disorders. It is also used for HA and dizziness from ascendant yang. <u>Used for Shen disturbances:</u> bipolar (high or low), anxiety, insomnia, sad, depressed. Use Bai Shao (30-40g) w/ Mu Li (30-40g, unless powder then use 10g) and Long Gu.</p> <p><b>Preserve the yin and adjust the nutritive and defensive levels:</b> for vaginal discharge and spermatorrhea as well as defic exterior wind cold patterns w/ continued sweating that does not resolve the problem. It is also used for defic yin patterns where the yang floats to the surface causing spontaneous sweat or night sweats (1<sup>st</sup> choice, w/ Gui Zhi)</p> <p>*Pain: Spasms (with Gan Cao) from 1. <u>HA from spasm of arteries and veins:</u> dilation; 2. <u>Abd pain/cramps/menstrual/post partum or post surgery.</u> *Also good for peptic ulcers.</p> <p>*Anti-inflam effects with Gan Cao. <span style="float: right;">*Can use for asthma with acute wheezing and dyspnea.</span></p> <p>*sweating problems w/ Gui Zhi for 1. <u>Night sweats;</u> 2. <u>HT palpitations w/ sweating:</u> ie, panic attacks</p> <p>*Tong Xie Yao Fang: painful diarrhea caused by LV/SP disharmony</p>
<p>E JIAO</p> <p>Gelatinum Corii Asini</p>	<p>sweet, neutral</p> <p>LV/LU/KI</p>	<p><b>Tonify the blood:</b> dizziness, sallow complexion, and palpitations from defic blood</p> <p><b>Nourish the blood and stop bleeding:</b> for any type of bleeding but is most appropriate for consumptive conditions w/ coughing of blood (ie, TB), blood in stools (ie, hemorrhoids), excessive menstrual bleeding, or uterine bleeding, blood in urine. Bleeding from blood defic.</p>

		<p><b>Nourish and moisten the yin</b> : for defic yin symptoms like irritability and insomnia in the aftermath of febrile disease. Insomnia from HT yin defic heat = E Jiao + Huang Lian + egg yolk.</p> <p><b>Also used for dry LU coughs due to yin deficiency or consumption:</b> Moistens LU</p> <p>*For bleeding dissolve in hot tea – do not boil w/ others</p>
GOU QI ZI  Fructus Lycii	sweet, neutral  LV/LU/KI	<p><b>Nourish and tonify the LV and KI:</b> (yin and blood) for defic yin and blood patterns presenting w/ sore back and legs, low-grade abd pain, impotence, nocturnal emissions, wasting and thirsting syndrome, and consumption. Also used for blurred vision (diabetes, overuse), dry eyes, cataracts, hepatitis, burning hypochondriac pain. B/c this herb is neither hot or cold, it is commonly used in treating LV and KI defic.</p> <p><b>Benefit the essence and brighten the eyes:</b> for defic LV and KI patterns where the essence and blood are not able to nourish the eyes. Manifestations include dizziness, blurred vision and decreased visual acuity; infertility (w/ Nu Zhen Zi, Tu Si Zi, Cong Wei Zi, Wu Wei Zi, Dang Gui); low sperm count, premature ejaculation, aging (w/ Ren Shen and Lu Rong in Bai Jiu); impotence; recuperation from chronic disease (cooked in soup w/ chicken)</p> <p><b>Enrich the yin and moisten the LU:</b> for consumptive cough; TB, chronic bronchitis</p> <p>*<u>Energy:</u> w/ Ren Shen, Xi Yang Shen, Tai Zi Shen, Ling Zhi and Dong Chong Xia Xao</p> <p>*treats Lower Jiao yin (juicy) and blood (red) defic.</p>
LONG YAN ROU  Arillus Euphoriae Longanae	sweet, warm  HT/SP	<p><b>Tonify and augment the HT (blood) and SP (qi), nourish the blood and calm the spirit:</b> used for insomnia, HT palpitations, forgetfulness, or dizziness from defic HT and SP. Commonly used for problems assoc w/ an excess of pensiveness or overwork.</p> <p>*<u>related to shen disturbances:</u> too much mental activity consumes yin and blood</p> <p>*<u>insomnia:</u> w/ dizziness, poor concentration/memory, foggy feeling, pale, scant or heavy menses (SP qi not holding), and palpitations, cold hands and feet.</p> <p>*<u>HT palpitations:</u> comes and goes w/ SOB, shen disturbances (fear and panic attack); chronic disease causing blood defic</p> <p>*Gui Pi Wan: manic-depressive w/ insomnia; stress w/ insomnia; HT diseases causing palpitations</p>
SANG SHEN  Fructus Mori Albae	sweet, cold  LV/HT/KI	<p><b>Tonify the blood and enrich the yin:</b> for dizziness, insomnia, premature greying or hair, constip from defic blood in the elderly or wasting and thirsting syndrome due to defic yin.</p>

HERBS THAT TONIFY THE YANG		
LU RONG  Cornu Cervi Parvum	salty, warm  sweet  LV/KI	<p><b>Tonify the KI (yang and essence) and fortify the yang:</b> for defic KI yang patterns w/ such symptoms as impotence, cold extremities, lightheadedness, tinnitus, soreness and lack of strength in the lower back and knees, frequent copious clear urination. Prevents aging (hair loss, blurred vision, low energy, hearing loss, sexual dysfx's, menopause) w/ Ren Shen. Used for sexual disorder like loss of erection, premature ejaculation, low libido w/ Ren Shen. Used for infertility (male or female), cold uterus. Used for frequent night urination (prostate prob, age-related).</p> <p><b>Tonify the Du, augment essence and blood, and strengthen the sinews and bones:</b> used esp in cases of defic essence and blood in kids with such physical and/or mental developmental disorders as failure to thrive, mental retardation, learning disabilities, insufficient growth, or skeletal deformities (including rickets). Also for Du channel low back pain. Used for broken bones (essence transforms into blood and helps healing) often w/ Xu Duan; osteoporosis (bone degeneration age related) w/ placenta (cow) and Dang Gui.</p> <p><b>Regulate the Chong and Ren channels, and strengthen the Dai channel:</b> used for cold defic vaginal discharge or uterine bleeding. Also for infertility w/ a cold womb.</p> <p><b>Tonify and nourish the qi and blood:</b> used esp for chronic ulcerations or yin boils (concave, ooze a clear fluid, and do not heal). It accelerates healing for chronic non-healing wounds.</p>

		<p>*Extra: used for anemia b/c tonifies essence and transforms more blood (w/ Rou Gui).</p> <p>*effects Du, Ren, Chong and Dai.; Ki yang and essence, qi and blood and sinews and bones.</p> <p>*start w/ low dose and watch for yang rising. High dose may cause epistaxis.</p>
<p>LU JIAO</p> <p>Cornu Cervi</p>	<p>salty, warm</p> <p>LV/KI</p>	<p><b>Tonify the KI and assist the yang:</b> weaker than Lu Rong.</p> <p><b>Invigorates the blood and reduces swellings: toxic swellings and sores, breast abscesses, pain from blood stag, deep pain in the lower back.</b></p> <p><u>Lu Jiao Jiao:</u> (jelly) for bleeding (like E Jiao)</p>
<p>YIN YANG HUO</p> <p>or XIAN LING PI</p> <p>Herba Epimedii</p>	<p>acidic, warm,</p> <p>sweet</p> <p>LV/KI</p>	<p><b>Tonify the KI and fortify the yang:</b> for defic KI yang patterns w/ impotence, spermatorrhea, frequent urination, forgetfulness, withdrawal, and painful cold lower back and knees.</p> <p><b>Expel wind cold damp:</b> for w-c-d painful obstruction w/ spasms or cramps in the hands and feet, joint pain, and numbness in the extremities.</p> <p><b>Tonify the yin and yang and harness ascending LV yang:</b> for lower back pain, dizziness, and menstrual irregularity from defic LV and KI and subsequent ascendant LV yang.</p> <p>*with Xian Mao for menopause</p>
<p>BA JI TIAN</p> <p>Radix Morindae Officinalis</p>	<p>acidic, warm,</p> <p>sweet</p> <p>LV/KI</p>	<p><b>Tonify the KI and fortify the yang:</b> for defic KI yang patterns w/ impotence, premature ejaculation, frequent urination, urinary incontinence, and a weak sore back.</p> <p><b>Strengthen the sinews and bones:</b> defic KI patterns w/ back pain and muscular atrophy.</p> <p><b>Disperse wind and expels cold damp;</b> damp painful obstruction and leg qi pain in back &amp; legs.</p> <p>*general herb for bi syndrome</p>
<p>XIAN MAO</p> <p>Rhizoma Curculingus Orchiodis</p>	<p>acidic, hot, toxic</p> <p>LV/KI</p>	<p><b>Tonify the KI and fortify the yang:</b> for impotence, urinary incontinence and nocturnal emission from defic KI yang. This herb is used for infertility from either cold womb (in women) or cold essence (in men). Also used for menopause and hot flashes.</p> <p><b>Expels cold and eliminates damp:</b> for obstinate cold damp painful obstruction w/ generalized pain, a sense of weakness in the bones and sinews, and lower back and knee pain. Esp useful for cold abdominal or lower back pain.</p> <p>*stronger and drier than Ba Ji Tian. Acidic and hot so use tonify yin herbs to balance dryness.</p> <p>*2 Immortal Formula – Er Xian Tang (Xian Mao, Yin Yang Huo/Xian Ling Pi, Zhi Mu, Huang Bai) for menopause and hot flashes.</p>
<p>GE JIE</p> <p>Gecko</p>	<p>salty, neutral</p> <p>LU/KI</p>	<p><b>Benefit the KI and tonify the LU:</b> for KI and LU defic, when the KI are unable to grasp the qi, manifesting as wheezing. Also used for consumptive cough or cough w/ blood streaked sputum. Also for asthma.</p> <p><b>Assist the KI yang and augment the essence and blood:</b> for impotence (w/ Ren Shen and Lu Rong), cock crow diarrhea, and urinary frequency (usually at night) from defic KI yang; edema related to asthma.</p> <p>*used mostly for asthma from KI/LU defic. Not a major herb for KI yang/jing defic.</p>
<p>HU TAO REN</p> <p>Semen Juglandis Regiae</p>	<p>sweet, warm</p> <p>LU/LI/KI</p>	<p><b>Tonify the KI (yang) and strengthen the back and knees:</b> for defic KI patterns w/ cold and painful back and knees, spermatorrhea and frequent urination.</p> <p><b>Warm the LU and help the KI grasp the qi:</b> for defic LU chronic cough and wheezing from defic LU and KI; asthma w/ frequent colds and flu's. <u>Ren Shen Hu Tao Ge Jie Tang</u> for asthma (Ping Chuan pills add almond and Dong Chong Xia Cao)</p> <p><b>Moisten the intestines and unblock the bowels:</b> for (KI yang and qi defic) constip in the elderly, and constip generated by injured fluids following a febrile illness. For constip from cold w/ straining at stool.</p> <p>*Not frequently used for KI yang defic. However, b/c Hu Tao Ren <u>Tonifies the Brain and Relieves Mental Stress and Prevent Aging</u> it is used in cases of senility b/c brain is marrow and relates to KI.</p>

		*good during pregnancy – smart baby
ZI HE CHE	salty, warm, sweet	<b>Tonify the LV and KI and augment the essence:</b> for infertility, impotence, spermatorrhea, low back pain, lightheadedness, and tinnitus from insuffic of KI qi and debility of the essence and blood. Mostly for women (menstrual prob, chronic uterine bleeding, low libido)
Placenta Hominis	LV/KI/LU	<b>Tonify the LU qi and augment the KI essence:</b> for wheezing due to defic of the LU and KI. Esp useful b/w acute attacks or consumption w/ night sweats, emaciation, and debility, as well as chronic cases of wheezing and cough. Asthma (like Dong Chong Xia Cao)  <b>Augment the qi and nourish the blood:</b> for emaciation, pallor, and/or insuffic lactation due to exhaustion of qi and blood  *Extra: <u>LV</u> : hepatitis; <u>age-related</u> : (menopause, hot flashes, skin wrinkles – make cream, grey hair, hair loss)

DONG CHONG XIA CAO	sweet, warm	<b>Augments KI and tonifies yang:</b> for KI yang defic (1) impotence w/ cold hands and feet, low sperm count; (2) frequent urination; (3) sore and weak lower back and extremities.
Cordyceps Sinensis	LU/KI	<b>Tonifies KI yang, augments LU yin, transforms phlegm and stops bleeding:</b> (1) respiratory diseases, mostly chronic involving KI; cough & wheezing from defic; edema; diffic inhalation; CHF; KI & LU yin defic w/ night sweats & blood in mucus; (2) TB, consumptive coughs w/ blood streaked sputum; low grade fever; (3) infertility, menstrual prob, amenorrhea; (4) LU cancer w/ bleeding cough, night sweats from chemo/radiation; (5) asthma from KI not grasping qi (Ping Chuan Pills)  *Extra: <u>increases immunity</u> : for cancer patients, asthma, prevent colds and flu's, AIDS patients, TB; <u>hepatitis</u> : prevents LV damage from chemicals/viruses/alcohol: brings LV enzymes back to normal.
DU ZHONG Cortex Eucommiae Ulmoidis	sl. acrid, sweet warm  LV/KI	<b>Tonify the LV and KI, strengthen the sinews and bones:</b> for LV and KI defic w/ weak, sore or painful lower back and knees, fatigue, spermatorrhea, and frequent urination; used for general KI yang defic (ie., fertility or menstrual prob; used for pain in the L.J. (like Du Huo, but also tonifies KI)  <b>Calm the fetus:</b> for cold defic KI patterns w/ bleeding during pregnancy. Also used to prevent miscarriage when the fetus is restless or agitated, and when the pregnant woman has significant back pain or presents w/ a defic condition or history of spontaneous miscarriage and uterine bleeding during pregnancy.  <b>Aid in the smooth flow of qi and blood:</b> promotes circulation, esp w/ weakness of sinews/bones.  <b>Recently used for lightheadedness and dizziness (HTN) from LV yang rising.:</b> use tablets
XU DUAN Radix Dipsaci Asperi	bit, acrid, sl warm  LV/KI	<b>Tonify the LV and KI, strengthen the sinews and bones:</b> for sore and painful lower back and knees, stiffness in the joints, and weakness in the legs from defic LV and KI. Also for general KI yang defic, bone degeneration, spurs. This herb tonifies w/out causing stag.  <b>Promote the movement of blood, alleviate pain and generate flesh:</b> often used for trauma and external disorders such as sores and esp for pain and swelling in the lower back and limbs from trauma. For this is can be applied topically or taken internally. Also for painful obstruction.  <b>Stop uterine bleeding and calm the fetus:</b> defic uterine bleeding & vaginal discharge. Also for restless fetus, bleeding during pregnancy, and threatened miscarriage. Low back pain/weakness.  *This is the #1 herb for broken bones (use w/ Lu Rong, Rou Gui, Dang Shen, San Qi and Gu Sui Bu)
GOU JI Rhizoma Cibotii Barometz	bit, sweet, warm  LV/KI	<b>Tonifies the LV and KI, strengthens the sinews and bones:</b> defic LV and KI w/ stiffness, soreness or weakness in lower back, spine and lower extremities, hip; herniated disc. Sciatica pill  <b>Expels wind and dampness:</b> wind damp painful obstruction w/ pain, soreness, or numbness. Also for swelling of the legs as an aftermath of illness.  <b>Stabilizes the KI:</b> for urinary incontinence and vaginal discharge. For blood in urine
TU SI ZI	sweet, neutral acid	<b>Tonify the KI, augment the yin, secure the essence and reserve the urine:</b> for defic KI yang patterns w/ infertility and impotence (5 seeds formula), nocturnal emission, premature ejaculation, tinnitus, frequent urination, sore painful back, or vaginal discharge, chronic uterine bleeding.

Semen Cuscutae	LV/KI	<p><b>Tonify the KI and LV and improve vision:</b> patterns of defic LV and KI yin and yang (e.g., Deficient Essence), w/ dizziness, tinnitus, blurred vision, or spots in front of eyes, eye problems, diabetes. (related to aging), (often used w/ Gou Qi Zi)</p> <p><b>Calm the fetus:</b> important herb for habitual or threatened miscarriage from KI defic.</p> <p><b>Benefit the SP &amp; KI &amp; stop diarrhea:</b> diarrhea or loose stools w/ lack of appetite from defic of SP and KI.</p> <p><b>Tonifies bones and tendons:</b> bone, spine, disc problems, low back pain, bone spurs (like Xu Duan; often w/ Niu Xi)</p>
YI ZHI REN  Fructus Alpiniae Oxyphyllae	acidic warm  SP/KI	<p><b>Warm the KI, retain the essence, and hold in urine:</b> for spermatorrhea, frequent and copious urination (esp night), urinary incontinence, or dribbling of urine from defic KI yang. Usually age-related. Cloudy urine w/ Shi Chang Pu</p> <p><b>Warm the SP and stop diarrhea:</b> cold defic SP or ST patterns w/ diarrhea, cold abd pain, excessive salivation and a thick, unpleasant taste in mouth. Also for abd pain, vomiting and diarrhea from cold entering the SP and KI.</p> <p><b>Used topically for alopecia, vitiligo, and psoriasis</b></p>
BU GU ZHI  Fructus Psoraleae Corylifoliae	bit, acidic,  very warm  SP/KI	<p><b>Tonify KI and fortify the yang:</b> for KI yang defic patterns w/ impotence, premature ejaculation, cold and painful lower back, or weak lower back and extremities.</p> <p><b>Tonify and warm the SP yang:</b> for cold defic SP diarrhea, borborygmus, and abd pain. Most appropriate for defic KI and SP diarrhea (daybreak). Also for colitis and Chron's disease</p> <p><b>Stabilizes essence &amp; reserves urine:</b> enuresis, urinary incontinence, frequent urination &amp; spermatorrhea.</p> <p><b>Aid the KI in grasping the qi:</b> for wheezing when the KI do not grasp the LU qi.</p>
SHA YUAN ZI or SHA YUAN JI LI  Astragali Complanati	sweet, warm  LV/KI	<p><b>Fortifies the yang and secures the essence:</b> defic KI yang symptoms ( low back pain, tinnitus, impotence, premature ejaculation, frequent urination, urinary incontinence, or vaginal discharge)</p> <p><b>Tonify the LV and KI and improves vision:</b> reduced visual acuity or blurred vision from defic LV or KI. Brightens eyes.</p> <p>*has estrogenic effect (increasing organ weight)</p>
ROU CONG RONG  Cistanches Deserticolae	salty, warm, sweet  KI/LI	<p><b>Tonifies the KI and strengthens the yang:</b> impotence, spermatorrhea, urinary incontinence.....</p> <p><b>Warms womb:</b> infertility, excessive uterine bleeding, vaginal discharge from cold defic womb.</p> <p><b>Moistens the intestines &amp; moves the stool:</b> esp in elderly/debilitated people w/defic qi and blood</p>
SUO YANG  Herba Cynomorii Songarici	sweet, warm  KI/LV/LI	<p><b>Tonify the KI and fortify the yang:</b> defic KI yang impotence, frequent urination, spermatorrhea.</p> <p><b>Nourish the blood, augment essence, strengthen the sinews:</b> for weakness of the sinews, motor impairment, or paralysis brought on by defic essence and blood.</p> <p><b>Moisten dry intestines and unblock the bowels:</b> constip from defic qi or blood.</p>
GU SUI BU  Rhizoma Drynariae	bit, warm  LV/KI	<p><b>Tonify the KI:</b> weak low back &amp; knees, diarrhea, tinnitus, toothache &amp; bleeding gums (defic KI)</p> <p><b>Promote mending of sinews and bones:</b> for injuries such as falls, fractures, contusions, and sprains. Esp useful for ligamentous injuries and simple fractures. Used often w/ Xu Duan. Also used to help regain strength during the convalescent phase of the above injuries.</p> <p><b>Stimulates the growth of hair:</b> topically as a tincture for alopecia (baldness).</p>

HERBS THAT TONIFY YIN

<p>SHA SHEN or BEI SHA SHEN</p> <p>Radix Adenophorae sue Glehnia</p>	<p>sl.bit, sweet, bland, cool</p> <p>LU/ST</p>	<p><b>Moistens the LU (yin) and stops coughs:</b> used for dry, non-productive cough (use w/ Mai Men Dong) from defec LU yin, no sputum or sticky difficult to expectorate, or blood in sputum (emphysema, T.B., LU cancer, fibrosis); also used for the hoarseness due to chronic cough; also for dryness invasion (acute/chronic LU yin defec); Grief (T.B. can be related to grief) -- Wise Judge (herbs for metal phase in 5 phases)</p> <p><b>Nourish the ST, generates fluids and clear heat:</b> used after febrile diseases or when yin defec causes dryness of the mouth or throat. Also used for the accompanying constipation; Heartburns (gastritis, ulcers); vomiting (dry vomiting); ST pain, ST cancer</p> <p><b>Moisten the exterior:</b> for dry itchy skin, esp that which is exacerbated by cold dry weather</p> <p>*Diabetes: w/ Mai Men Dong (LU and ST yin defec-type (eat a lot and lose weight)</p> <p>*Fever w/ thirst and dry mouth (late stage LU yin defec)</p>
<p>TIAN MEN DONG</p> <p>Radix (Tuber) Asparagi Cochinchinensis</p>	<p>bit, sweet very cold</p> <p>LU/KI</p>	<p><b>Nourish the KI yin and clear LU heat:</b> for defec yin patterns w/ heat signs in the U.J., typically dryness of the mouth. Also for dry LU patterns w/ dry mouth and thick or blood streaked sputum that is diff to expectorate; LU yin defec w/ LU heat – cough, bronchitis; late-stage fever, night sweats, thirst, T.B., LU cancer, chronic respiratory diseases</p> <p><b>Moistens the LU (yin), nourish the KI and generates fluids:</b> for LU and KI yin defec esp wasting and thirsting disorder and consumption w/ low grade afternoon fever.</p> <p><b>Moistens intestines:</b> for constip due to dry intestines</p> <p>*prevents aging/longevity: w/ Ren Shen, He Shou Wu, Gou Qi Zi – Qing Chu Bao</p> <p>*nourishes hair, skin, bone: general KI yin tonic</p>
<p>MAI MEN DONG</p> <p>Tuber Ophiopogonis Japonici</p>	<p>sl.bit, sweet, sl.cold</p> <p>HT/LU/ST</p>	<p><b>Clear the HT and eliminate irritability/(Tonify HT yin and clear HT heat):</b> irrit due to yin defec or warm febrile disease at a nutritive level. In both cases the feverishness and irrit worsen at night. <b>Insomnia</b> (esp w/ night sweats or 5 palm heat and HT palp); <b>Irregular HT beat</b> (w/ red peeled tongue – Palpitations)</p> <p><b>Moistens the LU yin and stop coughing:</b> whenever the yin of the LU has been injured (dry cough, thick sputum that is diff to expectorate, coughing blood) – same as Sha Shen</p> <p><b>Moistens the intestines:</b> for constip, dry mouth, and irrit as an aftermath of a febrile disease or in any pattern of yin pattern. (w/ Pang Da Hai in cup of boiling water)</p> <p><b>Augment the ST yin and generate fluids:</b> for dry tongue and mouth due to insuffic ST yin. – same use as Sha Shen</p> <p>*Sheng Mai San (Ren Shen, Mai Men Dong, Wu Wei Zi) for hypoglycemia, diabetes, fatigue, hypotension, hyperthyroid –qi and yin defec.</p>
<p>SHI HU</p> <p>Herba Dendrobii</p>	<p>sl.salty, sweet, bland, cold</p> <p>KI/ST</p>	<p><b>Nourish yin, clear heat, and generate fluids:</b> for parched mouth, severe thirst, or intractable fevers from defec yin. Usually occurs from injury to the fluids from warm febrile diseases.</p> <p><b>Nourish ST yin defec:</b> for ST ache, dry heaves, and shiny tongue w/ little fur. Alsofor wasting and thirsting, thirst, dry mouth, hunger, heartburn, gastritis, ulcers, dry eyes, dry nose</p> <p><b>Nourish KI yin defec:</b> blurry vision, night blindness, cataracts (can result from diabetes), floaters, any eye problem from KI/LV yin defec</p> <p><b>Also used to brighten the vision and strengthen the lower back</b></p> <p>*Shi Hu Ye Guan Wan: prevents diabetics from getting cataracts</p>
<p>BAI HE</p> <p>Bulbus Lili</p>	<p>sl.bitter, sweet, sl.cold</p> <p>LU/HT</p>	<p><b>Moistens the LU yin, clear heat, and stop cough:</b> for dry LU or LU heat coughs, and sore throat. T.B. (Bai He Gu Jin Tang); LU cancer, esp if chemo/radiation; chronic bronchitis w/ dry cough and night sweats; grief and sadness (b/c calms shen)</p> <p><b>Clear the HT and calm the spirit:</b> (physical and emotional) - for intractable low-grade fever, insomnia, restlessness, and irritability as an aftermath of a febrile illness. Also used for Palpitations brought on by insuffic of qi and yin; heartburns.</p> <p>*Emotions (sadness, anger, manic-depressive) – Bai He, Chai Hu, Mu Li, Fu Shen, He Huan Hua, Bai Shao for depression</p>

<p>SANG JI SHENG</p> <p>Ramulus Sang Ji Sheng (Loranthi)</p>	<p>bit, neutral</p> <p>LV/KI</p>	<p><b>Tonify the LV and KI, strengthen the sinews and bones, and expels wind-damp:</b> for insuffic of the LV and defic yin w/soreness and pain in the lower back and knees, joint problems, numbness and weakness and atrophy of the sinews and bones. Can be used for these problems whether or not wind damp is present; chronic disc problems, bone spurs. -- Du Huo Ji Sheng Tang/Meridian Circulation: complementary fx's (w/ Xu Duan, Niu Xi, Du Zhong)</p> <p><b>Nourish the blood and calm the womb:</b> restless fetus, uterine bleeding during pregnancy, miscarriage (low back pain, heavy downbearing sensation, history of miscarriage, uterine bleeding)</p> <p><b>Nourish the blood and benefit the skin:</b> dry scaly skin from defic blood</p> <p><b>Recently used for treating HTN:</b> in tea form (LV/KI yin defic w/ yang rising); use w/ Du Zhong</p> <p>*treats lower jiao yin defic</p>
<p>HAN LIAN CAO</p> <p>Herba Ecliptae Prostratae</p>	<p>sweet,sour,cool</p> <p>LV/KI</p>	<p><b>Nourish and tonify the LV and KI yin:</b> dizziness, blurred vision, vertigo, and premature greying of hair and hair loss. Also used for eye problems (bleeding, retinopathy(from diabetes), floaters, etc.)</p> <p><b>Cool the blood and stop bleeding:</b> for defic yin patterns w/ bleeding due to heat in the blood, such as vomiting or coughing up blood, nosebleed, blood in stool, uterine bleeding and esp bloody urine</p> <p>*both fx's used together for bleeding from LV/KI yin defic</p> <p>*HTN and menopause causing above symptoms</p> <p>*Dr. Wu says good for Hep C</p> <p>*used w/ Nu Zhen Zi in Er Zhi Wan for hair loss, eye prob, menstrual bleeding and menopause, etc.</p>

<p>NU ZHEN ZI</p> <p>Fructus Ligustri Lucidi</p>	<p>bit,sweet,neutr</p> <p>LV/KI</p>	<p><b>Nourish and tonify the LV and KI:</b> dizziness, floaters, low back pain, premature greying of hair, tinnitus</p> <p><b>Augment the LV and KI and clear heat from deficiency:</b> for internally generated heat due to yin defic</p> <p><b>Augment the LV and KI and improve vision:</b> diminished visual acuity in patients w/ LV and KI defic. Blurred vision, dry eyes, bleeding eyes, cataracts, glaucoma</p> <p>*also used for infertility: 5 Seeds Formula (Gou Qi Zi, Chong Wei Zi, Wu Wei Zi, Che Qian Zi, Nu Zhen Zi) – women and men (low sperm count, abnormal sperm shape)</p>
<p>HEI ZHI MA</p> <p>Semen Sesame Indici</p>	<p>sweet,neutral</p> <p>LV/KI</p>	<p><b>Nourish and fortify the LV and KI (essence):</b> blurred vision, tinnitus, dizziness; hair loss and premature greying (500g take for 2 days; repeat 1-2 days each week)</p> <p><b>Used to help patients recover after severe illnesses.</b></p> <p><b>Nourish the blood and extinguish wind:</b> HA, dizziness and numbness from defic blood or yin.</p> <p><b>Moisten and lubricate the intestines:</b> constip from dry intestines or defic blood or KI yang defic (age-related); women w/oily hair and constip.</p> <p>*tonifies brain: like Hu Tao Ren (walnuts)</p>
<p>GUI BAN</p> <p>Plastrum Testudinis</p>	<p>sweet,salty,cold</p> <p>LV/KI/HT</p>	<p><b>Nourish the yin and anchor the yang:</b> defic yin patterns w/ ascendant yang; night sweats, vertigo, dizziness, tinnitus, steaming bone syndrome. Also for defic yin of LV and KI that generates internal wind sx like facial spasms and tremors of the hands and feet; Parkinson's, emotional prob (anger, scared, shock), ADD and hyperactive kids and adults (sugar, caffeine), HA, hot flashes, menopause, fluctuation of blood pressure, moodiness, bad temper.</p> <p><b>Benefits the KI and strengthens bones:</b> defic KI yin sx like sore lower back, weakness in the legs, retarded skeletal development in kids, or failure of the fontanel to close, chronic weakness in knee/low back, paralysis w/ yin defic signs, disc problems (degeneration, bone spurs)</p> <p><b>Also used for non-healing ulcerations and sores.</b></p> <p><b>Cool blood and stop uterine bleeding:</b> excessive menstruation or uterine bleeding caused by reckless marauding of hot blood.</p> <p><b>Nourish the blood and tonify the HT:</b> for HT defic w/ anxiety, insomnia, forgetfulness.</p>

		*Da Bu Yin Wan: (Gui Ban, Shu Di, Zhi Mu, Huang Bai) good for hot flashes; often used w/ Er Xian Tang.
BIE JIA  Carapax Amydae Sinensis	sl.cold, salty  LV/SP	<b>Nourish the yin &amp; anchor the yang:</b> defec yin patterns w/ fever, steaming bone, night sweats, or consumption. Often used w/ sx of internal movement of LV wind (same as Gui Ban but not as good)  <b>Invigorates blood, promotes menstruation, and dissipates nodules:</b> chest and flank accumulations causing pain and amenorrhea, as well as malarial disorders w/ palpable masses. Also used for excessive menstruation from hot blood; menstrual problems (amenorrhea and fibroids); breast tumors/masses  *used for enlarged LV and KI (1 <sup>st</sup> choice); shrunken LV  *used for defec low-grade yin defec heat (w/Qing Hao for malaria)
YU ZHU or WEI RUI  Rhizoma Polygonati Odorati	sweet,sl.cold  LU/ST	<b>Nourish the yin and moisten dryness:</b> for LU and ST dry heat or defec yin patterns w/ cough, dry throat, irritability and thirst. Also for steaming bone disorder and wasting and thirsting w/ intense hunger and constip.  <b>Extinguish wind and soften and moisten the sinews:</b> for wind generated by insuffic fluids, leading to pain and spasms in the sinews.  <b>Also used for dizziness generated by defec yin and internal movement of wind:</b> in addition, this herb is used for patients w/ a defec yin constitution w/ externally contracted wind-heat  *LU yin: same as Sha Shen and Mai Men Dong  *ST yin: same as Sha Shen and Mai Men Dong + nausea, low appetite.  *Important herb for Diabetes (thirst, increased appetite, lose weight)  *HT yin: HT palpitations, esp slow heartbeats; fatigue
LUO HAN GUO  Momordicae Grosvenori	sweet, neutral  LU/SP	<b>Moistens and cools the LU:</b> for hot coughs, esp in cases of LU yin defec  <b>Dissipates nodules:</b> for phlegm nodules in the neck, such as scrofula.
XI YANG SHEN  Radix Panacis Quinquefolii	sl.bit,sweet,cold  HT/LU/KI	<b>Benefits the qi, generates fluids, and nourishes yin:</b> for yin defec w/ heat signs and chronic unabating fever. Also for the aftermath of warm febrile disease w/ weakness, irritability, thirst.  <b>Nurtures the LU yin and clears fire from the LU:</b> for LU yin defec w/ blazing fire such that the LU lose their clearing and dispersing fx's. the primary manifestation is wheezing and coughing up blood-streaked sputum. Also for loss of voice from LU yin defec.  *can substitute for Ren Shen for daily use b/c tonifies qi and nourishes yin  *used w/ Ren Shen to balance temperature for cancer and AIDS  *imcompatible w/ Li Lu

HERBS THAT STABILIZE AND BIND		
SHAN ZHU YU or SHAN YU ROU  Fructus Corni Officinalis	sl.warm, sour  LV/KI	<b>Stabilize the KI and contain essence:</b> leakage of fluids from weak essence w/ such sx as excessive urination (from diabetes, prostrate prob, post surgery, etc.), incontinence, spermatorrhea, and excessive sweating, vaginal discharge w/ clear mucus, excessive tearing, sexual disorders (premature ejaculation)  <b>Stabilize the menses and stop bleeding:</b> for defec patterns of excessive uterine bleeding (esp w/ heat from KI yin defec), and prolonged menstruation. It has only a weak effect on the bleeding.  <b>Stop excessive sweating and support that which has collapsed:</b> for excessive sweating, esp in cases of devastated yang and collapsed qi, as in shock; night sweats (stress-related or late-stage febrile disease; after chemo/radiation; from menopause)

		<p><b>Tonifies and augments the LV and KI:</b> for LV and KI defic w/ lightheadedness, dizziness, sore and weak lower back and knees, impotence. This herb both tonifies the essence and assists the yang</p>
<p>WU WEI ZI</p> <p>Fructus Schisandrae Chinensis</p>	<p>sour, warm</p> <p>LU/HT/KI</p>	<p><b>Contain the leakage of LU qi and stop coughing:</b> chronic cough and wheezing due to LU defic or patterns of LU and KI defic. Inhibits the LU qi above, enriches the KI yin below; also stops cough. Very effective for chronic coughs; bronchitis (clear mucus), asthma. Minor Blue Dragon – cold type. Useful for chronic more than acute infections. Wu Wei Zi stimulates the LU to increase the rate and depth of respiration. Shown to reverse respiratory depression associated with morphine.</p> <p><b>Tonify the KI, bind up essence and stop diarrhea:</b> for nocturnal emission, premature ejaculation (psychologically related fear, anxiety), spermatorrhea, leukorrhea, chronic vaginitis, and frequent urination from defic KI. Also used for daybreak diarrhea from defic of SP and KI.</p> <p><b>Quiet the spirit and calm the HT:</b> Shen. For irritability, palpitations, dream disturbed sleep and insomnia due to injury to the blood and yin of the HT and KI. Insomnia, esp if night sweats (Emperor’s Tea – patent), somnolence, sadness, anger, mania, depression.</p> <p><b>Inhibit sweat and generate fluids:</b> (one of 1<sup>st</sup> choices) excess sweat, esp when accom by thirst or a dry mouth. Depending on other ingredients in the formula, it can be used for spontaneous sweating, night sweats (KI defic), or wasting and thirsting disorders (Diabetes – regulates blood sugar); sweat from hot flashes; esp yin defic sweat (hyperthyroid); often w/ Ren Shen &amp; Mai Men Dong</p> <p><b>Recently used for allergic skin disorders and to improve conditions of hepatitis.</b>*Extra: (1)</p> <p><b>LV diseases/Protects LV cells:</b> Hepatitis (organ, B, C), cirrhosis, LV cancer, chronic alcohol drinkers, medications toxic to LV (Ecliptex (Health Concerns) + Li Dan (patent) for jaundice and Hepatitis -- <i>if want LV protecting fn, must cook at temp below 60 degrees Celsius -- best to use warm water to be safe;</i> (2) <b>energy:</b> fatigue, esp related to stress or anxiety.</p> <p>*called "5 Flavor Herb" (possesses all 5 flavors), affects CNS (increases intellectual activity, concentration, fine motor coordination, sensitivity and endurance)</p>
<p>WU MEI</p> <p>Fructus Pruni Mume</p>	<p>sour, warm</p> <p>LU/LI/LV/SP</p>	<p><b>Inhibit the leakage of LU qi and stop cough:</b> for chronic LU defic cough</p> <p><b>Bind up the intestines and stop diarrhea:</b> chronic diarrhea or dysentery like disorders. Also for blood in stool, Chron’s disease, Colitis</p> <p><b>Generate fluids and alleviate thirst:</b> thirst from defic heat or defic qi and yin. Often used for wasting and thirsting disorders due to defic heat.</p> <p><b>Expels roundworms and alleviate pain:</b> roundworm induce vomiting and abd pain. Also occas for abd pain and vomiting w/o parasites.</p> <p><b>Stop bleeding:</b> blood in stool and excessive uterine bleeding where there exists accompanying defic blood sx of dryness, thirst, parched mouth.</p> <p><b>Astringe KI essence:</b> spotting, fibroids</p> <p><b>Used topically as a plaster to treat corns and warts:</b> after softening in hot water, the growth is removed and a plaster applied to the region and bound w/ gauze. Change every 24hrs.</p> <p>*Extra: (1) calms ST for morning sickness; (2) hoarse voice of plum pit qi (esp from depression); (3) dry mouth.</p>
<p>HE ZI</p> <p>Fructus Terminalae Chebulae</p>	<p>bit, sour,</p> <p>neutral, ast</p> <p>LU/LI/ST</p>	<p><b>Bind up the intestines and stop diarrhea:</b> chronic diarrhea and dysentery like disorders. Can be used for hot and cold type depending on the other herbs used.</p> <p><b>Contain the leakage of LU qi, stop cough and improve the condition of the throat:</b> chronic cough, wheezing and loss of voice. When combined w/ appropriate herbs, can be used for cough from phlegm-fire obstructing the LU.</p>
<p>ROU DOU KOU</p> <p>Semen Myristicae Fragrantis</p>	<p>acidic, warm</p> <p>LI/ST/SP</p>	<p><b>Bind up the intestines and stop diarrhea:</b> for chronic intractable diarrhea or daybreak diarrhea from cold defic SP and KI.</p> <p><b>Warm the M.J., move the qi, and alleviate pain:</b> for pain and distention in the epigastrium and abd, poor appetite, and vomiting from cold defic SP and ST.</p>

LIAN ZI	sweet,ast,neut	<b>Tonify the KI and stabilize the essence:</b> premature ejaculation and spermatorrhea due to unstable, defic KI. Also for excessive uterine bleeding and vaginal discharge
Semen Nelumbinis Nucifera	KI/SP/HT	<b>Nourish the HT and calm the spirit:</b> palpitations w/ anxiety, deficiency irritability, and insomnia. Esp useful for problems due to lack of communication b/w the HT and KI. Also for night sweats. Also <b>clears HT heat</b> for restlessness, irritability, insomnia, HT fire blisters, etc)  <b>Tonify the SP and stop diarrhea:</b> for defic SP chronic diarrhea and loss of appetite. This herb both augments and binds and is thus very useful.
QIAN SHI	sweet,ast,neut	<b>Stabilize the KI and retain the essence:</b> for defic KI qi patterns w/ nocturnal emissions, premature ejaculation, spermatorrhea and frequent urination.
Semen Euryales Ferocis	KI/SP	<b>Expel damp:</b> for either defic or damp-heat vaginal discharge  <b>Strengthen the SP and stop diarrhea:</b> for chronic diarrhea caused by weakness of the transportive fx of the SP (internal accum of dampness). Esp useful in kids.
JIN YING ZI	sour,ast,neut	<b>Stabilize the KI and retain essence:</b> for spermatorrhea, urinary incontinence, and vaginal discharge due to defic and instability of the L.J. Its astringent and binding actions are also used for prolapsed rectum or uterus as well as excessive uterine bleeding.
Fructus Rosae Laevigatae	BL/LI/KI	<b>Male sexual disorders</b>  <b>Binds up the intestines and stop diarrhea:</b> chronic diarrhea and dysentery like disorders

BAI GUO or YIN XING	bit, sweet, neut, sl.toxic, ast	<b>Expel phlegm and stop wheezing:</b> for wheezing w/ coughing and copious sputum.
Gingko Bilobae	LU/KI	<b>Eliminate damp and stop discharge:</b> vaginal discharge and turbid urine. Can be used in cases of defic and damp-heat.  <b>Stabilizes the L.J.:</b> for frequent urination, urinary incontinence, or spermatorrhea.
YIN GUO YE	bit,sweet, ast, neutral	<b>Preserves the LU, calms wheezing, and stops pain:</b> c&w due to LU defic
Gingko Bilobae	LU	<b>Also for hypercholesterolemia, HTN, coronary artery disease, angina pectoris, and cerebrovascular diseases.</b>
FU XIAO MAI	salty,sweet,cool	<b>Stop excess sweat due to deficiency:</b> many kinds of sweat from defic, including defic qi spontaneous sweat and defic yin night sweats.
Semen Triticum Aestivum Levis	HT	<b>Nourish HT and calm spirit:</b> palpitations and insomnia, as well as irritability, emotional instability, and mental disorientation related to the restless organ syndrome (Gan Mai Da Zao Tang). For Mood Swings (emotional prob, moodiness, sadness, crying, also for PMS, hormones imbalance emotional disturbances, post partum depression)  <b>Also for bedwetting in kids</b>
HAI PIAO XIAO	sl.warm,salty, astringent	<b>Stop bleeding and vaginal discharge:</b> uterine bleeding and vaginal discharge from various etiologies, depending on herbs it is combined with. Esp useful for bleeding in defic patterns. Also used topically as a powder to stop bleeding from traumatic injuries.
Os Sepiae seu Sepiellae	LV/ST/KI	<b>Stop diarrhea:</b> chronic defic diarrhea; dysentery like disorders assoc w/ defic, w/pain in navel region.  <b>Resolve damp and promote healing:</b> powdered form for chronic non-healing skin ulcers or damp rashes of long duration  <b>Retain the essence:</b> nocturnal emission, premature ejaculation or vaginal discharge due to KI defic.  *frequent urination, heartburn, acid regurgitation (Rebalances ST acid), gastritis, ulcers (stops bleeding); high in calcium carbonate (short duration)

CHI SHI ZHI  Halloysitum Rubrum	sweet, sour  warm, ast  LI/ST/SP	<b>Binds up the intestines and stops diarrhea:</b> for chronic cold defic diarrhea or chronic dysentery like disorders w/ mucus and blood in stool.  <b>Contains blood and stops bleeding:</b> for uterine bleeding, excess menses, blood in stool, and bleeding prolapsed rectum from cold defic of the L.J. Used topically for bleeding due to trauma.  <b>Promote healing of wounds:</b> used in ground form and applied topically for chronic non-healing ulcers. Also used topically to weeping damp sores.  *for detoxing from poison -- see Lu Dou or Gan Cao
FU PEN ZI  Fructus Rubi Chingii	sl.warm, sweet  astringent  LV/KI	<b>Augment and stabilize the KI, bind the essence and restrain urine:</b> urinary frequency, enuresis, spermatorrhea, premature ejaculation, and wet dreams due to defic KI yang patterns.  <b>Assist the yang and improve vision:</b> poor vision, sore lower back, and impotence due to LV and KI defic <b>*Infertility:</b> w/ Gou Qi Zi, Nu Zhen Zi, Wu Wei Zi, Chong Wei Zi
CHUN PI or CHUN GEN PI or CHUN GEN BAI PI Ailanthi Altissimae	bit,cold,ast  LI/ST	<b>Clears heat, dries damp, and binds up intestines:</b> for chronic diarrhea or dysenteric disorders, esp those due to damp-heat. Partic useful when there is blood in stool. Also used for chronic vaginal discharge due to damp-heat (Yu Dai Wan).  <b>Kills parasites:</b> for roundworms. Used externally for pruritic tinea-like rashes.
YING SU KE  Pericarpium Papaveris Somniferi	sour, ast,  neutral, toxic  KI/LU/LI	<b>Contains the leakage of LU qi:</b> chronic coughs, T.B.  <b>Binds the intestines:</b> chronic diarrhea and digestive disorders, chronic colitis  <b>Stabilizes the L.J.:</b> polyuria, spermatorrhea, vaginal discharge.  <b>Alleviates pain:</b> any kind of pain, esp sinews, bones or epigastric *Extra: night sweats
MA HUANG GEN  Radix Ephedra	sweet, neutral  LU	<b>Stops sweating (caused by deficiency):</b> many kinds of sweating, excessive sweating, spontaneous sweating from qi defic (w/ tonify qi herbs), night sweats from yin defic (w/ tonify yin herbs), post-partum sweat, menopause & hot flashes w/ sweat, manic-depression w/ night or spontaneous sweat.  *doesn't treat root, so combine w/ other herbs
WU BEI ZI  Galla Rhois Chinensis	salty,sour,cold  KI/LU/LI	<b>Contains the leakage of LU qi and stops cough:</b> chronic cough from LU defic  <b>Binds the intestines and stops diarrhea:</b> chronic diarrhea, dysenteric disorders, chronic blood in stool, and rectal prolapse.  <b>Preserves and restrains:</b> wide variety of leakage problems, including: nocturnal emissions, spermatorrhea, excessive sweating and bleeding.  <b>Absorbs moisture, reduces swelling and relieves fire toxicity:</b> topically as a powder or wash for sores, ringworm, toxic swellings, and damp and ulcerated skin.  <b>Also used topically for scar tissue.</b>
SANG PIAO XIAO  Ootheca Mantidis	sweet,salty,neut  KI/LV	<b>Tonifies KI, assists the yang, retains the essence, and restrains urine:</b> patterns of KI yang defic w/ such sx as dribbling urine, urinary frequency, and nocturnal emissions (esp when not accom by dreams). Very imp herb for treating enuresis in kids. All kinds of loss of urine control, esp hormonal imbalance. Diabetes, prostate problems.  *do not boil. Use powder and put in capsules (3-5g 2x/day)

HERBS THAT ANCHOR AND CALM THE SPIRIT

LONG GU  Os Draconis	sweet,ast,neut  LV/KI/HT	<p><b>Settle and calm the spirit:</b> emotional distress, restlessness, insomnia, palpitations w/ anxiety, and emotional distress from an agitated HT &amp; spirit; anger, mania, depression. <u>Detox:</u> to quit smoking</p> <p><b>Calm the LV, anchor and preserve the floating yang:</b> for irritability, dizziness, blurred vision, and poor temper from defic LV yin w/ defic yang transgressing upwards; tinnitus, migraines, vertigo, tremors.</p> <p><b>Prevent the leakage of fluids/blood/essence:</b> loss of fluids from defic, including, spermatorrhea, night sweats and spontaneous sweating (esp related to insomnia or anxiety), nocturnal emissions, vaginal discharge, and uterine bleeding. Secures essence &amp; staunches bleeding</p> <p><b>Also used in powdered form, topically for chronic non-healing sores and ulcerations.</b> Duan Long Gu (calcined – water removed)</p> <p>*Long Chi: (fossilized teeth) similar to Long Gu but used only if goal is to calm and quiet the spirit.</p> <p>*special cooking instructions: (1) break into small pcs; (2) boil first for 30-40 min. then add other herbs. (unless already in powdered form)</p>
MU LI  Concha Ostreae	cool,ast,salty  LV/KI	<p><b>Settle and calm the spirit:</b> palpitations w/ anxiety, restlessness, and insomnia.</p> <p><b>Benefit the yin and restrain the floating yang:</b> for irritability, restlessness, insomnia, dizziness, HA, tinnitus, blurred vision, poor temper, or a red flushed face from defic yin w/ ascendant yang; anger, HT palpitations, sadness, grief. (combine w/ Bai Shao, Chai Hu, Long Gu, He Huan Pi)</p> <p><b>Prevent leakage of fluids/blood/essence:</b> continuous sweating (leakage of HT qi) in pts w/ steaming bone disorder or in the aftermath of warm febrile diseases. Also used as an astringent for spontaneous sweating, night sweats, nocturnal emissions, spermatorrhea, or vaginal discharge and uterine bleeding from defic. Premature ejaculation w/ impotence esp related to stress, anxiety.</p> <p><b>Soften hardness and dissipate nodules:</b> various kinds of neck lumps such as scrofula and goiter, thyroid nodules esp hyperthyroid w/ sweat, anxiety, anger, nerves, breast lumps, ovarian cysts, enlarged LV/SP</p> <p><b>Absorb acidity and alleviate pain:</b> used in calcined form for excess ST pain w/ sour taste in mouth; epigastric pain w/ heartburns, gastritis (balances ST fluid), esophagitis, esophageal reflux disease esp related to depression, ulcers. *used w/ Long Gu for first two fx's</p>
CI SHI  Magnetium	acid,salty,cold  LV/KI	<p><b>Anchors and calms the spirit:</b> restlessness, palpitations, insomnia, or tremors, esp in pts w/ yin defic and ascendant yang. Also used for dizziness or vertigo in pts w/ similar patterns. Another application is convulsions in kids caused by fear.</p> <p><b>Nourish the KI, augment the LV and improve hearing and vision:</b> impaired hearing, deafness, tinnitus, or visual disturbances due to LV and KI defic. Er Long Zuo Ci Wan – hearing loss pill.</p> <p><b>Aid the KI in grasping the qi:</b> chronic asthma when KI do not grasp qi.</p>
ZHU SHA  Cinnabaris	toxic,sweet,cool  HT	<p><b>Sedate the HT and calm the spirit:</b> any sx from disturbed spirit such as restlessness, palpitations w/ anxiety, insomnia, or convulsions. Depending on the other herbs, can be used for excess heat, hot phlegm, or defic blood pattern.</p> <p><b>Clear heat, relieve toxicity and prevent putrefaction:</b> topically for carbuncles, mouth sores, sore throat, and snakebite.</p> <p><b>Expel phlegm and clear heat:</b> for wind phlegm dizziness and LU heat</p> <p>*can't use b/c contains mercury; make pill don't boil b/c releases mercury</p> <p>*Liu Shen Wan contains Zhu Sha; check for Zhu Sha in any products w/ Niu Huang</p> <p>*celantro reduces mercury poisoning</p>
ZI SHI YING  Flouritum	sweet,warm  LV/HT	<p><b>Sedate the HT and settle tremors and palpitations:</b> for mental disorientation, insomnia, palpitations w/ anxiety, or convulsions due either to defic HT blood or ascendant LV yang.</p> <p><b>Warms the LU &amp; directs qi down:</b> c&amp;w from cold from defic LU. Wheezing w/ copious sputum.</p> <p><b>Warms the womb:</b> excessive menstruation, uterine bleeding, or infertility from cold defic womb.</p>

HU PO	sweet,neutral	<b>Arrests tremors and palpitations and calms the spirit:</b> palpitations w/ anxiety, excessive dreams, insomnia, forgetfulness, anxiety, seizures from disturbed spirit. Childhood convulsions and seizures.
Succinum	BL/LV/HT	<b>Invigorate the blood and dissipate stasis:</b> amenorrhea, or pain assoc w/ palpable immobile masses due to blood stasis. Also used recently in treating coronary HT disease, uterine bleeding, pain (arthritis, trauma) <b>Reduce swelling and promote healing:</b> for sores, carbuncles, and ulcerations of the skin. Also for swelling and pain of the scrotum or vulvular area. <b>Promote urination and invigorate blood:</b> for urinary retention or painful urinary dysfx, esp w/ bloody urine, UTI, chronic nephritis
DAI ZHE SHI	bit,cold	<b>Calms the LV, anchors the floating yang, and clears LV fire:</b> ascendant LV yang w/ dizziness, vertigo, a sensation of pressure around the eyes, and tinnitus.
Haematitum	PC/LV/HT	<b>Cools the blood and stops bleeding:</b> vomiting blood and nosebleeds. While primarily used for bleeding from hot blood, can be used for cold defec bleeding when combined w/ appropriate herbs <b>Strongly direct rebel qi downward:</b> belching, vomiting, hiccups, cough, and also sx of acute wheezing. Anchors rebellious ST qi for persistent nausea. Use w/ Xuan Fu Hua
ZHEN ZHU	sweet,salty,cold	<b>Sedates the HT and settles tremors and palpitations:</b> palpitations, childhood convulsions and seizures. Also for disharmony of the HT and spirit wherein the pt is easily frightened or angered.
Margarita	LV/HT	<b>Clears the LV and eliminates superficial visual obstructions/brightens the eyes:</b> blurred vision due to pterygium or other superficial disorders of the eyes. Used topically as a powder. <b>Promotes healing and generates flesh:</b> topically as a powder for chronic, non-healing ulcers or macerated areas (usually throat or gums) *Prevents aging *Skin: pearl creams, smooth skin, acne (use 6-7 mos. before see change)
ZHEN ZHU MU	sweet,salty,cold	<b>Calms the LV &amp; anchors yang:</b> ascendant LV yang w/ dizziness, tinnitus, insomnia or seizures.
Concha Margaritiferæ	HT/LV	<b>Clear the LV and improve vision:</b> LV defec causing blurred vision, or LV heat causing red eyes and photophobia.
JIN SI TAO	Bit,astr,warm	<b>Dispels Wind Damp</b> <b>Reduces Swelling and Toxins:</b> carbuncles, insect bites. <b>Bi Syndrome</b> <b>Calms Shen</b> Dosage: 9-15g *traditionally in clear heat category; and no fx to calm shen *caution if pt is on SSRI meds: can cause serotonin reaction
Tu Lian Qiao, Wu Xin Hua, Jin Si Hai Tang, Mu Ben Huan Kai Ko		
Hypericum Chinese L.		
ST. JOHN'S WORT		

HERBS THAT NOURISH THE HEART AND CALM THE SPIRIT		
SUAN ZAO REN	sweet,sour,neutr	<b>Nourish the HT yin, augment the LV blood and quiet the spirit:</b> for irritability, <b>insomnia</b> (primary medicinal for insomnia from HT blood vacuity or yin defec esp w/ night sweats – can use powder or fried (dry-fried enhances insomnia effect -- sedative w/o excess drowsiness like benzodiazapines)– usually separate from other herbs); and <b>palpitations</b> (esp from HT yin defec (hypothyroid, irreg heartbeat from HT disease, panic attack, menopause)) w/ anxiety from either defec blood (inability to nourish the HT) or defec yin (w/ upward rising fire).
Semen Ziziphi Spinosae	GB/LV/HT/SP	<b>Prevent abnormal sweating:</b> for both spontaneous sweating and night sweats. (esp if shen disturbance like stress, anxiety, etc.

		<p>Bai Shao, Fu Shen and Suan Zao Ren</p> <p>*crush seed before decocting – moistens intestines (this is good if also constip from HT blood vacuity; this is bad if SP qi vacuity accom HT blood vacuity w/ loose stools. Stir-fried less likely to cause diarrhea)</p> <p>*treats Root and Branch</p>
<p>BAI ZI REN</p> <p>Semen Biotae Orientalis</p>	<p>sweet,neutral</p> <p>LI/KI/HT/SP</p>	<p><b>Nourish the HT and calm the spirit:</b> irritability, insomnia, forgetfulness, and palpitations w/ anxiety due to HT blood defic. Same as Suan Zao Ren – also w/ Wu Wei Zi and Bai Shao. Used for Poor Memory and Concentration, fogginess (oily, so tonifies brain like walnut)</p> <p><b>Moisten the intestines and unblock the bowels:</b> for constip (esp if related to shen disturbances) among the elderly, debilitated people and postpartum women due to defic blood and yin.</p> <p><b>Deficient yin night sweats</b></p> <p>*keep in refridgerator, gets rancid</p>
<p>YUAN ZHI</p> <p>Radix Polygalae Tenuifoliae</p>	<p>bit,acid,sl.warm</p> <p>(sl.toxic)</p> <p>LU/HT</p>	<p><b>Calm spirit and quiet HT:</b> for insomnia, palpitations w/ anxiety, restlessness, and mental disorientation. Most effective in cases related to excessive brooding or constrained, pent-up emotions. Memory, Will Power, ADD, depression (feeling alone, not grounded, can't decide), Alzheimer's.</p> <p><b>Expel phlegm and clear the orifices:</b> used when phlegm envelops the orifices of the HT w/ manifestations of emotions and mental disorientation and seizures.</p> <p><b>Expel phlegm from the LU:</b> for coughs w/ copious sputum, esp when diffie to expectorate, LU abscesses</p> <p><b>Reduce abscesses and dissipate swellings:</b> for boils, abscesses, sores and swollen and painful breasts, inflammation of skin, pus. Used in powdered form and applied topically or taken w/ wine.</p> <p>*used w/ Shi Chang Pu – very similar herbs for calming shen and clearing phlegm</p> <p>*Yuan Zhi, Shi Chang Pu and Ren Shen for poor memory</p> <p>*dosage: 5-15g – more can cause ulcers, gastritis</p> <p>*sl. Toxic – causes throat irritation</p>
<p>HE HUAN PI</p> <p>Cortex Albizziae Julibrissin</p>	<p>sweet,neutral</p> <p>LV/HT</p>	<p><b>Calm the spirit and relieve (qi) constraint:</b> for bad temper, depression, insomnia, irritability and poor memory due to constrained emotions; anger, unhappiness, grief, anxiety, mental disharmony. Usually combined w/ Bai Shao, Wu Wei Zi, Mu Li/Long Gu, Fu Ling/Shen, Suan Zao Ren</p> <p><b>Invigorate the blood, alleviate pain, and dissipate swellings:</b> pain and swelling from trauma, including fractures, as well as abscesses or similar swellings; arthritis, old injuries. W/ other invigorate blood herbs.</p> <p>*He Huan Hua: (flower, purple) more expensive and works better than bark. It smoothes emotions and has calming effect. Also invig qi and blood</p>
<p>YE JIAO TENG or SHOU WU TENG</p> <p>Caulis Polygoni Multiflori</p>	<p>sl.bit,sweet,neut</p> <p>HT/LV</p>	<p><b>Nourish the HT and blood and calm the spirit:</b> for defic yin or blood pattens w/ insomnia (all kinds esp blood defic) and irritability. Esp useful in dream disturbed sleep.</p> <p><b>Nourish the blood and unblock the channels:</b> for generalized weakness, soreness, pain, and numbness due to defic blood; arthritis, bi pain from blood stag from blood defic, cold extremities, old injuries, neuropathy.</p> <p><b>Alleviate itching:</b> used as an external wash for itching and skin rashes.</p> <p>*soak 500g in wine for 2 weeks for arthritis (even rheumatoid)</p>

AROMATIC SUBSTANCES THAT OPEN THE ORIFICES		
SHE XIANG	acid,warm,aro	<b>Intensely opens the orifices and revives the spirit, and unblocks closed disorders:</b> b/c of the

Secretio Moschus	SP/LV/HT	<p>consciousness; heat entering the PC due to warm febrile disease (w/ convulsions, delirium, stupor, and fainting), closed disorders, tetanic collapse, phlegm collapse, and seizures, coma/unconsciousness (from (1) high fever, i.e., encephalitis – An Gong Wan – patent, very expensive \$30/pill; (2) stroke, brain hemorrhage, blocked artery; (3) HT attack</p> <p><b>Hasten delivery, facilitates the downward passage of still borns:</b> used in cases where the dead fetus or afterbirth fails to descend</p> <p><b>Invigorate the blood and dissipate clumps, reduce swelling and alleviate pain:</b> used either internally or topically for toxic sores, carbuncles, and immobile palpable masses/tumors. Recently used to treat coronary artery disease; angina.</p> <p><b>Unblocks meridians:</b> also used to clear channel obstructions from traumatic injuries or painful obstruction.</p> <p>*She Xiang Hu Gu Gao (deer musk and tiger bone plaster – externally for trauma)</p> <p>*put in women’s umbilicus will make her infertile for life</p> <p>*don’t cook in decoction</p>
SU HE XIANG  Styrax Liquidis	acrid, warm,  sweet, aro  SP/HT	<p><b>Opens the orifices and penetrates through turbidity:</b> for closed syndrome, phlegm blockages, and epidemic toxic diseases. Esp indicated for cold disorders.</p> <p><b>Opens up areas and clears away filth:</b> for stifling sensations, cold, fullness, and pain in the chest and abdomen</p> <p>*blood stag related to shen: angina, HT attack</p> <p>*used w/ An Xi Xiang</p>
AN XI XIANG  Benzoinum	bit,acrid,neut  HT/LV/SP	<p><b>Same as Su He Xiang</b></p>
SHI CHANG PU  Rhizoma Acori Graminei	acrid,sl.warm,aro  SP/HT	<p><b>Opens orifices and vaporizes phlegm &amp; quiets the spirit:</b> phlegm veiling the sensory orifices w/ such sx as: EARS (deafness, tinnitus); EYES (blurred vision, cataracts); NOSE (sinus, allergies, w/ Huo Xiang); TASTE (loss of taste); SPEECH (loss after stroke); dizziness, dulled sensorium, seizures, stupor, diffic urination (frequent &amp; infrequent from prostate prob; turbid Lin syndrome)</p> <p><b>Harmonize the M.J. and transform turbid damp:</b> for such sx as chest and epigastric fullness and abd pain due to damp distressing the SP and ST.</p> <p>Used both internally &amp; topically for wind-cold-damp painful obstruction, trauma and sores.</p> <p><b>Shen disturbances:</b> depression, mania, paranoia, fogginess. Has sedative effect. Often used w/ Yu Jin. It improves mental clarity and focus (studying).</p> <p>*used also for fatigue, stress (mental and physical), ADD and OCD (obsessive-compulsive disorder), Alzheimer’s *prevents aging</p>
NIU HUANG  Calculus Bovis	bit,sweet,cool  LV/HT	<p><b>Clear the HT, open the orifices, awaken the spirit and vaporize phlegm:</b> used for delirium or coma from warm febrile or hot illnesses w/ hot phlegm obstructing the PC. Also used for windstroke convulsions or seizures; stroke.</p> <p><b>Clear the LV, relieve toxicity, extinguish wind, and stop tremors:</b> for spasms, tremors, or coma, or encephalitis or convulsions w/ high fever due to heat entering the LV. HTN (Niu Huang HTN Repressant Pill – Niu Huang Jiang Ye Wan); LV yang rising</p> <p><b>Drain heat and relieve toxicity:</b> used for red painful swollen or ulcerated throat or sores, carbuncles, boils, and hot swellings.</p> <p><u>Heat Toxins:</u> all infections and inflammations: HT fire (blisters, acne); ST fire (swollen gums, ulcers, gastritis); LV fire (eye infections, hepatitis, appendicitis); GB heat (ear infection).</p> <p>*use in pills: (1) Pian Zi Huang: also for Hepatitis; (2) Niu Huang Jie Du Pian: clear heat toxin pill for swollen gums, sore throat, etc.</p> <p><b>Clear heat for jaundice:</b> from hepatitis, LV cancer, cirrhosis, obstruction of bile duct</p> <p><b>Gallstones</b></p>

BING PIAN	bit,acid,cool	<b>Aromatically opens the orifices and revives the spirit:</b> various types of fainting and convulsions; stroke, angina. Combine w/ other herbs for this fx.
Borneol	HT/LU/SP	<b>Clear heat toxin, alleviate pain, dissipate nodules and alleviates itching:</b> topical or internal (pills) for acne, sores, swollen gums, inflammation. Topically for pain and swelling of throat, skin diseases like scabies and sores, and eye diseases like photophobia or excessive tearing.  *Commonly used in topically applied powders to regenerate flesh.

SUBSTANCES THAT EXTINGUISH WIND AND STOP TREMORS

LING YANG JIAO	salty, cold	<p><b>Extinguish wind, calm LV and control spasms and convulsions:</b> spasms &amp; convulsions assoc w/ childhood convulsions and seizure disorders. B/c it also clears heat, it may be used for recalcitrant high fevers and internal movement of wind due to intense heat. It is an imp substance for treating internal movement of LV wind. Commonly used for childhood convulsions from high fever. Often used w/ Xi Jiao; spasms, convulsions, twitching, epilepsy, tremors from Parkinson's; hyperthyroidism</p> <p><b>Calm the LV and anchor the yang:</b> imp and effective substance for ascendant LV yang. SX include dizziness, HA, blurred vision, red eyes, photophobia, spasms, and convulsions</p> <p><b>Clear the LV and improve vision:</b> for HA and red eyes due to blazing LV fire</p> <p><b>Drain heat and relieve fire toxicity:</b> for warm febrile diseases w/ high fever (not assoc w/ wind), delirium-like behavior and in extreme cases loss of consciousness. Ling Qiao better than Yin Qiao to clear heat</p> <p><b>Clear damp heat:</b> also used for wind damp heat painful obstruction</p> <p>*migraine HA: from menstruation, stress, anything esp LV yang rising (Pian Tou Tong – migraine pill)</p> <p>*usually use in powdered form; if cook double boil for 1hr</p> <p>*use in small doses and only in severe cases (3g to boil; .5g in powder)</p>
Cornu Anelopis	LV/HT	
GOU TENG	sweet, cool	<p><b>Extinguish wind and alleviate spasms:</b> used for LV patterns with internal movement of LV wind (tremors, seizures and eclampsia, spasms from hyperthyroidism, Parkinsons, aging). HA (esp one sided migraines, esp if pulsating b/c relieve spasms in arteries)</p> <p><b>Drain LV heat and pacify LV yang:</b> for LV fire and LV yang ascendant patterns w/ HA, irritability, red eyes, blurred vision and dizziness and disorientation. Recently used for HTN esp of this type.</p> <p><b>Release exterior:</b> ext wind heat w/ fever, HA, red eyes</p> <p><b>Opens meridians:</b> bi syndrome, stiffness, epilepsy, ext wind invasions, pain, spasms</p> <p>*ADD (disorganized, mind scattered – like wind); asthma (spasms in LU); sedative effect</p> <p>*used w/ Tian Ma (Tian Ma Gou Teng Yin – for LV yang rising, LV wind, HA, HTN)</p>
Ramulus cum Uncis Uncariae	LV/HT	
TIAN MA	sweet,neutral	<p><b>Calm the LV, extinguish wind, and control spasms and tremors:</b> very imp herb for internal movement of LV wind whether caused by heat or cold. Used for HA, dizziness, childhood convulsions, epilepsy, limb cramps, and spasms, opisthotonos, tetany, and wind stroke. Depending on which other herbs it is combined w/ it can be used for problems from either heat or blood defic</p> <p><b>Disperse painful obstructions:</b> wind damp bi w/ pain and numbness of the lower back and extremities</p> <p><b>Extinguish wind and alleviate pain:</b> for HA, dizziness, and Migraines that occur w/ wind phlegm patterns. Also used for wind stroke w/ hemiplegia, dizziness and numbness in extremities; HTN</p> <p>*increases CNS fx; prevents Alzheimer's</p>
Rhizoma Gastrodiae Elatae	LV	
SHI JUE MING	salty, cold	<p><b>Drain fire &amp; cause yang to descend:</b> LV fire and ascendant LV yang patterns w/ wind (HA, dizziness and red eyes, imbalance, vertigo (Meneire's disease), HTN (herb is in Tian Ma Gou Teng Yin), Parkinson's, epilepsy)</p>

Concha Haliotidis	LV/KI	<p><b>Improve eyes and cause superficial visual obstructions to recede:</b> for LV heat patterns that affect the eyes causing photophobia, pterygium or other superficial visual obstructions, red eyes, and blurred vision</p> <p>*similar to Gou Teng and Tian Ma but not very strong. Good for spasms tremors twitching</p> <p>*cooking: use powder or boil first for 1hr</p>
DI LONG  Lumbricus	salty, cold  BL/SP/LV/LU	<p><b>Drain heat and stop spasms and convulsions:</b> high strong fevers w/ convulsions and seizures. Can be used alone. Recently used for schizophrenia of the hot manic type, bells palsy, paralysis from stroke (Bu Yang Huan Wu Tang – contains Huang Qi and Di Long)</p> <p><b>Clear heat and unblock, promote movement in the channels and collaterals:</b> for swollen and painful joints w/ reduced range of motion. Most commonly used for hot painful obstruction, but w/ appropriate herbs can be used for cold type. Also fused for hemiplegia due to lack of flow in the channels, such as the sequelae of wind stroke; stagnation, pain, bi syndrome, arthritis, esp in knee, knuckles and fingers</p> <p><b>Used recently for HTN associated w/ LV yang rising</b></p> <p><b>Calms wheezing:</b> wheezing esp from LU heat; asthma (in Ping Chuan). Bronchodilating and smooth muscle relaxant. Has no sympathomimic side effects so is a good substitute for Ma Huang.</p> <p><b>Clear heat and promote urination:</b> for hot painful urinary dysfx and in severe cases, edema. Esp useful for problems due to heat clumping the UB w/ urinary difficulty or inability to urinate; bloody urine, nephritis</p> <p>*for high fever convulsions can use live Di Long – soak in clear water to remove mud, then put in sugar</p> <p>*can use Di Long juice topically for mumps</p>
QUAN XIE  Buthus Martensi (Scorpion)	salty,acid, neutral, toxic  LV	<p><b>Extinguish wind and stop tremors and convulsions:</b> for LV wind phlegm patterns w/ spasms, acute or chronic childhood convulsions, tetany, opisthotonos, tics, and seizures. Very effective wind extinguishing substance; bells palsy, facial paralysis, stroke</p> <p><b>Attack and relieve fire toxin and dissipate nodules:</b> used topically for toxic sores, swellings, and scrofula; tumors, cysts (breast, thyroid, ovarian, etc). "Use toxin to attack toxin."</p> <p><b>Unblock the collaterals and stop pain:</b> for stubborn HA (persistent, diffc to treat)(including migraines) and painful obstruction/arthritis *use w/ Wu Gong *use 1g in powder or capsule</p>
WU GONG  Scolopendra Subspinipes (Centipede)	acid, warm  toxic  LV	<p><b>Extinguish wind &amp; stop tremors &amp; convulsions:</b> childhood convulsions, opisthotonos, lockjaw, seizures</p> <p><b>Attacks toxin and dissipates nodules:</b> topically for poisonous nodules in general including sores, carbuncles, and neck lumps. Also used for poisonous snake bites</p> <p><b>Unblock the collaterals and stop pain:</b> for stubborn HA (including migraines) and painful obstruction.</p>
JIANG CAN  Bombyx Batryticatus	acid, salty neutral  LU/LV	<p><b>Extinguish wind and stop spasms and convulsions:</b> for childhood convulsions or facial paralysis. Also used for seizures from either internal movement of LV wind or wind phlegm heat</p> <p><b>Expel wind and stop itching:</b> for itching skin lesions such as wind rash</p> <p><b>Expel wind and stop pain:</b> for HA, red eyes, and sore swollen throat from either ext contracted or LV wind. Also used for loss of voice; bi syndromes</p> <p><b>Transforms phlegm and dissipates nodules:</b> for phlegm heat scrofula and other phlegm nodules</p> <p>*famous for wind phlegm (also Bai Jie Zi)</p>
BAI JI LI  Fructus Tribuli Terrestris	bit,acid,warm  LU/LV	<p><b>Calm LV qi &amp; anchor yang:</b> HA, vertigo, dizziness ( ascending LV yang); LV yang rising migraine, HTN</p> <p><b>Anchor LV yang, dispel wind heat &amp; brighten the eyes:</b> red swollen painful eyes; increased tearing, blurred vision, floaters related to HTN or LV yang rising.</p> <p><b>Facilitate the smooth flow of LV qi:</b> pain and distention in the chest or flanks, or insufficient lactation, due to constrained LV qi.</p> <p><b>Dispel wind and stop itching:</b> any kind of skin lesion w/ significant itching, such as hives, eczema, psoriasis, rash, dry skin. Also for vitiligo</p>

HERBS THAT EXPEL PARASITES		
SHI JUN ZI  Fructus Quisualis Indicae	sweet, warm  SP/ST	<b>Kills parasites:</b> esp roundworms, hookworms, pinworms  <b>Strengthens SP and dissolves accumulations:</b> for childhood malnutrition impairment and form abd distention, poor appetite, or weak constitution. Its sweetness makes it esp useful for kids  *if taken w/ hot tea, the pt may develop diarrhea and belching
BING LANG  Semen Arecae Catechu	bit, acrid, warm  LI/ST	<b>Kills parasites:</b> best for tapeworms, it is also useful in killing fasciolopsis, pinworms, roundworms and blood flukes. The herb also has the fx of draining downward, which helps in expelling the bodies of the parasites. Commonly used for roundworm in kids  <b>Promote the movement of qi, reduce accumulation, and lead stagnation out by mildly draining downward and unblocking the bowels:</b> food accum and stag qi w/ abd distention, constip or tenesmus  <b>Moves the qi, reduces swelling and promotes urination:</b> for damp leg qi and symptoms of damp phlegm malarial disorders; leg cramps  *often used w/ Mu Gua  *seed of Da Fu Pi
DA SUAN  Bulbus Alli Sativi	acrid, warm  LU/LI/SP/ST	<b>Kills parasites:</b> intestinal parasites, hookworms and pinworms, and in combo w/ other herbs, for other types; scabies. Also used for ringworm of the scalp topically  <b>Relieves toxicity:</b> internal or external. For diarrhea, dysentery (from d-h toxin), consumption and sudden coughing; toxic sores/swellings externally, warts  *Used to prevent and treat colds and flu's, nasal congestion, sinusitis, allergies, and for treating food poisoning from shellfish, reduces cholesterol, HT disease, stroke
KU LIAN GEN PI  Cortex Meliae Radicis	bit, cold, toxic  LV/SP/ST	<b>Kills parasites:</b> primarily for infestation of roundworms, hookworms and pinworms, but also for trichomonas infections. This is a relatively strong and effective herb. Also used for tinea infections topically.  *treats Giardia (parasite common in So. American water) w/ sx of abd discomfort, ribbon like stool w/ strange odor. (often used w/ Chuan Jiao)

HERBS FOR EXTERNAL APPLICATION		
LIU HUANG  Sulphur	hot, sour, toxic  LI/KI/PC	<b>Relieves toxicity, kills parasites and stops itching:</b> applied topically for scabies, ringworms, and yin furuncles, as well as for damp festering sores, eczema, psoriasis, ulcers and carbuncles. Also alleviates the itching assoc with these types of disorders.  <b>Tonifies fire in the gate of vitality and strengthens the yang:</b> internally to strengthen the yang fire and reduce yin cold. Used for many types of interior cold yin patterns such as cold and painful lower back and knees or impotence due to KI yang defic, asthma due to cold from defic of SP and KI, or constip in the elderly caused by cold, where this substance helps the yang to pass stool.  *mostly used as a cream; used as a soap for dandruff; good for any itchy flaky hair/scalp
SHE CHUANG ZI  Fructus Cnidii Monnieri	bit, acrid, warm  KI	<b>Dry damp and kill parasites and stop itching:</b> topically as a wash, powder or ointment for any kind of weeping, itchy skin lesion esp in the genital area. Also for scabies, ringworm, parasites. Psoriasis and Eczema  <b>Warm the KI and fortifies yang:</b> internally for impotence or infertility (male or female) due to KI defic or cold womb; menopause symptoms  <b>Disperse cold, dispel wind, and dry damp:</b> for vaginal discharge due to damp-cold or lower back pain due to w-d-c. (As a douche for leukorrhea, STDs, HPV, cervical ulcer/dysplasia -- any itching and burning)

		*has estrogenic effect (increasing organ weight)
ZHANG NAO  Camphora	acid, hot, toxic  HT/SP	<b>Expels wind and dampness and kills parasites:</b> (topically) scabies, ringworm and itching sores.  <b>Opens the orifices and expels turbidity:</b> this penetrating aromatic herb has the effect of opening the orifices of the HT. Taken internally, it is used for delirium and sudden loss of consciousness due to hot disorders.  <b>Invigorates the blood and alleviates pain:</b> topically for injuries from falls, fractures, contusions, and sprains, and the pain and swelling assoc w/ blood stasis.
QING FEN  Calomelas	acid,cold,toxic  BL/KI/LV	<b>Relieves toxicity and kills parasites:</b> external wash for scabies and syphilitic chancres  <b>Expels water and unblocks the bowels and bladder:</b> internally for excess patterns w/ edema, urinary retention, and constipation  *contains mercury – overdose can lead to sloughing of intestinal wall and KI damage
XIONG HUANG  Realgar	bit,acid  warm,toxic  HT/LV/ST	<b>Relieves toxicity and kills parasites:</b> topically for scabies, ringworm, and damp rashes. Very commonly used substance in soaks for any type of skin itch. Also for abscesses, suppurative inflammation of the soft tissues, ulcerations, or snakebite  <b>Kills parasites:</b> for intestinal parasites, esp when there are signs of accumulation. Particularly effective against roundworms.  <b>Dries dampness, expels phlegm, and checks malarial conditions:</b> occasionally used for wheezing, seizures, or malarial conditions  *topical pastes very successful in treating neurodermatitis
CHAN SU  Secretio Bufonis	sweet,acid,  warm,toxic  KI/ST	<b>Relieves toxicity, reduces swellings, and alleviates pain:</b> internally or topically for swellings of sores, ulcers, and carbuncles. Also used for pain and swelling of the throat  <b>Expels summerheat and dampness and opens the orifices:</b> for extremely turbid summerheat w/ abd pain, vomiting, diarrhea, and, in very severe cases, loss of consciousness
PENG SHA  Borax	salty,sweet,cold  LU/ST	<b>Relieves toxicity &amp; prevents putrefaction:</b> internally & topically for pain & swelling in the throat, open sores in the oral cavity, and white, draining vaginal lesions (severe candidiasis)  <b>Clears heat and dissolves phlegm:</b> internally for hot phlegm obstruction w/ sputum that is diff to expectorate  <b>Dries dampness:</b> topically to blisters b/w the toes that are caused by damp toxin  <b>Transforms stones:</b> painful urinary dysfx w/ stones
MING FAN or KU FAN  Alumen	sour, ast, cold  LI/LV/LU/SP/ST	<b>Relieves toxicity, kills parasites, dries dampness and alleviates itching:</b> used as external wash for scabies, ringworm and rashes from d-h or dampness. Also for swollen and painful throat and eyes and jaundice. Eczema w/ pus or moisture  <b>Stops bleeding and alleviates chronic diarrhea:</b> blood in stools, uterine bleeding, vaginal discharge. Topically for nosebleeds, hemorrhoidal bleeding, bleeding gums and bleeding from external injuries  <b>Clears heat and expels phlegm:</b> wind phlegm disorders (irritability, delirium and convulsions); cough w/ diff to expectorate sputum (toxic effect on mucus membrane tissues)  *caution whenever taken internally; antagonizes Mu Li and counteracts Ma Huang; C.I. w/ weak digestive systems or abscesses of d-h