

皮卡姆本草经

Pí Kǎ Mǔ Běn Cǎo Jīng

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This document, created by Nicholas Duchnowski, contains typewritten class notes for the Herbology II and Herbology III classes taught by Tantan Huang at the Pacific College of Oriental Medicine in San Diego.

These notes were created because the information given in the class lectures often varied greatly from the information in Bensky's *Chinese Herbal Medicine: Materia Medica*.

There is no guarantee of accuracy of the information contained herein. Different students from different sections of the same class often had different notes. Whether this is because of the students' note-taking or because different information

was given to different classes is unknown. However, the variances were usually minor details, and the information in these notes should be sufficient for the successful completion of any quizzes or exams in Herbology II or Herbology III.

For some herbs (especially those herbs covered in Herbology I) complete information regarding the herb's properties, dosage, or entering channels was not given. In these cases information from the Bensky was used.

These notes tend to use Nigel Wiseman's terminology (e.g. “supplementing vacuity” rather than “tonifying deficiency”). Although Tantan does not use this terminology, it was my personal preference.

尼古拉斯

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Herbs that Release the Exterior promote sweating in order to expel external pathogens. Caution should be used with patients with yin vacuity or blood vacuity.

Warm Acrid Herbs that Release the Exterior

má huáng

ephedrae herba

Temperature: warm

Taste: acrid, slightly bitter

Channels: LU, UB

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
2. calms wheezing, stops cough, treats asthma
 - for internal or external wheezing
 - best herb for coughing and wheezing
3. promotes urination to reduce edema
 - for wind-water edema

Notes:

If Má Huáng is used to treat heat conditions, it should either be combined with cold herbs (e.g. Shí Gāo) or cooked in honey.

ghì zhī

cinnamomi ramulus

Temperature: warm

Taste: acrid, sweet

Channels: LU, UB, HT

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - not as strong as Má Huáng for this use
2. warms yang qi
 - warmer than Má Huáng
 - warms chest yang
 - for chest bi, qi stagnation in the chest, cold in the chest
 - warms UB yang
 - for difficult urination, urine retention
 - can be applied externally as a warm compress
 - warms Spleen yang
 - for watery diarrhea with undigested food
3. moves blood (indirectly)

zǐ sū yè / zǐ sū gen

perillae folium

Temperature: warm

Taste: acrid

Channels: LU, SP

Dosage: 3 - 10 grams

Functions:

1. induces sweating to release the exterior
 - both are mild, but Zǐ Sū Yè is stronger
2. regulates middle-jiao and moves middle-jiao qi
 - for vomiting, nausea, morning sickness
 - Zǐ Sū Gen is stronger for this
3. detoxifies seafood poisoning
 - only Zǐ Sū Yè does this

Notes:

According to Bensky, Zǐ Sū Yè also expands the chest and invigorates chest qi (as in *Huò Xiāng Zhèng Qì Sǎn*). Although Tantan does not mention this, the question has appeared on first year-end exams.

jīng jiè

schizonepetae herba

Temperature: slightly warm (almost neutral)

Taste: acrid

Channels: LU, LV

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - used for both wind-cold and wind-heat
 - for skin rash due to wind-heat
2. use charred to stop bleeding
 - especially for bleeding in the lower body, such as bloody urine, heavy menstruation, bloody stool

Notes:

When Jīng Jiè is charred, it is called *Jīng Jiè Tàn*.

fáng fēng

saposhnikoviae radix

Temperature: slightly warm (almost neutral)

Taste: acrid, sweet

Channels: UB, LV, SP

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - used for both wind-cold and wind-heat
2. dispels dampness in the channels
 - for wind-cold-damp, arthritis
3. relieves spasm and contraction
 - for lock jaw
4. detoxifies mercury and arsenic

Notes:

Fáng Fēng means “wind resistance.” It is the commander of all external wind herbs. It is not drying, so there is no danger of it damaging yin.

qiāng huó

notopterygii rhizoma seu radix

Temperature: warm

Taste: acrid, bitter

Channels: UB, KI

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
2. dispels superficial dampness
 - especially in upper body

gǎo běn

ligustici rhizoma

Temperature: warm

Taste: acrid

Channels: UB

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - mild
2. dispels dampness
 - for bi syndrome
 - stops pain, including headache from wind-cold-damp

bái zhǐ

anglicae dahuricae radix

Temperature: warm

Taste: acrid

Channels: LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - relieves yang-ming headache

- opens nasal orifices
- 2. reduces swelling and stops pain
 - discharges pus due to heat toxicity and skin infection
 - for carbuncles, mastitis

cāng ěr zǐ

xanthii fructus

Temperature: warm

Taste: acrid, bitter, slightly toxic

Channels: LU

Dosage: 3 - 10 grams (usually less than 6 grams)

Functions:

1. disperses wind to open nasal orifice
2. dispels dampness
 - relaxes joints for bi syndrome
3. treats wind-related skin problems
 - for eczema, damp-related skin rashes

Notes:

Overdose of Cāng Er Zǐ can cause symptoms such as digestive problems and fatigue.

xīn yín huā

magnolia flos

Temperature: warm

Taste: acrid

Channels: LU, ST

Dosage: 3 - 10 grams (put in bag)

Functions:

1. releases wind-cold to open the nasal orifices

Notes:

As Xīn Yín Huā is fuzzy, when used in decoction it should be placed in a bag to avoid throat irritation.

xì xīn

asari radix et rhizoma

Temperature: warm

Taste: acrid, toxic

Channels: LU, HT, KI

Dosage: 3 - 6 grams (usually 1 - 3 grams)

Functions:

1. promotes sweating to release the exterior
 - especially good for pain, such as headache and body ache
2. warms the interior and channels
 - for bi syndrome, interior cold

Notes:

Due to its toxicity, Xì Xīn is not used in our clinic. It is believed that it may cause kidney failure.

shēng jiāng

zingiberis rhizoma recens

Common Name: fresh ginger root

Temperature: slightly warm

Taste: acrid

Channels: LU, SP, ST

Dosage: 3 - 10 grams (2 - 4 slices)

Functions:

1. promotes sweating to release the exterior
 - very mild in this action
2. warms the middle-jiao
 - for nausea, vomiting, cold in stomach
3. warms the Lung

cōng bái

alli fistulosi bulbos

Common Name: green onion, scallion

Temperature: warm

Taste: acrid

Channels: LU, ST

Dosage: 3 - 10 grams

Functions:

1. promotes sweating to release the exterior
 - very mild in this action
2. warms yang qi in Heart and Stomach

Notes:

Honey antagonizes Cōng Bái (that is, honey will cancel out the herb's positive effects); they should not be used together.

Cool Acrid Herbs that Release the Exterior

bò hé

menthae haplocalycis herba

Temperature: cool

Taste: acrid, aromatic

Channels: LU, LV

Dosage: 3 - 6 grams

Functions:

1. expels wind-heat invasion
2. vents skin rash
3. gently moves Liver qi

chǎi hǔ

bupleuri radix

Temperature: cool

Taste: bitter, acrid

Channels: GB, LV, PC, SJ

Dosage: 3 - 10 grams

Functions:

1. expels wind-heat invasion
2. resolves shao-yang (Lesser-Yang) disorder
 - for alternating chills and fever, bitter taste in mouth, wiry pulse
3. moves Liver qi
4. raises yang qi
 - raises Spleen qi to treat prolapse
 - raises Liver qi (considered a side effect)

niú bàn zǐ

arctii fructus

Temperature: cool

Taste: acrid, bitter

Channels: LU, ST

Dosage: 3 - 10 grams

Functions:

1. expels wind-heat invasion
 - benefits throat
2. moistens Large Intestine
 - usually regarded as a side effect
3. treats skin infection due to heat toxicity
 - vents rashes
 - for redness, swelling, pain, and pus

chán tuì

cicadae periostracum

Temperature: cold

Taste: sweet, salty

Channels: LU, LV

Dosage: 3 - 6 grams

Functions:

1. expels wind-heat invasion
 - treats itching from skin rash
 - for chicken pox, use in bath
 - treats throat, for hoarseness and voice loss
 - treats eyes; for itchy, red eyes
2. extinguishes external wind
 - for convulsions, spasms

sāng yè

mori folium

Temperature: cold

Taste: sweet, bitter

Channels: LV, LU

Dosage: 3 - 10 grams

Functions:

1. expels wind-heat invasion
 - moistens Lung; for dry cough
2. clears Liver heat to brighten eyes
3. cools blood to stop bleeding
 - not strong in this action

jú huā

chrysanthemi flos

Temperature: slightly cold

Taste: acrid, sweet, bitter

Channels: LU, LV

Dosage: 10 - 15 grams

Functions:

1. expels wind-heat invasion
 - not strong in this action
2. clears Liver heat to brighten eyes
 - better than Sāng Yè for eye problems

Notes:

Jú Huā can be used externally to treat eye problems.

màn jīng zǐ

viticis fructus

Temperature: cool

Taste: acrid, bitter

Channels: UB, LV, ST

Dosage: 3 - 10 grams

Functions:

1. expels wind-heat to clear head and face
 - for headache and eye pain
2. drains dampness and expels wind

- for dampness in the channels, bi syndrome

dàn dòu chǐ

sojae semen preparatum

Temperature: cold

Taste: acrid, sweet, slightly bitter

Channels: LU, ST

Dosage: 10 - 15 grams

Functions:

1. expels wind-heat invasion
 - mild
 - for shen uneasiness, such as anxiety, irritability, stifling sensation

gé gèn

puerariae radix

Temperature: cool

Taste: sweet, acrid

Channels: SP, ST

Dosage: 10 - 20 grams

Functions:

1. expels wind-heat invasion
 - for headache on back of neck
 - for rigid neck and shoulders
2. generates body fluid
 - for Lung and Stomach yin vacuity, thirst
3. raises yang qi
 - raises Spleen qi to treat diarrhea

shēng má

cimicifugae rhizoma

Temperature: slightly cold

Taste: acrid, sweet

Channels: LI, LU, SP, ST

Dosage: 3 - 6 grams

Functions:

1. releases wind-heat to vent skin rash
2. clears heat and relieves toxicity
 - for toothache, bleeding gums, sores
3. raises Spleen and Stomach yang

Notes:

Shēng Má may cause stomach pain, vomiting and diarrhea.

fú píng

spirodelae herba

Temperature: cold

Taste: acrid

Channels: LU, UB

Dosage: 3 - 10 grams

Functions:

1. expels wind-heat invasion
 - for chicken pox
2. promotes urination to treat edema

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Herbs that Drain Fire

Herbs that Drain Fire tend to be cold and bitter. They are useful for treating qi-level heat with the “four great” symptoms: severe thirst, fever, sweating, and rapid, surging, floating pulse.

shí gāo

gypsum fibrosum

Temperature: very cold

Taste: acrid, sweet

Channels: LU, ST

Dosage: 3 - 10 grams (if powder, put in bag)

Functions:

1. clears Lung heat
 - for cough with yellow sputum, fever, thirst
2. clears blazing Stomach fire
 - for heat symptoms, such as hunger, thirst, bad breath
 - for symptoms of fire, such as headache, mouth sores, toothache, ulcerations

Notes:

For external use, used toasted Shí Gāo (*Shú Shī Gāo*)

zhī mǔ

anemarrhenae rhizoma

Temperature: cold

Taste: bitter, sweet

Channels: KI, LU, ST

Dosage: 3 - 10 grams

Functions:

1. clears heat
 - clears repletion heat
 - clears Kidney vacuity heat
2. nourishes yin

zhī zǐ

gardeniae fructus

Temperature: cold

Taste: bitter

Channels: HT, LV, LU, ST

Dosage: 3 - 10 grams

Functions:

1. clears heat
 - for heat anywhere in the body
 - for shen disorders
2. resolves dampness
 - for lin syndrome, jaundice
3. cools blood to stop bleeding
 - use charred (*Zhī Zǐ Tàn*)
4. used topically for injury and trauma, and heat toxicity

dàn zhú yè

lophateri herba

Temperature: cold

Common Name: bamboo leaf

Taste: sweet, bland

Channels: HT, SI, ST

Dosage: 3 - 10 grams

Functions:

1. clears Heart heat
 - for shen problems (anxiety, insomnia, palpitations), difficult urination, canker sores
2. promotes urination

- for lin syndrome

xià kū cǎo

lophateri herba

Temperature: cold

Taste: bitter, acrid

Channels: LV, GB

Dosage: 10 - 15 grams

Functions:

1. clears Liver and Gallbladder heat
 - for eye problems, glaucoma
2. softens hardness and masses
 - for breast fibroids, goiter
3. lowers high blood pressure

xī guā

citrulli fructus

Common Name: watermelon

Temperature: cold

Taste: sweet

Channels: LU, ST, UB

Dosage: used in food therapy

Functions:

1. clears heat and summerheat
 - for thirst, scanty urine, dry heaving
2. generates body fluids
3. promotes urination
 - for edema, jaundice
 - drains heat

Notes:

Xī Guā is not used in decoction; it is only used in food therapy. Watermelon rind is called Xī Guā Pí.

tiān huā fēn

trichosanthis radix

Temperature: cold

Taste: bitter, slightly sweet

Channels: LU, ST

Dosage: 10 - 15 grams

Functions:

1. clears heat from Lung and Stomach
2. generates body fluids
 - supplements Lung and Stomach yin
3. treats skin infection
 - for hot, toxic sores and carbuncles; redness; pain; swelling; and yellow, sticky, strong-odored pus
 - used internally only (never externally)
4. induces labor
 - used as injection

lú gēn

phragmitis rhizoma

Temperature: cold

Taste: sweet

Channels: LU, ST

Dosage: 15 - 30 grams

Functions:

1. clears heat from Lung and Stomach
 - for Lung abscess with chocolate-colored, foul-smelling phlegm with pus and blood stagnation
 - for vomiting due to heat
2. generates fluids
 - for Lung yin vacuity
 - stronger than Tiān Huā Fēn
3. promotes urination
 - for urgent, scanty, painful urination (lin syndrome)

juē míng zǐ

cassiae semen

Temperature: slightly cold

Taste: bitter, sweet, salty

Channels: LV, LI

Dosage: 3 - 10 grams

Functions:

1. clears Liver heat to brighten eyes
 - only for eyes (not for other symptoms of Liver heat)
2. moistens Large Intestine
3. lowers high blood pressure and cholesterol

lián zǐ xīn

nelumbinis plumula

Temperature: cold

Taste: bitter

Channels: HT

Dosage: 3 - 6 grams

Functions:

1. clears Heart heat
 - for shen disturbance (palpitation, insomnia)
 - for canker sores and boils in the mouth
 - for difficult urination

Herbs that Cool the Blood

Substances from this category are cold and either bitter and sweet or salty. Because heat at the blood level tends to damage yin and exhaust fluids, these substances may generate fluids.

shēng dì huáng

rehmanniae radix

Temperature: cold

Taste: bitter, sweet

Channels: HT, KI, LV

Dosage: 3 - 10 grams

Functions:

1. clears heat and cools blood
2. nourishes yin generates body fluids
 - supplements Lung and Stomach yin
 - for constipation caused by dryness

Notes:

As Shēng Dì Huáng is sweet, sticky and cloying, it can cause gas, distention and diarrhea in some patients.

xuán shēn

scrophulariae radix

Temperature: cold

Taste: sweet, salty, slightly bitter

Channels: KI, LU, ST

Dosage: 3 - 10 grams

Functions:

1. clears heat and cools blood
2. supplements yin and clears vacuity heat
 - supplements Kidney yin
 - for dry cough due to Lung yin vacuity
3. softens hardness and masses
 - for goiter, scrofula

mǔ dān pí

moutan cortex

Temperature: cold

Taste: bitter, acrid

Channels: HT, LV, KI

Dosage: 3 - 10 grams

Functions:

1. cools blood
2. invigorates the blood
 - for any blood stagnation, but is especially useful for Large Intestine abscess, appendicitis, and OB/GYN fibroids

Notes:

Mu Dān Pí is special since it is a cool herb that can move the blood (most herbs that invigorate the blood are warm).

zǐ cǎo

lithospermi radix

Temperature: cold

Taste: sweet

Channels: HT, LV

Dosage: 3 - 10 grams

Functions:

1. cools blood
 - for bleeding and skin eruptions
 - not as strong as Mu Dān Pí
2. invigorates blood
3. clears heat toxicity for skin issues
 - for general skin infection with pain, redness, swelling and pus
 - for diaper rash

Notes:

Can be used externally. For diaper rash, soak in oil for several weeks and apply with cotton ball.

Herbs that Clear Heat and Dry Dampness

Dampness is characterized by stubbornness.

Damp-heat can be especially difficult to treat since dampness is yin and heat is yang.

huáng qín

scutellariae radix

Temperature: cold

Taste: bitter

Channels: LU, ST, LI, GB

Dosage: 3 - 10 grams

Functions:

1. clears heat and dries dampness
 - for damp-heat in Stomach, Large Intestine, or lower burner
2. clears heat and resolves toxicity
 - for Lung and Liver heat
3. stops bleeding caused by heat
4. calms the fetus

Notes:

Of the three Huángs, Huáng Qín is the weakest.

huáng lián

coptidis rhizoma

Temperature: cold

Taste: bitter

Channels: HT, LI, LV, ST

Dosage: 3 - 6 grams

Functions:

1. clears heat and drains dampness
 - for damp-heat in Stomach and Large Intestine with diarrhea
2. drains fire and resolves toxicity
 - clears Heart heat
3. stops bleeding
 - for nose bleed

Notes:

Of the three Huángs, Huáng Lián is the strongest.

Huáng Lián can be used topically on the eyes, tongue, and mouth.

Huáng Lián is typically said to affect the middle burner. However, it can also clear heat from the Heart.

huáng bǎi*phellodendri cortex*

Temperature: cold

Taste: bitter

Channels: KI, UB

Dosage: 3 - 10 grams

Functions:

1. drains damp-heat
 - especially from lower burner
 - for leukorrhea, diarrhea, pain in knees
2. drains Kidney fire
 - clears vacuity heat

lóng dǎn cǎo*gentainae radix*

Temperature: cold

Taste: bitter

Channels: LV, GB, ST

Dosage: 3 - 10 grams

Functions:

1. drains damp-heat from Liver and Gallbladder
 - for jaundice, herpes
2. clears repletion heat from Liver and Gallbladder

kǔ shēn*sophorae flavescens radix*

Temperature: cold

Taste: bitter

Channels: UB, HT, SI

Dosage: 3 - 10 grams

Functions:

1. clears heat and dries dampness
 - for damp-heat in the lower burner
2. kills parasites
 - for fungal infections, vaginitis, athlete's foot
 - used internally or externally
3. promotes urination
 - for lin syndrome

qín pí*fraxini cortex*

Temperature: cold

Taste: bitter

Channels: ST, LI, KI, LV, GB

Dosage: 3 - 10 grams

Functions:

1. clears damp-heat
 - for diarrhea
2. relieves jaundice
3. clears vacuity heat

Herbs that Clear Heat and Resolve Toxicity

Heat toxicity is extreme heat accumulation and is always acute. Common symptoms include fever, eye problems, skin disorders, and throat problems.

jīn yín huā

lonicerae flos

Temperature: cold

Taste: sweet

Channels: LI, LU, ST

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - for painful sores and swellings
 - can be used externally
 2. clears damp-heat from lower burner
 - for diarrhea
-

lián qiào

forsythiae fructus

Temperature: slightly cold

Taste: bitter, slightly acrid

Channels: HT, LU, GB

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - clears heat from Heart
 - for lin syndrome
 2. discharges pus
-

dà qīng yè / bǎn lán gēn

isatidis folium / isatidis radix

Temperature: very cold

Taste: bitter

Channels: HT, LU, ST

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - works as an anti-virus
 - treats febrile diseases
-

qīng dǎi

indigo naturalis

Temperature: cold

Taste: bitter, salty

Channels: HT, LV

Dosage: 1.5 - 3 grams (do not cook, stir in at end)

Functions:

1. clears heat toxicity
 - stops bleeding; for hemoptysis
 - softens hardness; for acute mumps
-

pú gōng yīng

taraxici herba

Common Name: dandelion

Temperature: cold

Taste: bitter, sweet

Channels: LV, ST

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - reduces swelling and pain, discharges pus
 - for breast abscess, mastitis

2. resolves dampness
 - for jaundice
 - promotes urination to treat lin syndrome

zǐ huā dì dīng

violae herba

Temperature: cold

Taste: bitter, acrid

Channels: HT, LV

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - treats skin infection; can be used internally or externally
 - for insect bites and snake bites

bài jiàng cǎo

patriniae herba

Temperature: slightly cold

Taste: acrid, bitter

Channels: ST, LI, LV

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
2. invigorates blood
3. discharges pus

Notes:

All three functions of *Bài Jiàng Cǎo* make it useful for treating Large Intestine abscess (appendicitis characterized by alternating diarrhea and constipation), cervical erosion, and lingering lochia.

chuān xīn lián

andrographitis herba

Temperature: cold

Taste: bitter

Channels: LU, ST, LI, SI

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - for conditions in the upper body (throat, ears, eyes)
2. dispels dampness
 - for diarrhea due to damp-heat
 - promotes urination to treat lin syndrome
 - used externally for eczema

bài huā shé shé cǎo

hedyotis diffusae herba

Temperature: cold

Taste: bitter, sweet

Channels: ST, LI, SI

Dosage: 15 - 60 grams

Functions:

1. clears heat toxicity
 - used internally and externally to treat skin infection
 - for cancer, especially cancer in the digestive system
2. promotes urination

bài tóu wēng

pulsatillae radix

Temperature: cold

Taste: bitter

Channels: LI

Dosage: 10 - 15 grams

Functions:

1. clears heat toxicity
 - one of the most effective herbs for dysentery

mǎ chǐ xiàn

partulacae herba

Temperature: cold

Taste: sour

Channels: LI, LV

Dosage: 30 - 60 grams

Functions:

1. clears heat toxicity
 - used internally and externally for skin infection
 - for dysentery and insect bites
2. induces astringency
 - for OB/GYN conditions, such as excess menstruation, leukorrhea, lingering lochia

hé yè

nulmbinis folium

Common Name: lotus leaf

Temperature: cold

Taste: slightly bitter, aromatic

Channels: HT, SP, ST, LI

Dosage: 10 - 15 grams, or in food therapy

Functions:

1. clears heat
 - especially summerheat
2. transforms middle-jiao dampness
 - especially for diarrhea

bái xiān pí

dictamni cortex

Temperature: cold

Taste: bitter

Channels: SP, ST

Dosage: 3 - 10 grams

Functions:

1. clears heat toxicity
 - for damp-heat related skin problems
 - used internally or externally
2. dispels wind and dampness
 - for jaundice, bi syndrome

lù dòu

phaseoli radiati semen

Common Name: mung bean

Temperature: cold

Taste: sweet

Channels: HT, SP, ST, UB

Dosage: 30 - 60 grams, used in food therapy

Functions:

1. clears summerheat
 - use cooked in congee
2. clears heat toxicity
 - for skin infection, eye problems, throat problems, insect and dog bites
 - can be used externally
3. promotes urination to treat edema and drain heat
 - especially for edema with diabetes

tǔ fú líng

smilacis glabrae rhizoma

Temperature: neutral

Taste: sweet, bland

Channels: LV, ST

Dosage: 15 - 30 grams

Functions:

1. clears heat toxicity
 - treats skin infection (used internally)
 - treats mercury poisoning
2. benefits, relaxes, softens joints
 - for bi syndrome
3. promotes urination
 - for lin syndrome

shè gān

belamcandae rhizoma

Temperature: cold

Taste: bitter

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. clears heat toxicity to benefit throat
 - for strep throat, acute tonsillitis, laryngitis

Herbs that Clear Vacuity Heat

In cases of yin vacuity, herbs that supplement yin are used to treat the root, while herbs from this category treat branch symptoms.

qīng hāo

artemisiae annuae herba

Temperature: cold

Taste: bitter, acrid

Channels: KI, LV, GB

Dosage: 3 - 10 grams (add at end)

Functions:

1. clears vacuity heat
2. clears summerheat
3. treats malaria
4. resolves middle-jiao dampness

dì gǔ pí

lycii cortex

Temperature: cold

Taste: sweet, bland

Channels: LU, KI

Dosage: 3 - 10 grams

Functions:

1. clears vacuity heat
2. clears replete Lung heat
 - for fever; loud cough with sticky, yellow phlegm; acute pneumonia

bái wéi

cynanchi atrati radix

Temperature: cold

Taste: bitter, salty

Channels: ST, LV

Dosage: 3 - 10 grams

Functions:

1. clears vacuity heat
 - especially for OB/GYN disorders
2. promotes urination
3. clears heat toxicity
 - for skin infection
 - not an essential herb for this use

yín chái hú

stellariae radix

Temperature: slightly cold

Taste: sweet

Channels: LV, ST

Dosage: 3 - 10 grams

Functions:

1. clears vacuity heat

Notes:

Yín Chái Hú has nothing in common with Chái Hú except for its appearance. Here, “yín” means *silvery*.

Downward-Draining Herbs

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Downward-draining herbs have the action of inducing diarrhea. This is done to either relieve constipation or to drain heat from the upper body.

Purgatives

Purgatives strongly induce diarrhea and should not be used by seniors, children, or people with weak constitution.

dà huáng

rhei radix et rhizoma

Temperature: cold

Taste: bitter

Channels: HT, LI, LV, ST

Dosage: 3 - 15 grams (for strong purgative effect, cook only 5 - 10 minutes)

Functions:

1. purges Large Intestine to relieve constipation
2. drains fire
 - for heat in the intestines and upper body
3. invigorates blood
4. dries dampness to relieve jaundice

Notes:

Since Dà Huáng purges the Large Intestine, drains fire, and invigorates the blood, it is used to treat Large Intestine abscess (appendicitis).

Dà Huáng is also called *Jian Jun*, meaning “general” because it is so strong.

máng xiāo

natrii sulfas

Common Name: glauber's salt

Temperature: extremely cold

Taste: bitter, salty

Channels: ST, LI

Dosage: 10 - 15 grams (stir in at end)

Functions:

1. softens hardness to relieve constipation
 - commonly used with Dà Huáng to purge the Large Intestine
2. clears heat toxicity
 - for acute appendicitis
 - used internally or externally to treat skin problems
 - treats cancer

fān xiè yè

sennae folium

Temperature: cold

Taste: sweet, bitter

Channels: LI

Dosage: 2 - 5 grams (made as infusion; dosage adjusted by patient)

Functions:

1. purges Large Intestine to relieve constipation
 - promotes movement in Large Intestine

lú huì

aloe

Temperature: cold

Taste: bitter

Channels: LV, ST, LI

Dosage: 1 - 2 grams (used in pills and tablets; do not decoct)

Functions:

1. purges Large Intestine to relieve constipation
2. strongly clears heat and fire from Liver and Gallbladder
3. kills Large Intestine parasites
 - especially for roundworms

Notes:

Since Lú Huì is so strong both in its ability to purge the Large Intestine and drain heat, it is usually used as a last resort when more gentle herbs have proved ineffective, and then only if the patient has a strong constitution.

Lú Huì is contraindicated in pregnant women.

Moist Laxatives

Moist Laxatives tend to be oily plant seeds.

Unlike purgatives, moist laxatives relieve constipation gently and may take some time to work.

huǒ má rén

cannabis semen

Temperature: neutral

Taste: sweet

Channels: LI, SP, ST

Dosage: 10 - 30 grams (crush before decocting)

Functions:

1. moistens Large Intestine to relieve constipation
2. nourishes yin and blood

Notes:

Taking too much Huǒ Má Rén can cause shen problems, such as restlessness and insanity.

yù lǐ rén

pruni semen

Temperature: neutral

Taste: sweet, bitter

Channels: LI, SI

Dosage: 3 - 10 grams

Functions:

1. moistens Large Intestine to relieve constipation
2. promotes urination to treat edema
 - not an essential herb for this use

Harsh Expellants

Harsh Expellants are very strong and usually toxic. They are used in small doses, and should only be used if the patient is strong enough to take them.

Harsh Expellants induce watery diarrhea to treat severe edema in the chest and abdomen.

Three of Ghì Zhī's four incompatible herbs belong to this category.

gān suì

kansui radix

Temperature: cold

Taste: bitter, sweet, toxic

Channels: KI, LI, LU

Dosage: 1.5 - 3 grams

Functions:

1. induces watery diarrhea to treat edema
2. treats phlegm
 - for severe phlegm accumulation
3. used topically to treat swelling

qiān niú zǐ

pharbitidis semen

Common Name: morning glory seed

Temperature: cold

Taste: bitter, toxic

Channels: LU, KI, LI

Dosage: 3 - 10 grams

Functions:

1. drains water retention by inducing diarrhea
 - for Lung edema, Lung cancer
2. promotes urination
 - for general edema
3. kills Large Intestine parasites
 - for roundworms and tapeworms

bā dòu

crotonis fructus

Temperature: hot

Taste: acrid, extremely toxic

Channels: ST, LU, LI

Dosage: 0.1 - 0.3 grams (used in pills and tablets; do not decoct)

Functions:

1. drains cold stagnation downward
 - for cold pattern constipation
2. drains water retention in chest and abdomen
3. expels cold phlegm stagnation
 - for throat bi syndrome

4. used internally and externally to treat skin conditions
 - for yin-type skin problems

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Herbs that Drain Dampness can be divided into three categories: herbs that promote urination to treat edema, herbs that promote urination to treat lin syndrome, and herbs that treat jaundice.

Herbs that Treat Edema

fú líng

poria

Temperature: neutral

Taste: sweet, bland

Channels: SP, ST, UB

Dosage: 10 - 15 grams

Functions:

1. promotes urination to treat edema
2. supplements Spleen and Stomach qi

Notes:

Fú Líng is a fungus that grows on tree roots. It is also called *Bái Fú Líng* (white poria).

chì fú líng

poria rubra

Temperature: slightly cold

Taste: sweet, bland

Channels: SP, ST, UB

Dosage: 9 - 15 grams

Functions:

1. promotes urination to treat edema
 - for edema with heat signs

Notes:

Chì Fú Líng (red poria) is the portion of the fungus that grows closer to the outer skin. It does not have the Spleen-supplementing properties of Bái Fú Líng.

fú líng pí

poriae cutis

Temperature: neutral

Taste: sweet, bland

Channels: SP, ST, UB

Dosage: 15 - 30 grams

Functions:

1. promotes urination to treat edema
 - for skin edema, acute nephritis

Notes:

Fú Líng Pí is the outer portion of the fungus, and so it is said to be useful for treating skin edema.

fú shén

poriae sclerotium paradicus

Temperature: neutral

Taste: sweet, bland

Channels: HT

Dosage: 6 - 15 grams

Functions:

1. supplements yin and blood to calm the shen

Notes:

Fú Shén is a section of the fungus that contains the tree root.

zhū líng

polyporus

Temperature: neutral

Taste: sweet, bland

Channels: UB, KI

Dosage: 5 - 15 grams

Functions:

1. promotes urination to treat edema

Notes:

Zhū Líng differs from Fú Líng in three ways:

1. Zhū Líng does not supplement the Spleen
2. Zhū Líng is colder than Fú Líng
3. Zhū Líng is stronger than Fú Líng in its function of promoting urination

zé xiè

alismatis rhizoma

Temperature: cold

Taste: sweet, bland

Channels: KI, UB

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat edema
2. clears lower-jiao damp heat
 - for lin syndrome
 - for diarrhea due to damp-heat

dōng guā zǐ

benincasae semen

Common Name: winter melon seed

Temperature: cold

Taste: bland

Channels: LI, LU, UB

Dosage: 10 - 15 grams (crush before decocting)

Functions:

1. promotes urination to treat edema
 - very mild in this action
2. discharges internal pus

- for Lung and Large Intestine abscess

hàn fáng jǐ

stephaniae tetrandrae radix

Temperature: cold

Taste: bitter, acrid

Channels: LU, SP, UB

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat edema
2. treats bi syndrome
 - especially for hot bi syndrome

yì yǐ rén

coicis semen

Temperature: slightly cold

Taste: sweet, bland

Channels: SP, ST, LU, LI

Dosage: 10 - 30 grams, or in food therapy

Functions:

1. promotes urination to treat edema
2. supplements Spleen and Stomach qi
3. clears heat and discharges pus
 - for Lung and Large Intestine abscess
4. smooths and relaxes joints to treat bi syndrome

Notes:

When Yì Yǐ Rén is cooked (Shú Yì Yǐ Rén) or stir-fried (Chǎo Yì Yǐ Rén) its ability to supplement the Spleen and Stomach is enhanced.

shēng jīang pí

zingiberis rhizomatis cortex

Common Name: ginger peel

Temperature: slightly warm

Taste: acrid

Channels: LU, SP

Dosage: 3 - 6 grams

Functions:

1. promotes urination to treat edema
 - very mild in this action
 - for skin edema, acute nephritis
2. treats lin syndrome

Herbs that Treat Lin Syndrome

chē qián zǐ

plantaginis semen

Temperature: slightly cold

Taste: sweet

Channels: LU, UB, KI, SI, LV

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat lin syndrome
2. clears Liver heat to brighten eyes
 - for redness, eye pain, sensitivity to light
3. clears Lung heat
 - transforms Lung phlegm and makes it thinner and easier to expectorate

huá shí

talcum

Temperature: cold

Taste: sweet, bland

Channels: ST, UB

Dosage: 5 - 20 grams (put in paper bag)

Functions:

1. promotes urination to treat lin syndrome
2. clears summerheat
 - can be used externally to prevent summerheat
3. used externally to treat skin problems
 - for summer rash, eczema

mù tōng

akebiae caulis

Temperature: cold

Taste: bitter

Channels: HT, SI, UB

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat lin syndrome
 - clears Heart heat
2. unblocks channels to promote lactation and menstruation
3. unblocks channels to treat hot bi syndrome

dēng xīn cǎo

junci medulla

Temperature: cold

Taste: bitter, bland

Channels: HT, UB

Dosage: 1 - 3 grams

Functions:

1. promotes urination to treat lin syndrome
 - for urethra pain and contraction
2. clears Heart heat
 - for difficult urination, lingering uterine heat

qú mài

dianthi herba

Temperature: slightly cold

Taste: bitter

Channels: HT, SI, UB

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat lin syndrome

Notes:

Qú Mài and Biǎn Xù are paired herbs, and are often used together.

biǎn xù

polygoni avicularis herba

Temperature: cold

Taste: bitter

Channels: LV, ST

Dosage: 3 - 10 grams

Functions:

1. promotes urination to treat lin syndrome
2. treats cancer
3. used externally for fungal infections

Notes:

Qú Mài and Biǎn Xù are paired herbs, and are often used together.

dì fū zǐ

kochiae fructus

Temperature: cold

Taste: bitter

Channels: UB

Dosage: 3 - 10 grams (put in paper bag)

Functions:

1. promotes urination to treat lin syndrome
 - mild in this action
2. clears damp-heat
 - used internally and externally to treat skin problems, such as eczema, oozing, fungal infection, athlete's foot

bì xiè

dioscoreae hypoglauciae rhizoma

Temperature: slightly cold

Taste: bitter

Channels: LV, ST

Dosage: 10 - 15 grams

Functions:

1. drains damp turbidity to treat cloudy lin syndrome
2. expels wind-cold-damp to treat bi syndrome
 - stretches, relaxes, and smooths channels

Herbs that Treat Jaundice

yīn chén

artemisiae scopariae herba

Temperature: slightly cold

Taste: bitter

Channels: LV, GB, SP, ST

Dosage: 3 - 10 grams

Functions:

1. transforms damp-heat to treat both yin and yang jaundice
 - best herb for this function

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In Bensky, this category is called “Herbs that Dispel Wind-Dampness”.

Herbs that Expel Wind-Cold-Dampness

dú huó

angelicae pubescentis radix

Temperature: warm

Taste: bitter, acrid

Channels: KI, UB

Dosage: 3 - 10 grams

Functions:

1. expels wind-cold-dampness to treat bi syndrome
 - treats lower body
 - may be too drying

wēi líng xiān

clematidis radix

Temperature: warm

Taste: bitter, acrid

Channels: UB

Dosage: 3 - 10 grams

Functions:

1. expels wind-cold-dampness to treat bi syndrome
 - stops pain caused by blockage
2. treats fish bone sickness

hǎi tóng pí

erythrinae cortex

Temperature: neutral

Taste: bitter

Channels: LV, KI

Dosage: 3 - 10 grams

Functions:

1. expels wind-cold-dampness to treat bi syndrome
2. kills parasites
 - for fungal infections
 - used externally to treat roundworm, pinkworm, tapeworm, hookworm

hǔ gǔ

tigris os

Common Name: tiger bone

Temperature: warm

Taste: acrid, sweet

Channels: LV, KI

Dosage: 3 - 10 grams (best in herbal wine)

Functions:

1. expels wind-cold-dampness to treat bi syndrome
2. supplements Liver and Kidney yin to strengthen tendon and bone
 - for wei (atrophy) syndrome, osteoporosis

Notes:

Can be externally applied to joints.

Herbs that Unblock the Channels

mù guā

chaenomelis fructus

Common Name: quince fruit

Temperature: warm

Taste: sour

Channels: LV, SP

Dosage: 3 - 10 grams

Functions:

- relaxes tendons and unblocks channels to treat bi syndrome
 - for Liver channel rigidity, with symptoms such as migraine, TMJ, muscle twitch
- transforms middle-jiao dampness

Notes:

Although the taste of Mù Guā is sour, it does not have any astringent action. It is considered sour because it strongly enters the Liver channel.

cán shā

bombycis faeces

Common Name: silkworm feces

Temperature: slightly warm

Taste: acrid, sweet

Channels: LV, SP, ST

Dosage: 3 - 10 grams (put in paper bag)

Functions:

- relaxes tendons and unblocks channels to treat bi syndrome
 - expels wind-cold-dampness
 - not as strong as Mù Guā

- transforms middle-jiao damp turbidity
 - stronger than Mù Guā

qín jiāo

gentianae macrophyllae radix

Temperature: slightly cold

Taste: bitter, acrid

Channels: ST, LV, GB

Dosage: 3 - 10 grams

Functions:

- relaxes tendons and unblocks channels to treat bi syndrome
 - especially for frozen shoulder syndrome
- clears vacuity heat
- relieves jaundice
 - primarily for yang jaundice

sāng zhī

mori ramulus

Common Name: mulberry twig

Temperature: neutral

Taste: bitter

Channels: LV

Dosage: 15 - 30 grams

Functions:

- relaxes tendons and unblocks channels to treat bi syndrome
 - very mild
 - treats upper body joints
- lowers high blood pressure

xī xiān cǎo

siegesbeckiae herba

Temperature: slightly cold

Taste: bitter, acrid

Channels: LV, HT

Dosage: 10 - 15 grams

Functions:

1. relaxes tendons and unblocks channels to treat bi syndrome
 - used in post-stroke conditions
2. lowers high blood pressure
3. clears heat toxicity
 - used internally and externally to treat heat toxicity skin problems

bái huā shé

agkistrodon

Temperature: warm

Taste: sweet, salty, toxic

Channels: LV

Dosage: 10 - 15 grams (best used in tincture or wine)

Functions:

1. relaxes tendons and unblocks channels to treat bi syndrome
 - for general spasm and contraction, e.g. lockjaw
2. expels wind-cold-dampness
3. treats leprosy

Herbs that Supplement Liver and Kidney Yin

These herbs supplement yin to strengthen tendons and bone, and are thus used to treat bi syndrome and osteoporosis.

sāng jì shēng

taxilla herba

Temperature: neutral

Taste: bitter

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Liver and Kidney yin to strengthen tendon and bone
2. supplements blood to stabilize the chong mai and ren mai
 - calms fetus movements to prevent miscarriage
3. lowers high blood pressure and cholesterol

wǔ jiā pí

acanthopanax cortex

Temperature: warm

Taste: acrid

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Liver and Kidney yin to strengthen tendon and bone
 - for five-delay syndrome in children, pigeon chest, osteoporosis
2. promotes urination to treat edema
 - especially for skin edema

Herbs that Transform Phlegm and Stop Cough

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Phlegm may be substantial or insubstantial.
Nodules and masses are insubstantial phlegm.

Herbs that Cool and Transform Phlegm-Heat

Hot phlegm is scanty, yellow, and may contain blood. Dry phlegm is a type of hot phlegm that is chunky.

qián hú

peucedani radix

Temperature: slightly cold

Taste: bitter, acrid

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. transforms hot phlegm
 - very mild
 - especially for thick phlegm in the Lung
2. relieves wind-heat invasion

chuān bèi mǔ

fritillariae cirrhosae bulbosus

Temperature: slightly cold

Taste: bitter, sweet

Channels: LU, HT

Dosage: 3 - 10 grams (do not decoct)

Functions:

1. moistens Lung yin to stop cough
2. resolves phlegm nodules

Notes:

Chuān Bèi Mǔ and Zhè Bèi Mǔ are paired herbs.

zhè bèi mǔ

fritillariae thunbergii bulbosus

Temperature: cold

Taste: bitter

Channels: LU, HT

Dosage: 3 - 10 grams

Functions:

1. clears Lung heat to treat cough
2. resolves phlegm nodules
 - for fibroids, goiter

Notes:

Chuān Bèi Mǔ and Zhè Bèi Mǔ are paired herbs.

Zhè Bèi Mǔ is colder than Chuān Bèi Mǔ, and Zhè Bèi Mǔ is not sweet and therefore does not moisten.

guā lóu

trichosanthis fructus

Temperature: cold

Taste: sweet

Channels: LU, ST, LI

Dosage: 3 - 10 grams (Guā Lóu Pí)

10 - 15 grams (Guā Lóu Ré)

15 - 30 grams (Quán Guā Lóu)

Functions:

1. clears Lung heat to transform phlegm
 - makes phlegm thinner and easier to expectorate
 - Guā Lóu Pí is best for this
2. moistens Large Intestine to relieve constipation
 - Guā Lóu Rén is best for this

3. opens chest to treat chest bi
 - for chest congestion, chest pressure, and chest pain
 - only Quán Guā Lóu can be used for this

Notes:

Guā Lóu is a fruit which can be used in three forms: the entire fruit (Quán Guā Lóu/trichsanthis fructus), the seeds (Guā Lóu Rén/trichosanthis semen), and the peel (Guā Lóu Pí/trichosanthis pericarpium).

Most herbs from this category are cold and bitter, which may be overly drying. Guā Lóu is special because it is cold and sweet and has a moistening ability.

zhú rú*bambusae caulis in taeniam*

Common Name: bamboo shavings

Temperature: slightly cold

Taste: sweet

Channels: LU, ST, GB

Dosage: 3 - 10 grams

Functions:

1. transforms phlegm-heat
 - especially for phlegm due to Gallbladder and Stomach heat
 - for acute sinusitis
2. clears Stomach heat to stop vomiting and nausea

Notes:

Phlegm due to Gallbladder and Stomach heat is copious rather than scanty, and also causes shen disturbance, such as poor focus, concentration, and memory.

Acute sinusitis is called *bi yuan*, meaning “nasal swamp.”

hǎi zǎo / kūn bù*sargassum / eckloniae thallus*

Temperature: cold

Taste: bitter, salty / salty

Channels: LU, ST, KI

Dosage: 10 - 15 grams

Functions:

1. resolves phlegm nodules
 - for insubstantial phlegm only
 - for goiter, scrofula
2. promotes urination to treat edema

Notes:

Hǎi Zǎo is incompatible with Gān Cǎo.

jié gěng*platycodi radix*

Temperature: neutral (slightly cold)

Taste: bitter, acrid

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. transforms phlegm
 - treats both phlegm-heat and cold-phlegm
 - makes phlegm thinner and easier to expectorate
 - vents Lung qì to stop cough
2. used internally to discharge pus
 - for pus due to heat toxicity, e.g. carbuncles, boils, sores

Notes:

Jié Gěng is a Lung channel guiding herb.

Warm Herbs that Transform Cold-Phlegm

Cold phlegm is copious, white, clear, watery, and can foam or bubble. Damp phlegm is a type of cold phlegm that is more copious and very slippery.

zhì bàn xià

pinelliae rhizoma

Temperature: warm

Taste: acrid, toxic

Channels: LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. transforms cold phlegm
2. resolves phlegm nodules
3. directs rebellious Stomach qi downward
 - for cold nausea and vomiting

Notes:

Bàn Xià is prepared by cooking it in ginger to remove its toxicity. Overuse of this herb may cause dryness.

zhì tiān nán xīng

arisaematis rhizoma preparatum

Temperature: warm

Taste: bitter, acrid

Channels: LU, LV, SP

Dosage: 3 - 10 grams

Functions:

1. transforms cold phlegm
 - stronger than Zhì Bàn Xià
2. resolves insubstantial phlegm to treat internal wind
3. treats cancer
 - for cervical cancer

Notes:

Zhì Tiān Nán Xīng is prepared by cooking it in ginger to remove its toxicity. Overuse of this herb may cause dryness, and in practice its dosage may be reduced to 3 - 6 grams.

Tiān Nán Xīng can also be prepared with animal bile (*Dǎn Nán Xīng*) to treat hot phlegm.

bái jiè zǐ

sinapis semen

Temperature: warm

Taste: acrid

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. transforms cold phlegm
 - strongly dries out phlegm
 - used topically to treat asthma
2. resolves insubstantial phlegm
 - for nodules such as goiter, scrofula, fibroids
 - for infertility due to phlegm
 - for body ache due to internal phlegm

Notes:

To use Bái Jiè Zǐ topically to treat asthma and chronic bronchitis, tape seeds to the skin at UB-13, UB-15, and UB-17 bilaterally to induce skin irritation. Repeat 5-7 times.

xuán fù huā

inulae flos

Temperature: slightly warm

Taste: bitter, acrid, salty

Channels: LU, SP, ST

Dosage: 3 - 10 grams (put in paper bag)

Functions:

1. transforms cold phlegm
 - very mild
2. stops cold-pattern nausea and vomiting

bái qián

cynanchi stauntonii rhizoma

Temperature: slightly warm

Taste: acrid, sweet

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. transforms cold phlegm
2. stops cough

Herbs that Relieve Coughing and Wheezing

Herbs that Relieve Coughing and Wheezing stop cough, but do not necessarily transform phlegm.

xìng rén

armenicae semen

Common Name: apricot seed

Temperature: slightly warm

Taste: bitter, slightly toxic

Channels: LU, LI

Dosage: 3 - 10 grams

Functions:

1. stops cough
2. moistens Large Intestine to relieve constipation

zǐ wǎn

asteris radix

Temperature: slightly warm

Taste: bitter, sweet

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. stops cough
 - for cough due to heat or cold

kuǎn dōng huā

farfarae flos

Temperature: warm

Taste: acrid

Channels: LU

Dosage: 3 - 10 grams

Functions:

1. stops cough
 - often used with Zǐ Wǎn

zǐ sū zǐ*perillae fructus***Temperature:** warm**Taste:** acrid**Channels:** LU**Dosage:** 3 - 10 grams**Functions:**

1. stops cough
 - descends rebellious Lung qi
2. transforms cold phlegm

pí pa yè*eriobotryae folium***Common Name:** loquat leaf**Temperature:** neutral**Taste:** bitter**Channels:** LU, SP**Dosage:** 10 - 15 grams**Functions:**

1. stops cough
 - for cough due to heat or cold
2. clears Stomach heat to stop nausea and vomiting

bǎi bù*stemonaе radix***Temperature:** neutral (slightly cold)**Taste:** sweet, bitter**Channels:** LU**Dosage:** 3 - 10 grams**Functions:**

1. moistens Lung to stop cough
 - for Lung tuberculosis

2. kills parasites

- used internally and externally for pinworms
- used externally for headlice

Notes:

Stemonaе sounds like Damone. Bob Damone has fleas. Bǎi Bù kills fleas. Remember this for year end examinations.

sāng bái pí*mori cortex***Temperature:** cold**Taste:** sweet**Channels:** LU**Dosage:** 10 - 15 grams**Functions:**

1. clears Lung heat and moistens Lung to stop cough
2. promotes urination to treat edema
3. lowers high blood pressure
 - mild, but long-lasting

Aromatic Herbs that Transform Dampness

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Aromatic Herbs have three properties: they smell nice, they treat middle-jiao dampness, and they activate middle-jiao function.

These herbs also tend to be warm and drying. In theory, they should be added during the last five minutes of decoction. In practice, this is not necessary for all aromatic herbs.

hòu pò

magnoliae officinalis cortex

Temperature: warm

Taste: acrid, bitter

Channels: LI, LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. transforms middle-jiao dampness
2. moves Spleen and Stomach qi

cāng zhú

atractylodis rhizoma

Temperature: warm

Taste: acrid, bitter

Channels: SP, ST

Dosage: 3 - 10 grams

Functions:

1. transforms middle-jiao dampness
 - very important herb: use whenever the tongue coating is thick
 - for middle-jiao damp diarrhea
2. expels external wind-cold-damp from channels and muscles
 - for swollen joints, body heaviness
3. brightens the eyes

Notes:

Cāng Zhú is a Spleen and Stomach guiding herb.

huò xiāng

pogostemonis herba

Temperature: slightly warm

Taste: acrid

Channels: SP, ST, LU

Dosage: 3 - 10 grams (add last five minutes)

Functions:

1. transforms middle-jiao dampness
 - especially for vomiting and nausea; motion sickness; stomach flu
2. regulates middle-jiao qi
3. releases exterior wind-cold invasion
 - very mild
4. treats summerheat

shā rén

amomi fructus

Temperature: warm

Taste: acrid

Channels: SP, ST, KI

Dosage: 3 - 10 grams

Functions:

1. transforms middle-jiao dampness
 - for diarrhea
2. moves Spleen and Stomach qi
3. calms fetus movements to prevent miscarriage

bái dòu kòu

amomi fructus rotundus

Common Name: cardamom seed

Temperature: warm

Taste: acrid

Channels: SP, ST

Dosage: 3 - 10 grams (crush before decocting);
2 - 5 grams as single herb

Functions:

1. transforms middle-jiao dampness
 - for vomiting and nausea
 - can be used as a single herb
2. warms middle-jiao

cǎo dòu kòu

alpiniae katsumadai semen

Temperature: warm

Taste: acrid

Channels: SP, ST

Dosage: 3 - 6 grams

Functions:

1. transforms middle-jiao dampness
2. warms middle-jiao

Notes:

Cǎo Dòu Kòu is stronger than Bái Dòu Kòu, and may be overly warm and drying.

cǎo guǒ

tsaoko fructus

Temperature: warm

Taste: acrid

Channels: SP, ST

Dosage: 3 - 6 grams

Functions:

1. strongly transforms middle-jiao dampness
 - very warm and drying; not used lightly
 - for malaria-related signs and symptoms
2. transforms cold phlegm in the Lung

Herbs that Relieve Food Stagnation

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shén qū.....55
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lái fú zǐ.....55
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Herbs that Relieve Food Stagnation treat symptoms that result from eating too much food at one time, such as gas, bloating, diarrhea.

shān zhā

crataegi fructus

Common Name: hawthorn berry

Temperature: slightly warm

Taste: sour, sweet

Channels: LV, SP, ST

Dosage: 3 - 10 grams

Functions:

1. relieves food stagnation
 - especially for food stagnation caused by meat and fatty foods
2. lowers high blood pressure and cholesterol
3. invigorates blood

Notes:

To enhance Shān Zhā's ability to relieve food stagnation, it should be stir-fried (*Chǎo Shān Zhā*).

shén qū

massa medicata fermentata

Temperature: warm

Taste: sweet, acrid

Channels: SP, ST

Dosage: 10 - 15 grams

Functions:

1. relieves food stagnation

gǔ yá / mài yá

setariae fructus germinatus

hordei fructus germinatus

Common Name: sprouted rice / sprouted wheat

Temperature: neutral

Taste: sweet

Channels: SP, ST

Dosage: 3 - 10 grams

Functions:

1. relieves food stagnation
 - especially for food stagnation caused by starchy foods
2. stops lactation
 - only Mài Yá does this
3. strengthens middle-jiao

lái fú zǐ

raphani semen

Common Name: daikon seeds

Temperature: neutral

Taste: acrid, sweet

Channels: LU, SP, ST

Dosage: 5 - 15 grams

Functions:

1. relieves food stagnation
 - especially for a stifling, full sensation in upper abdomen
2. descends Lung qi
 - for inability to breath while lying down

jī nèi jīn

gigeriae galli endothelium corneum

Common Name: chicken gizzard lining

Temperature: neutral

Taste: sweet

Channels: SP, ST, SI, UB

Dosage: 3 - 10 grams

Functions:

1. strongly relieves food stagnation
2. secures Kidney essence
 - for incontinence, seminal emission
 - not quite the same as inducing astringency
3. dissolves stones
 - for Gallbladder and Kidney stones

Herbs that Regulate Qi

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Herbs that Regulate Qi move Liver qi or Spleen/Stomach middle-jiao qi. Herbs in this category tend to be warm and acrid, and may cause heat and damage yin.

Liver qi stagnation is characterized by sighing, headache, hypochondriac pain, etc.

Spleen/Stomach qi stagnation is characterized by stomach pain and distention, gas, bloating, nausea, vomiting, belching, etc.

Herbs in the category can treat pain by moving qi.

chén pí

citri reticulatae pericarpium

Common Name: aged tangerine peel

Temperature: warm

Taste: acrid, bitter, aromatic

Channels: LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. regulates middle-jiao qi
 - especially for nausea and vomiting
2. dries dampness in middle-jiao

Notes:

In practice, Chén Pí's dosage is usually limited to 3 - 6 grams because of its unpleasant taste.

jú hóng

citri reticulatae exocarpium rubrum

Common Name: red tangerine peel

Temperature: warm

Taste: acrid, bitter

Channels: LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. regulates middle-jiao qi
2. dries dampness in middle-jiao

Notes:

Jú Hóng is very similar to Chén Pí except that it is warmer and dryer than Chén Pí, and it is better at transforming damp than Chén Pí.

qīng pí

citri reticulatae veride pericarpium

Common Name: unripe tangerine peel

Temperature: warm

Taste: acrid

Channels: LV, SP, ST

Dosage: 3 - 6 grams

Functions:

1. strongly moves Liver qi stagnation
 - often too warm and too drying
2. transforms middle-jiao dampness

zhǐ shí

aurantii fructus immaturus

Common Name: unripe bitter orange

Temperature: slightly cold

Taste: acrid

Channels: SP, ST, LI

Dosage: 3 - 10 grams

Functions:

1. moves middle-jiao qi stagnation
 - moves downward in direction, for constipation
2. indirectly lowers high blood pressure

zhǐ ké

aurantii fructus

Common Name: bitter orange

Temperature: slightly cold

Taste: acrid

Channels: SP, ST, LI

Dosage: 3 - 10 grams

Functions:

1. moves middle-jiao qi stagnation
2. transforms dampness
 - very mild in this action

Notes:

Zhǐ Ké is very similar to Zhǐ Shí, but it is much milder and safer to use. Also, Zhǐ Ké does not cause qi to descend.

dà fù pí

arecae pericarpium

Temperature: warm

Taste: acrid

Channels: SP, ST, LI

Dosage: 3 - 10 grams

Functions:

1. moves middle-jiao qi stagnation
 - especially for gas and bloating

xiāng fù

cyperi rhizoma

Temperature: neutral (slightly cold)

Taste: acrid

Channels: LV, SJ, GB

Dosage: 3 - 10 grams

Functions:

1. moves Liver qi stagnation
 - commonly used in OB/GYN conditions and menstruation

Notes:

As most herbs in this category are warm, and Liver qi stagnation tends to cause heat, Xiāng Fù is special because it is slightly cold and can move Liver qi stagnation.

mù xiāng

aucklandiae radix

Temperature: warm

Taste: acrid

Channels: SP, ST, LV, GB

Dosage: 3 - 6 grams

Functions:

1. moves middle-jiao qi stagnation to stop pain
2. transforms dampness
 - mild in this action

Notes:

Mù Xiāng's dosage is reduced as it is warm and very drying.

There will definitely be a question on the quiz concerning Mù Xiāng.

wū yào

linderae radix

Temperature: warm

Taste: acrid

Channels: LV, GB, SP, ST, KI

Dosage: 3 - 10 grams

Functions:

1. moves Liver qi stagnation
2. warms and moves middle-jiao qi stagnation

chén xiāng

aquilariae lignum resinatum

Temperature: warm

Taste: acrid

Channels: SP, ST

Dosage: 3 - 10 grams

Functions:

1. warms middle-jiao coldness
2. moves middle-jiao qi stagnation
 - moves downward, for hiccough, belching, vomiting, nausea, etc

Notes:

Chén Xiāng can be used as a single herb without cooking by swallowing it with warm water.

tán xiāng

santali alibi lignum

Temperature: warm

Taste: acrid

Channels: HT, SP, ST

Dosage: 3 - 6 grams; 1 - 3 grams as single herb

Functions:

1. moves chest (Heart) qi
 - opens chest to treat chest bi
2. moves middle-jiao qi stagnation

Notes:

Tán Xiāng can be swallowed as a single herb.

chuān liàn zǐ

toosendan fructus

Temperature: cold

Taste: acrid

Channels: LV, GB

Dosage: 3 - 10 grams (crush before decocting)

Functions:

1. moves Liver qi
 - for Liver qi stagnation with heat
2. kills parasites
 - especially for roundworms

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Herbs that Stop Bleeding

Herbs that Stop Bleeding stop bleeding due to internal causes, *not injury and trauma*.

The four causes of internal bleeding are:

1. blood stasis
2. blood cold
3. blood heat
4. qi vacuity

No single herb is used to stop bleeding due to qi vacuity. Most herbs in this category enter the Liver channel.

sān qī

notoginseng radix

Temperature: warm

Taste: sweet, slightly bitter

Channels: LV, ST

Dosage: 3 - 10 grams (crush before decocting; or take 1.5 - 3 grams as powder with alcohol)

Functions:

1. moves blood to stop bleeding
 - for bleeding due to blood stagnation
-

dà jì

cirsii japonici herba seu radix

Temperature: cool

Taste: sweet

Channels: LV, HT

Dosage: 10 - 15 grams

Functions:

1. clears heat and cools blood to stop bleeding
 - for bleeding in the upper body, such as nosebleed, bloodshot eyes, hemoptysis
2. clears heat toxicity to treat skin infections
 - for boils, ulcers, carbuncles
3. promotes urination
 - for lin syndrome, jaundice
4. lowers high blood pressure

Notes:

This Dà Jì is not contraindicated to Gān Cǎo. That's a different Dà Jì.

pú huáng

typhae pollen

Temperature: neutral

Taste: sweet

Channels: LV, HT

Dosage: 3 - 10 grams (put in paper bag)

Functions:

1. stops bleeding due to blood stagnation
 - for this action, it is best used charred (*Pú Huáng Tàn*)
2. invigorates blood
3. promotes urination
 - for blood in the urine (xue lin syndrome)

Notes:

Pú Huáng is also known to contract the uterus, and is therefore contraindicated in pregnancy.

dì yú

sanguisorbae radix

Temperature: slightly cold

Taste: bitter, sour

Channels: LV, ST, LI

Dosage: 10 - 15 grams

Functions:

1. clears heat and cools blood to stop bleeding
 - especially for Stomach and Large Intestine bleeding, such as hemorrhoids, bloody dysentery, etc.
 - to stop bleeding, it is best used charred (*Dì Yú Tàn*)
2. clears heat toxicity to heal wounds
 - used externally
 - for burns and scalding
 - for sores and bedsores

huái mǐ

sophorae flos immaturus

Temperature: slightly cold

Taste: bitter

Channels: LV, LI

Dosage: 5 - 15 grams

Functions:

1. clears heat and cools blood to stop bleeding
 - for Large Intestine bleeding, such as hemorrhoids and bloody dysentery
2. lowers high blood pressure
 - works by expanding blood vessels

cè bǎi yè

platycladi cacumen

Temperature: slightly cold

Taste: bitter, astringent

Channels: LU, LV, LI

Dosage: 10 - 15 grams

Functions:

1. clears heat and cools blood to stop bleeding
 - with proper combination, can be used for cold-pattern bleeding as well

2. clears Lung heat to stop cough and transform phlegm-heat
 - makes phlegm thinner and easier to expectorate
3. clears heat toxicity for burns and scalding

bái máo gēn

imperatae rhizoma

Temperature: cold

Taste: sweet

Channels: LU, ST, UB

Dosage: 15 - 30 grams

Functions:

1. clears heat and cools blood to stop bleeding
 - for bloody sputum
 - for blood in urine (xue lin)
2. promotes urination
 - for heat-pattern lin syndrome

xiān hè cǎo

agrimoniae herba

Temperature: neutral (slightly cold)

Taste: bitter, astringent

Channels: LV, LU, SP

Dosage: 10 - 15 grams

Functions:

1. induces astringency to stop bleeding
 - especially for bloody sputum due to Lung tuberculosis
2. clears heat toxicity to treat skin infections
 - used internally and externally
3. kills parasites
 - for fungal infections, such as vaginitis
 - treats malaria

bái jí

bletillae rhisoma

Temperature: slightly cold

Taste: bitter, sweet, astringent

Channels: LU, LV, ST

Dosage: 3 - 10 grams

Functions:

- stops bleeding
 - clears heat and cools blood to stop bleeding
 - induces astringency to stop bleeding
 - for Lung related bleeding and Stomach heat related bleeding, such as stomach ulcer
- closes fissures
 - for anal fissures
 - for cracks on hands and feet

Notes:

To use externally, crush into powder and mix with honey, egg white, or sesame oil.

Bái Jí is incompatible with Wu Tou.

ài yè

artemisiae argyi folium

Common Name: mugwort leaf

Temperature: warm

Taste: bitter, acrid

Channels: LV, SP, KI

Dosage: 3 - 6 grams

Functions:

- warms channels to stop bleeding
 - for cold pattern bleeding, such as menstrual bleeding, stomach bleeding with blood in diarrhea, etc
- warms interior and disperses cold to stop pain

- can be used internally or externally (as moxa)
- for skin problems such as eczema

Notes:

Overuse of Ài Yè can cause blood vessel convulsions.

Herbs that Invigorate the Blood

Symptoms of blood stagnation include fixed, sharp pain, including headache; menstrual problems and infertility; chest bi; injury or trauma; choppy pulse; purple or dusky tongue with prickles; and dry skin with a scaly dull complexion.

Herbs in this category tend to be warm, acrid, and dry, and may damage yin and blood.

Herbs that strongly move qi and blood are contraindicated during pregnancy.

chuān xiōng

chuanxiong rhizoma

Temperature: warm

Taste: acrid

Channels: LV, GB, PC

Dosage: 3 - 10 grams

Functions:

- moves qi and blood
 - stops pain
- expels wind-cold

- relieves yang-ming headache

dān shēn

salviae miltiorrhizae radix

Temperature: slightly cold

Taste: bitter

Channels: HT, PC, LV

Dosage: 5 - 15 grams

Functions:

1. moves blood
 - softens hardness and masses; for tumors, cancer, cirrhosis, fibroids, etc
 - moves blood to treat chest bi
2. clears heat toxicity to treat skin problems
 - used only internally
 - for carbuncles, sores, boils, etc

Notes:

Dān Shēn is special because it moves blood but is slightly cold and bitter. It is the most essential herb for treating chest bi by moving blood.

jī xuè téng

spatholobi caulis

Temperature: warm

Taste: acrid, sweet

Channels: LV

Dosage: 10 - 30 grams

Functions:

1. moves blood
2. supplements blood vacuity
3. relaxes, unblocks, and stretches channels

Notes:

Jī Xuè Téng is not very strong in moving and supplementing blood, but it is useful for treating diabetes symptoms, such as loss of skin sensation and clenched jaw.

yán hú suǒ

corydalis rhizoma

Temperature: warm

Taste: acrid, bitter

Channels: LV, SP

Dosage: 3 - 10 grams (or swallow 1 - 3 grams as powder with alcohol)

Functions:

1. moves qi and blood to stop pain
2. treats insomnia

Notes:

Yán Hú Sǔo is a pain killer. Compared to opium, it is not addictive and is longer lasting.

yù jīn

curcumae radix

Temperature: cold

Taste: acrid, bitter

Channels: HT, LV, GB

Dosage: 3 - 10 grams

Functions:

1. moves blood
 - softens hardness and masses
2. moves Liver qi
3. clears Heart fire
 - for shen problems, mouth sores, and lin syndrome
4. transforms damp-phlegm turbidity
 - especially for shen disorders caused by phlegm
5. relieves jaundice by transforming phlegm

Notes:

Yù Jīn is incompatible with Dīng Xiāng.

yì mǔ cǎo

leonuri herba

Temperature: slightly cold

Taste: acrid, bitter

Channels: LV, HT, UB

Dosage: 10 - 30 grams

Functions:

1. moves blood
 - for OB/GYN and menstrual problems
 - softens hardness and masses
2. promotes urination
 - very strong; for hot lin
3. clears heat toxicity
 - used internally and externally to treat skin infection, such as carbuncles, sores, boils, etc.
4. lowers high blood pressure

zé lán

lycopi herba

Temperature: slightly cold

Taste: acrid

Channels: LV, HT

Dosage: 10 - 15 grams

Functions:

1. moves blood
 - for OB/GYN conditions
2. clears heat toxicity
 - used internally and externally to reduce pain and swelling
3. transforms middle-jiao dampness
4. promotes urination for lin syndrome

chì sháo

paeoniae radix rubra

Common Name: red peony root

Temperature: slightly cold

Taste: bitter, slightly acrid

Channels: LV, GB

Dosage: 6 - 15 grams

Functions:

1. moves blood
2. clears heat and cools blood

táo rén

persicae semen

Common Name: peach kernel

Temperature: neutral

Taste: acrid, bitter

Channels: LV, LU, LI

Dosage: 3 - 10 grams

Functions:

1. moves blood
2. moistens Lung to stop coughing and wheezing
 - for bloody sputum
3. moistens Large Intestine to relieve constipation

Notes:

Táo Rén and Hóng Huā are often used together. Both are contraindicated during pregnancy.

hóng huā

carthami flos

Temperature: slightly warm

Taste: acrid

Channels: LV, HT

Dosage: 3 - 10 grams

Functions:

1. moves blood
 - for OB/GYN conditions
 - for injury and trauma

Notes:

Táo Rén and Hóng Huā are often used together. Both are contraindicated during pregnancy.

According to Bensky, when Hóng Huā is used to harmonize the blood, its dosage should be reduced to 1 - 3 grams. Tantan does not know what is meant by *harmonizing blood*. In fact, he has spoken with many of his teachers in China, and none of them is familiar with this concept of harmonizing blood. In his commentary on Hóng Huā, Bensky, however, elaborates:

in large doses it breaks up the blood, while in small doses it gently moves and nourishes the blood. This is known as 'harmonizing the blood', which has the indirect effect of soothing Liver constraint.

This idea of harmonizing blood appears again in his commentary on Dāng Guī:

These properties make it the most appropriate herb for harmonizing the blood, which means that it both invigorates blood and tonifies the blood...

The topic of reducing Hóng Huā's dosage to harmonize the blood has appeared on the California licensing examination.

é zhú

curcumae rhizoma

Temperature: warm

Taste: acrid, bitter

Channels: LV, SP

Dosage: 3 - 10 grams

Functions:

1. strongly moves blood
 - softens harness and masses
2. moves middle-jiao qi
 - for gas, bloating, stomach pain
3. treats cancer
 - especially for cervical cancer

Notes:

É Zhú and Sān Léng are paired herbs and are often used together.

sān léng

sparganii rhizoma

Temperature: neutral

Taste: acrid, bitter

Channels: LV, SP

Dosage: 3 - 10 grams

Functions:

1. moves blood
2. moves middle-jiao qi to stop pain

Notes:

É Zhú and Sān Léng are paired herbs and are often used together.

Sān Léng is better than É Zhú at moving blood. É Zhú is better at moving middle-jiao qi.

rǔ xiāng

olibanum

Common Name: frankincense

Temperature: warm

Taste: acrid, bitter

Channels: HT, LV, SP

Dosage: 3 - 10 grams

Functions:

1. strongly moves blood

- stops pain; for injury and trauma
 - used internally and externally
2. reduces swelling and promotes flesh regeneration
 - for healing wounds
 - used externally only

Notes:

Rǔ Xiāng is a sap. Used internally it may cause heartburn. Used externally it may cause skin irritation. In practice, its dosage is reduced to 3-6 grams.

mò yào*myrrha*

Common Name: myrrh

Temperature: neutral

Taste: bitter

Channels: HT, LV, SP

Dosage: 3 - 10 grams

Functions:

1. strongly moves blood
2. reduces swelling and promotes flesh regeneration

Notes:

Mò Yào can also cause stomach upset, and its dosage is usually reduce to 3-6 grams. Mò Yào and Rǔ Xiāng are often used together since they reinforce eachother.

niú xī*achyranthis bidentatae radix*

Temperature: neutral

Taste: bitter, sour

Channels: LV, KI

Dosage: 3 - 10 grams

Functions:

1. moves blood
 - for injury and trauma, menstrual problems, tumor
2. supplements Liver and Kidney yin to strengthen tendon and bone
 - for bi, osteoporosis, wei (atrophy) syndrome
3. guides blood downward
 - for heat in the upper body
4. mildly promotes urination
 - with proper combination, can be used to treat edema or lin syndrome

Notes:

Niú Xī is Chinese for “ox knee,” refering to its ability to strengthen tendon and bone. It is considered sour because it goes to the Liver.

There are two species of Niú Xī: Huái Niú Xī and Chuan Niú Xī. Chuan Niú Xī is better at moving blood.

There will definitely be a question on the quiz about Niú Xī.

wáng bù liú xíng*vaccariae semen*

Temperature: neutral

Taste: acrid, sweet

Channels: LV, ST

Dosage: 3 - 10 grams

Functions:

1. moves blood
 - for menstrual problems
2. promotes lactation
 - for poor lactation due to blood stagnation
3. promotes urination
 - for hot lin

Notes:

Wáng Bù Liú Xíng seeds (*Wáng Bù Liú Xíng Zǐ*) are used as ear seeds.

Armadillo scales have similar properties to Wáng Bù Liú Xíng, but Wáng Bù Liú Xíng is not armadillo.

wǔ líng zhī*trogopterori faeces*

Common Name: flying squirrel feces

Temperature: warm

Taste: salty

Channels: LV

Dosage: 3 - 10 grams (put in paper bag)

Functions:

1. invigorates blood to stop pain

Notes:

Wǔ Líng Zhī antagonizes Rén Shēn (they will cancel each other out).

Herbs that Warm the Interior

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Herbs that Warm the Interior are good for treating Kidney yang vacuity and Spleen yang vacuity, characterized by early morning diarrhea; frequent, clear urination; bi syndrome; cold extremities; slow, tight pulse; and pale or blue tongue. These herbs also treat yang collapse.

Open Syndrome is a condition of unconsciousness characterized by closed eyes and an open mouth. It is treated by warming the interior. (As opposed to *Closed Syndrome*, characterized by closed eyes and a closed mouth, which is treated by opening the orifices).

zhì fù zǐ

aconiti radix lateralis preparatum

Temperature: hot

Taste: acrid, toxic

Channels: HT, KI, SP

Dosage: 3 - 15 grams (boil 30-60 minutes longer than the rest of the decoction to reduce toxicity)

Functions:

1. warm middle-jiao yang
2. warms Kidney yang
 - for yang collapse and open syndrome
3. warms channels
 - for pain and bi syndrome

gān jiāng

zingiberis rhizoma

Temperature: hot

Taste: acrid

Channels: HT, LU, SP, ST

Dosage: 3 - 10 grams

Functions:

1. warms the interior to revive yang
 - for yang collapse and open syndrome
2. warms middle-jiao yang
 - for Stomach cold pain, thin diarrhea
3. warms Lung
 - for profuse, clear, thin phlegm

ròu guì

cinnamomi cortex

Temperature: extremely hot

Taste: acrid, sweet

Channels: KI, SP, HT, LV

Dosage: 2 - 5 grams (add last five minutes; or take 1-2 grams as powder)

Functions:

1. warms interior and expels cold to stop pain
 - warms channels and vessels
2. warms middle-jiao
3. anchors floating heat
 - for Kidney-Heart miscommunication

wú zhū yú

evodiae fructus

Temperature: hot

Taste: acrid, bitter, slightly toxic

Channels: LV, SP, ST, KI

Dosage: 2 - 5 grams

Functions:

1. warms Liver channel and stops pain
2. warms middle-jiao to treat rebellious Stomach qi
 - especially for nausea and vomiting

Notes:

Overtaking Wú Zhū Yú can cause blurred vision, hallucination, and headache.

gāo liáng jiāng

alpiniae officarum rhizoma

Temperature: hot

Taste: acrid

Channels: SP, ST

Dosage: 3 - 10 grams

Functions:

1. warms middle-jiao
 - stops pain
 - for vomiting and nausea

huā jiāo

zanthoxyli pericarpium

Temperature: hot

Taste: acrid, slightly toxic

Channels: SP, ST, KI

Dosage: 2 - 5 grams

Functions:

1. warms middle-jiao
2. kills parasites
 - for roundworms
 - used externally for leukorrhea

dīng xiāng

caryophylli flos

Common Name: clove

Temperature: warm

Taste: acrid

Channels: SP, ST, KI

Dosage: 2 - 5 grams

Functions:

1. warms middle-jiao
 - especially for nausea and vomiting
2. warms Kidney yang
 - especially for Kidney yang infertility, impotence and low libido
3. used externally to treat toothache

xiǎo huí xiāng

foeniculi fructus

Common Name: fennel

Temperature: warm

Taste: acrid

Channels: LV, KI, SP, ST

Dosage: 2 - 5 grams

Functions:

1. dispels cold to stop pain
 - especially for Liver coldness
 - for hernia pain, menstrual pain
2. warms and moves middle-jiao qi
 - for gas, bloating, distention

bì bá

piperis longi fructus

Temperature: warm

Taste: acrid

Channels: SP, ST, KI

Dosage: 2 - 5 grams

Functions:

1. warms middle-jiao
 - for cold-pattern diarrhea
2. for cold body temperature

hú jiāo

piperis fructus

Common Name: pepper (white or black)

Temperature: warm

Taste: acrid

Channels: LV, KI, SP, ST

Dosage: 2 - 5 grams (used in food therapy; or
swallow 0.5 - 1 grams as single herb)

Functions:

1. warms middle-jiao

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Herbs that Supplement Qi

rén shēn

ginseng radix

Temperature: slightly warm

Taste: sweet, slightly bitter

Channels: LU, SP

Dosage: 3 - 10 grams

Functions:

1. supplements middle-jiao and Lung qi
 - used as single herb for qi collapse
2. generates body fluids

dǎng shēn

codonopsis radix

Temperature: neutral

Taste: sweet

Channels: LU, SP

Dosage: 10 - 15 grams

Functions:

1. supplements middle-jiao and Lung qi
 - weaker than Rén Shēn

tài zǐ shēn

pseudostellariae radix

Temperature: neutral

Taste: sweet

Channels: LU, SP

Dosage: 15 - 30 grams

Functions:

1. supplements middle-jiao and Lung qi
 - weaker than Rén Shēn

bái zhú

atractylodis macrocephalae rhizoma

Temperature: warm

Taste: bitter, sweet

Channels: SP, ST

Dosage: 6 - 15 grams

Functions:

1. supplements middle-jiao qi
 - for spontaneous sweating
2. calms fetus movements and prevents miscarriage
3. promotes urination to treat edema

Notes:

To enhance Bái Zhú's action of supplementing the middle-jiao qi, it should be stir-fried (called *Chǎo Bái Zhú*).

gān cǎo

glycyrrhizae radix

Common Name: licorice root

Temperature: neutral

Taste: sweet

Channels: HT, LU, SP, ST (all 12 channels)

Dosage: 3 - 10 grams

Functions:

1. supplements qi
 - supplements Heart qi, Lung qi, and middle-jiao qi
2. clears heat toxicity
3. harmonizes other herbs

Notes:

When Gān Cǎo is stir-fried with honey, it is called *Zhí Gān Cǎo*. *Zhí Gān Cǎo* is warm instead of neutral, and has a greater action of supplementing qi.

huáng qí*astragali radix*

Temperature: slightly warm

Taste: sweet

Channels: SP, LU

Dosage: 10 - 15 grams

Functions:

1. supplements Lung qi
 - seals pores and strengthens wei qi
 - for spontaneous sweating and preventing illness
2. supplements Spleen qi
 - raises Spleen yang; for prolapse
3. promotes flesh regeneration
 - for long-standing skin sores
4. promotes urination to treat edema
 - for edema caused by Spleen qi vacuity

Notes:

To avoid heat signs that may result from long-term use of Huáng Qí, use Zhí Huáng Qí instead.

Huang Qí is also called *Bei Qí* (*bei* means “north”).

shān yào*dioscoreae rhizoma*

Common Name: chinese yam

Temperature: neutral

Taste: sweet

Channels: SP, ST, KI, (LU)

Dosage: 10 - 30 grams (used in food therapy)

Functions:

1. supplements middle-jiao qi
 2. benefits the Lung
 - for Lung qi leakage
 3. secures Kidney essence
 - for Kidney qi and Kidney yang leakage; such as frequent urination, incontinence, seminal emission, etc.
-

dà zǎo*jujubae fructus*

Common Name: Chinese date

Temperature: neutral

Taste: sweet

Channels: SP, ST

Dosage: 10 - 15 grams, or 5-6 pieces (also used in food therapy)

Functions:

1. supplements middle-jiao qi
2. supplements blood to calm the shen
 - for anxiety, depression, Heart palpitation
3. harmonizes other herbs

Notes:

Dá Zǎo refers to black dates. Red dates are called Hong Zǎo. Dá Zǎo has a stronger action of supplementing middle-jiao qi, while Hong Zǎo is better for supplementing blood.

bái biǎn dòu*lablab semen album*

Common Name: hyacinth bean

Temperature: neutral

Taste: sweet

Channels: SP, ST

Dosage: 10 - 15 grams (used in food therapy)

Functions:

1. supplements middle-jiao qi
2. transforms dampness
 - especially for summerheat dampness

Notes:

To increase Bái Biǎn Dòu's action of supplementing middle-jiao qi, it should be stir-fried (*Chǎo Bái Biǎn Dòu*).

huáng jīng*polygonati rhizoma*

Temperature: slightly warm

Taste: sweet

Channels: SP, ST, LU

Dosage: 3 - 10 grams

Functions:

1. supplements qi
 - majorly for middle-jiao qi and Lung qi
2. generates body fluids
 - for Lung yin vacuity and Stomach yin vacuity
3. supplements blood
 - very mild

Notes:

Huáng Jīng is very sticky and cloying.

yí táng*maltosum*

Temperature: slightly warm

Taste: sweet

Channels: SP, ST, LU

Dosage: 30 - 60 grams (melt in at end)

Functions:

1. supplements middle-jiao qi
 - stops pain due to middle-jiao qi vacuity
2. nourishes Lung yin

- for dry cough

Herbs that Supplement Blood

Signs of blood vacuity include menstrual problems (e.g. painful, scanty, or delayed menses); pale, dry skin; eye issues such as blurred vision; poor memory and concentration; skin sensation problems such as tingling and numbness; dizziness; and a pale, dry tongue and a thin pulse. Blood vacuity can also lead to internal wind.

Herbs in this category tend to be sticky and cloying, and may cause middle-jiao problems.

shú dì huáng*rehmanniae radix preparata*

Temperature: warm

Taste: sweet

Channels: HT, KI, LV

Dosage: 10 - 30 grams

Functions:

1. supplements blood
2. supplements Kidney Yin

Notes:

Shú Dì Huáng is prepared by soaking it in wine and then steaming it. It is extremely cloying.

dāng guī*angelica sinensis radix*

Temperature: warm

Taste: sweet, acrid

Channels: HT, LV, SP

Dosage: 3 - 10 grams

Functions:

1. supplements blood
 - promotes flesh regeneration for long-standing skin wounds
 - moistens Large Intestine
2. moves blood

Notes:

Dāng Guī is the most frequently used herb in OB/GYN conditions.

To supplement blood, the entire root (*Dāng Guī Shēn*) should be used. To move blood, only the tail (*Dāng Guī Wěi*) should be used.

zhì hé shǒu wū

polygona multiflora radix preparata

Temperature: slightly warm (neutral)

Taste: sweet, bitter, astringent

Channels: LV, HT, KI

Dosage: 10 - 20 grams

Functions:

1. supplements blood
 - darkens hair
 - moistens Large Intestine to treat constipation
2. supplements Kidney and Liver Yin
3. clears heat toxicity
 - for skin infection, carbuncles, sores, boils, scrofula

Notes:

As Zhì Hé Zhǒu Wū is almost neutral in temperature, it can be used for both hot and cold conditions. It is also special because it is not sticky or cloying at all.

bái sháo

paeoniae radix alba

Temperature: slightly cold

Taste: bitter, sour

Channels: LV

Dosage: 10 - 20 grams

Functions:

1. supplements blood
2. subdues Liver yang
 - solidifies yin and softens, relaxes, and smooths the Liver
3. relaxes channels to stop pain

Notes:

Bái Sháo is incompatible with Lí Lú (used together, they create side effects).

This is one of Tantan's favorite herbs (along with Wǔ Wéi Zǐ).

ē jiāo

asini corii colla

Common Name: ass-hide glue, donkey gelatin

Temperature: neutral

Taste: sweet

Channels: LU, LV, KI

Dosage: 5 - 15 grams (melt in at end)

Functions:

1. supplements blood and yin
 - especially for OB/GYN conditions
2. induces astringency to stop bleeding
3. moistens Lung
 - for dry cough with bloody sputum

gǒu qǐ zǐ

lycii fructus

Temperature: slightly cold

Taste: sweet

Channels: LV, KI

Dosage: 10 - 20 grams

Functions:

1. supplements blood and yin to brighten eyes
 - for poor night vision, blurred vision, dry eyes
2. supplements Kidney yin
 - for weak knees, lower back pain, dizziness, tinnitus

sāng shèn

mori fructus

Common Name: mulberry

Temperature: slightly cold

Taste: sweet

Channels: HT, LV, KI

Dosage: 15 - 30 grams (best used fresh)

Functions:

1. supplements blood and yin
 - for skin dryness and decreased skin sensation
2. increases body fluids
 - moistens Large Intestine to relieve constipation

Notes:

Sāng Shēn is not sticky and cloying and can be used long term.

lóng yǎn ròu

longan arillus

Common Name: longan fruit

Temperature: warm

Taste: sweet

Channels: HT, SP

Dosage: 5 - 15 grams

Functions:

1. supplements blood to calm shen
 - for sleeping problems, anxiety (*not* dimensia)

Notes:

Lóng Yǎn Ròu is warm. After two to three weeks, one should stop using Lóng Yǎn Ròu for seven days before continuing.

Herbs that Supplement Yang

Most herbs in this category nourish Kidney Yang for symptoms such as low back and knee pain; urination problems; tinnitus; sexual problems and infertility problems; OB/GYN and menstrual problems; watery, thin, early-morning diarrhea with undigested food; deep pulse; and pale (blue), swollen, wet tongue with teeth marks.

Herbs that Supplement Yang are often combined with herbs that warm the interior.

Some herbs supplement Kidney yang to treat respiratory problems by strengthening the Kidney so that it can grasp descending Lung qi.

lù róng

cervi cornu pantotrichum

Common Name: deer velvet

Temperature: warm

Taste: salty

Channels: KI, LV

Dosage: 1 - 2 grams (best taken in herbal wine; or swallow as powder)

Functions:

1. supplements yang
2. supplements Kidney essence
 - strengthens tendon and bone
 - for bi syndrome and wei (atrophy) syndrome
 - heals wounds and long-standing sores

Notes:

Overtaking Lù Róng can cause heat symptoms, such as palpitations, headache, and bloodshot eyes..

gé jiè

gecko

Temperature: neutral

Taste: salty

Channels: LU, KI

Dosage: 10 - 15 grams (use in tablet or or herbal wine; never use in decoction)

Functions:

1. supplements Kidney yang to treat respiratory problems
 - for shortness of breath, wheezing

Notes:

The tail of the gecko has the most medicinal value. One male and one female should be used together.

dōng chóng xià cǎo

cordyceps

Temperature: warm

Taste: sweet

Channels: LU, KI

Dosage: 3 - 6 grams (or 1 - 2 grams as powder or in wine)

Functions:

1. supplements Kidney yang to stop cough and asthma
2. supplements qi and blood
 - for Lung tuberculosis

ròu cōng róng

cistanches herba

Temperature: warm

Taste: sweet, salty

Channels: KI, LI

Dosage: 10 - 20 grams

Functions:

1. supplements Kidney yang and Kidney yin
2. moistens Large Intestine to relieve constipation

Notes:

Ròu Cōng Róng is special in that it supplements yang without being overly warm and drying, and it supplements yin without being sticky and cloying.

suǒ yáng

cynomorii herba

Temperature: warm

Taste: sweet

Channels: LV, KI, LI

Dosage: 10 - 15 grams

Functions:

1. supplements Kidney yang
 - for Kidney yang related leakage, such as seminal emission, miscarriage, incontinence, etc.
2. moistens Large Intestine to relieve constipation
 - very mild

yín yáng huò*epimedii herba***Temperature:** warm**Taste:** acrid**Channels:** LV, KI**Dosage:** 10 - 15 grams**Functions:**

1. supplements Kidney yang
 - especially for shortness of breath, wheezing, asthma
2. expels wind-cold-damp
 - for bi syndrome
3. supplements Kidney yin
 - strengthens tendon and bone
4. lowers high blood pressure
 - especially during pregnancy

bā jǐ tiān*morindae officinalis radix***Temperature:** slightly warm**Taste:** acrid, sweet**Channels:** LV, KI**Dosage:** 5 - 15 grams**Functions:**

1. supplements Kidney yang
2. supplements Kidney essence
 - strengthens tendon and bone

- for injury and trauma, e.g. bone fracture

Notes:

Bā Jǐ Tiān is special because it is only slightly warm, so it is less likely to cause heat signs.

hú lú bā*trigonellae semen***Temperature:** warm**Taste:** acrid**Channels:** LV, KI**Dosage:** 3 - 10 grams**Functions:**

1. supplements Kidney yang
 - warms body temperature
 - for cold extremities

bǔ gǔ zhī*psoraleae fructus***Temperature:** hot**Taste:** acrid, bitter**Channels:** LV, KI**Dosage:** 3 - 10 grams (or 2 - 5 grams as powder)**Functions:**

1. supplements Kidney yang
 - for shortness of breath, wheezing, asthma
2. warms Spleen yang
 - especially for diarrhea
3. used topically to treat fungal infections

gǒu jǐ*cibotii rhizoma***Temperature:** warm**Taste:** bitter, sweet**Channels:** LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Kidney yang and yin
 - strengthens tendon and bone
2. expels wind-cold-damp
 - for bi syndrome

hé táo rén

juglandis semen

Common Name: walnut

Temperature: warm

Taste: sweet

Channels: LU, LV, KI

Dosage: 10 - 30 grams (used in food therapy)

Functions:

1. supplements Kidney yang
 - for cough, wheezing, asthma, shortness of breath
2. supplements Lung qi
3. moistens Large Intestine to relieve constipation
4. treats Kidney yin brain problems, such as Alzheimer's

yì zhì rén

alpiniae oxyphyllae fructus

Temperature: warm

Taste: acrid

Channels: KI, SP

Dosage: 3 - 10 grams

Functions:

1. supplements Kidney yang and yin
 - induces astringency for Kidney-related leakage
2. warms Spleen

- for diarrhea, vomiting, nausea, excess saliva

3. induces astringency

xiān máo

curculiginis rhizoma

Temperature: warm, slightly toxic

Taste: acrid

Channels: LV, KI, SP

Dosage: 3 - 10 grams

Functions:

1. supplements Kidney yang
2. warms Spleen
3. expels wind-cold-damp
 - for bi syndrome
4. lowers high blood pressure

dù zhòng

eucommiae cortex

Temperature: warm

Taste: sweet

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Kidney yang
2. supplements Liver and Kidney yin to strengthen tendon and bone
3. calms fetus movements and prevents miscarriage
4. lowers high blood pressure

xù duàn

dipsaci radix

Temperature: warm

Taste: bitter

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Liver and Kidney to strengthen tendon and bone
 - especially for bone fracture, injury and trauma
2. stops bleeding
 - for injury and trauma
3. calms fetus movements

gǔ suì bǔ

drynariae rhizoma

Temperature: warm

Taste: bitter

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Kidney to strengthen tendon and bone
2. invigorates blood
 - for injury and trauma

tù sī zǐ

cuscutae semen

Temperature: neutral

Taste: acrid, sweet

Channels: KI, SP

Dosage: 10 - 15 grams

Functions:

1. supplements Kidney yang
2. supplements Kidney yin to brighten eyes
 - for night blindness
3. mildly induces astringency
 - for long-standing diarrhea due to Kidney/Spleen vacuity

zǐ hé chē

hominis placenta

Temperature: warm

Taste: sweet, salty

Channels: HT, LU, KI

Dosage: 3 - 6 grams in powder, or steam 4-6 hours and use in food therapy

Functions:

1. supplements Kidney yang
 - for respiratory problems such as shortness of breath and long-standing cough
2. supplements Kidney yin
3. supplements Lung yin
 - for chronic, dry cough; Lung tuberculosis
4. supplements qi and blood

Herbs that Supplement Yin

Herbs in this category tend to be sticky and cloying, and may cause middle-jiao problems such as gas, bloating and diarrhea.

mài mén dōng

ophiopogonis radix

Temperature: slightly cold

Taste: sweet, slightly bitter

Channels: HT, LU, SP

Dosage: 5 - 15 grams

Functions:

1. supplements Lung yin
 - for dry cough
2. supplements Stomach yin

- for dry lips, dry retching
3. clears Heart heat
- for mouth sores, shen disorders, urination problems
-

shā shēn

glehniae radix

Temperature: slightly cold

Taste: sweet

Channels: LU, ST

Dosage: 10 - 30 grams

Functions:

1. supplements Lung yin
 - for dry cough with scanty, bloody sputum
2. supplements Stomach yin
 - for dry mouth, thirst, dry heaving

Notes:

Shā Shēn is also called “Běi Shā Shēn”, as it grows in the north. Another variety that grows in the south is “Nán Shā Shēn” (*adenophorae radix*). Nán Shā Shēn is weaker in supplementing yin, but stronger at treating cough and phlegm.

xī yáng shēn

panacis quinquefolii radix

Temperature: cold

Taste: sweet, slightly bitter

Channels: HT, KI, LU

Dosage: 3 - 10 grams

Functions:

1. supplements qì
2. supplements yin

Notes:

Xī Yáng Shēn differs from Rén Shēn in the following ways:

- Xī Yáng Shēn is weaker at supplementing qì
 - Xī Yáng Shēn is stronger at supplementing yin body fluids
 - Xī Yáng Shēn is not as warm as Rén Shēn, so it will not cause heat or dryness symptoms if used long-term
-

tiān mén dōng

asparagi radix

Common Name: asparagus tuber

Temperature: cold

Taste: sweet, bitter

Channels: LU, KI

Dosage: 15 - 30 grams

Functions:

1. supplements Lung and Stomach yin
 2. supplements Kidney yin
 - very mild
-

shí hú

dendrobii herba

Temperature: slightly cold

Taste: sweet, bland

Channels: LU, ST, KI

Dosage: 10 - 20 grams

Functions:

1. supplements Lung and Stomach yin
 - especially for Stomach yin vacuity
 2. clears vacuity heat
-

yù zhú

polygonati odorati rhizoma

Temperature: slightly cold

Taste: sweet

Channels: LU, ST

Dosage: 10 - 30 grams (often used in food therapy)

Functions:

1. supplements Lung and Stomach yin

Notes:

Yù Zhú is special because it is not sticky or cloying. It becomes rancid easily, so it is best to refrigerate it.

bǎi hé

lilii bulbosus

Temperature: slightly cold

Taste: sweet

Channels: HT, LU

Dosage: 10 - 30 grams (or use in food therapy)

Functions:

1. supplements Heart yin to calm shen
 - for zang zao (organ restlessness) syndrome (hysteria)
2. supplements Lung yin
 - for dry cough with scanty, bloody sputum

mò hàn lián

ecliptae herba

Temperature: cold

Taste: sweet, sour

Channels: LV, KI

Dosage: 15 - 30 grams

Functions:

1. supplements Liver and Kidney yin
2. stops bleeding by cooling blood

Notes:

Mò Hàn Lián and Nǚ Zhēn Zǐ are paired herbs and are often used together. Both are not sticky and cloying, and both are good for treating OB/GYN conditions.

nǚ zhēn zǐ

ligustri lucidi fructus

Temperature: cool

Taste: sweet, bitter

Channels: LV, KI

Dosage: 10 - 15 grams

Functions:

1. supplements Liver and Kidney yin
 - brightens the eyes

hēi zhī má

sesami semen nigrum

Common Name: black sesame seed

Temperature: neutral

Taste: sweet

Channels: LV, KI

Dosage: 10 - 30 grams (used only in food therapy)

Functions:

1. supplements Liver and Kidney yin
 - darkens hair
2. moistens Large Intestine

guī bǎn

testudinis plastrum

Common Name: freshwater turtle shell

Temperature: neutral

Taste: sweet, salty

Channels: LV, KI

Dosage: 10 - 30 grams (cook 30-60 minutes first)

Functions:

1. supplements Liver and Kidney yin
 - subdues Liver yang
 - for vacuity heat
 - strengthens tendon and bone
 - for five-delay syndrome
-

biē jiǎ*trionycis carapax*

Common Name: soft-shelled turtle shell

Temperature: neutral

Taste: salty

Channels: LV, KI

Dosage: 10 - 30 grams (cook 30-60 minutes first)

Functions:

1. supplements Liver and Kidney yin
 - subdues Liver yang
2. softens hardness
 - for hardened Spleen or Liver

Herbs that Stabilize and Bind

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Herbs that Stabilize and Bind induce astringency to treat leakage. These herbs should only be used in cases of long-standing, chronic leakage due to vacuity. Using astringent herbs to treat repletion patterns is like “closing the door when the robber is still in the house.”

These herbs only treat branch symptoms and should be combined with supplementing herbs to treat the root.

Herbs that Stop Lung Leakage

These herbs induce astringency to treat respiratory problems and copious sweating due to vacuity.

wǔ wèi zǐ

schisandrae fructus

Temperature: warm

Taste: sour, sweet

Channels: LU, HT, KI

Dosage: 3 - 10 grams

Functions:

1. induces astringency
 - for sweating, diarrhea, cough, wheezing
2. supplements qi and generates body fluids
 - supplements Lung qi
 - for shortness of breath, quiet voice, spontaneous sweating
 - nourishes Heart qi

- holds Heart qi together and prevents scattering
- for apathy, poor concentration

fú xiǎo mài

tritici fructus levis

Temperature: neutral

Taste: sweet

Channels: LU, HT

Dosage: 10 - 30 grams

Functions:

1. induces astringency
 - for copious sweating
2. nourishes Heart qi to calm shen

Herbs that Stop Middle-Jiao Leakage

These herbs induce astringency to stop long-standing diarrhea. They only treat the branch, and should be combined with herbs that warm the middle-jiao and/or Kidney to treat the root.

wū méi

mume fructus

Temperature: slightly warm

Taste: sour

Channels: LU, LI

Dosage: 3 - 10 grams

Functions:

1. induces astringency
 - for diarrhea

- for long-standing cough
- 2. generates body fluids
 - for thirst
- 3. kills parasites
 - for roundworms
- 4. used topically for eroding warts
 - use fresh Wū Méi

hē zǐ

chebulae fructus

Temperature: warm

Taste: sour, slightly bitter

Channels: SP, LI, LU

Dosage: 3 - 10 grams

Functions:

1. induces astringency
 - for diarrhea
 - for Lung qi leakage
 - for voice loss, hoarseness, chronic laryngitis

Notes:

Hē Zǐ contains oils that may upset the stomach and should be prepared first. It is prepared coating it in a wheat flour paste, toasting it, then breaking off the coating. This prepared form is called *Wēi Hē Zǐ*.

ròu dòu kòu

myristicae semen

Common Name: nutmeg seed

Temperature: warm

Taste: astringent, acrid

Channels: SP, ST, LI

Dosage: 3 - 6 grams

Functions:

1. induces astringency

- for diarrhea
- 2. warms middle-jiao

Notes:

Ròu Dòu Kòu may cause stomach upset and should be prepared in the same way as Hē Zǐ.

chūn pí

ailanthi cortex

Temperature: slightly cold

Taste: bitter, astringent

Channels: SP, ST, UB

Dosage: 10 - 15 grams

Functions:

1. induces astringency
 - for diarrhea
 - for leukorrhea
2. kills parasites
 - used both internally and externally
 - for athlete's foot, tinea

chì shí zhǐ

halloysitum rubrum

Temperature: slightly warm

Taste: sour

Channels: LI

Dosage: 10 - 15 grams

Functions:

1. induces astringency
 - very essential herb for diarrhea
2. stops bleeding
 - for bleeding due to cold and vacuity
3. generates flesh to heal wounds

lián zǐ

nelumbinis semen

Common Name: lotus seed

Temperature: neutral

Taste: sweet, sour

Channels: SP, LI, UB

Dosage: 10 - 15 grams (used in food therapy)

Functions:

1. induces astringency
 - for diarrhea
 - for leukorrhea
2. supplements middle-jiao qi
3. clears Heart heat to calm shen

qiàn shí

euryales semen

Temperature: neutral

Taste: sweet, astringent

Channels: SP, LI, UB

Dosage: 10 - 15 grams (used in food therapy)

Functions:

1. induces astringency
 - for diarrhea
 - for leukorrhea
2. supplements middle-jiao qi

Notes:

Lián Zǐ and Qiàn Shí are very similar, but Lián Zǐ is better at treating diarrhea, while Qiàn Shí is better at treating leukorrhea.

Herbs that Stop Kidney Leakage

These herbs treat Kidney leakage symptoms such as frequent, copious, uncontrolled urination; leukorrhea; menstrual problems; miscarriage; and seminal emission. They should be combined with herbs that supplement Kidney yang.

shān zhū yú

corni fructus

Temperature: slightly warm

Taste: sour

Channels: KI, LV

Dosage: 3 - 10 grams

Functions:

1. induces astringency
 - for frequent, copious urination; premature ejaculation
2. warms Kidney yang

jīn yīng zǐ

rosae laevigatae fructus

Temperature: neutral

Taste: astringent

Channels: KI, UB

Dosage: 3 - 10 grams

Functions:

1. induces astringency
 - for urination problems

fù péng zǐ

rubi fructus

Temperature: slightly warm

Taste: sweet, astringent

Channels: LV, KI, UB

Dosage: 3 - 10 grams

Functions:

1. induces astringency
2. supplements Kidney and Liver yin to brighten eyes

Notes:

Fù Péng Zǐ is not strong in either of its functions and is used as a secondary herb.

bái guǒ

gingko semen

Temperature: neutral

Taste: bitter, astringent, slightly toxic

Channels: KI, LU

Dosage: 3 - 10 pieces

Functions:

1. induces astringency
 - for leukorrhea
 - for Lung qi leakage, such as cough, wheezing, shortness of breath

Notes:

Bái Guǒ is slightly toxic and should not be eaten every day. After 5-7 days, stop for a few days before starting again.

Taste: slightly bitter, sour

Channels: UB, ST, LV

Dosage: 3 - 10 pieces

Functions:

1. induces astringency
 - for urination problems, leukorrhea
2. stops bleeding
 - especially for Stomach bleeding
 - used topically for cuts

Notes:

Hǎi Piāo Xiāo is said to enter the Liver channel because of its action of stopping bleeding.

hǎi piāo xiāo

sepiae endoconcha

Common Name: cuttlefish bone

Temperature: neutral

Herbs that Calm the Shen

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Herbs in this category treat symptoms such as sleeping problems (insomnia, copious dreaming), poor concentration, anxiety, and heart palpitations. They do not treat more serious shen problems such as delirium and unconsciousness.

There are four ways to calm the shen:

- clear Heart heat
- clear Liver heat and subdue Liver yang
- transform (insubstantial) phlegm
- supplement yin and blood

There are only two herbs which calm the shen by clearing Heart heat: Zhū Shā and Hǔ Pò. Since Zhū Shā (*cinnibar*) is illegal in the United States, it is not discussed here. Hǔ Pò also clears Liver heat, so it is presented in that category.

Herbs that Clear Liver Heat to Calm Shen

lóng gǔ

fossilia ossis mostodi

Common Name: dragon bone

Temperature: neutral

Taste: sweet, astringent

Channels: HT, LV, KI

Dosage: 15 - 30 grams (cook first)

Functions:

1. clears Liver heat and subdues Liver yang to calm shen
 - use toasted Long Gu (*Duàn Lóng Gǔ*)
2. induces astringency to stop sweating
 - use raw Long Gu (*Shēng Lóng Gǔ*)

mǔ lì

ostreae concha

Common Name: oyster shell

Temperature: slightly cold

Taste: salty

Channels: LV, KI

Dosage: 15 - 30 grams (cook first)

Functions:

1. clears Liver heat and subdues Liver yang to calm shen
2. softens hardness, masses, and nodules
 - for phlegm-related masses such as goiter
 - for blood stagnation-related hardness such as cirrhosis
3. induces astringency
 - for copious sweating
 - used toasted Mǔ Lì (*Duàn Mǔ Lì*)

Notes:

Mǔ Lì is commonly used with Lóng Gǔ.

cí shí

magnetitum

Common Name: magnetite

Temperature: cold

Taste: salty

Channels: LV, KI, HT

Dosage: 10 - 30 grams

Functions:

1. clears Liver heat and subdues Liver yang to calm shen
2. brightens eyes and improves hearing
 - for yang rising due to yin vacuity
3. descends floating Lung qi
 - for cough, asthma

zhēn zhū*margarita***Common Name:** pearl**Temperature:** cold**Taste:** salty**Channels:** LV, HT**Dosage:** 15 - 30 grams (cook first)**Functions:**

1. clears Liver heat and subdues Liver yang to calm shen
 - milder than others
2. clears Liver heat to brighten eyes
3. used topically
 - makes skin lighter and softer
 - for damp-related skin problems

zǐ shí yīng*fluoritum***Temperature:** slightly cold**Taste:** sweet**Channels:** LV, HT, LU**Dosage:** 15 - 30 grams (cook first)**Functions:**

1. clears Liver heat and subdues Liver yang to calm shen
 - milder than others
2. warms Lung and descends floating Lung qi
 - for cough, wheezing, asthma

3. warms uterus
 - for cold uterus infertility and menstrual problems

hǔ pò*succinum***Common Name:** amber**Temperature:** neutral**Taste:** sweet**Channels:** LV, HT, UB**Dosage:** 1.5 - 3 grams (do not decoct; swallow as powder with water or decoction)**Functions:**

1. clears Liver heat and Heart heat to calm shen
2. invigorates blood
 - treats chest bi
 - softens hardness and masses
 - for menstrual problems
3. promotes urination
 - for blood in the urine

Herbs that Supplement to Calm Shen

suān zǎo rén*ziziphi spinosae semen***Temperature:** neutral**Taste:** sweet, sour**Channels:** GB, HT, LV, SP**Dosage:** 3 - 10 grams (crush before decocting)

Functions:

1. supplements yin and blood to calm shen
 - for insomnia
2. induces astringency
 - especially for Heart qi related sweating

Notes:

To enhance its ability to supplement yin and blood to calm shen, Suān Zǎo Rén should be dried (*Chǎo Suān Zǎo Rén*).

For insomnia, Suān Zǎo Rén can be taken as a single herb or swallowed as a powder.

bǎi zǐ rén*platycladi semen*

Temperature: neutral

Taste: sweet

Channels: HT, KI, LI

Dosage: 3 - 10 grams

Functions:

1. supplements yin and blood to calm shen
 - especially for Heart palpitation
2. moistens Large Intestine to relieve constipation

hé huān pí*albiziae cortex*

Temperature: neutral

Taste: sweet

Channels: HT, LV

Dosage: 10 - 15 grams

Functions:

1. supplements yin and blood to calm shen
 - especially for depression
2. invigorates blood
 - for injury, trauma, bruises, pain, swelling

Notes:

The flower of this plant is called Hé Huān Huā. It is better at calming shen, but does not invigorate blood.

yè jiāo téng*polygoni multiflori caulis*

Temperature: neutral

Taste: sweet

Channels: HT, LV

Dosage: 15 - 30 grams

Functions:

1. supplements yin and blood to calm shen
 - especially for insomnia
2. unblocks, stretches, relaxes, and smooths the channels
 - for bi syndrome

Herbs that Transform Phlegm to Calm Shen

yuǎn zhì*polygalae radix*

Temperature: slightly warm

Taste: acrid, bitter

Channels: HT, LU

Dosage: 3 - 10 grams

Functions:

1. transforms phlegm to calm shen
 - for forgetfulness, cloudy thinking, light-headedness

2. transforms Lung phlegm
 - can be used for both heat phlegm and cold phlegm
3. treats skin problems
 - for swelling with pain, skin infection, heat toxicity
 - used internally and externally

Notes:

Yuǎn Zhí may cause nausea and vomiting or heartburn and should be taken on a full stomach. Caution should be used in cases of ulcer.

Herbs that Open the Heart Orifices

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These herbs treat severe shen problems due to the Heart orifices being misted by heat or phlegm.

Closed syndrome is characterized by unconsciousness, coma, or delirium with whole body rigidity (tight mouth, clenched fists, etc). Both the eyes and the mouth are closed. Closed syndrome is treated by clearing heat and transforming phlegm to open the Heart orifices.

Open syndrome – unconsciousness with relaxed body, spontaneous sweating, uncontrolled urination, closed eyes and open mouth – should be treated with herbs that supplement Kidney yang.

shè xiāng

moschus

Common Name: musk

Temperature: warm

Taste: acrid, aromatic

Channels: HT, SP, LV

Dosage: 0.03 - 0.1 grams (used only in pills)

Functions:

1. opens Heart orifices
2. promotes flesh regeneration
3. invigorates blood.

Notes:

Shè Xiāng is contraindicated during pregnancy.

bīng piàn

borneolum

Temperature: slightly cold

Taste: acrid, bitter, toxic

Channels: HT, SP, LU

Dosage: 0.03 - 0.1 grams (externally, 3 - 5 grams)

Functions:

1. opens Heart orifices
2. clears heat toxicity
 - for heat in the five sensory mucous membranes (e.g. sore throat, eye problems, etc)
 - for skin infection
3. used topically to stop skin itch
 - for athlete's foot, chicken pox

Notes:

Bīng Piàn is commonly used as a substitute for Shè Xiāng.

shí chāng pú

acori tatorinowii rhizoma

Temperature: warm

Taste: acrid

Channels: HT, ST

Dosage: 3 - 10 grams

Functions:

1. opens Heart orifices
 - transforms insubstantial damp phlegm turbidity
 2. transforms middle-jiao dampness
 3. opens sensory orifices
 - for poor olfaction, blocked ear, stuffed nose, poor vision, etc.
-

niú huáng

bovis calculus

Common Name: cattle bezoar, cow gallstone

Temperature: extremely cold

Taste: acrid, bitter

Channels: HT, LV

Dosage: 0.1 - 0.5 grams (used only in pill)

Functions:

1. clears heat toxicity to open Heart orifices
 2. clears general heat toxicity
 - for throat problems, conjunctivitis, skin infection
 3. extinguishes internal wind to stop tremors and spasm
-

sū hé xiāng

styrax

Temperature: warm

Taste: acrid

Channels: HT, SP

Dosage: 0.3 - 1.0 grams (used only in pills)

Functions:

1. warms and transforms damp turbidity to open Heart orifices
2. transforms middle-jiao damp

Notes:

Sū Hé Xiāng is indicated for cold-pattern closed syndrome.

Herbs that Extinguish Wind and Stop Tremors

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Herbs that Extinguish Wind treat internal wind, for symptoms such as tremors, shaking, spasms, convulsions, skin itchininess, numbness, tingling, reduced skin sensation, etc.

There are three causes of internal wind: Liver yin and Liver blood vacuity, heat or fire, and Liver yang rising. Herbs in this category do not treat internal wind due to blood vacuity.

Supplementing herbs such as Bái Sháo, Mù Guā, and Jī Xuè Téng should be used instead.

gōu tèng

uncariae ramulus cum uncis

Temperature: slightly cold

Taste: sweet

Channels: PC, LV

Dosage: 6 - 15 grams (in theory, add last five minutes)

Functions:

1. subdues Liver yang to extinguish internal wind
 - for tremors, spasm
2. smooths, relaxes, and stretches channels
3. lowers high blood pressure

líng yáng jiǎo

saigae tataricae cornu

Common Name: antelope horn

Temperature: cold

Taste: salty

Channels: LV, HT

Dosage: 1 - 3 grams (do not decoct; use file and dissolve as powder at end)

Functions:

1. subdues Liver yang to extinguish internal wind
 - much stronger than Gōu Tèng
 2. clears Liver heat to brighten eyes
 3. clears heat toxicity
 - for unconsciousness due to heat
-

tiān má

gastrodiae rhizoma

Temperature: neutral

Taste: sweet

Channels: LV

Dosage: 3 - 10 grams

Functions:

1. subdues Liver yang to extinguish internal wind
 - for dizziness, vertigo, headache
 2. clears Liver heat
 - especially for dizziness
 3. expels wind-cold-damp to treat bi syndrome
-

cì jí lì (bai jí lì)

tribuli fructus

Temperature: neutral

Taste: bitter, acrid

Channels: LV

Dosage: 3 - 10 grams

Functions:

1. subdues Liver yang to extinguish internal wind
 - mild
2. smooths Liver qi
3. clears Liver heat to brighten eyes
4. combines with other herbs to treat wind-heat related skin rash

shí jué míng

haliotidis concha

Common Name: abalone shell

Temperature: cold

Taste: salty

Channels: LV, KI

Dosage: 15 - 30 grams (cook first)

Functions:

1. subdues Liver yang to extinguish internal wind
 - mild
2. clears Liver heat to brighten eyes
 - very strong

dì lóng

pheretima

Common Name: earthworm

Temperature: cold

Taste: salty

Channels: LV, SP, UB, LU

Dosage: 3 - 10 grams (or swallow 1.5 - 3 grams as powder)

Functions:

1. subdues Liver yang to extinguish internal wind
2. promotes urination
 - for edema or lin syndrome
3. smooths and unblocks channels
 - for hot bi
 - combined with other herbs to treat wind-cold-damp
 - used post-stroke
4. relaxes and smooths bronchii
 - for heat-pattern asthma and wheezing

bái jiāng cán

bombyx batryticatus

Common Name: silkworm

Temperature: neutral (slightly cold)

Taste: salty, acrid

Channels: LV, LU

Dosage: 3 - 10 grams

Functions:

1. subdues Liver yang to extinguish internal wind
2. transforms phlegm to treat nodules and swellings
 - for lumps, scrofula
3. relaxes, stretches, and unblocks channels
 - for bi syndrome

quán xiē / wú gōng

scorpio / scolopendra

Common Name: scorpion / centipede

Temperature: neutral / warm

Taste: salty, acrid, toxic

Channels: LV

Dosage: 1 - 3 grams in decoction; best to swallow as powder (0.5 - 1 gram each)

Functions:

1. strongly extinguishes wind
2. clears heat toxicity to reduce swelling
 - used internally and externally
 - for skin infection, carbuncles
3. unblocks and smooths channels
 - for bi syndrome

Notes:

Quán Xiē and Wú Gōng are very strong and usually used as a last resort. Because of their toxicity, the dosage should be handled carefully,

especially if the patient is weak. Take a break every ten days.

dài zhě shí

haematitum

Common Name: hematite

Temperature: cold

Taste: bitter

Channels: LV, HT, PC

Dosage: 10 - 30 grams (cook first)

Functions:

1. subdues Liver yang to extinguish internal wind
2. suppresses rebellious Stomach qi
 - for nausea, vomiting, hiccough
3. cools blood to stop bleeding
 - especially for OB/GYN problems, vomiting blood

Herbs that Expel Parasites

dà suàn.....117
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bīng láng.....117

Herbs that Expel Parasites only kill Large Intestine parasites - not fungal infections, which are sometimes considered parasites in Chinese medicine.

dà suàn

alli sativi bulbos

Common Name: garlic

Temperature: warm

Taste: acrid

Channels: LI, LU, SP, ST

Dosage: 3 - 10 grams (used in food therapy)

Functions:

1. kills parasites
2. warms the interior
3. clears heat toxicity
 - used topically
 - for mosquito bites

Notes:

To deal with the foul odor after eating Dà Suàn, chew green tea leaves.

shǐ jūn zǐ

quisqualis fructus

Temperature: neutral

Taste: acrid

Channels: SP, LI

Dosage: 3 - 6 pieces (can be chewed as single herb)

Functions:

1. kills parasites
 - especially for roundworms

Notes:

Shǐ Jūn Zǐ may cause severe hiccough after eating. To avoid this, cut off the ends and do not take it with warm water.

bīng láng

arecae semen

Temperature: warm

Taste: acrid

Channels: SP, ST, LI

Dosage: 3 - 10 grams

Functions:

1. kills parasites
 - for roundworms and tapeworms
2. transforms middle-jiao dampness and moves middle-jiao qi
 - for gas, bloating, distention, diarrhea

Herbs for External Use

bái fán (míng fán).....121

liú huáng.....121

shé chuáng zǐ.....121

Herbs for External Use, while generally used externally, can also be used internally in smaller doses.

bái fán (míng fán)

alumen

Temperature: slightly cold

Taste: acrid, bitter

Channels: HT, SP, LU

Dosage: 0.03 - 0.1 grams internally; 3 - 5 grams externally

Functions:

1. used externally to treat skin problems
 - stops pain and itch
 - for athlete's foot
2. used internally to open Heart orifices to awaken shen
 - mild

Notes:

When using Bái Fán externally, avoid skin openings as it may cause severe pain.

liú huáng

sulfur

Temperature: warm

Taste: sweet, slightly toxic

Channels: SP, ST, KI

Dosage: 0.5 - 1 grams internally (only in pills or powder)

Functions:

1. used externally to clear heat toxicity
 - for skin problems such as eczema, scabies, skin infection, etc.
2. used internally to supplement Kidney yang

- especially for male sexual problems, impotence, etc.

shé chuáng zǐ

cnidii fructus

Temperature: warm

Taste: acrid, bitter

Channels: KI

Dosage: 3 - 10 grams internally (put in paper bag)

Functions:

1. used externally to dry damp and kill parasites
 - for fungal infections, eczema, leukorrhea
2. used internally to supplement Kidney yang

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