

Herb Review

Chapter 1 – Herbs that Release the Exterior			
Section 1 – Warm, Acrid Herbs that Release the Exterior - 13			
Tx WC; sl. fever<C, Shivering, sneezing, cough, runny nose w white watery mucus, severe occipital stiffness & ache, no sweat, no thirst, floating tight P, T – thin, white coat. Pungent, Warm, Short cooking time.			
	Herb	Function	Compare / Notes
Strongly Relieve Wind-Cold	Ma Huang Herba ephedrae / Ephedra	1. W-C 5 2. Promote <u>Sweating</u> 3. Stop wheezing / <u>asthma</u> 4. Promote urination (edema)	Contra – HTN; 5 sweating; CHF Dosage: < 10gm Shen Ma Huang – strong constitution Zhi Ma Huang – weak constitution
	Gui Zhi Ramulus Cinnamomi Cassiae / Cinnamon	1. W-C 5 & 7 2. Harmonize Ying & Wei; <u>stops sweat</u> 3. Enters Ht; Warm Ht yang – chest bi 4. Invigorate blood – uterine fibroids 5. Warms meridians – bi syndrome	Gui Zhi Tang – combo of gui zhi & bai shao yao tx wei qi def. Gui Zhi Fu Ling Wan - Uteriine fibroid dt Blood stag-
	Xi Xin Herba cum Radice Asari Very pungent	1. W-C 2. Stop wheezing/ <u>asthma</u> 3. <u>Stops pain</u>	Xiao Qing Long Tang - WC w fluid in LU Bi, toothache, h/a <u>Dosage: < 3 gm</u>
	Mutual accentuation: Ma huang & Gui zhi combo; seach others function; very strong to release exterior; promote sweat and release W-C.		
Mildly Relieve Wind-Cold	Jing Jie Herba seu flos Schizonepetae Tenuifoliae	1. WC 5 & 7 2. <u>Stops bleeding</u> (Jing Jie Tan) 3. Rash	Usually used w Fang Feng 57 Cough w/ blood; nasal bleeding; Uterine bleeding
	Fang Feng Radix Ledebouriellae Divaricatae	1. WC 5 & 7 2. <u>Strongly expels wind</u> – stops itching; wandering bi	Usually used w Jing Jie 57 Convulsions, spasms, Internal Wind
Wind-Cold & Harmonize Stomach	Sheng Jiang Rhizoma Zingiberis Officinalis Recens / Fresh Ginger	1. W-C 2. Harmonize MJ - N/V 3. reduce toxicity- Ban Xia	All gingers warm MJ For SP & ST Cold which leads to N/V
	Compare Ginger Family: Gan Jiang Dried ginger Pao Jiang Charcoaled Dried Ginger	1. Warm interior - Yang def. 2. <i>*Rescue collapse of Yang Qi</i> 1. Stop bleeding dt yang def./ def. cold	Interior Cold Used in Si Ni Tang – warm M-J (Fu Zi, Gan Jiang, Ren Shen)
	Zi Su Ye Folium Perillae Frutescentis	1. W-C 2. Harmonize MJ, enter ST, stop N/V 3. Vomiting dt seafood poisoning	<u>Morning sickness</u>
Wind-Cold-Damp + Headache	Bai Zhi Radix Angelicae Dahuricae / Angelica	1. W-C-D 2. <u>Yang Ming</u> h/a (frontal – nose) 3. Expels <u>pus</u> - leukorrhea	Enters ST
	Qiang Huo Rhizoma et Radix Notopterygii	1. W-C-D w heavy sensation 2. <u>TaiYang</u> h/a (UB) (occipital & vertex)	Qiang Huo Shen Shi Tang – Tx <u>upper bi</u> Jiu Wei Qiang Huo Tang – tx Taiyang H/A
	Gao Ben Rhizoma et Radix Ligustici / Lovage	1. W-C-D 2. Tai yang & <u>Vertex</u> h/a – goes to UB	Liv, UB, Du all meet at Du 20
W-C + Nasal	Xin Yi Hua Flos Magnoliae / Magnolia	1. W-C	
	Cang Er Zi	2. Nasal-Sinus problems - Rhinitis	Also tx W-C-D
W-C in Summer	Xiang Ru Herba Elshotziae seu Moslae / Madder	1. W-C in the summer 2. W-C-D / nausea & cold in summer	Summer Ma Huang

Chapter 1, Section 2 – Cool, Acrid Herbs that Release the Exterior - 11			
Pungent, Cool / Cold			
WH: fever < chills, shivering, sneezing, cough, runny nose w slight yellow mucous, occipital stiffness, slight sweating, itchy throat, sore throat & red eyes, swollen tonsils, thirst, wind rash & measles. P – floating & rapid, T – red tip or sides, thin, white coat.			
	Herb	Function	Compare / Notes
Mildly Release Wind-Heat	Sang Ye Folium Mori Albae	1. W-H 2. Moistens lung (dry cough)	Dry cough in Autumn – Sang Xing Tang Mild WH (w Ju Hua) – Sang Ju Yin Yin Qiao San - stronger
	Ju Hua Flos Chrysanthemi Morifolii / Chrysanthemum	1. W-H 2. Pacify Liver Fire / Liver Yang rising	To Liver channel Red eyes & HTN dt liver Yang rising
	Mutual Accentuation: Sang ye & Ju hua; Often used together to mildly release W-H		
Wind-Heat & Raise Yang Qi	Sheng Ma Rhizoma Cimicifugae	1. W-H 2. Vents rash / measles / toxicity 3. Lifts Yang tx prolapse 4. muscle pain 5. guides up & out	
	Chai Hu Radix Pupleuri / Thorowax	1. W-H 2. Lifts yang 3. Soothe liver qi 4. tx shao yang syndrome	Si Ni San - Liver Qi Stag w cold ext. Xiao Chai Hu Tang – tx shao yang synd. Xiao Yao Wan – Liver Qi Stag w blood/spleen def
Wind-Heat, Rash, Throat	Ge Gen Radiz Puerariae Enters Spleen	1. W-H 2. Benefit throat 3. Relieve muscle & spine pain; esp. shoulder 4. Generate body fluids, tx thirst /Xiao Ke 5. Raises Yang Qi, tx diarrhea (acute / ch) 6. Vent rash	Ge Gen Huang Qin Huang Lian Tang - Diarrhea
	Bo He Herba menthae haplocalycis	1. W-H 2. Benefit throat 3. Soothe Liver Qi 4. Vent Rash	Liver Qi Stag – Xiao Yao San Red eyes, sore throat *add at end of decoction
	Niu Bang Zi Fructus Arctii Lappae	1. W-H 2. Soothe throat* - strongest 3. Vent rash 4. Constipation	Usually used w Bo He & Ge Gen to benefit throat Yin Qiao San – severe sore throat
	Chan Tui Periostracum Cicadae / Cicada Molting	1. W-H 2. Vent rash, stop itch 3. Stop spasm, tx tetany 4. Soothe throat – weak function 5. Night terror	<u>External & Internal Wind</u>
Wind-Heat, Focus Head & Eyes	Man Jing Zi Fructus Viticis	1. W-H 2. Focus on the head: h/a, red eyes, dizzy, lacrimation	<u>Ascending herb</u> 'All seeds descend except Man Jing Zi '*
	Mi Meng Hua flos Buddleiae offinalis Immaturus	1. W-H	Clear liver yang rising
	Mu Zei Herba Equiseti Hiemalis	2. Focus on eyes: red, itchy, painful	Any eye obstruction dt Liver problem.

Chapter 2 – Herbs that Clear Heat			
Section 1 – Herbs that Clear Heat & Drain Fire –			
Cool / Cold Clear Heat in Qi Level: 4 Bigs – high fever, big thirst, profuse sweating, flooding pulse. If tx thirst – tx Xiao Ke / Diabetes Generally go to Heart, Lung, Stomach & Liver			
	Herb	Function	Compare / Notes
Clear Yang-Ming Heat or Qi Level Heat	Shi Gao Gypsum	1. <u>Clears Qi Level / Yang ming Heat</u> 2. Clear <u>Lung heat</u> 3. Clears <u>St Fire</u> 4. Topically for non-healing sores (use Duan Shi Gao – astringent)	4 Big's – Bai Hu Tang Stomach Fire – h/a, tooth-ache, bleeding gums, halitosis Ma Xing Shi Gan Tang – clear lung heat
	Zhi Mu Rhizoma Anemarrhenae Asphodeloidis	1. <u>Qi Level Heat / Yang ming heat</u> 2. <u>Def. heat</u> – moisten & enrich yin <u>Excess & Deficiency heat</u>	4 Big's – Bai Hu Tang Yin def – Zhi Bai Di huang Wan for steam bones, thirst, pm sweat, hot flash
	Mutual Accentuation: Shi Gao & Zhi Mu, especially in Bai Hu Tang		
	Lu Gen Rhizoma Phragmitis communis Lu, St	1. Yang ming heat / 4 Bigs 2. Generate body fluids / Xiao Ke 3. Clear <u>Lung</u> heat – dry cough 4. Clear <u>Stomach</u> heat – N/V, foul odor 5. <u>UB</u> – Lin syndrome	Thirst N/V
	Tian Hua Fen Lu, St	1. Qi Level Heat / 4 bigs 2. Generate body fluids, tx thirst 3. Clears P-H 3. <u>Dispel pus</u> ; tx abscesses, red swellings	From Gua Lou Incompatible w Wu Tou
Drain Liver Fire	Xia Ku Cao Spica Prunellae Vulgaris	1. Drain <u>Liver Fire</u> - eyes 2. <u>HTN</u> – Reduce Liver Fire 5 3. Dissipate <u>nodules</u> , soften hardness	HTN Goiter, Scrofula
	Jue Ming Zi Semen Cassiae	1. Clear <u>Liver Fire</u> - eyes 2. Reduce Liver Fire 5 - <u>HTN</u> 3. Reduce <u>High cholesterol</u> 4. Moisten LI – tx constipation (no S/E's)	*HTN, high cholesterol
	Mi Meng Hua flos Buddleiae officinalis		
	Qing Xiang Zi semen Celosiae Argenteae	1. Clear Liver Fire 2. Brighten eyes (red, painful, itchy eyes, hay fever, cataracts)	
	Gu Jing Cao Scapus et Inflorescentia Eriocaulonis Buergeriani		
Clear Heart Fire	Dan Zhu Ye herba Lophatheri Gracilis / Bamboo Leaf Compare Bamboo Family: Zhu Ru Zhu Li	1. Clear Heart Fire: Irritable, mouth sores, insomnia, bitter taste 2. Lin Syndrome Ht fire goes to Si - both clear Phlegm Heat	Ht F D SI – Lin syndrome
Clear San Jiao Heat	Zhi Zi Fructus Gardeniae jasminoidis	1. Clear San Jiao Heat BEST for irritability & restlessness. 2. Clear Damp-Heat Jaundice, Lin Syndrome	Zhi Zi Chi Tang - Irritable / restlessness Yin Cheng Hao Tang – yang type jaundice
Clear Lung Heat	Sang Bai Pi	1. Clear Lung Heat 2. Moisten Lung	Xie Bai San -Clear Lung heat & moisten lungs.

Chapter 2, Section 2 – Herbs that Clear Heat and Dry Dampness Bitter Taste; Caution with Yang def (can damage Sp / Ki Yang); Yin def. Damp-Heat; Leukorrhea, jaundice (Yang type – DH in LV/GB), Lin Syndrome			
	Herb	Function	Compare / Notes
Clear Heat & Dry Dampness	Huang Qin Radix Scutellariae Baicalensis	1. Damp-heat in <u>Upper Jiao</u> 2. Clear <u>Liver Fire</u> – tx 5 BP 3. Clear <u>Damp-Heat in Liver & Gallbladder</u> 4. <u>Calm fetus</u> , prevent miscarriage – stops bleeding 5. Detox – carbuncles, etc.	Tai Shan Pan Shi Yin - Spotting in Pregnancy Long Dan Cao & Huang Qin - <u>Yang jaundice</u> Long Dan Shi Gan Tang - leukorrhea, jaundice, dysentery, etc.
	Huang Lian Rhizoma Coptidis	1. Damp-Heat in <u>Middle Jiao</u> 2. Clear <u>Heart Fire</u> – calms shen insomnia, tongue ulcers 3. Clear <u>St / Li D-H</u> – esp. acute diarrhea 4. <u>Detox</u> – carbuncles, etc.	Huang Lian E Jiao Tang - <u>Shao Yin Heat syndrome</u> or <u>Insomnia</u> dt Disharmony between Ht & Ki Ge Gen Huang Lian Huang Qin Tang - diarrhea, bleeding gums, toothache, Huang Lian Jie Du Tang - carbuncles, sores dt toxic heat/ yang type sores.
	Huang Bai Cortex Phellodendri	1. Damp-Heat in <u>Lower Jiao</u> 2. Clear <u>Def. Heat</u> 3. Detox – carbuncles, <u>eczema</u> , etc.	Zhi Bai Di Huang Wan - <u>Yin def heat</u>
	Long Dan Cao Radix Gentianae Longdancao	1. Damp-Heat in <u>Liver/ Gallbladder</u> 2. Calm <u>Liver Yang & Liver fire</u>	Long Dan Cao & Huang Qin / combo - Yang Jaundice, yellow leukorrhea, vaginal itching, eczema. Long Dan Cao + Yin Cheng Hao - tx jaundice
	Ku Shen Radix sophorae flavescentis Very bitter	1. Damp-Heat in Lower Jiao 2. Dry Damp, <u>Stop Itch, eczema</u> , <u>Yellow leukorrhea, Jaundice</u> 3. Promote urination	<u>Oozing Eczema</u> <i>Incompatible w Li Lu</i> Modern Research – tx arrhythmia's
Chapter 2, Section 3 – Herbs that Cool the Blood Δ Herbs that Treat Heat in Ying & blood levels and Nourish Yin Blood level Heat: bleeding, delirium, mania, loss of consciousness, coma, fever especially at night, T – deep red/ purple. Ying Level Heat: faint rash, restlessness, irritability. Toxic Heat: carbuncle, furuncle, abscess, sore throat.			
Clear Heat & Cool Blood	Sheng di Huang Compare w/ Shu di Huang (Tonify Blood)	1. <u>Clear Heat & Cools Blood</u> 2. Nourish Ht Yin 3. Stop Bleeding – tx Blood Heat syndrome Tonify yin, blood, & essence, very sticky	In Si Wu Tang ; if pt has heat signs, which do you use: Sheng di Huang or Shu di Huang?
	Xuan Shen	1. <u>Clears heat & Cools Blood</u> 2. Detox – skin infections, <u>erysipelas</u> 3. <u>Benefit throat & nourish yin</u> – sore throat dt yin def. 4. Nodules	Si Miao Yang An Tang - tx soft tissue infections. Xuan Mai Gan Jie Tang - Sore throat dt yin def. Also tx sore throat – Nui bang zi, Ge gen, Gan Cao
	Mu Dan Pi	1. <u>Clear Heat & Cools Blood</u> 2. <u>Invigorate blood – uterine fibroids</u> 3. <u>Clears def. Heat</u> / Nourish Yin 4. Sores	Gui Zhi Fu Ling Wan - uterine fibroids
	Chi Shao Yao Compare w/ Bai Shao Yao (Tonify Blood)	1. <u>Clears Heat & Cools Blood</u> 2. <u>Invigorate Blood</u> – especially gyne Tonify blood, Release spasms	
	Di Gu Pi	1. <u>Clears Heat & Cools Blood</u> 2. Stops Bleeding 3. <u>Clears Deficiency Heat</u> 4. <u>Clears Lung Heat</u>	Xie Bei San - clears lung heat

		5. Stops Bleeding	
Chapter 2, Section 4- Herbs that Clear Heat and Relieve toxicity Toxic Heat: carbuncle, furuncle, abscess (lung, large intestine, breast, dysentery dt damp-heat)			
Group 1. Focus on Seasonal Warm-Febrile Disorders			
	Herb	Function	Compare
Seasonal Warm-Febrile Disorders	Jin Yin Hua Flos Lonicerae Japonicae/ Honeysuckle	1. Clear heat & detoxify 2. W-H & Benefit throat 3. Clear toxic heat – sores, carbuncles, furuncles internal abscesses, dysentery	Commonly used w/ Lian Qiao In Yin Qiao San Tx Wei level / Exterior W-H
	Lian Qiao Fructus forsythiae Suspensae	1. Clear heat & detoxify 2. W-H & Benefit throat 3. Clear toxic heat – sores, carbuncles, furuncles internal abscesses, dysentery 4. Promote urine – Lin syndrome	Commonly used w/ Jin Yin Hua , In Yin Qiao San Tx Wei level / Exterior W-H
	Guan Zheng Radix isatidis seu Baphicacanthi	1. Clear heat & detoxify 2. W-H & Benefit throat 3. Stop Bleeding – many types nose, uterine, rectal	
Group 2. Focus on Abscesses, Sores & Ulcers			
Abscess, Sores & Ulcers	Pu Gong Ying Herba Taraxaci mongolici cum Radice/ Dandelion	1. Strongly clears heat & detoxifies – tx abscess, sores 2. <u>Breast Abscess - Mastitis</u> 3. Large Intestine Abscess 4. U-J sore throat, red eyes 5. Clear Damp-Heat – Promote urine, tx Lin synd	Topical use - generally
	Tu Fu Ling Rhizoma Smilacis glabrae	1. Clear Heat & Detoxify – <u>Skin itch</u> 2. <u>Syphilis</u>	SKIN: <u>itch</u> , wind rash, eczema, eyrisepisis Internal or External use
	Bai Xian Pi Cortex Dictamni Dasycarpi Radicis	1. Clear Heat & Detoxify – <u>Skin itch</u>	Used w Tu Fu Ling for skin d/o's – itch Internal or External use
	Ye Ju Hua Flos Chrysanthemi Indici	1. Clear Heat & Detoxify – sores, Itchy, red eyes	Topical use - generally
	Zi Hua Di Ding Herba cum Radice Violae Yedoensis	1. Clear Heat & Detoxify – sores, Snake bite 2. Mastitis	Topical use - generally
	Ya Dan Zi Radix isatidis seu Baphicacanthi	1. Clear Heat & Detoxify tx Warts	
Group 3. Focus on Intestinal Abscess / Appendicitis			
Intestinal Abscess / Appendicitis	Hong Teng Caulis Sargentodoxae Cuneatae	1. Clear Heat & Detoxify – Li Abscess, appendicitis 2. Stop bleeding – Rectal	Used w/ Bai Jiang Cao
	Bai Jiang Cao Herba cum Radice patriniae	1. Clear Heat & Detoxify 2. Li abscess, appendicitis	Used w/ Hong Teng
Group 4. Focus on Severe Sore Throat			
Severe Sore Throat	She Gan Rhizoma Belamcandae Chinensis	1. Clear Heat & Detoxify – tx Sore Throat 2. Lung P-H – tx cough / wheezing	She Gan Ma Huang Tang – Tx asthma
	Ma Bo Fructificatio lasiosphaerae seu Calvatiae	1. Clear Heat & Detoxify – tx <u>Sore Throat</u> 2. Loss of voice	Focus on clear internal lung heat Yin Qiao Ma Bo San – W-H accumulation in lung w/ sore throat
	Ban Lan Gen Radix isatidis seu Baphicacanthi	1. Clear Toxic Heat 2. Benefit sore throat 3. W-H	Modern Research: antiviral

	Shan Dou Gen Radiz Sophorae Tonkinensis	1. Clear Heat & Detoxify – tx Sore Throat	Modern use: Cancer
Chapter 2. Section 4. Clear Heat & Detoxify Group 5. Focus on Dysentery & Intestinal Damp Heat Dysentery D-H dt Toxic Damp-heat in Intestines. Dysentery Sx's - Blood, Pus, Mucous, abdominal Pain, High fever			
Dysentery & Intestinal Damp-Heat	Bai Tou Weng Radix Pulsatillae Chinensis	1. tx Dysentery dt Severe toxic D-H in large intestine	Bai Tou Wen Tang - Dysentery
	Qin Pi Cortex Fraxini	1. tx Dysentery 2. Clear Toxic-Heat 3. W-D Bi	Commonly used with Bai Tou Weng
	Common combo: Bai Tou Weng & Qin Pi to tx dysentery		
	Ma Chi Xian herba Portulacae Oleraceae	1. Dysentery 2. Clear Toxic-Heat 3. Cool blood & stop bleeding. - uterine bleeding, bloody Lin & stool	Both Qin Pi & Ma Chi Xian are milder than Bai Tou Weng
Group 6. Focus on Clear False Heat & Yin Deficiency Heat			
Clear False Heat / Yin Deficient Heat	Yin Chai Hu Radix Stellariae Dichotomae	1. <u>Clears deficiency heat</u> - Steaming bones, Hot flash, Night sweats. 2. <u>Childhood malnutrition*</u> - dt poor digestion	
	Hu Huang Lian Rhizoma Plicorhizae	1. <u>Clears deficiency heat</u> - Steaming bones, Hot flash, Night sweats. 2. <u>Childhood malnutrition*</u> - dt poor digestion 3. Clear intestinal D-H - tx dysentery/ hemorrhoids	
	Common Combo: Yin Chai Hu & Hu Huang Lian		
	Qing Hao	1. Clears Deficiency heat – post partum fever 2. Malaria 3. Cool Blood/ tx sunstroke 4. Clears summer heat	Modern research: best to tx Malaria Summer heat – combine w/ mung bean & xi gua pi.
	Bei Wei	1. Clears deficiency heat – post partum fever 2. Clears heat & cools blood 3. Clears heat – Lin syndrome	Tx long term blood heat syndrome 0 low grade fever dt yin def. or blood def.
	Di Gu Pi Cortex Lycii Radicis	1. Cool blood/ clear deficiency heat - tx steaming bones 2. Childhood malnutrition w/ food stafnation 3. Clear lung heat – cough dt internal heat	Xie Bai San w/sang bai pi & Di gu pi Chronic dry cough, epistaxis, lung yin def.
Group 7. Focus on Lung Heat			
Lung Heat	Da Qing Ye Folium Daqingye Focus Lung & Large Intestine	1. Clears heat & Detoxifies - Lung abscess, pneumonia 2. Cool Blood – Stop bleeding tx ecchymosis, erysipelas	
	Qing Dai Indigo Pulverata Levis	1. Clears Heat & Detoxifies 2. Cool Blood & Stop Bleeding tx ecchymosis, erysipelas	Modern Research: cancer tx for Leukemia
	Yu Xing Cao Herba cum Radice Houttuyniae Cordatae	1. Clear Heat & Detoxify 2. Clear Phlegm-Heat -tx Lung abscess, pneumonia 3. topical – sores, etc.	Good for stop smoking
Herbs Primarily for Cancer - (Toxic Heat, Bi Stagnation, Phlegm Stagnation)			

Cancer Herbs	Bai Hua She She Cao - Anti cancer - detoxify to tx snake bite / dog bite Ban Zhi Lian - Anti cancer - Abscess, Heat Lin Syndrome Shan Ci Gu - Unavailable in US Lu Feng Fang - Anti cancer - Scrofulla Hornet's Nest		
Chapter 2, Section 6 - Herbs that Clear Summer Heat			
	Herb	Function	Compare
Clear Summer Heat	Xi Gua Pi Lu dou He Ye Bai Bian dou	Green watermelon skin Mung bean Lotus leaf	
Chapter 3 – Downward Draining Herbs			
Chapter 3, Section 1 Purgatives			
Tx Excess heat Constipation (St/ Li): Hard, dry stool, bloating in abdomen; rabbit or goat-like droppings; Cold, Bitter.			
	Herb	Function	Compare
Purgatives	Da Huang Radix et Rhizoma Rhei/ Rhubarb	1. <u>Yang Ming Fu Heat</u> 2. Drains Heat & Purges accumulation - <u>constipation /excess</u> 3. Invigorate blood – Fibroids / Jui Da Huang 4. <u>Stop bleeding</u> –esp. St & Li / Da Huang Tan 5. <u>Detoxify</u> – internal / external - sores, carb., furn., abscesses, snake / insect bite – Brown Recluse spider bite 6. <u>Jaundice</u>	Da Cheng Qi Tang w/ Mang Xiao – Constipation Da Huang Zhi Chong Wan – Tx blood stagnation- uterine fibroids
	Mang Xiao Mirabilitum	1. <u>Yang Ming Fu Heat</u> 2. Drains Heat & Purges accumulation - <u>constipation / excess</u> 3. Salty – softens hardness, Reduces swelling, Detoxify / clear heat - <u>Breast abscess</u>	Salty, Bitter
	Common Combo: Da Huang & Mang Xiao; especially for yang ming fu heat & constipation.		
	Fan Xie Ye folium sennae/ Senna	1. Drains Heat & Purges accumulation – Strongly moves bowels	Dosage: <u>Mild 1.5 – 3 gm</u> Strong 5-10 gm / post surgery Can take the leaves in a tea. S/E – long time or high dosage leads to <u>abd pain / cramping</u> .
	Lu Hui Herba aloes/ Aloe	1. Drains Heat & Purges accumulation of stool 2. Clears Liver Fire 3. Topical for fungus/ tinea	Best choice for: <u>Excess constipation w Liver Fire:</u> red eyes, bitter taste, anger
Chapter 3, Section 2 Moist Laxatives			
Moistens intestines & unblocks stool. Tx chronic, elderly, yin def. or post partum patient.			
	Herb	Function	Compare
Moist Laxatives	Huo Ma Ren semen Cannabis Sativae aka Ma Zi Ren	1. Moisten intestines for deficiency constipation 2. Kill parasite & moisten hair - topical for hair loss dt tinea	Constipation dt Yin def./ Blood def. Post-partum, elderly, weak constitution
	Yu Li Ren semen Pruni	1. Moisten intestines for deficiency constipation 2. edema	Stronger than Huo Ma Ren to move bowels
Common Combo: Huo Ma Ren & Yu Li Ren for deficiency constipation.			
Chapter 3, Section 3 Harsh Expellants (Cathartics)			

	Herb	Function	Compare
	Qian Niu Zi Gan Sui Da Ji Ba Dou Shang Lu		
Chapter 4 – Herbs that Drain Dampness Section 1. Herbs that Leech out Damp & Promote Urination Bland taste to leech out Dampness to tx edema.			
	Herb	Function	Compare
Leech out Damp & Promote Urination	Fu Ling Aclerotium Poriae Cocos Compare parts of Fu Ling:	1. Leech out Damp & Promote urination -tx <u>Edema</u> , Lin synd. 2. Tonify SP- tx <u>diarrhea</u> dt Spleen def. 3. Calm <u>Shen</u> - tx insomnia Chi Fu Ling - Cool Blood, Drain Damp-Heat Fu Ling Pi - Stronger Diuretic Bai Fu Ling - Tonify Spleen aka Fu Ling Fu Shen - Calm <u>Shen</u>	- tx <u>Heat Lin</u> syndrome - tx Skin <u>Edema</u> – Wu Pi Yin - tx <u>Edema</u> , Damp - tx insomnia
	Zhu Ling Sclerotium Polypori Umbellati	1. Leech out damp & Promote urination - <u>any Edema, Diarrhea</u> 2. Clear heat & Cools Blood - especially in Lower Jiao/ tx Heat Lin	Stronger than Fu Ling to dry damp Zhu Ling Tang - Heat Lin
	Ze Xie Rhizoma Alismatis orientalis	1. Leech out damp & Promote urination - tx edema, lin, diarrhea 2. Drains Damp-Phlegm in head - tx Meniere's synd.(dizzy, vertigo) 3. Clears <u>Yin def. Heat</u> *	Edema, Lin No function to strengthen spleen. Liu Wei Di Huang Wan - Def. Heat
	Often used together: Fu Ling, Zhu Ling & Ze Xie		
	Yi Yi Ren Semen coicis Lachryma-jobi	1. Promote Urination & drain Damp - edema, Lin 2. Strengthen Spleen - diarrhea 3. Clears Heat – Heat Bi, - Expel Pus, tx abscess - Lu / Li 4. Food therapy	Raw – Shen Yi Yi Ren – for heat bi & pus Fried – Chao Yi Yi Ren – str. SP

Chapter 4 – Section 2. Drain Damp & Promote Urine Diuretics for Difficult Urination Lin syndrome: Painful & difficult urination			
	Herb	Function	Compare
Drain Damp & Promote Urine	Che Qian Zi Semen Plantaginis	1. Drain damp & <u>Promote urine</u> - <u>edema</u> , Lin, Diarrhea 2. <u>Transform Phlegm</u> – lung cough & sputum 3. Brighten eyes	Cooking - <u>Wrap in guaze</u>
	Bei Xie Rhizoma Dioscoreae hypoglaucae	1. Promote urine – Separate clear from turbid - <u>Cloudy Lin</u>	
	Jin Qian Cao	1. <u>Stone Lin</u> , <u>Heat Lin</u> , <u>UB / GB Stones</u> 2. Jaundice 3. Topical use to Detox - carb., furn., snake bite	<u>Commonly used together</u>
	Hai Jin Sha		
	Shi Wei Folium Pyrrosiae	1. <u>Bloody Lin</u> 2. Edema	Shi Wei - Cough w/ sputum Uterine bleeding/ nose bleeding
	Bai Mao Gen		
	Bian Xu Herba Polygoni Avicularis	1. Mildly Promotes Urine for any type Lin syndrome	Often used together
	Qu Mai Herba dianthi		
	Hua Shi Talcum	1. Heat Lin 2. Summer Heat 3. topical use – eczema – dry damp sweaty rash in children	
Substitute Mu Tong & Tong Cao for each other	Mu tong Caulis Mutong	1. <u>Heat Lin</u> 2. Clear <u>Heart Fire</u> – tongue ulcers 3. Insufficient <u>Lactation</u> 4. Bi syndrome	Dosage: 3-6 gm Can cause <u>Kidney Failure</u>
	Tong Cao Medulla tetrapanacis Papyriferi	1. <u>Heat Lin</u> 2. Insufficient <u>Lactation</u>	Dosage: 2-5 gm
	Di Fu Zi Fructus Kochiae Scopariae	1. Promote urine & Drain damp - Lin syndrome 2. <u>Damp-Heat skin rash</u> -Stop skin itching, oozing eczema, tinea, fungus, vaginal itching – douche	Internal / External use
Chapter 4 – Section 3. Herbs that Drain Damp-Heat Tx Jaundice			
	Herb	Function	Compare
	Yin Chen Hao Herba Artemisiae Yinchenhao	1. <u>Clear Damp-Heat – Jaundice</u> - tx eczema, skin itching, wind rash, tinea	Compare: Herbs that tx Jaundice – Yin Chen hao Jin Qian Cao Long Dan Cao Zhi Zi Da Huang Yin Cao Cao Qin Jiao
	Jin Qian Cao herba Lysimachiae	1. <u>Clear Damp-heat – Jaundice</u> 2. <u>Ub/ Gb Stone</u>	

Chapter 5. – Section 1. Herbs that Dispel Wind Dampness Tx Bi Syndrome – W-C-D Bi most bi dt cold			
	Herb	Function	Compare
Wind – Cold – Damp Bi	Du Huo Radix Angelicae Pubescentis	1. Wind-Cold-Damp Bi; focus lower jiao 2. Release Exterior W-C-D	Constant w/ Qiang Huo - tx upper body bi; exterior W-C; superficial
	Wei Ling Xian Radix Clematidis	1. Wind-Cold-Damp Bi 2. <u>Softens fishbone</u> 3. Smooths tendon spasm	
	Wu Jia Pi Cortex Acanthopanax Gracilistylis Radicis	1. Wind-Cold-Damp Bi 2. Tonify Liver & Kidney - tx low back soreness/weakness; esp. aged 3. Promote urine – <u>edema</u>	
	Mu gua Fructus Chaenomelis	1. Wind-Cold-Damp Bi - especially calf muscle spasm 2. Harmonize M-J	More interior
	Can sha Excrementum bombycis Mori	1. Wind-Cold-Damp Bi -especially calf muscle spasm 2. harmonize M-J	More exterior
Commonly used together: Mu gua & Can sha			
Chapter 5. Section 2. Wind – Damp - Heat Bi			
Wind-Damp-Heat Bi	Fang Ji	1. Wind-Damp-Heat bi 6 2. Promote urination – Edema / Lin synd. 6	- Mu Fang Ji - Han Fang Ji
	Qin Jiao Radix Gentianae Qinjiao	1. Wind-Damp-Heat Bi 2. Clears Deficiency Heat 3. Jaundice	
	Xi Xian Cao Herba Siegesbeckiae	1. Heat Bi 2. Clears toxic heat - eczema, itching, sores	
	Yi Yi Ren (drain damp category)	1. Drain damp 2. Strengthen Spleen 3. <u>Heat Bi</u>	
Chapter 5. Section 3. Chronic Bi Liver & Kidney deficiency w/ W-C-D invasion. Focus on aged.			
Chronic Bi	Sang Ji Sheng	1. Chronic Bi dt Kidney def. 2. Tonify Liver & Kidney - Prevent <u>miscarriage</u> use w/ Xu Duan 3. Calms fetus	
	Sang Zhi Ramulus Mori Albae	1. <u>Cold or Heat Bi</u> - focus on 4 limb pain 2. Tonify Kidney / Liver deficiency	
	Qian Nian Jian Rhizoma Homalomenae Occultae	1. Chronic Bi dt Liver & Kidney def. - especially elderly.	

Chapter 6. Section 1. Warm Herbs that Transform Phlegm-Cold			
Transform Cold Phlegm	Herb	Function	Compare/ Notes
	Ban Xia rhizoma Pinelliae Ternatae Lung, Head, Throat & M-J	1. <u>Transform Cold -Phlegm</u> - Lung w <u>cough</u> / <u>white sputum</u> - Throat – ' <u>Plum Pit</u> ' syndrome; nodules - Head/ Brain – <u>vertigo, dizziness</u> 2. Harmonize M-J - stop <u>N/V, Hiccups</u>	Incompatible w/ Wu tou - Er Cheng Tang - Ban Xia Hou Po Tang - Ban Xia Bai Zhu Tian Ma Tang - Ban Xia Xie Xin Tang Toxic – use Sheng Jiang to 7 toxicity
	Xuan Fu Hua flos Inulae Lung, Stomach	1. Transform <u>Cold- Phlegm</u> 2. Harmonize ST – <u>Directs rebel qi</u> 7. - hiccup, N/V- Xuan Fu Dai Zhe Shi Tang	'all flowers float except for Xuan Fu Hua'. Cooking method – wrap in guaze
	Tian nan Xing Rhizoma arisaematis Lung, Liver Compare with Dan Nan Xing	1. Transform <u>Cold-Phlegm & Liver Wind</u> - wind stroke, mouth deviation, epilepsy 2. <u>Eliminate Wind</u> - stroke, convulsion, Bell's Palsy - prepared w/ bile; bitter & cold Transforms Heat-Phlegm in Lung / Liver	Toxic – Contraindicated in Pregnancy - P-H misting Ht/ mental d/o's
	Bai Jie Zi Semen Sinapis Albae	1. Transform Cold-Phlegm 2. Descends Lung Qi - tx cough	San Zi Yang Qing Tang – 3 seeds (Bai jie zi, Zi su zi, Lai fu zi)
	Bai Fu Zi Rhizoma typhonii gigantei	1. Transform Cold-Phlegm 2. Liver Wind – Phlegm - facial paralysis, Bell's Palsy, tetany, convulsion, h/a	
	Bai Qian radix et Rhizoma Cynanchi Baiqian	1. Transform Cold-Phlegm 2. Stop <u>cough</u> / wheezing	

Chapter 6. Section 2. Herbs that Cool and Transform Phlegm-Heat			
Transform Phlegm- Heat	Herb	Function	Compare/ Notes
	Jie Geng Radix Platycodi Grandiflori Neutral property	1. Transform <u>Cold & Phlegm-Heat</u> – Lung - cough w yellow or white sputum. 2. Benefits <u>Throat</u> 3. <u>Guide</u> to the lung 4. Expel pus – lu abscess / tonsillitis	Gan Jie Tang – any sore throat Xuan Mai Gan Jie Tang – chronic sore throat dt yin def.
	Bei Mu Chuan Bei Mu Bulbus Fritillariae Cirrhosae Zhe Bei Mu Bulbus Fritillariae Thunbergii	Both Chuan Bei Mu & Zhe Bei Mu 1. Transform <u>Phlegm-Heat</u> – lung 2. Resolves <u>Nodules</u> - scrofula, goiter, fibroids, cysts. - Clear Lung heat, Nourish yin moistens lung for <u>dry cough</u> - Phlegm-Heat cough, Softens nodules	Incompatible w/ Wu tou
	Zhu Ru Caulis Bambusae in Taeniis Lung, Stomach, GB / Ht	1. Transform <u>Phlegm-Heat</u> - Lung – cough w/ yellow sputum - Stomach – N/V - GB / Ht – calm shen, mental d/o's, insomnia	
	Zhu Li Bambo pith	1. Transform <u>Phlegm-Heat</u> - Lung – cough w yellow sputum - Heart – wind stroke, coma, epilepsy	
	Gua Lou Fructus Trichsanthis Lu, Ht, Li Gua Lou Pi Pericarpium trichosanthis Gua Lou Ren Semen Trichosanthis Quan Gua Lou	1. Transform Phlegm Heat - lung & heat 2. Chest Bi – angina 3. Moistens Li 1. Clear Phlegm-Heat - tx chest bi & cough 1. Constipation – moisten bowels 2. Moisten Lungs Whole plant -has all the functions	Incompatible w/ Wu Tou Ban Xia Gou Lou Xie Bai Tang - tx chest bi
	Hai Zao Herba sargassii	1. Transform <u>Phlegm-Heat</u> 2. Soften <u>Nodules</u> - tx goiter, cyst, scrofula	3. Reduce edema Incompatible w/ Gan Cao
	Kun Bu Thallus Algae		
	Qian Hu Radix Peucedani	1. Transform <u>Phlegm-Heat</u> – lung 2. Stop <u>cough</u>	
	Pang Da hai Semen Sterculiae Scaphigerae	1. Transform <u>Phlegm-Heat</u> – lung 2. tx <u>Sore throat</u> 3. Move Bowels	

Chapter 6. Section 3. Transform Phlegm- Stop Cough and Wheezing			
	Herb	Function	Compare
Transform Phlegm- Stop Cough Warm Herbs	Xing Ren semen Pruni Armeniacae	1. Stop any cough – hot or cold 2. Moistens Li	
	Zi Su Zi Fructus Perillae Frutescentis	1. Stop cough & descend lung qi 2. Move bowels	
	Bai Bu Radix Stemonae	1. Stop cough & Moistens lung - dry cough or yin def cough 2. Lung TB dt lung yin def. 3. Parasites, fleas, lice, pinworms	Zhi Bai Bu – to moisten lung
	Zi Wan Radix Asteris Tatarici	1. Stop any cough	
	Kuan Dong Hua Flos tussilaginis Farfarae		
Transform Phlegm- Stop Cough Cold Herbs	Sang Bai Pi Cortex Mori Albae Radicis	1. Stop cough & clear lung Heat - latent heat - tinged w/ blood, yellow sputum	Xie Bai San – cough dt lung heat
	Pi Pa Ye folium eribotryae japonicae Lung, Stomach	1. Stop cough dt Phlegm Heat or Lung Heat 2. Rebellious Stomach Qi – N/V	Chuan Bei Pi Pa Gao
	Ting Li Zi Semen descurainiae seu Lepidii	1. Severe cough & asthma dt excess lung heat 2. tx edema – drain water in chest.	Excess lung heat
Chapter 7 Aromatic herbs that Transform Dampness Aromatic, pungent herbs that dry damp, Caution w/ qi & yin def. Short cooking time.			
	Herb	Function	Compare
Transform Damp	Cang Zhu Rhizoma Atractylodis strongest	1. Strongly dries damp & strengthens Spleen, especially M-J. 2. Release exterior - W-D Bi, damp stag. in LE's – Wei synd	Er Miao San – tx Wei syndrome
	Note differences between Cang Zhu & Bai Zhu Cang Zhu -Tonify Spleen f. Dry Damp f. < Bai Zhu – focus on Tonify Spleen Dry Damp > + Calm down fetus, tx miscarriage Tonify Spleen & Lung Qi - Yu Ping Feng Tang		
	Sha Ren Fructus Amoni	1. Dries damp – esp. M-J 2. Moves Qi 3. Calms fetus, Prevents miscarriage, Morning sickness	Caution w/ pregnancy Dosage: 1.5 – 3gm)
	Hou Po Cortex magnoliae Officinalis	1. Dries damp & Moves Qi - Plum Pit syndrome 2. Descends Lung Qi – cough/ wheeze	- Ban Xia Hou Po Tang – plum pit syndrome - Hou Po San Wu Tang
	Huo Xiang herba agastaches seu Pogostemi	1. Transforms damp in M-J - N/V, diarrhea, Summer Heat 2. Release exterior – summertime cold 3. Topical – tinea, skin itching, fungus	
	Pei Lan Herba Eupatorii fortunei Weaker than Huo Xiang		

Chapter 8 Herbs that Relieve Food Stagnation			
	Herb	Function	Compare
Food Stagnation	Shan Zha Fructus Crataegi Red color	1. Food stagnation dt Meat or Greasy food 2. Invigorate blood - retention of post partum lochia 3. Reduces cholesterol & HTN	Modern use: in elderly to prevent Ht problems
	Mai Ya Fructus Hordei Vulgaris Germinantus	1. Food stagnation dt Starch 2. Stops Lactation – Chao Mai Ya	- large dose to stop lactation 60-120 gm
	Lai Fu Zi Semen Raphani Sativi	1. Food stagnation w/ Qi stagnation - gas & bloating 2. Descends Lung qi - cough	- San Zi Yang Qing Tang
	Ji Nei Jin endothelium corneum Gigeriae Galli	1. Food stagnation in Children - frying will function to digest food 2. Expels stones – GB / UB / KI 3. Astringent to restrain essence - Enuresis, seminal emission	
	Shen Qu	1. Any food stagnation 2. Aids digestion of minerals, shell, bone in formulas	
Chapter 9 Herbs that Regulate the Qi Group 1. Regulate Liver Qi			
	Herb	Function	Compare
Regulate Liver Qi	Qing Pi Pericarpium citri Reticulatae Vidride	1. Strongly moves Qi - Liver qi stag, hypochondriac pain, PMS, breast tenderness. 2. Softens Breast nodules - lumps, cysts, fibroids 3. Move Stomach Qi - bloating dt food stagnation.	
	Xiang Fu Rhizoma Cyperi Rotundi	1. Moves Liver Qi 2. Regulate Menses - irregular, dysmen, amen, PMS, breast tenderness	
	Mu Xiang Radix Aucklandiae Lappae Aka Guang Mu Xiang Chuan Mu Xiang radix Vladimiriae	1. Moves Liver Qi 2. Moves M-J Qi (SP/ST) - bloating, post dysentery tenemus - Detoxify – snake bite Toxic < 3-5 gm.	Cook Short time – 5 minutes
	Chuan Lian Zi Fructus Meliae Toosendan	1. Moves Liver Qi & clears Liver Fire 2. Stops Pain - hypo, breast, PMS	Yi Guan Jian – stops hypochondriac pain

Chapter 9. Group 2.**Regulate the Middle Jiao Qi – SP / ST (bloating, gas, flatulence)**

	Herb	Function	Compare / Notes
Regulate M-J Qi	Ju Pi / Chen Pi Pericarpium citri Reticulatae	1. <u>Regulate M-J Qi</u> - Food / Damp stagnation w/ bloating, gas 2. <u>Transform Phlegm & Strengthen SP</u> - Upper Jiao & Middle Jiao	Er Cheng Tang
	Zhi Shi Fructus Immaturus Citri Aurantii Compare w/ Zhi Ke Milder function	1. <u>Strongly regulate M-J Qi</u> - food stagnation / bloating 2. <u>Regulates Intestinal Qi & Moves Bowels</u> – constipation, dysentery, Bloating 3. <u>Transforms Phlegm & Damp</u> - tx <u>Chest Bi</u> - focus on the chest / weaker function	- Zhi Shi Dao Zhi San - tx dysentery w/ tenemus Xue Fu Zhu Yu Tang - chest be dt blood stagnation
	Da Fu Pi Pericarpium arecae Catechu	1. <u>Regulate M-J Qi</u> 2. <u>Abdominal Edema – Ascites</u>	
Regulate Chest Qi	Group 3. Regulate Chest Qi - Angina		
	Xie Bai Bulbus Allii	1. <u>Regulate Qi</u> - Phlegm & Qi stag. or <u>Chest Bi</u> tx Angina 2. <u>Regulate Qi in M-J & Abdomen</u> - Tenemus / bloating dt dysentery	Gua Lou Zie Bai Ban Xia Tang - Chest bi dt Phlegm & Qi Stagnation
	Zhi Ke Fructus Citri Aurantii	1. <u>Regulate Qi in the Chest</u>	Xue Fu Zhu Yu Tang - chest be dt blood stagnation
Move Liver Qi & Stop Pain	Group 4. Move Liver Qi and Stop Pain – especially <u>Hernia Pain</u>		
	Wu Yao Radix Linderae Strychnifoliae	1. <u>Moves Liver Qi & Stop Pain</u> - stop <u>hernia</u> & genitalia pain. 2. <u>Warm Kidney Yang Qi</u> - <u>enuresis</u> , freq. urine, incontinence	- Suo Quan Wan
	Li Zhi He Semen Litchi Chinensis So-so function	1. <u>Moves Liver Qi & Stops Hernia pain</u> 2. <u>Softens nodules – hernia</u>	
Qi Rebellious	Group 5. Regulate Rebellious Qi – LU / ST Lung qi rebelling – cough, wheezing, asthma. Stomach qi rebelling – N/V, hiccups, etc.		
	Chen Xiang Lignum aquilariae	1. <u>Descends Lung Qi</u> - (to KI) - cough & asthma	
	Shi Di Calyx Diospyri Kaki	1. <u>Descends Stomach Qi</u> - hiccup, N/V	Ding Xiang Shi Di San - hiccup, N/V dt St qi rebelling

Chapter 10 Herbs that Regulate the Blood			
Chapter 10. Section 1.			
Group 1. Herbs that Stop Bleeding By Cooling the Blood			
	Herb	Function	Compare
Cool Blood & Stop Bleeding	Da Ji Herba seu Radix Cirsii Japonici	1. Cools Blood & <u>Stops Bleeding</u> – any 2. Clear Heat & Detox – abscess, carb. Fur. 3. Jaundice	Any Bleeding - nose, cough, uterine, <u>Urine</u> dt reckless movement of blood
	Xiao Ji Herba Cephalanoplos	1. Cools Blood & <u>Stops Bleeding</u> – any - especially <u>Bloody Lin</u> , <u>Urinary bleeding</u> , & <u>Heat Lin</u> 2. Clear Heat & Detox – abscess, carb. Fur.	Any Bleeding - nose, cough, uterine, <u>Urine</u> dt reckless movement of blood
	Bai mao Gen Rhizoma Imperatae Cylindrica	1. Cools Blood & <u>Stops Bleeding</u> - lung - especially <u>lung w/ Xian He Cao</u> 2. Promote urine & clear L-J Heat – Lin - Heat / <u>Bloody Lin</u> , edema (w/ xiao ji, shi wei)	
	Di Yu Radix Sanguisorbae officinalis	1. Cools Blood & <u>Stops Bleeding</u> – esp. <u>LI</u> - hemorrhoid, bloody stool, dysentery, Chron's disease	2. Clears heat & Detoxifies - carb, fur, <u>burns</u> , scalds, eczema
	Huai Hua Mi Flos sophorae japonicae Immaturus		2. Clear Liver fire & Brighten eyes - red eyes, BP, dizzy, vertigo
	Ce Bai ye Cacumen Biotae Orientalis	1. Cools Blood & <u>Stops Bleeding</u> – M-J - M-J, ST, Gastric, Vomit blood, Nose, Uterine bleeding, gyne, Urine bleeding	
Stop Bleeding by Astringency	Group 2. Stop Bleeding By Astringency Bleeding dt Qi deficiency or Long-Time Bleeding		
	Xian He Cao Herba Agrimoniae Pilosae	1. <u>Stops Bleeding by Astringency</u> – Any - esp. cough w/ blood – w/ Bai Mao gen 2. Clear Lower Jiao Damp-Heat - <u>Dysentery</u> , Diarrhea, Vaginitis, Trichinosis's, Tapeworms	
	Bai Ji Rhizoma Bletillae Striatae	1. <u>Stops Bleeding by Astringency</u> - esp. <u>Lung & Stomach</u> 2. Reduce swelling & Generates flesh - topically dry, <u>chapped skin</u>	Incompatible w/ Fu Zi
	Xue Yu Tan Crisis Carbonisatus Hominis Hominis	1. Stops Bleeding by Astringency - esp. <u>Uterine</u> / <u>Ben Lou</u> 2. Stops Bleeding by Invigorating Blood	*Best for gyne bleeding dt Qi def & blood stagnation <u>Uterine</u> / Ben Lou
	Zong Lu Tan	1. Stops Bleeding by Astringency - esp. <u>Uterine</u> / Ben Lou	
	Ou Jie Tan	1. Stops Bleeding by Astringency - esp. <u>Uterine</u> / Ben Lou	

Group 3. Stop Bleeding by Invigorating Blood

	Herb	Function	Compare
Stop Bleeding By Invigorating Blood	San Qi Radix Notoginseng	1. <u>Strongly invigorates Blood & Stops Bleeding</u> – Any kind – int/ ext. - esp. <u>gyne</u> 2. <u>Invigorates Blood & Stops Pain</u> - soft tissue, bone fracture 3. <u>Moves Qi & Blood & Stops Pain</u> - <u>abscess</u> , carb, fur, etc.	
	Pu Huang Pollen typhae	1. <u>Invigorates Blood & Stops Bleeding</u> - <u>gyne, abdomen</u> 2. Promotes Urine - tx <u>Bloody Lin</u>	
	Qian Cao Gen Radix Rubiae Cordifoliae So-so function	1. Stops Bleeding by <u>Invigorating Blood</u> 2. Stops Bleeding by Cooling Blood	<u>Best for blood stagnation & heat*</u>
Stop Bleeding by Warming Meridians	Group 4. Stop Bleeding By Warming Meridians Bleeding dt Yang def.		
	Pao Jiang	1. Stops Bleeding dt Yang def. by warming meridians. - <u>Uterine</u> , Chong & Ren - M-J / vomiting, rectal	
	Ai Ye folium Artemisiae Argyi	1. Stops bleeding dt Yang def by warming meridians. - focus on <u>gyne</u> dt chong & ren def. heavy menses w/ abd. cramping 2. <u>Moxa</u> – warms meridians & stops pain - can warm & open the <u>12 regular meridians</u> . 3. eliminate Damp & stop itching - external use.	

Chapter 10. Regulate the Blood Herbs			
Section 2. Herbs that Invigorate the Blood			
	Herb	Function	Compare/ Notes
Move Qi & Blood Stop Pain	Move Qi & Blood & Stop Pain		
	Chuan Xiong Radix Ligustici Chuan xiong	1. <u>Invigorate Blood & Move Qi</u> " Qi in Blood Herb" / headache 2. Bi synd dt blood stagnation 3. Gyne d/o's	Tx jue yin / shao yang h/a*
	Yan Hu Suo Rhizoma Corydalis yanhusuo	1. <u>Stronger to Move Qi & Blood</u> 2. <u>Stop Pain</u> (stronger than chuan xiong) chest, abd, 4 limb pain – <u>all pain</u>	"Chinese ASA"
	Wu Ling Zhi Excrementum Trogopteri seu Pteromi	1. <u>Strongly moves Qi & Blood, Stops Pain</u> - esp. <u>gyne/ abd.</u> pain / dysmennorhea	Shi Xiao San (sudden smile powder) For dysmennorhea (2 herbs Wu ling zhi & Pu huang)
	Ru Xiang Gummi Olibanum	1. Strongly moves qi & blood Breaks up stasis 2. Unblocks channels – bi synd./ trauma 3. Reduces swelling, pain, <u>generates flesh</u> - <u>tx abscesses</u> –internal / external.	
	Mo Yao Myrrha		
	Yu Jin Tuber Curcumae	1. Moves Qi & Blood, Stops Pain - focus on <u>Liv/ GB:</u> <u>hypo/chest pain</u> , PMS 2. <u>Calms shen</u> – depression/ mental d/o 3. <u>Jaundice</u>	

Invigorate Blood & Regulate Menses	Chapter 10. Invigorate Blood & Regulate Menses		
	Yi Mu Cao herba leonuri heterophylli	1. Invigorate Blood – <u>gyne d/o's</u> dt blood stagnation; focus uterus. 2. <u>Induce uterus contractions</u> – lochia 3. Promote urination – <u>edema</u> 4. External use – clear heat & detoxify	
	Ze Lan	1. Invigorate Blood – gyne d/o's - uterine bleeding 2. Promote urination – <u>edema</u> 3. Trauma	
	Ji Xue Teng Radix et Caulis Jixueteng	1. <u>Invigorate & Tonify Blood</u> – <u>gyne</u> 2. Bi – 4 limbs	
	Niu Xi Radix Achyranthis Bidentatae	1. Invigorate blood & Regulate menses 2. Induces Qi/ Blood/ Fire downwards 3. Tonify Liv/ Kidney – LBP 4. Promote urination – Lin	Chuan Niu Xi - Invigorate Blood Regulate menses / induce qi / blood 7 Huai Niu Zi - Tonify Liv/ Kidney - LBP
	Dan Shen Radix Slaviae Miltiorrhizae	1. Invigorate Blood in <u>Heart & Uterus</u> - tx chest bi dt blood stag. 2. Nourish Blood; <u>Calm shen</u> - tx insomnia, palpitations 3. Cools blood, reduces swelling – abscess, carb. etc.	Fu Fang
	Tao Ren Semen Persicae	1. Invigorate Blood & Regulate menses - gyne 2. Moves Bowels	
	Hong Hua Flos Carthami Tinctorii	1. Invigorate Blood & Regulate menses - gyne 2. Tonify Blood	
	San Leng Rhizoma Sparganii Stoloniferi	1. <u>Very strongly</u> moves Qi & Blood - regulates menses 2. <u>Breaks up Qi & Blood Stagnation</u> - fibroids	Common combo
	E Zhu Rhixoma Curcumae Ezhu		
	Wang Bu Liu Xing Semen Vaccariae Segetalis	1. Invigorate Blood & Regulate menses 2. Promote Lactation - mastitis	
Invigorate Blood Focus on Trauma	Invigorate Blood: Focus Traumatic Injury		
	Gu Sui Bu Bone Break Medicine	1. Invigorate Blood for trauma - <u>Fractures</u> / soft tissue injury 2. Tonify Kidney essence	Internal / external use
	Su Mu Lignum Sappan	1. Invigorate Blood & Stop Pain - trauma/ fractures	
	Xue Jie Lignum Sappan		

Chapter 11 Herbs that Warm the Interior and Expel Cold			
	Herb	Function	Compare/ Notes
Warm the Interior and Expel Cold	Fu Zi Radix Lateralis Aconiti Carmichaeli praeparata <u>Incompatible w/ all transform phlegm herbs: Ban xia, Gua lu, Bei mu, Bai ji</u>	1. <u>Warm interior & Expel Cold</u> – all yang Warm whole body yang – <u>Ht, Sp, Ki</u> 2. <u>Rescue collapsed yang qi</u> 3. Unblock channels & Expel Cold – <u>Cold Bi</u> <u>Cook long time 40-60 minutes, then add other herbs dt toxicity.</u>	Zhen Wu Tang Tx yin edema, ch. diarrhea dt Sp/Ki yang qi def. Fu Zi Li Zhong Tang - tx Sp/Ki Yang def / diarrhea Shen Fu Tang - tx yang collapse
	Gan Jiang Rhizoma Zingiberis Officinalis	1. Warm interior – esp. <u>M-J</u> 2. Rescue collapsed yang qi Si Ni Tang – tx <u>Shaoyin synd</u> (severe cold/ kidney yang def.) 3. Warm the Lung - tx cold congested fluid in the lung 4. Pao jiang – stop bleeding & warm the menses	Li Zhong Tang - Xiao Qing Long Tang
	Rou Gui Cortex Cinnamomi Cassiae	1. Warm interior, esp. <u>Kidney/ Mingmen fire</u> - gyne d/o's, infertility/ sterility 2. Leads fire back to source 3. Warms L-J - cold hernia pain	-Tx separation of yin/yang; U-J heat w/ L-J cold.
	Wu Zhu Yu Fructus Evodiae Rutaecarpae	1. warms interior, esp. <u>Liver</u> - hernia/ abd pain dt cold stag in liver ch. - vertex h/a 2. <u>Harmonize Liver OA Stomach</u> - N/V, acid regurg. 3. FYI – Induce heat downwards - mash w/ fresh garlic, apply to Ki 1 tx HTN, Liver fire sx's	-Zuo Jin Wan (6:1 Huang lian & Wu Zhu Yu) clear M-J heat/ guide to liver
	Less important herbs: Hua Jiao	1. Warm M-J 2. Topically – Cold Bi 3. Kill parasites, Toothache	
	Ding Xiang	1. Warm M-J 2. tx Stomach Qi rebelling	
	Xiao Hui Xiang	1. Fry w/ salt, apply to Ren 8 to warm M-J	
	Gao Liang Jiang	1. Warm M-J; excess/ deficiency cold	

Chapter 12. Section 1. Qi Tonics			
	Herb	Function	Compare
Focus on Tonify Whole Body Qi	Ren Shen Radix Ginseng	1. Strongly tonifies Qi of whole body - chronic disease, improve immune f. 2. Tonify Primary Qi 3. Tonify Qi & blood - fatigue 4. Generate Body Fluids – Xiao Ke	Focus Lung & Spleen - Shen Fu Tang Cook long time – expensive
	Xi Yang Shen American ginseng	1. Tonify Qi & Yin - CFS w/ menopausal sx's.	Focus Lung & Kidney
	Compare: Ren shen is stronger to Tonify qi Xi Yang Shen is stronger to Tonify yin.		
Focus on Tonify Lung & Spleen Qi	Huang Qi Radix Astragali membranacei	1. Tonify <u>Lung & Spleen qi</u> - chronic disease, improve immune f. - Tonify defensive qi 2. Tonify Qi to generate Blood/ Body Fluids 3. Raise the yang qi - prolapse 4. Promote urine, Reduce edema - dt Lu/Sp qi def. 5. Non-healing sores/ abscesses	Yu Ping Feng San - improve defensive qi Bu Zhong Yi Qi Tang Fang Ji Huang Qi Tang
	Dang Shen Radix Codonopsis Pilosulae Neutral	1. Tonify Lung & <u>Spleen Qi</u> 2. Substitute for Ren Shen 3. Tonify body fluid & blood	Shen Ling Bai Zhu San
	Bai Zhu Rhizoma Atractylodis macrocephalae	1. Tonify Lung & <u>Spleen Qi</u> - improve defensive qi. 2. Transform damp & phlegm 3. Stop spontaneous sweating 4. Calm Fetus – prevent miscarriage	
	Shan Yao Radix Dioscoreae oppositae	1. Tonify Lung & Spleen Qi 2. Tonify Kidney Yin – Xiao Ke 3. <u>Astringe Kidney Qi</u> - enuresis/ frequency	Lui Wei di Huang Wan Suo Quo Wan
	Gan Cao Radix Glycyrrhizae Uralensis	1. Tonify <u>Spleen & Heart Qi</u> - irregular pulse/ palpitations 2. Release <u>spasm</u> & stop pain 3. Detoxify other herbs - Sheng gan cao & fu zi 4. Harmonizes other herbs	Zhi Gan Cao Tang Shao Yao Gan Cao Tang Incompatible w/ Hai Zao, Gan sui, Da ji, Yuan Hua.
	Da Zao Fructus Zizyphi Jujubae	1. Tonify Qi – esp. M-J 2. Nourish Blood 3. Calm Shen – insomnia 4. Harmonize other herbs	Gan Mai Da Zao Tang - Restless organ d/o

Chapter 12. Section 2. Herbs that Tonify the Yang			
	Herb	Function	Compare
Tonify Yang	Du Zhong Cortex Eucommiae ulmoidis	1. Tonify Ki Yang & Qi - impotence, infertility, gyne d/o's. 2. Strengthen tendons & bones – aged (bi / wei) - osteoporosis, arthritis, premature aging. 3. <u>Calms fetus; prevents miscarriage</u> 4. Pacifies Liver Yang – HTN	
	Xu Duan Radix Dipsaci Asperi	1. Tonify Ki Yang Qi & Liver – gyne 2. Strengthen tendons & bones – aged 3. <u>Calms fetus; prevents miscarriage</u> 4. <u>Invigorate blood & stop pain</u>	
	3 herbs calm fetus & prevent miscarriage dt Ki def.: Du Zhong, Xu Duan & Sang ji Sheng other herbs: Huang qin – fresh blood dt heat; Bai Zhi – Qi def.		
	Rou Cong Rong Herba Cistanches Deserticolae	1. Tonify Kidney Yang Qi / Essence & Blood - impotence, infertility, gyne d/o's 2. <u>Move Bowels</u> – constipation 3. Dawn diarrhea	- Ji Chuan Jian
	Yi Zhi Ren Fructus alpiniae Oxphyllae	1. Tonify Kidney Yang Qi 2. <u>Astringe Kidney Essence</u> - sem. Emission, enuresis, freq urination 3. <u>Warm Spleen</u> – <u>astringe salivation</u> - drooling, abd. cold pain, chronic diarrhea 4. Modern – dementia & poor memory	- Suo Quan Wan
	Tu Si Zi Semen Cuscutae Chinensis Neutral	1. Tonify <u>Kidney Yang Qi & Yin</u> - gyne d/o's, Male d/o's 2. Tonify Liver/ Kidney & Benefit eyes - tx Xiao Ke	Tx male & female problems
	Bu Gu Zhi Fructus psoraleae Corylifoliae	1. Tonify Kidney Yang Qi - impotence, sem emmission, freq. urination 2. Tonify <u>Kidney & Spleen Yang</u> - <u>dawn diarrhea</u>	- Si Shen Wan dawn diarrhea
	Gu Sui Bu Rhizoma Drynariae	1. Tonify Kidney Yang / essence - bone fracture, <u>strengthen Bone</u>	
	Other less important herbs: Ba Ji Tian	- Infertility, impotence, cold bi synd. – esp. elderly	
	Xian Mao		
	Xian Ling Pi Aka Yin Yan Huo	Tonify Kidney Yang - Impotence, cold bi, menopause synd.	- Er Xian Dan
	Suo Yang	Tonify Kidney Yang - constipation	
	Lu Rong	Very hot	
	Hu Tao Ren	Tonify Kidney Yang & Essence - constipation	
	Gie Jie	Tonify Kidney & Lung	
	Dong Chong Xia Cao	Tonify Kidney & Lung - can prevent allergic asthma - improve immune function	

Chapter 12. Section 3. Herbs that Tonify the Blood			
	Herb	Function	Compare
Blood Tonics	Dang Gui Radix Angelicae Sinensis Dang Gui Tou Dang Gui Wei Dang Gui Shen	1. <u>Tonify blood & Invigorate Blood</u> - gyne d/o's, Ht, Sp, Liv blood def. 2. <u>Moisten Large Intestines</u> - constipation dt blood def. 3. Invigorate blood & stop pain - dysmenorrhea, bi, trauma 4. Stop cough 5. Reduce swelling	Si Wu Tang
	Compare: Ji Xue Teng – Invigorate & Tonify Blood		
	E Jiao Gelatinum Corii Asini	1. <u>Tonify blood & Stop Bleeding</u> - esp. gyne, uterine, lung. 2. <u>Tonify Yin & calm shen</u> - palp., insomnia 3. Moisten Lung Yin & stop bleeding	Jiao Ai Si Wu Tang - stop uterine bleeding Hunag Lian E Jiao Tang - shao yin heat Bu Fei E Jiao Tang Cook: dissolve in strained decoction or hot water
	Shu di huang Radix Rehmanniae Glutinosae Conquitate	1. <u>Tonify Blood, Yin, Essence</u> 2. <u>Tonify Yin – Xiao Ke</u> - chronic cough dt kidney def.	Very sticky, NO Damp Si Wu Tang - Tonify blood
	Compare: w/ Sheng di Huang – Clear heat & cool blood, nourish ht yin, stop bleeding		
	Bai Shao Radix Paeoniae Lactiflorae To liver ch.	1. Tonify Blood – gyne 2. Stop Pain & Relieve Spasm 3. Tonify Liver blood 4. Pacify Liver Yang - HTN	Shao Yao Gan Cao Tang Si Wu Tang Zhen Gan Xi Feng Tang
	He Shou Wu Radix polygoni Multiflori	1. Tonify blood & Kidney Essence (zhi) 2. Clear Heat & Detox (shen) - premature gray hair, abscess, anti-malaria	
	Long Yan Rou Arillus euphoriae Longanae	1. Tonify Blood - esp. Heart & spleen 2. Calm Shen - insomnia, CFS, qi & blood def.	Gui Pi Wan

Chapter 12. Section 4 . Herbs that Tonify the Yin			
	Herb	Function	Compare
Focus Liver & Kidney	Tonify Yin – focus Liver & Kidney		
	Nu Zhen Zi Fructus Ligustri Lucidi	1. Tonify <u>Liver & Kidney Yin</u> – esp. menopause 2. Clear Heat & Brighten Eyes	Not sticky
	Han Lian Cao Herba ecliptae Prostratae	1. Tonify <u>Liver & Kidney Yin</u> - esp. menopause 2. Cool blood & <u>Stop bleeding</u>	Er Zhi Wan - tx menopause
	Gui Ban Plastrum Testudinis	1. Tonify <u>Liver & Kidney Yin</u> 2. Heavy – <u>Reduce Liver Yang rising</u> - HTN, hot flash, steaming bones, night sweats 3. Strengthen bones 4. Nourish Heart blood - calm shen	2 Shells – sticky along w/ Shu di huang
	Bie Jia Carapax Amydae Sinensis	1. Tonify <u>Liver & Kidney Yin</u> 2. Heavy – <u>Reduce Liver Yang rising</u> - HTN, hot flash, steaming bones, night sweats 3. Strengthen bones 4. <u>Softens Nodules</u> - Zhen Jia, fibroids	
	Gou Qi Zi Fructus Lycii	1. <u>Tonify Liver & Kidney Yin</u> - Eye d/o's, Xiao Ke 2. <u>Tonify Blood</u> 3. Moisten Lung - dry cough	
Focus Lung & Stomach Yin	Tonify Yin - Focus on Lung & Stomach Yin		
	Sha Shen Radix Adenophorae seu Glehniae	1. Tonify <u>Lung & Stomach Yin</u> - dry cough, hunger/ Zao Za/ gnawing feeling Nan Sha Shen – transform phlegm Bei Sha Shen – Nourish yin / stronger	Sha Shen Mai Men Dong Tang
	Mai men dong Tuber Ophiopogonis japonici	1. Tonify <u>Lung & Stomach Yin</u> - Xiao Ke – thirst & hunger 2. Clear <u>Heart Fire</u> – irritability 3. Moisten <u>Large Intestine</u>	
	Common Combo: Sha Shen & Mai Men Dong		
	Yu Zhu Rhizoma Polygonati odorati	1. Tonify Stomach Yin - Xiao Ke, Burning sensation, Zao Za 2. Moisten Lung - dry cough	

Focus Stomach Yin	Chapter 12. Section 4. Tonify Yin – focus Stomach Yin		
	Shi Hu herba Dendrobii	1. <u>Tonify Stomach Yin</u> 2. <u>Brightens Eyes</u> - cataracts, night blindness 3. Strengthen Lower Back - LBP dt Ki def.	
Focus Lung & Kidney Yin	Tonify Yin - Focus Lung & Kidney Yin		
	Tian men Dong Tuber Asparagi cochinchinensis	1. Tonify <u>Lung & Kidney Yin</u> - Xiao Ke, lung TB, low grade fever, etc. 2. Moistens Large Intestine & chronic Sore Throat	
	Bai He Bulbus Lillii	1. Tonify Lung & Kidney Yin - esp. TB, chr. Cough tinged w/ blood 2. Clears Heart - calm shen – insomnia, restlessness, irritability, depression.	- Bai He Gu Ying Tang - Bai Yu Tang
	Huang Jing	1. Tonify <u>Lung & Kidney Yin</u> - <u>Xiao Ke*</u> (one of best) 2. Tonify <u>Spleen Qi</u> w/ Shan Yao	

FYI: **Bai Yu Tang** = Bai He + Yu Jing **plus Gan Mai Da Zao Tang** = Chai hu, Mu Xiang, Xiang Fu, Bo He @ end for depression

Food Therapy: **Huang Jing, Shan yao, gou Qi Zi + Yin Er** (white wine); have daily to tx diabetes.

Chapter 13 Herbs that Stabilize and Bind Astringent: stop cough (chronic), chronic diarrhea, seminal emission, usually for deficiency			
	Herb	Function	Compare
Astringe Sweat	Astringe Sweat		
	Ma Huang Gen Radix ephedrae	1. Astringe sweat - spontaneous sweat, night sweats.	
	Fu Xiao Mai Semen Triticum Aestivum	1. Astringe sweat - spontaneous sweat, night sweats 2. Clear Heart fire, <u>calm shen</u> - Zang Zao	-Gan Mai Da Zao Tang restless organ d/o
	Common combo: Ma Huang Gen + Fu Xiao Mai		
Astringe Lung Qi	Astringe Lung Qi Chronic deficiency cough		
	Wu Wei Zi Fructus Schisandrae Chinensis Sweat, Lu, Li	1. <u>Astringe sweat</u> – day & night <u>Lung</u> – cough & asthma <u>Essence</u> – sem. Emission & spermatorrhea <u>Li</u> – diarrhea 2. Calm shen – insomnia	Modern Research: - Hepatitis
	Bai Guo	1. Astringe lung 2. Tx Damp-Stagnation	
	Wu Mei Fructus Pruni Mume	1. Astringe Lung – chr. Cough Li – chr. Diarrhea 2. Sour – generates body fluids 3. Kills parasites – roundworms, etc.	- Wu Mei Wan
Astringe Large Intestine	Astringe Large Intestine Chronic Diarrhea		
	Lian Zi Semen Nelumbinis Nuciferae	1. Astringe Large Intestine – chr. Diarrhea 2. Astringe Essence – sem. Emm, leukorrhea 3. Calm shen – enters heart	
	Rou Dou Kou Semen Myristicae Fragrantis	1. Astringe Li - esp. <u>dawn diarrhea</u>	Si Shen Wan
	Chi Shi Zhi Halloysitum Rubrum	1. Astringe Li – chr. Diarrhea, dysentery, <u>dawn diarrhea</u> 2. Stops Bleeding – hemorrhoids	
Astringe Kidney Essence	Astringe Kidney Essence		
	Sang Piao Xiao Ootheca mantidis	1. Astringe <u>Kidney Essence</u> - freq. urination, chronic leukorrhea	
	Shan Zhu Yu – Fructus corni officinalis Aka Shan Yu Rou	1. <u>Astringe Kidney Essence</u> 2. Tonify <u>Kidney Yin</u>	Liu Wei di Huang Wan
	Hai Piao Xiao Oz Sepiae seu Sepiellae	1. <u>Astringe Kidney Essence & Stomach</u> - <u>acid regurgitation</u> , Heart burn - sperm, leukorrhea	

Chapter 14. Substances that Calm the Spirit

Section – 1 Substances that Anchor Shen

	Herb	Function	Compare
Anchor Shen	Long Gu Os draconis	1. Anchor Heart – insomnia 2. Anchor Liver Fire – HTN 3. Astringe Essence - sem emission, night sweats	
	Ci Shi Magnetitum	1. Anchor Shen <u>DKK</u> – excess P misting Ht, epilepsy, Schizophrenia	
	Hu Po Succinum	1. Anchor Shen <u>DKK</u> – excess P misting Ht, epilepsy, Schizophrenia	

Section - 2 Herbs that Nourish the Heart and Calm the Spirit

Heart Yin def., Heart blood def., chronic conditions

	Herb	Function	Compare
Nourish Shen	Suan Zao Ren Semen zizyphi spinosae sour	1. Nourish Heart blood & Liver yin - insomnia, night sweats, palpitations	
	Bai Zi Ren Semen Biotae orientalis	1. Nourish Heart blood - insomnia dt Ht Qi & Blood def. 2. Moisten Large Intestine	
	Yuan Zhi Raidx Polygalae Tenuifoliae	1. Nourish Heart - excess / deficiency insomnia 2. Transform Phlegm	
	He Huan Pi Cortex Albizziae Julibrissin	1. Calm down shen - insomnia, depression	
	Ye Jiao Teng Caulis Polygoni Multiflori	1. Nourish Heart & Kidney Yin - insomnia dt Ht & Ki Yin def.	

Chapter 15 Aromatic Substance that Open the Orifices

	Herb	Function	Compare
Open the Orifices	Shi Chang Pu Rhizoma Acori Graminei	1. <u>Phlegm misting the Heart & Brain</u> 2. Transform Damp-Phlegm Open the mind orifice - poor memory, dementia, delirium, dizziness, epilepsy	
	Bing Pian Borneol	1. <u>Phlegm- Heat</u> misting the Heart & Brain - coma, epilepsy 2. <u>topically</u> – skin / mouth sores	Bing Peng San - tx tonsillitis
	She Xiang Secretio Moschus	1. Phlegm-Heat misting the Heart & Brain	
	Su He Xiang Styrax Liquidis	1. Cold-Phlegm	

Chapter 16 Substances that Extinguish Wind and Stop Tremors			
Anchor Liver Yang	Herb	Function	Compare
	Heavy substances to Anchor Liver Yang		
	Zhen Zhu Mu Concha Margaritaeferae	1. <u>Anchor Liver Fire</u> / Liver Yang Rising - HTN, dizziness, trembling of hands 2. <u>Anchor Heart Fire</u> - insomnia, anxiety	Combo of Zhen Zhu Mu & Long Gu anchor Liver & Heart Fire.
	Dai Zhe She Haematitum	1. <u>Anchor Liver Fire</u> / Liver Yang Rising - HTN, dizziness, h/a, trembling 2. Descend Stomach Qi Rebelling - hiccup belching, nausea	Contraindicated - Pregnancy - Xuan Fu Dai Zhe Shi Tang tx N/V dt D-C in M-J
	Mu Li Concha Ostreae	1. Anchor Liver Yang 2. Astringe – sweat, <u>acid regurgitation</u>	Combo of Long Gu & Mu Li – astringe f. tx sweats & pacify Liver Yang
	Shi Jue Ming Concha Haliotidis	1. Anchor or Reduce Liver Yang 2. Eliminate Liver Wind - <u>HTN, Wind stroke</u> 3. Brighten eyes - cataracts	Compare w/ Jue ming zi - in clear heat category
Eliminate Liver Wind	Treat Liver Wind dt Deficiency		
	Tian Ma Rhizoma Gastrodiae elatae	1. <u>Eliminate Liver Wind</u> ; 7 Liver Yang rising - HTN, dizziness, vertigo, wind-stroke seq. epilepsy, stroke	Tian Ma Gou Teng Yang
	Gou Teng Ramulus cum Uncis Uncariae	1. <u>Eliminate Liver Wind</u> ; 7 Liver Yang rising - HTN, dizziness, vertigo, wind-stroke seq. epilepsy, stroke 2. Clear heat - convulsions, esp. children	
	Common Combo: Tian Ma & Gou Teng		
	Ling Yang Jiao Cornu Antelopis So-so	1. Liver Wind dt excess or deficiency - HTN, epilepsy, 2. Clear heat - childhood high fever	
	FYI: Bai Ji Li Fructus Tribuli Terrestris	1. Eliminate Liver Wind - HTN, eye d/o's	
	Luo Bu Ma	1. Eliminate Liver Wind - HTN	

Chapter 17 Herbs that Expel Parasites			
	Herb	Function	Compare
Expel Parasites	Bing Lang* Semen Arecae Catechu	1. Expel Parasites - tapeworms, roundworms, pinworms 2. Relieve Food Stagnation	Mu Xiang Bing Lang Wan - both indications
	FYI: Shi Jun Zi Fructus Quisqualis Indicae	1. Expel Children's Parasites 2. Relieve Food Stagnation	
	Ku Lian Gen Pi – Cortex Meliae Radicis	1. External use – Skin itch, tinea 2. Expel all parasites	
	Guang Zhong Rhizoma Guanzhong	1. Expel all parasites 2. Clear heat & detox * 3. Stop bleeding (Tan) - Nose, Lung, Uterine	Antibacterial Antiviral
	Nan Gua Zi Semen Cucurbitae Moschatae	1. Weak f. Kill parasites excess/ deficiency	