

A MATERIA MEDICA FOR CHINESE MEDICINE

plants, minerals and animal products

荷
叶
莲
梗



**Carl-Hermann Hempen
Toni Fischer**

CHURCHILL
LIVINGSTONE
ELSEVIER

First edition published in English © 2009, Elsevier Limited. All rights reserved.
First and second edition published in German under the title *Leitfaden Chinesische
Phytotherapie*
First edition 2001, © Elsevier GmbH, Urban & Fischer, Munich
Second edition 2007

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher. Permissions may be sought directly from Elsevier's Rights Department: phone: (+1) 215 239 3804 (US) or (+44) 1865 843830 (UK); fax: (+44) 1865 853333; e-mail: healthpermissions@elsevier.com. You may also complete your request on-line via the Elsevier website at <http://www.elsevier.com/permissions>.

ISBN 978-0-443-10094-9

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

Library of Congress Cataloguing in Publication Data

A catalog record for this book is available from the Library of Congress

Notice

Knowledge and best practice in this field are constantly changing. As new research and experience broaden our knowledge, changes in practice, treatment and herbal therapy may become necessary or appropriate. Readers are advised to check the most current information available and to verify the recommended dose or formula, the method and duration of administration, and contraindications. It is the responsibility of the practitioner, relying on their own experience and knowledge of the patient, to make diagnoses, to determine dosages and the best treatment for each individual patient, and to take all appropriate safety precautions. To the fullest extent of the law, neither the Publisher nor the authors assume any liability for any injury and/or damage to persons or property arising out of or related to any use of the material contained in this book.

The Publisher

ELSEVIER your source for books,
journals and multimedia
in the health sciences

www.elsevierhealth.com

Working together to grow
libraries in developing countries

www.elsevier.com | www.bookaid.org | www.sabre.org

ELSEVIER

BOOK AID
International

Sabre Foundation

The
publisher's
policy is to use
paper manufactured
from sustainable forests

Printed in China

Preface

Phytotherapy or herbal medicine is the most important therapy in Chinese medicine and is of increasing importance in the West. We therefore thought it was time to publish a handy, practical and concise book for physicians, students, therapists and interested laypersons. The presentation of the Chinese materia medica should be practice-oriented, concise and compact but nevertheless complete and cover the most important and commonly used herbs.

Based on our 20-year experience in prescribing Chinese herbs, as well as our even longer teaching experiences, we have found that the pivotal point of the herbal paradigm is the clinical description of its actions. We have therefore carefully described these actions and placed them at the centre of each monograph. Based on our own experiences and in order to increase practical use in a clinical situation, we have added the following statements for each monograph:

- a three-staged clinical assessment of each paradigm statement
- the direction of action of the herb
- areas with special action, which we qualify as the site of action.

The lavish pictures of the plants, minerals and animal substances as well as the prepared drugs should illustrate the herbs and visually bring the herbs closer to their prescribers.

The herbs were selected according to clinical relevance; the issue of protection of endangered species has been taken into account and thus tortoise shell, tiger bones or bear gall bladders are not described. Toxic herbs such as *Aristolochiae radix* or *Hocquartiae caulis*, which carry severe risks, have not been included.

The designation of the herbs remains a problem; despite their worldwide use, there is no internationally uniform nomenclature and no regulating body regarding their labelling. There are many names for the same medicinal product. The main reason for this is that one medicinal product may originate from one of several different plants or that a particular plant may be known by several alternative names. An example of this is the drug *fang feng*, which is made from *Ledebouriella divaricata*, which is also known as *Saposhnikovia divaricata*. When the therapist prescribes *Ledebouriella radix*, the pharmacist substitutes *Saposhnikovia radix* because the herbal wholesaler alternately provides *Ledebouriella radix* or *Saposhnikovia radix*. The Chinese supplier, and ultimately the farmer, has frequently sent one or the other. The reality of the marketplace has led us, in several cases, to include alternative names for one herb and connect these with the Latin *seu* meaning 'or'; the clinical descriptions in the monographs for these herbs are identical.

This book would not have been possible without the important pioneer work of our teacher Prof. Manfred Porkert, who by preparing the way provided us with the necessary background. This project would not have been completed without the help of our Chinese friends, most notably Prof. Fan Jiayong of the Chengdu TCM University. We are also indebted to many colleagues and co-workers too numerous to name; here we wish to thank Agnes Fatrai for preparing the Chinese characters, and to Conny Stein and Barbara Donaubauber for their beautiful photographs. Our very special thanks go to our editor Christl Kiener.

Munich and Zurich, November 2005

Carl-Hermann Hempen

Toni Fischer

Translator's note

The issue of capitalization and italicization of Chinese names has been the source of discussion in the Chinese medical publishing world for many years. Traditionally, all the 'treasures' (such as Essence and Blood), the names of the organs (or Organs) and the pathogenic influences (Wind, Cold) have been capitalized and/or put in italics. This problem is of course, irrelevant in German, where all proper names are automatically capitalized.

In this English translation of the text, the names of the Chinese organs such as the Heart and Kidney have been capitalized in order to distinguish them from the western anatomical–physiological organs of the heart and kidney. The Chinese 'treasures' such as essence and blood, and the pathogenic influences wind, cold, etc. have not been capitalized, making the text more elegant and easier to read.

Drs Hempen and Fischer have chosen to present the plants using their full scientific names (*Pinelliae rhizoma*) and not their pharmacological ones (i.e. *Pinellia Rhizoma* or *Rhizoma Pinelliae*) in order to facilitate correct identification.

VW 2008

Disclaimer

Readers should be aware of the legal status of certain material medica included in this book. Although they are available in China, a few herbs are subject to export restrictions and others are considered too toxic for use in some western countries. Other herbs cannot be sold in unlicensed medical preparations as herbs. In addition, some material medica may be included in the Appendix of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) (<http://www.cites.org/eng/app/appendices.shtml>).

The situation regarding restrictions and bans tends to change over time and from country to country. Readers should consult the appropriate authorities in their own countries for the latest developments. Inclusion of material medica in this book does not imply that their use is permitted in all countries and all circumstances.

To the extent permissible under applicable laws, no responsibility is assumed by the Publisher, its distributors or licensees for any injury and/or damage to persons or property as a result of any alleged libellous statements, infringement of intellectual property or privacy rights, or products liability, whether resulting from negligence, herbal dosage or otherwise, or from any use or operation of any ideas, instructions, procedures, products or methods contained in the material herein.

General principles of Chinese pharmacology

Introduction	2
Paradigms of the herbs	2
Temperature	2
Taste	3
Organ relationship	4
Direction of action	5
Location	7
Actions/Indications	7
Indications	10
Physiological and pharmacological effects	10
Toxicity	10
Dosage	10
Cooking times	10
Combinations	10
Compatibility	10
Contraindications	11
Pregnancy	11

Introduction

The rational use of herbs implies that the herb has been clearly and definitely categorized according to its energetic pattern. This distinct category represents a lock into which fits a key, created using similar criteria, and representing a specific diagnosis. The classification of a herb according to its specific, paradigmatic qualities gives us information about the properties of the herb:

- temperature
- taste
- direction of action
- relationship to the organs and channels.

Paradigms of the herbs

Temperature

Temperature is the most elementary classification for the herbs. Temperature tells us about the energetic dynamics of the individual herbs. The slowing down or acceleration of physiological processes by the dynamic qi energies of the herb can be represented on a vector scale from cold to hot (Fig. 1). Because temperature reflects an active energetic manifestation, it corresponds to yang:

- cool and cold correspond to a slowing down and therefore to a congealment or accumulation
- warm and hot correspond to an active development, acceleration, dynamism and therefore a separation of the opposing force of materialization.

Because a distinctive temperature characterizes each herb, it follows that its use corresponds to a clinical situation for which it is indicated. This is summarized in the classical statement: 'You must warm coolness and cool warmth.' In cold syndromes one uses warm or hot herbs; in heat syndromes, cool or cold ones.

Neutral represents preservation and symbolizes the middle burner where the moistening, gathering energies are in harmony with the moving, consuming energies.

For the herbs, temperature means:

- *cool and cold quality*: yin is replenished, fluids are generated and congealment, consolidation and accumulation take place. Matter accumulates. Cool and cold often take place in the interior and represent the yin aspect.
Example: exceptionally cold herbs such as *Anemarrhenae rhizoma (zhi mu)* p. 120 and *Rehmanniae radix (sheng di huang)* p. 168 cool heat, drain fire, replenish fluids and nourish the yin.
- *warm, hot quality*: these herbs have an abundance of yang and impart active energy; they are dynamizing, loosening, dispersing, accelerating, which corresponds to the yang aspect.
Very warm, hot herbs such as *Cinnamomi cassiae cortex (rou gui)* p. 394 and *Curculiginis rhizoma (xian mao)* p. 744 are distinctly yang tonifying, warm and disperse cold.
- *neutral quality*: these herbs combine both aspects; they are replenish and maintain fluids as well as provide active energy.
Herbs with neutral temperature such as *Eupatorii herba (pei lan)* p. 288, *Poria (fu ling)* p. 334 and *Coicis semen (yi yi ren)* p. 308 have a marked effect on the middle burner.

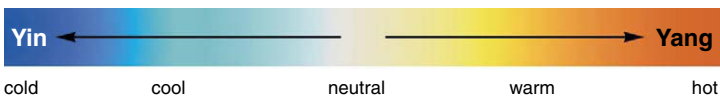


Fig. 1 Temperature of the herbs

The temperature of a herb can be physically changed; administration of a decoction that has been cooled corresponds to a cold temperature, whereas drinking a hot decoction increases temperature.

Because of the clinical importance of the temperature quality of a herb, we have included the following rating in the monographs:

- corresponds to a very pronounced temperature quality
- corresponds to a distinctive temperature quality
- corresponds to a mildly distinct temperature quality.

Taste

Taste gives us information about the level of action, the depth of penetration of a herb. It tells us at which depth, level or layer the herb has an effect. Because this information relates to location, we refer to it as the yin aspect of the herb, whereas temperature is related to the yang.

Taste, the yin aspect of a herb, can be modified only slightly; in contrast, physical forces can easily change the dynamic yang aspect.

Whereas a herb can have only one temperature quality, it can be classified according to several taste qualities; for example: pungent and bitter or sweet and sour.

The way a herb actually tastes to us (from salty to spicy) usually corresponds to the taste classification; however, what is decisive for the taste classification is the level at which it has an effect.

According to its taste, each herb has an effect at a specific level (Fig. 2).

Pungent and sweet taste promotes the production and development of active energies. In contrast, sour, bitter and salty tastes promote the accumulation and increase of material energy.

In detail, the tastes have the following properties:

- *pungent*: develops, loosens, opens, mobilizes active energies, works on the exterior
- *sweet*: generates fluids, nourishes, promotes active energy, regulates, balances, harmonizes, soothes, buffers

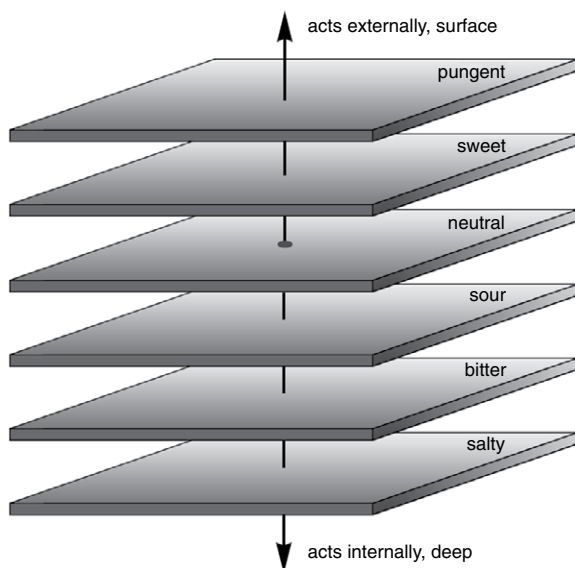


Fig. 2 The taste direction of the herbs

- *neutral*: regulates fluid metabolism, stimulates excretion
- *sour*: acts as an astringent, contracts, conserves fluids, roughens, congests
- *bitter*: dries, condenses, binds fluids, clears, drains
- *salty*: generates fluids, binds fluids, retains and collects fluids, moistens, acts as a laxative, softens, loosens, acts in the interior.

The taste qualities have been rated according to the following:

- corresponds to a very pronounced taste quality
- corresponds to a distinctive taste quality
- corresponds to a mildly distinct taste quality

Organ relationship

Each herb is characterized by a correspondence to one or more organs or to specific channels. This relationship gives us information about which organ the herb has a primary action to or to which channel it has an affinity. The organ correspondence is frequently indicated by the temperature quality:

- warm and hot herbs usually work on the yang aspects of the organs, therefore on the Heart yang, Kidney yang, Liver yang, Spleen yang
- cool and warm herbs have a strong effect on the middle burner
- cool and cold to neutral work especially on the yin areas such as Lung yin, Liver yin, Kidney yin, Stomach yin.

Furthermore, there is a correspondence between taste qualities and the following organs:

Taste	Organ
Pungent	Lung
Sweet	Spleen
Neutral	Spleen
Sour	Liver
Bitter	Heart
Salty	Kidney

The organ or channel correspondences can be additionally rated according to the following:

- corresponds to a very pronounced organ correspondence
- corresponds to a distinctive organ correspondence
- corresponds to a mildly distinct organ correspondence

Signal herbs

Signal herbs possess the exceptional quality of 'guiding' other herbs in a prescription to a determined organ. They have the ability to focus the effects of the prescription on a specific organ or channel.

Signal herb	Organ/Channel
Coptidis rhizoma (<i>huang lian</i>) p. 172	Heart
Phellodendri cortex (<i>huang bai</i>) p. 180	Small Intestine
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	Kidney
Cinnamomi cassiae cortex (<i>rou gui</i>) p. 394	Kidney
Angelicae pubescentis radix (<i>du huo</i>) p. 350	Kidney
Notopterygii rhizoma (<i>qiang huo</i>) p. 38	Bladder
Ligustici sinensis radix (<i>gao ben</i>) p. 32	Small Intestine
Platycodi radix (<i>jie geng</i>) p. 636	Lung
Angelicae dahuricae radix (<i>bai zhi</i>) p. 22	Lung, Stomach, Large Intestine
Cimicifugae rhizoma (<i>sheng ma</i>) p. 56	Large Intestine, Lung, Spleen, Stomach
Gypsum (<i>shi gao</i>) p. 130	Large Intestine, Stomach
Atractylodis rhizoma (<i>cang zhu</i>) p. 286	Spleen
Paeoniae radix lactiflora (<i>bai shao</i>) p. 776	Spleen
Bupleuri radix (<i>chai hu</i>) p. 50	Gall bladder, Liver, Pericardium, Triple Burner
Moutan cortex (<i>mu dan pi</i>) p. 164	Pericardium
Forsythiae fructus (<i>lian qiao</i>) p. 200	Triple Burner
Evodiae fructus (<i>wu zhu yu</i>) p. 383	Liver
Chuanxiong rhizoma (<i>chuan xiong</i>) p. 530	Liver
Artemisiae scopariae herba (<i>yin chen hao</i>) p. 302	Liver
Hordei fructus germinatus (<i>mai ya</i>) p. 686	Liver
Lycii cortex (<i>di gu pi</i>) p. 260	Upper Burner
Puerariae radix (<i>ge gen</i>) p. 64	Spleen
Citri reticulatae viride pericarpium (<i>qing pi</i>) p. 490	Liver
Plantaginis semen (<i>che qian zi</i>) p. 328	Lower Burner
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>) p. 388	Lower Burner

Direction of action

Any assertion about the direction of the action of a herb is based on its temperature and taste properties; the direction of the action is the result of the cumulative assessment of temperature and taste of the individual herbs.

Chinese medicine differentiates into four directions (Fig. 3):

- *Lifting or raising herbs*: these have a weak qi and therefore have a weak taste. They prevent the entry of pathogenic agents into the interior and lift the body's own qi upwards and outwards; they support the development of active energies and are generally warm and pungent.
 - Typical examples are Chuanxiong rhizoma (*chuan xiong*) p. 530 and Nelumbinis folium (*he ye*) p. 134, which powerfully raise the yang. The category of herbs that release the exterior contains numerous examples, including Ephedrae herba (*ma*

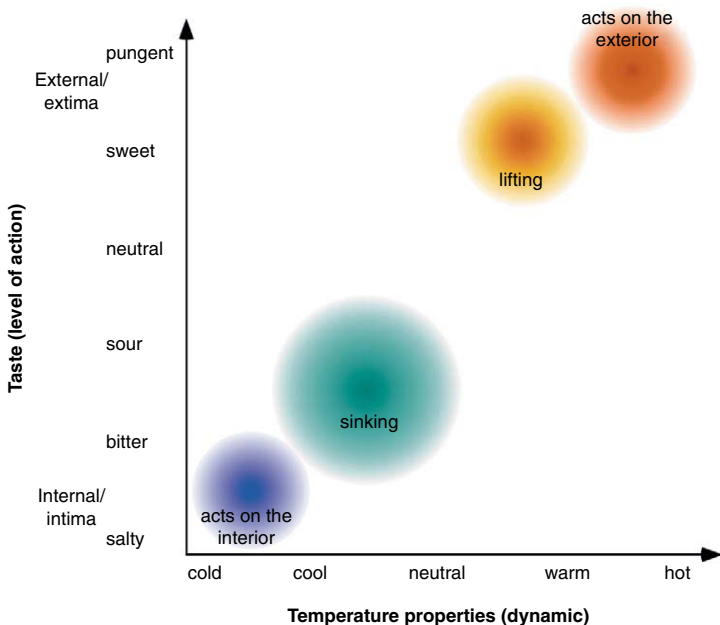


Fig. 3 The direction of action of the herbs

huang) p. 30, Bupleuri radix (*chai hu*) p. 50 or Cimicifugae rhizoma (*sheng ma*) p. 56; equally, we find yang-raising herbs in the category tonify the qi and the yang such as Astragali radix (*huang qi*) p. 706, which is used to treat all kinds of ptoses and prolapses as well as heavy menstrual bleeding. Ginseng radix (*ren shen*) p. 714, Cuscutae semen (*tu si zi*) p. 746 and Morindae radix (*ba ji tian*) p. 762 also belong to this category.

- **Herbs that release the exterior:** these have a strong qi and therefore a very marked temperature quality (usually hot) and their actions are on the exterior and on the top. Because of this, they are usually also pungent.
 - Typical examples of these are to be found in the release the exterior category of herbs such as Saposhnikoviae radix (*fang feng*) p. 42, Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Notopterygii rhizoma (*qiang huo*) p. 38 and Schizonepetae herba (*jing jie*) p. 44.
- **Herbs that direct qi downward:** these have a weak taste. They are more likely to be cool or neutral and the taste can vary from sweet to sour and salty. They correct counterflow qi and pull the energy inwards and downwards; in this way they collect and facilitate the storage and concentration of energy.
 - Typical examples can be found in the category of substances that anchor and calm the Spirit by sinking the yang: Ostrea concha (*mu li*) p. 428, Mastodi fossilium ossis (*long gu*) p. 426, as well as substances from the category of herbs that nourish the heart and calm the Spirit by nourishing the yin and thus sinking the yang, such as Ziziphi spinosae semen (*suan zao ren*) p. 446 and Triticum fructus (*xiao mai*) p. 444, 854. In the group of herbs which calm and drain the Liver, Gastrodiae rhizoma (*tian ma*) p. 450 and Haliotidis concha (*shi jue ming*) p. 454 have particularly sinking qualities. Another sinking herb, which appears in many prescriptions, is Poria (*fu ling*) p. 334, which through its descending, calming and balancing qualities is often used to harmonize, stabilize and support all organs.

- *Herbs that act in the interior*: these have a powerfully developed taste and as a rule are cold to cool and usually bitter and salty.
 - Typical examples can be found in the category of herbs that clear heat such as *Anemarrhenae rhizoma (zhi mu)* p. 120, in the category of herbs that cool blood such as *Rehmanniae radix (sheng di huang)* p. 168, and in the category of herbs that clears heat and resolves toxicity such as *Violae herba (zi hua di ding)* p. 254.

Because of its cold and salty properties, *Eckloniae thallus (kun bu)* p. 646, from the category of herbs that transform hot phlegm, works in the interior and breaks up lumps. It thus channels evil pathogens such as damp-heat out of the interior and softens areas of hardness and nodules such as goitre and lymphadenitis.

The direction of action can be additionally rated according to the following:

- corresponds to a very pronounced direction of action
- corresponds to a distinctive direction of action
- corresponds to a mildly distinct direction of action

Location

In order to further specify the action of the herbs, the location of the action is added. Based on clinical observations, the location where the herbs are most active can be described. We have added this non-traditional specification because we have found it clinically relevant and very useful in selecting the optimum herb.

For example, because of its special correspondence to the channels, *Cinnamomi cassiae ramulus (gui zhi)* p. 26 can be used to warm the channels, whereas *Arnebiae/Lithospermi radix (zi cao)* p. 152, which has a strong correspondence to the skin, can be used to treat exanthemas such as measles and chickenpox.

The following is a list of locations:

- channels
- exterior
- interior
- upper burner
- middle burner
- lower burner
- nose
- lung
- skin
- pharynx, throat, neck
- head, eyes
- digestive tract
- musculoskeletal
- lumbar region.

Actions/Indications

Using Chinese medical terminology, in the section 'action' we detail the spectrum of effects of a herb. This description comprises the single most important statement about the herb. Temperature, taste, direction of action and relation to the organs or channels provide essential information about clinical qualities. However, the exact therapeutic qualities of a herb are specified in the actions. These precise qualifications of a herb are needed in order to select the most suitable herb corresponding to a diagnosis obtained using similar criteria.

As a rule, each herb has a multitude of actions at its disposal; it can have up to eight different actions. The actions of each herb are distinct and can therefore be graded according to their clinical importance.

The organ or channel correspondences can be additionally rated according to the following:

- the action is very marked
- the action is distinct
- the action is mildly distinct

Fire	<ul style="list-style-type: none"> ● Drains fire ● Clears fire
Heat	<ul style="list-style-type: none"> ● Clears heat ● Cools heat ● Clears deficient heat ● Clears wind-heat ● Clears damp-heat
Wind	<ul style="list-style-type: none"> ● Expels wind ● Pacifies internal wind ● Dispels wind-dampness ● Removes wind obstruction/stasis ● Extinguishes wind (and settles tremors and convulsions)
Dampness	<ul style="list-style-type: none"> ● Transforms dampness ● Drains dampness ● Dries dampness ● Dispels wind-dampness ● Dries damp-cold ● Removes obstruction due to dampness
Phlegm	<ul style="list-style-type: none"> ● Dislodges phlegm ● Transforms phlegm ● Transforms cold phlegm ● Transforms hot phlegm
Cold	<ul style="list-style-type: none"> ● Dispels cold ● Warms cold ● Expels wind-cold ● Expels damp-cold
Dryness and summerheat	<ul style="list-style-type: none"> ● Moistens dryness ● Dispels summerheat ● Clears summerheat
Maintaining the upright qi, tonifying the middle, tonifying the qi of the Lung and wei qi, meridian qi	<ul style="list-style-type: none"> ● Tonifies and replenishes the qi ● Moves and regulates the qi ● Raises the qi ● Directs qi downward
Treatment of Blood	<ul style="list-style-type: none"> ● Regulates blood ● Restrains blood ● Moves blood ● Tonifies blood ● Cools blood ● Breaks up blood stagnation ● Stops bleeding
Treatment of the yang, Kidney yang, Heart yang, Stomach yang, Liver yang	<ul style="list-style-type: none"> ● Tonifies yang ● Revives the yang ● Descends ascendant Liver yang ● Warms the yang

Treatment of the fluids and jing	<ul style="list-style-type: none"> • Tonifies and nourishes yin • Generates fluids • Moves fluids • Cools fluids • Acts as an astringent and gathers • Secures the essence
Treatment of the exterior, channels and orifices	<ul style="list-style-type: none"> • Releases the exterior • Opens the exterior • Cools the exterior • Stabilizes the exterior • Moisturizes the exterior • Restrains sweating • Warms the channels • Unblocks the channels • Brightens the eyes
Treatment of hardness, lumps and concretions	<ul style="list-style-type: none"> • Softens hardness/breaks up and dissolves lumps • Breaks up and dissolves concretions • Softens hardness • Resolves swelling • Breaks up obstructions
Corrects counterflow qi	<ul style="list-style-type: none"> • Directs counterflow qi downwards • Stops nausea • Rescues devastated yang and collapsed qi
Treatment of special symptoms	<ul style="list-style-type: none"> • Relieves pain • Stops spasms • Calms and harmonizes • Strengthens the sinews and bones • Releases the muscles
Treatment of specific organs	<ul style="list-style-type: none"> • Tonifies and harmonizes the Spleen • Tonifies and harmonizes the Liver • Tonifies and clears heat from the Heart • Tonifies the Kidneys • Harmonizes the Intestines • Cools the lower burner
Treatment of lung problems	<ul style="list-style-type: none"> • Stops coughing • Alleviates wheezing • Benefits the throat
Treatment of skin diseases	<ul style="list-style-type: none"> • Detoxifies and disinfects • Vents rashes • Eczema, burns and ulcerations • Cuts, bruises and ulcerations • Stops itching • Anthelmintic/antiparasitic
Treatment of discharges	<ul style="list-style-type: none"> • Stops diarrhoea • Unblocks the bowels/laxative • Promotes urination/diuretic • Contains urine
Gynaecological and obstetric complaints	<ul style="list-style-type: none"> • Restless fetus • Warms the uterus • Facilitates delivery • Stops lactation • Facilitates lactation

Indications

The indications listed under the individual actions describe the clinical presentation and symptoms that correspond to the Chinese description of the effect and in which the herb can be used clinically.

Physiological and pharmacological effects

The physiological and pharmacological effects describe the effects from the point of view of western biology and pharmacology. We have included only those effects that are relevant in daily practice or those that correlate to the Chinese approach. Studies that used experimental animals or small patient numbers were not included. Drugs that are not used in Chinese medicine but are related to these are included as appropriate.

Toxicity

In this section, we have included the data on toxicity that are available to us.

Dosage

Dosages given apply to minimal and maximal amounts of crude herbs used in a decoction; the standard dose indicates a daily dosage, which we have proven in practice.

Cooking times

The most important form of preparation of Chinese herbs is the decoction. The boiling time for most herbs is 20 minutes; shells and minerals require 1 hour; leaves and flowers, 3 minutes. Because of their volatile oil content, some herbs should not be boiled but instead added at the end of the cooking time. Some very fine or mucus-producing herbs should be wrapped in muslin before boiling. Detailed instructions on how to prepare Chinese herbs can be found in the section on 'How to Prepare Herbs' on p. 912.

Combinations

Combining several herbs in one prescription serves not only to strengthen their therapeutic effect but also represents an adjustment to a complex clinical situation. In the section entitled 'Combinations', we have compiled a list of herbs that have proven to be especially useful, together with the main herb described in the monograph. When several herbs have been listed, we recommend that all the herbs be used together; individual herbs can also be selected.

Compatibility

The combination of herbs into a prescription takes place under consideration of the relationship of the herbs to each other. Medications can synergistically enhance their actions, but they can diminish and even inhibit each other's actions. The interaction can also be used to diminish toxic or adverse effects of individual herbs.

Practice has shown that the classical, traditional effects of two herbs to each other can be classified into four groups:

- **Mutual accentuation:** the effect of herb A is enhanced by herb B. This enhancement is considered harmonizing, should be used, and is aimed for in treatment. The combination of two herbs with similar characteristics accentuates their treatment effects. For example, Gypsum (*shi gao*) and Anemarrhenae rhizoma (*zhi mu*) mutually accentuate their cool heat and drain fire properties. Combining two herbs with differing treatment characteristics amplifies their effect; the dampness-draining, diuretic effects of Poria (*fu ling*) are strengthened by Astragali radix (*huang qi*).
- **Mutual limitation:** the effect of herb A is limited or diminished by herb B. The effect of Ginseng radix (*ren shen*) is impaired by Gleditsiae fructus (*zao jiao*) and should therefore not be combined.

- **Mutual impairment:** the effect of herb A is impaired by herb B, corresponding to an increase in restriction. Raphani semen (*lai fu zi*) antagonizes the effect of Ginseng radix (*ren shen*) and weakens its qi tonifying and raising effects.
- **Mutual suppression:** herb A mitigates the toxic effects of herb B. One herb reduces the adverse effects of another. This combination can be described as a corrective interaction; this is of significance when one attempts to diminish or neutralize the toxic effects of an otherwise useful herb. Zingiberis rhizoma recens (*sheng jiang*) is used to suppress the toxicity of Pinelliae rhizoma (*ban xia*).

An example of a herb that falls into all four categories is Gleditsiae fructus (*zao jiao*) which

- can be enhanced by Platycladi semen (*bai zi ren*)
- can be impaired by Ginseng radix (*ren shen*) and by Sophorae flavescentis radix (*ku shen*)
- can be impaired by Ophiopogonis radix (*mai men dong*)
- mollifies the toxicity of Cinnabaris (*zhu sha*) and Sulfur (*liu huang*).

Forbidden combinations (incompatibilities)

Not only are there herbs whose effects mutually abolish those of others, there are also combinations that lead to toxic and adverse effects. These are termed incompatible and should be avoided at all costs.

Forbidden with	Name of herb
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>) p. 388	<ul style="list-style-type: none"> • Fritillariae bulbus (<i>bei mu</i>) p. 648 • Fritillariae thunbergii bulbus (<i>zhe bei mu</i>) p. 650 • Bletillae tuber (<i>bai ji</i>) p. 588 • Pinelliae rhizoma (<i>ban xia</i>) p. 82 • Cynanchi stauntonii radix (<i>bai qian</i>) p. 628 • Trichosanthis fructus (<i>gua lou</i>) p. 662
Veratri nigri radix et rhizoma (<i>li lu</i>) p. 76	<ul style="list-style-type: none"> • Codonopsis radix (<i>dang shen</i>) p. 710 • Paeoniae radix lactiflora (<i>bai shao</i>) p. 776 • Pseudostellariae radix (<i>hai er shen</i>) p. 728 • Salviae miltiorrhizae radix (<i>dan shen</i>) p. 570 • Glehniae radix (<i>bei sha shen</i>) p. 792 • Adenophorae radix (<i>nan sha shen</i>) p. 782 • Chuanxiong rhizoma (<i>chuan xiong</i>) p. 530 • Ginseng radix (<i>ren shen</i>) p. 714
Carophylli flos (<i>ding xiang</i>) p. 392	<ul style="list-style-type: none"> • Curcuma radix (<i>yu jin</i>) p. 538
Glycyrrhizae radix (<i>gan cao</i>) p. 716	<ul style="list-style-type: none"> • Euphorbiae kansui radix (<i>gan sui</i>) p. 102 • Genkwa flos (<i>yuán hua</i>) p. 106 • Sargassum (<i>hai zao</i>) p. 658

Contraindications

Under this section are listed certain energetic situations and descriptions such as qi deficiency where certain herbs cannot be prescribed.

Pregnancy

Many herbs are forbidden during pregnancy because they can lead to miscarriage. These include herbs that promote the movement of blood, unblock stasis and move fluids as well as those whose high temperatures dry out fluids and diuretics that can lead to an unwanted loss of fluids during pregnancy.

Herb category	Herb
Release the exterior and warming herbs	<ul style="list-style-type: none"> • Asari herba (<i>xi xin</i>) p. 24 • Cinnamomi cassiae ramulus (<i>gui zhi</i>) p. 26
Release the exterior and cooling herbs	<ul style="list-style-type: none"> • Cicadae periostracum (<i>chan tui</i>) p. 54 • Equiseti hiemalis herba (<i>mu ze</i>) p. 58
Purgatives	<ul style="list-style-type: none"> • Genkwa flos (<i>yuan hua</i>) p. 106 • Lepidii/Descurainiae semen (<i>ting li zi</i>) p. 672 • Rhei rhizoma (<i>da huang</i>) p. 92
Clear heat and drain fire	<ul style="list-style-type: none"> • Gypsum (<i>shi gao</i>) p. 130 • Trichosanthis radix (<i>tian hua fen</i>) p. 142
Cool blood	<ul style="list-style-type: none"> • Moutan cortex (<i>mu dan pi</i>) p. 164
Cooling and detoxifying herbs	<ul style="list-style-type: none"> • Belamcandae rhizoma (<i>she gan</i>) p. 188 • Portulacae herba (<i>ma chi xian</i>) p. 228
Diuretics	<ul style="list-style-type: none"> • Dianthi herba (<i>qu mai</i>) p. 310 • Clematidis armandii caulis (<i>chuan mu tong</i>) p. 306 • Plantaginis semen (<i>che qian qi</i>) p. 328
Warm the interior herbs	<ul style="list-style-type: none"> • Evodiae fructus (<i>wu zhu yu</i>) p. 396
Calm the Spirit	<ul style="list-style-type: none"> • Cinnabaris (<i>zhu sha</i>) p. 418
Calm the Liver	<ul style="list-style-type: none"> • Scorpio (<i>quan xie</i>) p. 460 • Scolopendra (<i>wu gong</i>) p. 458 • Tribuli fructus (<i>bai ji li</i>) p. 462
Qi regulating	<ul style="list-style-type: none"> • Cyperi rhizoma (<i>xiang fu</i>) p. 494 • Liquidambaris fructus (<i>lu lu tong</i>) p. 500

Herb category	Herb
Blood regulating	<ul style="list-style-type: none"> • <i>Achyranthis bidentatae radix (niu xi)</i> p. 522 • <i>Campsis flos (ling xiao hua)</i> p. 526 • <i>Carthami flos (hong hua)</i> p. 528 • <i>Corydalis rhizoma (yan su huo)</i> p. 532 • <i>Curcumae longae rhizoma (jiang huang)</i> p. 536 • <i>Curcumae radix (yu jin)</i> p. 538 • <i>Gleditsiae spina (zao jiao ci)</i> p. 548 • <i>Leonuri herba (yi mu cao)</i> p. 554 • <i>Chuanxiong rhizoma (chuan xiong)</i> p. 530 • <i>Lycopi herba (ze lan)</i> p. 556 • <i>Olibanum (ru xiang)</i> p. 562 • <i>Spatholobi caulis et radix (ji xue teng)</i> p. 576 • <i>Myrrhae (mo yao)</i> p. 560 • <i>Persicae semen (tao ren)</i> p. 564 • <i>Salviae miltiorrhizae radix (dan shen)</i> p. 570 • <i>Sparganii rhizoma (san leng)</i> p. 574 • <i>Verbenae herba (ma bian cao)</i> p. 582 • <i>Curcumae rhizoma (e zhu)</i> p. 540
Blood	<ul style="list-style-type: none"> • <i>Typhae pollen (pu huang)</i> p. 616
Transform cold phlegm	<ul style="list-style-type: none"> • <i>Gleditsiae fructus (zao jiao)</i> p. 630 • <i>Typhonii rhizoma praeparatum (bai fu zi)</i> p. 640
Promote digestion	<ul style="list-style-type: none"> • <i>Massa medicata fermentata (shen qu)</i> p. 688
Blood tonics	<ul style="list-style-type: none"> • <i>Angelicae sinensis radix (dang gui)</i> p. 768
Antiparasitic herbs	<ul style="list-style-type: none"> • <i>Arecae semen (bing lang)</i> p. 860

Herbs according to clinical groups

I	Herbs that release the exterior	15
II	Herbs that stop vomiting	74
III	Herbs that purge and drain	84
IV	Herbs that cool heat	110
V	Aromatic herbs that open the orifices	264
VI	Aromatic herbs that transform dampness	276
VII	Herbs that drain and transform dampness	296
VIII	Herbs that dispel wind-dampness	344
IX	Herbs that warm the interior and expel cold	381
X	Substances that calm the spirit	413
XI	Herbs that regulate the qi	466
XII	Herbs that regulate the blood	514
XIII	Herbs that transform phlegm and stop coughing	618
XIV	Herbs that promote digestion	680
XV	Tonifying herbs	695
XVI	Herbs that stabilize and bind	816
XVII	Herbs that expel parasites	856
XVIII	Substances for external use	874

Herbs that release the exterior: warming and cooling acrid herbs

Ia Warm herbs that release the exterior

Overview

Allii fistulosi bulbus (<i>cong bai</i>)	20
Angelicae dahuricae radix (<i>bai zhi</i>)	22
Asari herba (<i>xi xin</i>)	24
Cinnamomi cassiae ramulus (<i>gui zhi</i>)	26
Coriandri herba et fructus (<i>hu sui</i>)	28
Ephedrae herba (<i>ma huang</i>)	30
Ligustici sinensis radix (<i>gao ben</i>)	32
Magnoliae flos (<i>xin yi</i>)	34
Moslae herba (<i>xiang ru</i>)	36
Notopterygii rhizoma (<i>qiang huo</i>)	38
Perillae folium (<i>zi su ye</i>)	40
Saposhnikoviae radix (<i>fang feng</i>)	42
Schizonepetae herba (<i>jing jie</i>)	44
Zingiberis rhizoma recens (<i>sheng jiang</i>)	46

Ib Cool herbs that release the exterior

Overview

Arctii fructus (<i>niu bang zi</i>)	48
Bupleuri radix (<i>chai hu</i>)	50
Chrysanthemi flos (<i>ju hua</i>)	52
Cicadae periostracum (<i>chan tui</i>)	54
Cimicifugae rhizoma (<i>sheng ma</i>)	56
Equiseti hiemalis herba (<i>mu ze</i>)	58
Menthae herba (<i>bo he</i>)	60
Mori folium (<i>sang ye</i>)	62
Puerariae radix (<i>ge gen</i>)	64
Sojae semen germinatum (<i>da dou juan</i>)	66
Sojae semen praeparatum (<i>dan dou chi</i>)	68
Spirodela herba (<i>fu ping</i>)	70
Viticis fructus (<i>man jing zi</i>)	72

Characteristics

Properties

These herbs are used to treat the interaction between a variety of external pathogens (heteropathies) and the wei qi (orthopathy). The exterior maintains its defences through the wei qi, and the various external pathogens – cold, heat, damp-wind or summerheat – may have a noxious effect upon it.

The exterior is controlled by the Lung, and thus most of the herbs in this section pertain to the Lung organ.

Main symptoms

- Chills, fever, aversion to cold; all correspond to the struggle between the external pathogen and the wei qi.
- Headache, body pains, thirst, blocked nose, cough, dry throat; corresponds to a disturbance in the circulation of qi and blood in the tai yang (Bladder and Small Intestine channels) and a dysfunction of Lung qi.

The goal of treatment is to expel the pathogen, strengthen the wei qi. Depending on the symptoms, wind-cold or wind-heat should be the first to be expelled.

Taste and Temperature

- Pungent or pungent and warm: pungent taste disperses, activates the qi, opens the pores, distributes Lung qi, harmonizes the jing and wei qi, disperses wind and induces sweating.
- Aromatic: opens the orifices, distributes clear qi, dispels dampness and phlegm, i.e. in cases of headache or stuffy nose.

Direction of action

Lifts, elevates, disperses.

Contraindications

Because of their dispersive nature, use with care in cases with yin or qi deficiency, with bleeding, and during pregnancy because the pungent taste is also moving.

Comparison between the individual herbs in this category

Warming effect that releases the exterior

Ephedrae herba (<i>ma huang</i>) p. 30	●●●●●●●●
Asari herba (<i>xi xin</i>) p. 24	●●●●●●●●
Cinnamomi cassiae ramulus (<i>gui zhi</i>) p. 26	●●●●●●○○
Zingiberis rhizoma recens (<i>sheng jiang</i>) p. 46	●●●●○○○○
Notopterygii rhizoma (<i>qiang huo</i>) p. 38	●●●●○○○○
Moslae herba (<i>xiang ru</i>) p. 36	●●●○○○○○
Angelicae dahuricae radix (<i>bai zhi</i>) p. 22	●●○○○○○○
Saposhnikoviae radix (<i>fang feng</i>) p. 42	●●○○○○○○
Schizonepetae herba (<i>jing jie</i>) p. 44	●●○○○○○○
Magnoliae flos (<i>xin yi</i>) p. 34	●●○○○○○○
Perillae folium (<i>zi su ye</i>) p. 40	●●○○○○○○

Induces sweating

Ephedrae herba (<i>ma huang</i>) p. 30	●●●●●●●●
Moslæ herba (<i>xiang ru</i>) p. 36	●●●●●○○○
Cinnamomi cassiae ramulus (<i>gui zhi</i>) p. 26	●●●●●○○○
Perillae folium (<i>zi su ye</i>) p. 40	●●○○○○○○
Schizonepetae herba (<i>jing jie</i>) p. 44	●●○○○○○○

Eliminates dampness

Notopterygii rhizoma (<i>qiang huo</i>) p. 38	●●●●●○○○
Angelicae dahuricae radix (<i>bai zhi</i>) p. 22	●●●●●○○○
Moslæ herba (<i>xiang ru</i>) p. 36	●●●●●○○○
Perillae folium (<i>zi su ye</i>) p. 40	●●●●○○○○
Saposhnikovia radix (<i>fang feng</i>) p. 42	●●●●○○○○

Cooling herbs that release the exterior

Menthae herba (<i>bo he</i>) p. 60	●●●●●●●●
Arctii fructus (<i>niu bang zi</i>) p. 48	●●●●●●●●
Mori folium (<i>sang ye</i>) p. 62	●●●●●●○○
Cicadae periostacum (<i>chan tui</i>) p. 54	●●●●○○○○
Chrysanthemi flos (<i>ju hua</i>) p. 52	●●●●○○○○
Cimicifugae rhizoma (<i>sheng ma</i>) p. 56	●●○○○○○○

Summary

1. Diaphoretic, disperses cold

Ephedrae herba (<i>ma huang</i>) p. 30	→ opens the Lung, stops cough, regulates fluids, relieves oedema
Cinnamomi cassiae ramulus (<i>gui zhi</i>) p. 26	→ warms the channels, unblocks yang qi, relieves pain in the upper body

2. Disperses wind-cold, harmonizes the middle

Perillae folium (<i>zi su ye</i>) p. 40	→ regulates the qi of the middle, calms the fetus, detoxifies
Zingiberis rhizoma recens (<i>sheng jiang</i>) p. 46	→ warms the Stomach, stops vomiting, detoxifies
Moslæ herba (<i>xiang ru</i>) p. 36	→ cools summerheat, regulates fluids, disperses oedema

3. Disperses wind, releases the exterior

Schizonepetae herba (<i>jing jie</i>) p. 44	→ wind rashes, stops bleeding (charred)
Saposhnikoviae radix (<i>fang feng</i>) p. 42	→ disperses internal and external wind
Notopterygii rhizoma (<i>qiang huo</i>) p. 38	→ disperses cold, drains damp, relieves pain in the upper body, occipital headaches
Ligustici sinensis radix (<i>gao ben</i>) p. 32	→ pain in the vertex
Allii fistulosi bulbus (<i>cong bai</i>) p. 20	→ disperses cold, eliminate toxins, external sores

4. Disperses cold-wind, opens the nose

Angelicae dahuricae radix (<i>bai zhi</i>) p. 22	→ frontal headaches, turbid nasal discharge
Xanthii fructus (<i>cang er zi</i>) p. 376	→ relieves runny nose, headache
Magnoliae flos (<i>xin yi</i>) p. 34	→ anosmia, clear nasal discharge
Centipedae herba (<i>e bu shi cao</i>) p. 626	→ opens the nose, visual disturbances

5. Clears wind-heat, clears the throat, expels wind rashes

Menthae herba (<i>bo he</i>) p. 60	→ cools and clears the head, clears wind-heat
Arctii fructus (<i>niu bang zi</i>) p. 48	→ relieves throat inflammations, cold heat and draws out toxins
Cicadae periostacrum (<i>chan tui</i>) p. 54	→ loss of voice, relieves spasm, itching, visual disturbances

6. Disperses wind-heat, cools heat in the Liver and clears the eyes

Mori folium (<i>sang ye</i>) p. 62	→ cools the Lung, stops cough, bleeding
Chrysanthemi flos (<i>ju hua</i>) p. 52	→ cools heat in the Liver, draws out toxins
Vitidis fructus (<i>man jing zi</i>) p. 72	→ relieves headaches
Equiseti hiemalis herba (<i>mu ze</i>) p. 58	→ stops bleeding

7. Clears wind-heat, lifts yang and qi

Puerariae radix (<i>ge gen</i>) p. 64	→ stiff neck, replenishes fluids, clears wind rashes
Bupleuri radix (<i>chai hu</i>) p. 50	→ harmonizes the shao yang, unblocks Liver qi stagnation
Cimicifugae rhizoma (<i>sheng ma</i>) p. 56	→ clears wind rashes, cools heat, draws out toxins

8. Disperses wind-heat

Sojae semen praeparatum (<i>dan dou chi</i>) p. 68	→ relieves irritability
Spirodela herba (<i>fu ping</i>) p. 70	→ drains damp

Herbs from other categories that also release the exterior

Angelicae pubescentis radix (<i>du huo</i>)	350
Lonicerae flos (<i>jin yin hua</i>)	216
Lonicerae caulis (<i>ren dong teng</i>)	214

| Herbs that release the exterior: warming and cooling acid herbs

Allii fistulosi bulbus

Cong bai

Family: Alliaceae
 Standard species: *Allium fistulosum*
 German: Frühlingszwiebel, chinesischer Porree
 English: scallion, spring onion

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●● Lung
 ●●○ Stomach

Direction of action

●●○ ascending

Site of action

Surface, middle burner

Actions/Indications

●●○ Expels cold

Cold aversion, shivering, fever without sweating, headache, stuffy nose; early stages of disease

●●○ Releases the exterior

Cold aversion, shivering, no sweating

●●○ Warms cold

Abdominal pain, distension, diarrhoea

●●○ Antiparasitic

Intestinal parasites (roundworm)

●●○ Eczema, burns and ulcerations

Abscesses, mastitis (external use in a paste mixed with honey)

●●○ Clears the head and the eyes

Reddened, swollen eyes, clears vision, nourishes the jing of the eyes

●●○ Relieves pain

Abdominal pain due to cold

Physiological/pharmacological effects allicin has an antibiotic action (*Corynebacterium diphtheriae*, *Staphylococcus*, *Streptococcus*, *Shigella*), antimycotic properties, antineoplastic (i.e. in cancer of the stomach) and antimutagenic effects, and can be used to treat ischaemia of the heart and arrhythmias. The herb can also be combined with *Pinelliae rhizoma* (*ban xia*) p. 82 and ginger juice and administered as an enema to treat mastitis. Lowers blood sugar, cholesterol and prevents thrombosis. Used in western natural medicine to treat lack of appetite, prevent vascular plaque formation.

Toxicity overdose may lead to dizziness and blurred vision

Dosage 2–8 pieces

Cooking time 20 minutes



Combinations

- Wind-cold → *Sojae semen praeparatum (dan dou chi)* p. 68
- External ulcerations, abscesses (external use) → honey
- Cold pain of the middle burner with diarrhoea → *Zingiberis rhizoma (gan jiang)* p. 408, *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Releases the exterior (early stages of wind-cold) → cooked in congee (60 g of rice with 20 g of scallions)
- Intestinal parasites, abdominal pain → sesame oil and scallion juice
- Breast sores, movement of xue and qi → scallion juice with brown sugar and hot water
- Fever, headache, stuffy nose, wind-cold → ginger

Contraindication external deficiency with sweating

Pregnancy use is allowed

Angelicae dahuricae radix

Bai zhi

白芷

Family: Apiacea
Standard species: *Angelica dahurica*, *A. taiwaniana*, etc.
Variation: *Angelicae formosanae radix*
German: Engelwurz wurzel
English: angelica root

Temperature

○○ warm

Taste

●● pungent
●● aromatic

Organ relationship

●● Stomach
●● Large Intestine
●● Lung

Actions/Indications

○○ Releases the exterior

Acute wind-cold: rhinitis, nasal congestion

●● Expels wind

Rhinitis, nasal congestion, headache

●● Dries dampness

Pus formation, rhinitis, nasal congestion, diseases of the nasal sinuses, purulent sinusitis; mastitis, vaginal discharge

○○ Expels wind-cold

Rhinitis, nasal congestion, headache

●● Transforms phlegm

Phlegm build-up, pus in the nasal sinuses and in the area of the head, mastitis, vaginal discharge, sores, boils

○○ Breaks up lumps

Sores, carbuncles, purulent swelling especially in the areas of the Stomach and Large Intestine channels

●● Opens the orifices and the channels

Nasal congestion, headache, light-headedness

●● Relieves and disperses pain

Headache, sinusitis

Physiological/pharmacological effects antibiotic effect shown in vitro. Contains furocoumarins, which have a photosensitive effect. Antibiotic, anti-inflammatory. Animal studies have shown that cytochrome p450 is inhibited; therefore, serum levels of pharmaceuticals that are metabolized using this enzyme will be elevated (testosterone, tolbutamide, nifedipine, diazepam, etc.). Possible side-effects: elevated blood pressure, decreased heart frequency, increased inspiration, vomiting, convulsions.

Toxicity symptoms of overdose include nausea, vomiting, tingling of the limbs, epilepsy, convulsions

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes

Signal herb

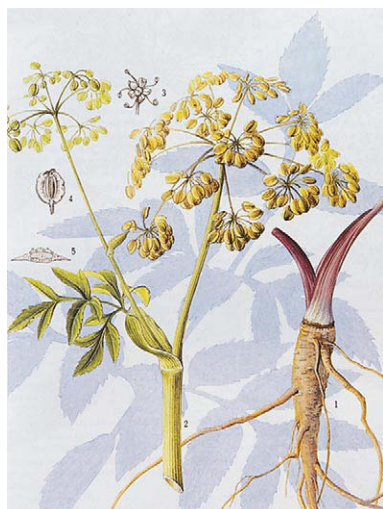
Large Intestine, Stomach

Direction of action

○○ lifting

Site of action

Nose, upper burner



Combinations

- Wind-cold, headache, neck pain → *Ligustici sinensis radix (gao ben)* p. 32
- Wind-heat headache → *Chrysanthemi flos (ju hua)* p. 52, *Chuanxiong rhizoma (chuan xiong)* p. 530
- Headache due to wind-cold → *Schizonetetae herba (jing jie)* p. 44, *Perillae caulis et flos (zi su geng)*, *Chuanxiong rhizoma (chuan xiong)* p. 530, *Asari herba (xi xin)* p. 24
- Headache due to wind-heat → *Scutellariae radix (huang qin)* p. 184
- Unsuppurated pus-filled sores → *Platycodi radix (jie geng)* p. 636
- Breast abscesses, mastitis → *Taraxaci herba (pu gong ying)* p. 250, *Trichosanthis fructus et semen (gua lou)* p. 662, *Fritillariae thunbergii bulbus (zhe bei mu)* p. 650
- Nasal congestion → *Asari herba (xi xin)* p. 24, *Magnoliae flos (xin yi)* p. 34, *Xanthii fructus (cang er zi)* p. 376
- Toothache → *Gypsum (shi gao)* p. 130, *Cimicifugae rhizoma (sheng ma)* p. 56
- Damp-cold with vaginal discharge → *Sepiae endoconcha (hai piao xiao)* p. 852
- Damp-heat with vaginal discharge → *Phellodendri cortex (huang bai)* p. 180, *Plantaginis semen (che qian zi)* p. 328

Compatibility

- Enhanced by *Angelicae sinensis radix (dang gui)* p. 768
- Impaired by *Inulae flos (xuan fu hua)* p. 632
- Mollifies the toxicity of *Realgar (xiang huang)*, *Sulfur (liu huang)* p. 884

Contraindications dryness due to blood deficiency or yin deficiency, open sores, febrile illnesses, ascendant Liver yang

Pregnancy use is allowed

Asari herba

Xi xin

细辛

Family: Aristolochiaceae
Standard species: *Asarum sieboldii*, *A. heterotropoides*, etc.
Variation: Asari radix
German: Hazelnurzwurzel, wilde Ingwerwurzel
English: Chinese wild ginger, asarum, 'thin acrid'

Temperature

●●● warm

Taste

●●● pungent
●●○ aromatic

Organ relationship

●●○ Lung
●○○ Heart
●○○ Liver
●●● Kidney
●○○ Spleen

Signal herb

Kidney main channel

Direction of action

●○○ lifting

Site of action

Interior, head and eyes, surface

Actions/Indications

●●● Opens the exterior

Headaches, nasal congestion, runny nose, chills, fever, no sweating

●●○ Expels wind-cold

Headache, chills, fever, no sweating, sinusitis, rhinitis

●○○ Dispels wind-damp

Nasal congestion, aches, joint pain, cough, viscous sputum

●○○ Transforms cold phlegm

Phlegm accumulation, cough, watery sputum

●●● Relieves pain

Headache, body aches, joint pain, pain in the chest due to qi stagnation, blockages, rheumatic complaints

●●● Expels cold

Body aches, joint pain, headaches, productive cough, blockages, pain due to cold, old chronic pain deep in the bones

●○○ Blockages due to damp

Rheumatoid pain, joint pain, pain in the bones

●●● Dispels wind

Old wind injuries, old blockages due to wind, dispels wind from deep-lying tissues

Physiological/pharmacological effects antibiotic effect shown in vitro. Contains asarone, which has expectorating, broncholytic and antibacterial effects and also works as a local anaesthetic.

Toxicity nephrotoxic, hepatotoxic and carcinogenic (contains saffrol) and belongs to the Aristolochiaceae family; the drug should therefore be tested for saffrol and aristolochic acid content.

Dosage 1–3 g, standard 2 g

Cooking time 20 minutes



Combinations

- Cough, wheezing, phlegm due to wind-cold, pain due to wind-cold → Ephedrae herba (*ma huang*) p. 30
- Yin symptoms, deep pulse with cough, wheezing, phlegm due to wind-cold, pain due to dampness wind-cold → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Post-traumatic headaches, obstruction in the channels due to wind-cold → Bupleuri radix (*chai hu*) p. 50
- Coughing and wheezing, cold-induced phlegm → Schisandrae fructus (*wu wei zi*) p. 850
- Headaches, toothaches due to wind-heat → Rehmanniae radix (*sheng di huang*) p. 168
- Chest pain due to cold, qi stagnation → Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Salviae miltiorrhizae radix (*dan shen*) p. 570
- Painful breast lumps → Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528
- Nasal congestion → Angelicae dahuricae radix (*bai zhi*) p. 22, Magnoliae flos (*xin yi*) p. 34, Menthae herba (*bo he*) p. 60

Compatibility

- Enhanced by Jujubae fructus (*da zao*) p. 718
- Impaired by Astragali radix (*huang qi*) p. 706
- Limited by Corni fructus (*shan zhu yu*) p. 822, Talcum (*hua shi*) p. 340
- Incompatible with Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindications yin deficiency, dryness due to wind-heat

Pregnancy use is **forbidden**

Cinnamomi cassiae ramulus

Gui zhi

桂枝

Family:	Lauraceae
Standard species:	<i>Cinnamomum cassiae</i>
Variation:	Cassiae ramulus
German:	Cassia-Zimtweige
English:	cinnamon twig, cassia twig

Temperature

●● warm

Direction of action

●○○ superficial

Taste

●● pungent

○○ sweet

Site of action

Channels, upper burner

Organ relationship

○○ Lung

●● Heart

○○ Bladder

Actions/Indications

●●● Warms the channels

Wind-cold, damp-cold with painful obstruction disorder symptoms, joint pain especially in the shoulder area, makes blood dynamic

●●● Moves and regulates the qi

Harmonizes the nutritive and protective qi, stimulates. For cold-deficiency of the exterior; sweating, chills, fever and headache

●●● Expels cold

Deficient cold, chills, fever, sweats easily, headache, gynaecological complaints: dysmenorrhoea due to cold with blood stasis

●●● Releases the exterior

Through movement of the qi, expels cold and warms the channels, opens the exterior and expels cold, dampness and wind

○○○ Dispels wind-dampness

Phlegm accumulation, tendency to oedema, accumulation of dampness; joint pain, painful obstruction disorder symptoms especially in the shoulder area, bronchitis, emphysema

○○○ Disperses swelling

Oedema, accumulation of cold phlegm

●●○ Moves blood

Pain, stops spasms, relaxes the muscles and sinews, tonifies the Heart by moving blood

●●○ Relieves pain

Painful obstruction syndrome, dysmenorrhoea, vasculitis, Raynaud's syndrome

Physiological/pharmacological effects promotes urination, mildly anti-pyretic. The contents have been shown in vitro to have antibiotic, antifungal and sedative effects.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Tonifies the qi of the Spleen and Stomach → Ginseng radix (*ren shen*) p. 714, Ophiopogonis radix (*mai men dong*) p. 802, Rhei rhizoma (*da huang*) p. 92, Scutellariae radix (*huang qin*) p. 184
- Belching and vomiting → Bupleuri radix (*chai hu*) p. 50, Fluoritum (*zi shi ying*) p. 420, Rehmanniae radix (*sheng di huang*) p. 168
- Exterior wind-cold → Ephedrae herba (*ma huang*) p. 30 (**commentary:** it is propitious to combine Cinnamomi cassiae cortex with Ephedrae herba, the former moves blood and the latter, qi)
- Wind-cold with weak exterior and spontaneous sweating → Paeoniae radix lactiflora (*bai shao*) p. 776
- Yang deficiency with chills and painful limbs → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Palpitations, dyspnoea, oedema, yang deficiency → Poria (*fu ling*) p. 334
- Palpitations, pain in the heart, blood stasis → Salviae miltiorrhizae radix (*dan shen*) p. 570
- Ascendant yang with irritability, sleep disturbances, Heart yang deficiency → Ostrea concha (*mu li*) p. 428, Mastodi fossilium ossis (*long gu*) p. 426, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Zingiberis rhizoma recens (*sheng jiang*) p. 46, Jujubae fructus (*da zao*) p. 718, Glycyrrhizae radix (*gan cao*) p. 716
- Post-traumatic pain, gynaecological complaints, blood stasis → Persicae semen (*tao ren*) p. 564, Moutan cortex (*mu dan pi*) p. 164

Compatibility limited by fresh onions

Contraindications heat due to yin deficiency, blood heat, wind-heat

Pregnancy use is **forbidden**

Coriandri herba et fructus

Hu sui

胡荽

Family: Apiaceae
Standard species: *Coriandrum sativum*
German: Koriander
English: coriander

Temperature

●○○ warm

Taste

●●○ pungent

Organ relationship

●●○ Lung
●○○ Stomach
●●○ Spleen

Direction of action

●○○ sinking

Site of action

Surface, middle burner

Actions/Indications

●●○ Releases the exterior

Fever without sweating

●●○ Vents rashes

Measles, chickenpox

●●○ Harmonizes and tonifies the middle burner

Relieves food stagnation, digestive problems

●○○ Dispels wind-cold

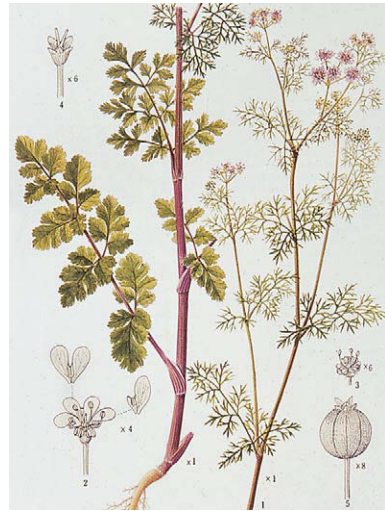
Fever without sweating, cold symptoms

Physiological/pharmacological effects contains volatile oils, stimulates gastric juices, promotes digestion, mild spasmolytic effect. In vitro studies have shown antibacterial and antifungal effects. Mildly allergenic.

Commentary descends Lung qi

Dosage 3–9 g, standard 5 g

Cooking time 20 minutes



1a Herbs that release the exterior: warm herbs

Combinations

- Cold or wind-cold → *Perillae folium* (*zi su ye*) p. 40
- Cough → *Allii fistulosi bulbus* (*cong bai*) p. 20

Contraindication dryness due to yin deficiency

Pregnancy use is allowed

Ephedrae herba

Ma huang

麻黄

Family: Ephedraceae
Standard species: *Ephedrae sinica*, *E. intermedia*, etc.
German: Ephedra
English: ephedra stem

Temperature

●● warm

Taste

●● pungent
●○ bitter

Organ relationship

●● Lung
●○ Bladder

Actions/Indications

●●● Expels wind-cold

Chills and fever, no sweating, headache, respiratory complaints, wheezing, herb of choice to treat these complaints

●○ Expels cold

Cold in the Lung, cold with shivering, no sweating, headache, diffuse pain, fever

●●● Releases the exterior

Cold excess in the Lung, flu-like infections, cold with shivering, high temperature with no sweating

●●● Moves and regulates qi

Circulates Lung qi, for wheezing, difficult breathing, breathlessness, sensation of heaviness of the chest, cough

●○ Alleviates wheezing

Breathlessness, sensation of heaviness of the chest, cold, respiratory complaints due to wind-cold

●○ Promotes urination

Dispels stagnation, swelling, ascites, oedema

Physiological/pharmacological effects contains ephedrine alkaloids, which are anti-inflammatory and sympathomimetic: dilating the bronchi, having a local vasoconstrictive effect, and stimulating the CNS.

Toxicity strong sweating may occur if administered in high doses or over long periods of time. Blood pressure may be raised, restlessness, tremor, arrhythmias and mydriasis may occur. Interaction with other medications such as monoamine oxidase (MAO) inhibitors, glycosides, and digitalis may occur. Symptoms of ephedrine poisoning are: sweating, raised temperature, epigastric pain, dry heaves, vomiting, seizures. Antidote: atropine. Life-threatening in dosages greater than 100 g (lethal dose by oral administration corresponding to about 1–2 g of L-ephedrine).

Dosage 1–10 g, standard 6 g

Cooking time 10 minutes (cook separately and skim the froth as needed)



Combinations

- Wind-cold with fever, chills without sweating → Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Wind-cold with coughing and wheezing → Armeniacae semen (*xing ren*) p. 664
- Wind-cold with painful obstruction, oedema, yang deficiency → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Heat with cough and wheezing → Gypsum (*shi gao*) p. 130, Scutellariae radix (*huang qin*) p. 184, Mori cortex (*sang bai pi*) p. 674
- Boils caused by damp-cold → Rehmanniae radix (*sheng di huang*) p. 168
- Coughing and wheezing caused by Kidney yin deficiency → Rehmanniae radix (*sheng di huang*) p. 168
- Acute oedema → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Poria (*fu ling*) p. 334, Mori cortex (*sang bai pi*) p. 674

Compatibility

- Enhanced by Magnoliae cortex (*hou po*) p. 292, Cynanchi stauntonii radix (*bai qian*) p. 628
- Limited by Magnoliae flos (*xin yi*) p. 34, Pyrrosiae folium (*shi wei*) p. 336

Contraindications hypertension; depletion presentations with a tendency to sweat easily and to wheeze

Pregnancy use with caution during pregnancy

Ligustici sinensis radix

Gao ben

藁本

Family: Apiaceae
Standard species: *Ligusticum sinense*, *L. jeholense*
Variation: Ligustici sinensis rhizoma et radix
German: chinesischer Liebstöckel-Wurzelstock
English: Chinese lovage root, ligusticum root

Temperature

●○○ warm

Taste

●○○ pungent
●○○ aromatic

Organ relationship

●○○ Bladder

Signal herb

Bladder channel

Direction of action

●○○ lifting

Site of action

Head and eyes, nose

Actions/Indications

●○○ Expels wind

Headache, neck pain, pain radiating from the vertex to the upper jaw, back pain due to wind-cold

●○○ Relieves pain

Headache, pain radiating from the vertex to the upper jaw and teeth, pelvic pain, pain in the genitals, back pain

●○○ Releases the exterior

Chills, fever, no sweating, nasal congestion, headache

●○○ Expels cold

Headache, neck pain, pelvic pain, chills, fever

●○○ Drains dampness

Nasal congestion, pelvic swellings, vaginal discharge

●○○ Moves qi

Headache, stuffy nose, generalized body pain

●○○ Moves blood

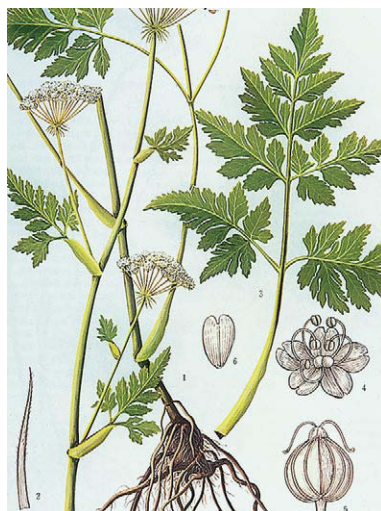
Headache, neck pain, back pain

Physiological/pharmacological effects antibiotic (influenza, skin fungal infections); antipyretic, anti-inflammatory, the volatile oils have an inhibitory effect on the smooth muscle of the intestines and uterus.

Toxicity do not use long-term, danger of damage to the yin

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Headache due to wind-cold → *Asari herba (xi xin)* p. 24
- Headache, severe pain → *Chuanxiong rhizoma (chuan xiong)* p. 530, *Angelicae dahuricae radix (bai zhi)* p. 22
- Back pain, body ache → *Atractylodis rhizoma (cang zhu)* p. 286
- Abdominal pain, hernias, damp-cold → *Evodiae fructus (wu zhu yu)* p. 396, *Foeniculi fructus (xiao hui xiang)* p. 398

Compatibility

- Impaired by *Longanae arillus (long yan rou)* p. 772
- Limited by *Celosiae semen (qing xiang zi)* p. 148

Contraindications blood deficiency or yin deficiency with symptoms of dryness

Pregnancy use is allowed

Magnoliae flos

Xin yi

辛夷

Family: Magnoliaceae
Standard species: *Magnolia liliflora*, *M. biondii*, etc.
German: Magnolienblüten
English: magnolia flower

Temperature

●○○ warm

Taste

●○○ pungent
●○○ aromatic

Organ relationship

●○○ Lung
●○○ Stomach

Direction of action

●○○ lifting

Site of action

Nose

Actions/Indications

●○○ Expels wind

Rhinitis, nasal congestion, disorders of the sinuses, headaches

●○○ Dispels cold

Runny nose, headache

●○○ Moves and regulates the qi

Nasal congestion, loss of smell, headache

●○○ Dislodges phlegm

Disorders of the sinuses, sinusitis, nasal congestion, purulent nasal discharge

●●○ Opens the orifices

Nasal congestion, anosmia

Physiological/pharmacological effects in vitro antimycotic (fungal skin infections), antibiotic effect (*Streptococcus*, *Staphylococcus*), stimulates uterine contraction in animal experiments. Can be applied topically to reduce nasal mucosal inflammation, anti-inflammatory, opens the nasal passages.

Toxicity allergic reactions such as pruritus, nausea, anxiety and chest discomfort have been observed; overdose can lead to dizziness or redness of the eyes. The plant hairs can cause throat irritation; in this case, the plant should be wrapped in muslin before cooking.

Dosage 3–10 g, standard 5 g

Cooking time boil the blossoms wrapped in a muslin cloth (the blossoms may irritate the throat)



Combinations

- Wind-cold with nasal congestion, sinusitis, headache → Xanthii fructus (*cang er zi*) p. 376
- Wind-cold with nasal congestion, sinusitis, headache, stronger effect → Xanthii fructus (*cang er zi*) p. 376, Angelicae dahuricae radix (*bai zhi*) p. 22, Asari herba (*xi xin*) p. 24
- Heat: nasal congestion, headache → Xanthii fructus (*cang er zi*) p. 376, Gypsum (*shi gao*) p. 130, Menthae herba (*bo he*) p. 60, Scutellariae radix (*huang qin*) p. 184
- Frontal sinusitis → Xanthii fructus (*cang er zi*) p. 376, Chrysanthemi flos (*ju hua*) p. 52, Siegesbeckiae herba (*xi xian cao*) p. 370

Compatibility

- Enhanced by Chuanxiong rhizoma (*chuan xiong*) p. 530
- Impaired by Trogopteroni faeces (*wu ling zhi*) p. 578, Gypsum (*shi gao*) p. 130
- Limited by Acori calami rhizoma (*shui chang pu*) p. 266

Contraindication deficient yin heat or fire

Pregnancy use with caution during pregnancy

Moslae herba**Xiang ru**

Family:	Laminacea
Standard species:	<i>Elsholtzia splendens</i> , <i>Mosla chinensis</i>
Variation:	Elsholtziae herba
German:	Elsholtzia-Kraut, Kamm-Minzenkraut
English:	aromatic madder, elsholtzia

Temperature

●○○ warm tendency

Taste

●●○ pungent
○○○ aromatic

Organ relationship

●○○ Lung
●●○ Stomach
●○○ Spleen

Direction of action

●○○ ascending, Lung qi descending

Site of action

Exterior

Actions/Indications**●●○ Releases the exterior**

Fever with cold limbs, lack of sweating, summer colds (due to sudden cooling)

●●● Cools summerheat

Summer colds (due to sudden cooling), fever, body pain, diarrhoea, shivering

●●○ Transforms dampness

Headache, fever, diarrhoea, abdominal pain, vomiting

○○○ Dispels swelling

Oedema, superficial swelling, ascites

○○○ Promotes urination

Urinary symptoms due to a disruption of the exterior

●●○ Expels wind-cold

Summer colds, shivering, fever, headache, lack of sweating, body pain, nausea, vomiting

●●○ Tonifies and harmonizes the Spleen

Retching, nausea, swelling, oedema

Physiological/pharmacological effects antipyretic, diuretic, promotes sweating, stimulates gastric juices and peristalsis, broad antibiotic activity, antiviral.

Toxicity if taken hot, a decoction of the herb may induce vomiting, therefore either allow to cool down or take together with the downward-draining herbs *Armeniaca* semen (*xing ren*) p. 664, *Scutellariae radix* (*huang qin*) p. 262, *Coptidis rhizoma* (*huang lian*) p. 172.

Commentary also known as the 'summer Ephedra': use of Ephedra in the summer would be too strong.

Dosage 3–6 g

Cooking time 20 minutes



Combinations

- Tonify the middle burner, eliminate dampness → *Magnoliae cortex (hou po)* p. 292
- Superficial oedema, ascites → *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708
- Summerheat symptoms with fever and shivering, stifling sensation in the chest, abdominal pain → *Agastachis herba (huo xiang)* p. 278

Contraindication strong sweating with yang deficiency

Pregnancy use is allowed

Notopterygii rhizoma

Qiang huo

羌活

Family:	Apiaceae
Standard species:	<i>Notopterygium incisum</i> , <i>N. forbesii</i>
Variation:	<i>Notopterygium rhizoma</i> et radix
German:	Gebirgsangelikawurzel
English:	notopterygium root

Temperature

●●○ warm

Taste

●●○ pungent
●●○ bitter
●●○ aromatic

Organ relationship

●●○ Bladder
●○○ Kidney
●○○ Liver

Signal herb

Bladder channel, Governing vessel

Direction of action

●●○ lifting

Site of action

Channels, surface/exterior, the upper half of the body

Actions/Indications

●●○ Releases the exterior

Chills, fever, headache

●●○ Dispels cold

Joint pain, body pain, painful obstruction disorder, sciatica

●●○ Relieves pain

Painful obstruction disorder, stagnation, joint pain, sciatica, headache, occipital headache, generalized pain in the upper half of the body

●●○ Expels wind-cold

Fever, shivering, painful obstruction syndrome, neck pain, flu-like symptoms

●●○ Expels wind-damp

Painful obstruction and swelling, painful swelling of the back and legs, sciatica

●●○ Dries damp-cold

Swollen joints, general feeling of heaviness, fatigue, sleepiness, pain in the back of the head, painful and stiff neck, paraesthesias, numbness

●●● Drains damp

Painful obstruction syndrome, especially in the upper half of the body, swelling, obstruction, sensation of heaviness, paraesthesias, numbness

Pharmacological/physiological effects the active ingredients have an analgesic, antipyretic, anti-arrhythmic effect and increase coronary artery perfusion

Toxicity overdose may lead to nausea and vomiting

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Headache, body aches, cold → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Pain due to wind-dampness → Saposhnikoviae radix (*fang feng*) p. 42
- Wind-dampness → Angelicae sinensis radix (*dang gui*) p. 768, Angelicae pubescentis radix (*du huo*) p. 350

Contraindications blood deficiency, yin deficiency, deficiency of the exterior

Pregnancy use is allowed

Perillae folium

Zi su ye

紫苏叶

Family:	Lamiaceae
Standard species:	<i>Perilla frutescens</i>
Variation:	<i>Perilla frutescens</i> folium
German:	Schwarznesselblätter-und stängel
English:	perilla leaf

Temperature

●○○ warm

Taste

●●○ pungent
○○○ aromatic

Organ relationship

●●○ Lung
○○○ Spleen

Direction of action

●●○ sinking

Site of action

Surface/exterior, middle burner

Actions/Indications

●○○ Releases the exterior

Wind-cold with chills, fever, headache, cough, nasal congestion, stifling sensation in the chest

●○○ Dispels cold

Fever, chills, headache, cough, respiratory complaints, bronchial sputum

●○○ Moves and regulates qi

Spleen qi, digestive disorders, nausea, vomiting, loss of appetite, sensation of fullness in the chest and abdomen

●○○ Tonifies and harmonizes the Spleen

Nausea, vomiting, loss of appetite

●○○ Calms the fetus

Prevents abortions, premature birth, morning sickness of pregnancy

●○○ Detoxifies and disinfects

Fish, shellfish and seafood poisoning

●○○ Dispels cold

Shivering, fever, headache, nasal congestion

●○○ Drains damp

Headache, cough, sputum

Physiological/pharmacological effects in vitro antibiotic action (*Staphylococcus aureus*); antipyretic, bronchodilating properties, decreases bronchial spasm and reduces secretions. Perilla leaves occasionally cause allergic skin reactions (sensitization). Perilla aldehydes have a sedative and antibacterial effect; perilla ketones stimulate the gastrointestinal tract. Cytotoxic and antineoplastic effects have been observed.

Toxicity do not use for long periods of time

Dosage 3–10 g, standard 5 g

Cooking time 3 minutes



Combinations

- Release the exterior, regulate the qi, warm the middle burner, transform phlegm, cold, abdominal pain, diarrhoea → *Agastachis herba (huo xiang)* p. 278
- Colds with nasal congestion, productive cough → *Armeniacae semen (xing ren)* p. 664, *Peucedani radix (qian hu)* p. 656, *Platycodi radix (jie geng)* p. 636
- Sensation of fullness in the chest and abdomen → *Amomi xanthioidis fructus (sha ren)* p. 284, *Citri reticulatae pericarpium (chen pi)* p. 488
- Vomiting during pregnancy → *Coptidis rhizoma (huang lian)* p. 172
- Shellfish poisoning → *Zingiberis rhizoma recens (sheng jiang)* p. 46

Contraindications deficient exterior with excessive sweating, damp-heat

Pregnancy use is allowed

Saposhnikoviae radix

Fang feng

防风

Family:	Apiaceae
Standard species:	<i>Ledebouriella divaricata</i> , <i>Saposhnikovia divaricata</i>
Variation:	<i>Ledebouriellae radix</i>
German:	Saposhnikoviae-Wurzel
English:	ledebouriella root, siler, guard against wind

Temperature

●○○ warm

Taste

●○○ pungent

●○○ sweet

Organ relationship

●○○ Bladder

●○○ Liver

●○○ Lung

●○○ Spleen

●○○ Stomach

Signal herb

Surface, exterior

Direction of action

●●○ superficial

Site of action

Surface/exterior

Actions/Indications

●○○ Opens the exterior

Chills, fever, headache, body ache due to cold

●○○ Expels wind

Internal wind, adjuvant medicinal in tremor, disharmony between Spleen and Liver, painful diarrhoea, blood in the stools; migraine-like headache; pruritus, skin rashes

●○○ Dispels wind-dampness

Headache, joint pain, body aches, sensation of heaviness, painful obstruction, dizziness

●○○ Relieves pain

Headache, joint pain, body aches due to wind-cold, joint pain due to damp-cold

●○○ Expels wind-cold

Headaches, chills, body aches, joint pain, headaches, productive cough

●○○ Stops bleeding (charred)

Blood in the stools, heavy menstrual bleeding

●○○ Dispels cold

Headache, shivering, joint pain, painful obstruction syndrome

Physiological/pharmacological effects weakly antipyretic and antimicrobial.

Antidote for arsenic.

Commentary the standard species is *Saposhnikovia divaricata*; this may be substituted by *Ledebouriella divaricata*.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Sweating → Astragali radix (*huang qi*) p. 706
- Painful obstruction syndrome → Notopterygii rhizoma (*qiang huo*) p. 38, Angelicae dahuricae radix (*bai zhi*) p. 22, Clematidis radix (*wei ling xian*) p. 356
- Pain due to damp-cold in blood deficiency → Gentianae radix (*long dan cao*) p. 178
- Pain due to wind-damp diarrhoea, dampness in the Spleen → Atractylodis rhizoma (*cang zhu*) p. 286
- Headaches, body aches, paraesthesias, wind, phlegm, obstructed channels → Anisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624

Compatibility

- Limited by Dioscoreae hypoglaucae rhizoma (*bi xie*) p. 312, Zingiberis rhizoma (*gan jiang*) p. 408, Veratri nigri radix et rhizoma (*li lu*) p. 76, Genkwa flos (*luan hua*) p. 106
- Mitigates the toxicity of Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Anisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624

Contraindications spasms from blood deficiency, yin deficiency heat symptoms

Pregnancy use is allowed

Schizonepetae herba

Jing jie

荆芥

Family:	Lamiaceae
Standard species:	<i>Schizonepeta tenuifolia</i>
Variation:	Schizonepeta tenuifolia herba seu flos
German:	Schizonepeta-Kraut, Katzenminzekraut, Nepeta
English:	schizonepeta stem or bud

Temperature

●● warm tendency

Taste

●● pungent

●● aromatic

Organ relationship

●● Lung

●● Liver

Direction of action

●● superficial

Site of action

Surface/exterior

Actions/Indications

●●● Expels cold

Wind-cold: headaches, chills, throat pain, throat swelling

●●● Releases the exterior

Headache, chills, painful throat, rashes

●●● Vents rashes

Rashes due to wind-cold, rashes due to wind, measles, chickenpox

●●● Alleviates itching

Nausea, vomiting, loss of appetite

●●● Expels wind-cold

Headaches, chills, throat pain, loss of voice

●●● Stops bleeding

Nosebleeds, intestinal bleeding, uterine bleeding

●●● Eczema, burns and sores

Skin eczema, urticaria, food allergies, wind diseases with blood deficiency

Physiological/pharmacological effects stops bleeding by decreasing coagulation time. Antipyretic, diaphoretic, antibiotic, analgesic

Commentary during treatment, avoid eating fish, shrimp, goose or duck (may exacerbate itching)

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Release the exterior, promote sweating, wind in the area of the head, pruritus → Menthae herba (*bo he*) p. 60
- Wind-cold → Saposhnikoviae radix (*fang feng*) p. 42, Notopterygii rhizoma (*qiang huo*) p. 38
- Wind-heat → Menthae herba (*bo he*) p. 60, Mori folium (*sang ye*) p. 62, Chrysanthemi flos (*ju hua*) p. 52 or Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200
- Wind-heat with red eyes → Menthae herba (*bo he*) p. 60, Scutellariae radix (*huang qin*) p. 184, Chrysanthemi flos (*ju hua*) p. 52
- External dampness → Menthae herba (*bo he*) p. 60, Agastachis herba (*huo xiang*) p. 278, Eupatorii herba (*pei lan*) p. 288
- Postpartum external wind attack → Angelicae sinensis radix (*dang gui*) p. 768, Chuanxiong rhizoma (*chuan xiong*) p. 530,
- Acute cough → Menthae herba (*bo he*) p. 60, Platycodi radix (*jie geng*) p. 636, Glycyrrhizae radix (*gan cao*) p. 716
- Early stages of measles → Menthae herba (*bo he*) p. 60, Arctii fructus (*niu bang zi*) p. 48, Cicadae periostracum (*chan tui*) p. 54
- Itchy rashes → Saposhnikoviae radix (*fang feng*) p. 42

Contraindications internal wind, open sores, full-blown measles

Pregnancy use is allowed

Zingiberis rhizoma recens

Sheng jiang

生姜

Family:	Zingiberaceae
Standard species:	<i>Zingiber officinale</i>
Variations:	<i>Zingiberis officinalis rhizoma recens</i> , <i>Zingiberis viridis rhizoma</i>
German:	frische Ingwerwurzel
English:	fresh ginger rhizome

Temperature

●○○ warm tendency

Taste

●○○ pungent

Organ relationship

○○○ Lung

○○○ Spleen

○○○ Stomach

Direction of action

●○○ descending

Site of action

Upper and middle burner

Actions/Indications

●○○ Releases the exterior

Mild colds

○○○ Disperses cold

Mild colds, coughing, wind-cold

○○○ Transforms cold phlegm

Bronchial phlegm due to wind-cold, cough, cold in the Stomach with phlegm

○○○ Calms vomiting

Cold in the middle burner, weak digestion, nausea

○○○ Stops coughing

Cough with sputum, thin, light-coloured phlegm caused by wind-cold

○○○ Detoxifies and disinfects

Vomiting, diarrhoea, digestive disorders caused by spoiled food such as fish, shrimp, etc.

Physiological/pharmacological effects promotes secretion of gastric juices and saliva, stimulates intestinal peristalsis, bile production, antiemetic. Used in cases of loss of appetite, dyspepsia, motion sickness.

Dosage 2–6 slices, standard 3 slices

Cooking time 20 minutes



Combinations

- Colds → Ephedrae herba (*ma huang*) p. 30, Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Stomach heat, vomiting → Pinelliae rhizoma (*ban xia*) p. 82, Coptidis rhizoma (*huang lian*) p. 172
- Vomiting, diarrhoea caused by seafood ingestion → Perillae folium (*zi su ye*) p. 40
- Vomiting due to heat with Stomach weakness → Bambusae caulis in taeniam (*zhu ru*) p. 78
- External wind-cold attack, upper abdominal pain, vomiting, supplement Spleen qi → Jujubae fructus (*da zao*) p. 718
- Productive cough due to dampness and phlegm → Pinelliae rhizoma (*ban xia*) p. 82
- Cough, headache, hot phlegm, aphasia, deafness, phlegm congestion → Bambusae succus (*zhu li*)

Compatibility

- As an antidote in poisoning due to Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Hyoscyami semen, Pinelliae rhizoma (*ban xia*) p. 82, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Enhanced by Zanthoxyli semen (*jiao mu*) p. 406
- Impaired by Scutellariae radix (*huang qin*) p. 184, Coptidis rhizoma (*huang lian*) p. 172, Vespertilionis faeces (*ye ming sha*)

Contraindications Heat in the Lung, heat in the Stomach with nausea and vomiting

Pregnancy use is allowed

Arctii fructus

Niu bang zi

牛蒡子

Family:	Asteraceae
Standard species:	<i>Arctium lappa</i>
Variation:	<i>Bardanae fructus</i>
German:	Klettenfrucht
English:	arctium, great burdock fruit

Temperature

●○○ cold

Taste

●○○ pungent

Organ relationship

- Lung
- Large Intestine
- Stomach

Direction of action

●○○ lifting

Site of action

Neck and throat

Actions/Indications

●●● Releases the exterior

Chills, fever, exanthemas

●●● Expels wind-heat

Chills, fevers, coughs, red and swollen throat

●○○ Clears heat

Boils, erythemas, sores, swellings, mumps

●○○ Detoxifies and disinfects

Sores, swelling, boils

●○○ Vents rashes

Measles

●○○ Moistens dryness

Moistens the Small and Large Intestine

●○○ Unblocks the bowels/laxative

Constipation due to wind-heat

●○○ Alleviates itching

Allergic skin reactions, exanthema, urticaria

Physiological/pharmacological effects contains arctigenin, which has been found to inhibit platelet aggregation and play a role in immune modulation. Antibiotic (*Streptococcus pneumoniae*, some fungal infections), diuretic, has been shown to be anti-diabetic in animal experiments (lowers glucose levels). Because of possible hypoglycaemic effects, use with caution in combination with antidiabetic agents (synergism). Hepatoprotective in chemical poisoning because of antioxidative effect on the hepatocytes.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Throat inflammation, coughing due to externally contracted wind-heat → *Platycodi radix (jie geng)* p. 636, *Menthae herba (bo he)* p. 60
- Pain, swelling due to boils → *Angelicae dahuricae radix (bai zhi)* p. 22, *Platycodi radix (jie geng)* p. 636, *Lonicerae flos (jin yin hua)* p. 216
- Pain, swelling of the throat, ulceration and abscesses in the tongue and mouth → *Forsythiae fructus (lian qiao)* p. 200
- Mumps → *Isatidis radix (ban lan gen)* p. 210, *Forsythiae fructus (lian qiao)* p. 200, *Chrysanthemi flos (ju hua)* p. 52
- Sore throat, painful swelling of the throat → *Schizonepetae herba (jing jie)* p. 44

Contraindications Spleen qi deficiency with diarrhoea; open sores; do not use if breastfeeding, may inhibit lactation

Pregnancy use is allowed

Bupleuri radix

Chai hu

柴胡

Family: Apiaceae
Standard species: *Bupleurum chinense*, *B. scorzoneri folium*
German: chinesische Hasenohrwurzel
English: bupleurum, hare's ear root, thorough root, 'kindling of the barbarians'

Temperature

○○ cold tendency

Taste

○○ bitter, pungent
○○ aromatic

Organ relationship

○○ Liver
○○ Gall bladder
○○ Pericardium
○○ Triple Burner

Signal herb

Liver, Pericardium, Gall bladder and Triple Burner channels

Direction of action

○○ lifts the Liver qi

Site of action

Channels, ear, upper burner

Actions/Indications

○○ Releases the exterior
Alternating chills and fever, bitter taste in the mouth

○○ Moves and regulates qi
Fullness in the Liver; dizziness, giddiness, pain in the breast and flanks, emotionally labile, menstrual disorders, hot flashes, tinnitus

○○ Raises qi
Spleen and Stomach qi: collapse of the qi of the middle burner, haemorrhoids, anal prolapse, uterine prolapse, fatigue

○○ Raises the yang
Tiredness, fatigue, prolapses

○○ Dispels wind-heat
Febrile diseases, chills, bitter taste in the mouth

○○ Drains damp-heat
Hepatitis, cholecystitis, cholangitis, gastritis

Physiological/pharmacological effects contains saponins, which have been found to be antipyretic, relieve oedema and have anti-inflammatory properties. An induction of corticosterone production, a hepatoprotective effect, and a sedative and analgesic action have been demonstrated. The herb has also been ascribed antitussive, anti-ulcerative and hypotensive qualities.

Toxicity there have been reports of deaths of patients receiving interferon therapy for hepatitis in combination with this herb (increased incidence of pneumonia).

Dosage 3–12 g, standard 3 g

Cooking time 20 minutes



Combinations

- Lesser yang disorders with alternating fevers and chills, bitter taste in the mouth, dry throat, dizziness, fullness, pain the breast and flanks → *Scutellariae radix (huang qin)* p. 184
- Dizziness, tinnitus, giddiness, pain in the breast and ribcage, menstrual disorders, Liver qi stagnation → *Paeoniae radix lactiflora (bai shao)* p. 776, *Angelicae sinensis radix (dang gui)* p. 768, *Chuanxiong rhizoma (chuan xiong)* p. 530
- Aching in the breast, abdominal pain, loss of appetite → *Aurantii fructus (zhi ke)* p. 482
- Intercostal pain, Liver qi constraint → *Citri reticulatae viride pericarpium (qing pi)* p. 490
- Depressed mood, aching breasts, menstrual disorders, blood deficiency, blood stagnation → *Menthae herba (bo he)* p. 60
- Hepatitis, pain in the right upper quadrant of the abdomen → *Glycyrrhizae radix (gan cao)* p. 716

Compatibility

- Enhanced by *Pinelliae rhizoma (ban xia)* p. 82
- Impaired by *Asteris radix (zi wan)* p. 666, *Veratri nigri radix et rhizoma (li lu)* p. 76
- Limited by *Gleditsiae fructus (zao jiao)* p. 630

Contraindications cough due to yin deficiency, ascendant Liver yang, Liver yang fire

Pregnancy use during pregnancy with care

Chrysanthemi flos

Ju hua

菊花

Family: Asteraceae
Standard species: *Chrysanthemum morifolium*, *Dendranthema grandiflora*
German: Chrysanthemenblüten
English: chrysanthemum flower

Temperature

●○○ cold tendency

Taste

●○○ sweet
●○○ bitter

Organ relationship

●●○ Liver
●○○ Lung

Direction of action

●○○ sinking

Site of action

Head and eyes, skin

Actions/Indications

●●○ Releases the exterior

Headache, fever

●●○ Expels wind

Fever, headache, giddiness, red eyes

●●○ Clears wind-heat

Inflamed, red and dry eyes, blurred vision, dizziness

●○○ Clears heat

Blood heat; deep purulent sores, boils, infected and painful sores

●●○ Clears the head and eyes

Light-headedness, headache, reddened eyes, dry eyes, glaucoma

●●○ Eczema, burns and sores

Purulent sores, boils, infected ulcerations

●○○ Harmonizes and tonifies the Liver

Ascendant Liver yang: headache, dizziness, deafness, reddened eyes, hardness of hearing, tinnitus, hypertension

●○○ Vents rashes

Allergic skin reactions

Physiological/pharmacological effects in vitro shown to have antibiotic effect; use to treat arteriosclerosis and hypertension; contains vitamin B₁. Leaves and flower of the western variety of chrysanthemum (*Tanacetum parthetium*) have antithrombotic and anti-inflammatory actions and are used to treat migraine.

Special topical use in the treatment of eye and skin diseases.

Dosage 3–15 g, standard 10 g

Cooking time add at the end of boiling the decoction, allow to steep 3 minutes



Combinations

- Headache due to wind-heat or ascendant Liver yang → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Dizziness, blurred vision due to Liver and Kidney deficiency → Lycii fructus (*gou qi zi*) p. 800
- Headache, giddiness, dizziness due to ascendant Liver yang, seizures, childhood convulsions due to wind in the Liver → Paeoniae radix lactiflora (*bai shao*) p. 776, Haliotidis concha (*shi jue ming*) p. 454, Gastrodiae rhizoma (*tian ma*) p. 450, Uncariae ramulus cum unciis (*gou teng*) p. 464
- Headache, light-headedness, red eyes, wind-heat → Mori folium (*sang ye*) p. 62, Forsythiae fructus (*lian qiao*) p. 200, Menthae herba (*bo he*) p. 60, Saposhnikoviae radix (*fang feng*) p. 42, Tribuli fructus (*bai ji li*) p. 462
- Headache, vertigo, red eyes, visual disturbance, hardness of hearing, tinnitus → Haliotidis concha (*shi jue ming*) p. 454, Rehmanniae radix praeparata (*shu di huang*) p. 780, Paeoniae radix lactiflora (*bai shao*) p. 776, Antelopis cornu (*ling yang jiao*)
- Poor wound healing, toxic swellings → Lonicerae flos (*jin yin hua*) p. 216
- Purulent sores, boils → Viola herba (*zi hua di ding*) p. 254, Taraxaci herba (*pu gong ying*) p. 250

Compatibility enhanced by Atractylodis rhizoma (*cang zhu*) p. 286, Mori cortex (*sang bai pi*) p. 674, Lycii fructus (*gou qi zi*) p. 800, Isatidis folium (*da qing ye*) p. 162

Contraindications Spleen qi deficiency, lack of appetite, diarrhoea

Pregnancy use is allowed

Cicadae periostracum

Chan tui

蝉蜕

Zoological name: Cryptotympana atrata, C. pustulata
German: Zikadenpanzer
English: cicada moulting

Temperature

●○○ cold

Taste

●○○ sweet

●○○ salty

Organ relationship

●○○ Lung

●●○ Liver

Direction of action

●○○ ascending

Site of action

Throat and neck, skin

Actions/Indications

●●○ Releases the exterior

Fever, exanthemas

●●○ Expels wind-heat

Sore throat, fever, cough, loss of voice, hoarseness

●○○ Vents rashes

Measles, chickenpox, exanthemas with fever

●●○ Settles tremors and convulsions

Childhood febrile diseases in which wind causes convulsions, tonic-clonic seizures, delirium, night terrors, auxiliary substance in treating tetanus

●○○ Clears the head and eyes

Painful, swollen, reddened eyes, cataract, visual disturbances

●○○ Expels wind

Hoarseness, loss of voice, painful obstruction of the throat, reddened eyes, rashes

●○○ Alleviates itching

Skin diseases, chickenpox, exanthemas

●○○ Cools heat and moistens dryness

Cools blood, generates fluids, hoarseness, itching, urticaria, eczema, atopic dermatitis

Physiological/pharmacological effects sedative CNS effect, enhances the sedative effect of barbiturates and other CNS depressants and decreases the stimulating effect of caffeine; may impair driving ability.

Toxicity long-term use may lead to exhaustion of qi and yin

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Measles, itchy skin rashes, red eyes → Menthae herba (*bo he*) p. 60, Chrysanthemi flos (*ju hua*) p. 52, Mori folium (*sang ye*) p. 62, Tribuli fructus (*bai ji li*) p. 462
- Measles → Puerariae radix (*ge gen*) p. 64, Arctii fructus (*niu bang zi*) p. 48
- Throat problems due to wind-heat, cough, hoarseness, loss of voice → Arctii fructus (*niu bang zi*) p. 48, Menthae herba (*bo he*) p. 60, Forsythiae fructus (*lian qiao*) p. 200, Glycyrrhizae radix (*gan cao*) p. 716, Platycodi radix (*jie geng*) p. 636, Sterculiae scaphigerae semen (*pang da hai*) p. 660
- Nocturnal seizures, convulsions due to wind in the Liver → Scorpio (*quan xie*) p. 460, Bombyx batrycatus (*jiang can*) p. 448, Uncariae ramulus cum uncis (*gou teng*) p. 464, Mori folium (*sang ye*) p. 62
- Wind-heat in the Lung, fever, cough → Chrysanthemi flos (*ju hua*) p. 52, Forsythiae fructus (*lian qiao*) p. 200, Menthae herba (*bo he*) p. 60, Schizonepetae herba (*jing jie*) p. 44
- Cough, wind-heat → Platycodi radix (*jie geng*) p. 636, Armeniacae semen (*xing ren*) p. 664, Adenophorae radix (*nun sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792
- Eye problems, red eyes, visual disturbance, wind-heat in the Liver (topical and internal use) → Chrysanthemi flos (*ju hua*) p. 52
- Liver fire, red eyes, swollen and painful eyes → Prunellae spica (*xia ku cao*) p. 140, Equiseti hiemalis herba (*mu zei*) p. 58
- Ascendant Liver yang, dizziness, light-headedness → Haliotidis concha (*shi jue ming*) p. 454
- Wind-heat, throat problems, pain, cough, hoarseness, loss of voice → Arctii fructus (*niu bang zi*) p. 48, Menthae herba (*bo he*) p. 60, Forsythiae fructus (*lian qiao*) p. 200, Glycyrrhizae radix (*gan cao*) p. 716, Platycodi radix (*jie geng*) p. 636
- Wind-heat in the Liver, red eyes, swollen eyes → Chrysanthemi flos (*ju hua*) p. 52, Tribuli fructus (*bai ji li*) p. 462

Contraindication exterior deficiency

Pregnancy use is **forbidden**

Cimicifugae rhizoma

Sheng ma

升麻

Family: Ranunculaceae
Standard species: *Cimicifuga heracleifolia*, *C. dahuricae*, *C. foetida*, etc.
German: Silberkerzenwurzelstock, Schlangenwurzeln
English: cimicifuga, bugbane rhizome, black cohosh, 'ascendant hemp'

Temperature

●● cold tendency

Taste

●● sweet
●● bitter
●● pungent

Organ relationship

●● Spleen
●● Stomach
●● Lung
●● Large Intestine

Signal herb

Large Intestine, Stomach channels

Direction of action

●● lifting

Site of action

Surface/exterior, upper burner

Actions/Indications

●● Releases the exterior

Early stages of exanthemas, measles

●● Vents rashes

Early stages of exanthemas, measles

●● Disinfects and detoxifies

Exanthemas, swellings, sores, ulcers, painful throat obstruction

●● Raises the qi

Spleen and Stomach qi; chronic diarrhoea, anal prolapse, uterine prolapse

●● Clears heat

High fever, exanthemas sores, inflammation of the gums, tongue sores, swollen and painful throat

●● Expels wind-heat

Exanthemas, measles

Physiological/pharmacological effects in vitro antibiotic, antifungal, antipyretic, mildly anti-inflammatory and analgesic effect. The western variety *Cimicifuga racemosa* is used to treat premenstrual tension, dysmenorrhoea and menopausal symptoms.

Toxicity overdose may lead to headache, vertigo, vomiting, tremor, gastroenteritis, delirium and dyspnoea

Dosage 1–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Exanthemas caused by toxic heat → *Arctii fructus (niu bang zi)* p. 48, *Isatidis folium (da qing ye)* p. 162
- Early stages of exanthemas → *Puerariae radix (ge gen)* p. 64
- Swelling of the gums, toothache, Heart and Spleen fire, mouth and tongue sores → *Coptidis rhizoma (huang lian)* p. 172
- Swollen and painful throat, wind-heat, tightness of the throat → *Platycodi radix (jie geng)* p. 636, *Scrophulariae radix (xuan shen)* p. 170
- Yang ming headache → *Angelicae dahuricae radix (bai zhi)* p. 22
- Dysentery, prolapse of the rectum, uterine prolapse due to weak Spleen qi, erysipelas on the head or on the face → *Bupleuri radix (chai hu)* p. 50
- High fever, skin rashes, swellings, ulcers → *Forsythiae fructus (lian qiao)* p. 200, *Paeoniae radix rubra (chi shao yao)* p. 166, *Angelicae sinensis radix (dang gui)* p. 768
- Chronic diarrhoea, prolapse of the rectum, uterine prolapse → *Bupleuri radix (chai hu)* p. 50, *Notoginseng radix (san qi)* p. 600, *Astragali radix (huang qi)* p. 706

Contraindications fire due to yin deficiency, full-blown measles, respiratory complaints

Pregnancy use with caution during pregnancy

Equiseti hiemalis herba

Mu ze

木賊

Family: Equisetaceae
Standard species: *Equisetum hyemale*
German: Winterschachtelhalmkraut
English: equisetum, scouring rush, shave grass, 'wood thief'

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ bitter

Organ relationship

●○○ Lung

●○○ Liver

●○○ Gall bladder

Direction of action

●○○ sinking

Site of action

Head and eyes

Actions/Indications

●○○ Expels wind-heat

Deficiency of the Liver; red, painful and swollen eyes, blurred vision, lacrimation, cataracts, visual impairment, diarrhoea, vaginal discharge, heavy menstrual bleeding

●○○ Clears the head and eyes

Visual impairment, red eyes, pterygium, deficient Liver

●○○ Drains fire

Red eyes, visual disturbances

●○○ Stops bleeding

Heavy menstrual bleeding, haemorrhoids

Physiological/pharmacological effects used in treatment of silicosis. Mild anti-inflammatory, diuretic and sedating effects. Inhibits platelet aggregation and in animal experiments has been shown to be antihypertensive. Do not use long term. The western variety *Equisetum arvense* has a mild diuretic effect and is used in treating pyelonephritis, urinary tract infections and post-traumatic oedema.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Red eyes, eye diseases, Liver deficiency → Chrysanthemi flos (*ju hua*) p. 52, Broussonetiae fructus (*chu shi zi*) p. 786
- Itchy eyes, pterygium, strong lacrimation → Tribuli fructus (*bai ji li*) p. 462
- Blurred vision, strong lacrimation → Atractylodis rhizoma (*cang zhu*) p. 286
- Bleeding haemorrhoids, blood heat or fire → Scutellariae radix (*huang qin*) p. 184, Sanguisorbae radix (*di yu*) p. 608

Contraindications frequent urination, fluid depletion or qi deficiency

Pregnancy use is **forbidden**

Menthae herba

Bo he

薄荷

Family:	Lamiaceae
Standard species:	<i>Mentha haplocalyx</i>
Variation:	<i>Menthae arvensis herba</i>
German:	chinesisches Ackermintzakraut
English:	field mint

Temperature

●●○ cold

Taste

●●○ pungent
○○○ aromatic

Organ relationship

○○○ Lung
●●○ Liver

Direction of action

●●○ lifting

Site of action

Head and eyes, exterior

Actions/Indications

●●○ Expels wind-heat

Fever, headache, cough, no sweating

●●● Releases the exterior

Fever, headache, counterflow, sweaty feet, cold feet

○○○ Vents rashes

Exanthemas with fever, early stages of measles

●●○ Clears the head and eyes

Red eyes, headache, giddiness

○○○ Opens the orifices and the channels

Red eyes, headaches

●●○ Moves and regulates the qi

Liver qi: pressure in the chest and flanks, emotional instability, gynaecological complaints, premenstrual tension, depression, bitter taste in mouth

●●○ Anchors the yang

Descends ascendant Liver yang; dizziness, hypertension, bitter taste in mouth, headache, eye problems, emotional lability

●●○ Alleviates itching

Eczema, urticaria, allergic reactions

Physiological/pharmacological effects the western variety *Mentha piperita* promotes bile secretion, and has antiseptic, spasmolytic and secretolytic effects; long-term use can lead to irritation of the stomach. Taken orally, mint oil treats functional gastrointestinal disorders with intestinal wind, upper respiratory infections and biliary disorders; can be used externally to treat myalgias and neuralgias.

Toxicity can inhibit lactation and should therefore be avoided by nursing mothers. Chronic use may reduce qi and yang reserves.

Dosage 1–8 g, standard 4 g

Cooking time add at the end of cooking period and steep for 10 minutes



Combinations

- Wind-heat, headache, red eyes → Schizonepetae herba (*jing jie*) p. 44, Scutellariae radix (*huang qin*) p. 184
- Wind-heat → Schizonepetae herba (*jing jie*) p. 44, Forsythiae fructus (*lian qiao*) p. 200, Lonicerae flos (*jin yin hua*) p. 216
- Headache, eye pain, red eyes, burning eyes, Liver fire → Chrysanthemi flos (*ju hua*) p. 52
- Eye inflammation, lymph node swelling → Prunellae spica (*xia ku cao*) p. 140
- Painful swollen throat → Platycodi radix (*jie geng*) p. 636, Bombyx batrycatus (*jiang can*) p. 448
- Childhood convulsions, seizures, itchy rashes → Patriniae herba (*bai jiang cao*) p. 224, Cicadae periostracum (*chan tui*) p. 54, Scorpio (*quan xie*) p. 460
- Sores, injuries due to wind-heat, dry throat, cough, yellow sputum, itchy rashes → Arctii fructus (*niu bang zi*) p. 48
- Aching pain in the breast, flank pain → Paeoniae radix lactiflora (*bai shao*) p. 776, Bupleuri radix (*chai hu*) p. 50

Contraindications exterior deficiency, spontaneous sweating, deficient yin heat

Pregnancy use is allowed

Mori folium

Sang ye

桑叶

Family: Lamiaceae
Standard species: *Morus alba*
German: Maulbeerblätter
English: white mulberry leaf

Temperature

○○ cold

Taste

○○ bitter
○○ sweet

Organ relationship

○○ Lung
○○ Liver

Direction of action

○○ sinks the Liver yang

Site of action

Head and eyes

Actions/Indications

●●● Releases the exterior

Headache, red eyes, cough

○○● Expels wind-heat

Lung: fever, cough, headache; Liver: red and painful eyes, lacrimation, disturbances in movement of the eyes

○○○ Clears heat

Lung: cough, dry mouth, viscous yellow sputum; Liver: red, painful, dry and inflamed eyes

○○○ Brightens the eyes

Red, painful, dry eyes, floaters

○○○ Opens the orifices and the channels

Red and painful eyes, floaters

○○○ Cools blood

Stops bleeding, mild effect on haemoptysis

Physiological/pharmacological effects antibiotic (*Staphylococcus aureus*, β -haemolytic streptococci, *Bacillus dysenteriae*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Leptospira* spp.); in animal experiments found to lower serum glucose and cholesterol levels.

Commentary topical use to treat eye and skin diseases

Dosage 5–15 g, standard 10 g

Cooking time add at the end of cooking period, cook briefly and steep for 3 minutes



Combinations

- Cough, red, painful and swollen eyes due to wind-heat → Chrysanthemi flos (*ju hua*) p. 52
- Externally contracted wind-heat → Chrysanthemi flos (*ju hua*) p. 52, Menthae herba (*bo he*) p. 60, Schizonepetae herba (*jing jie*) p. 44
- Cough → Chrysanthemi flos (*ju hua*) p. 52, Platycodi radix (*jie geng*) p. 636, Armeniacae semen (*xing ren*) p. 664, Glehniae radix (*bei sha shen*) p. 792
- Fever, cough → Chrysanthemi flos (*ju hua*) p. 52, Forsythiae fructus (*lian qiao*) p. 200, Menthae herba (*bo he*) p. 60
- Dizziness, vertigo due to ascendant Liver yang → Chrysanthemi flos (*ju hua*) p. 52, Haliotidis concha (*shi jue ming*) p. 454, Ostrea concha (*mu li*) p. 428
- Dizziness and vertigo due to Heat with Liver and Kidney deficiency → Sesami semen nigrum (*hei zhi ma*) p. 808
- Cramps and spasms due to Liver wind → Chrysanthemi flos (*ju hua*) p. 52, Uncariae ramulus cum unci (*gou teng*) p. 464, Antelopis cornu (*ling yang jiao*)
- Red, swollen and painful eyes due to Liver heat → Chrysanthemi flos (*ju hua*) p. 52, Equiseti hiemalis herba (*mu ze*) p. 58, Prunellae spica (*xia ku cao*) p. 140
- Eye problems, red and painful eyes, lacrimation, difficult eye movements because of wind-heat in the Liver → Chrysanthemi flos (*ju hua*) p. 52
- Wind-heat in the Lung, fever, cough → Chrysanthemi flos (*ju hua*) p. 52, Forsythiae fructus (*lian qiao*) p. 200, Menthae herba (*bo he*) p. 60, Schizonepetae herba (*jing jie*) p. 44
- Cough, wind-heat → Platycodi radix (*jie geng*) p. 636, Armeniacae semen (*xing ren*) p. 664, Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792
- Eye diseases, red eyes, wind-heat in the Liver (use as a compresses or administer orally) → Chrysanthemi flos (*ju hua*) p. 52
- Liver fire, red, swollen, painful eyes → Prunellae spica (*xia ku cao*) p. 140, Equiseti hiemalis herba (*mu ze*) p. 58
- Ascendant Liver yang, vertigo, dizziness → Haliotidis concha (*shi jue ming*) p. 454, Ostrea concha (*mu li*) p. 428

Pregnancy use is allowed

Puerariae radix

Ge gen

葛根

Family: Fabaceae
Standard species: *Pueraria lobata*
German: Kopoubohnenwurzel
English: pueraria, kudzu root

Temperature

●● neutral

Taste

●● sweet
●● pungent

Organ relationship

●● Spleen
●● Stomach

Signal herb

Middle burner

Direction of action

●● lifting

Site of action

Middle, middle burner, surface/exterior

Actions/Indications

●●● Releases the muscles

Tightness, counterflow disorders with fever, headache, stiff neck, tight back muscles, chills and fever without sweating

●●● Releases the exterior

Chills and fever with no sweating

●●● Vents rashes

Measles and chickenpox

●●● Generates fluids

Stomach heat with increased thirst

●●● Stops diarrhoea

Spleen qi deficiency with diarrhoea, dysentery due to damp-heat

●●● Raises the qi

Spleen deficiency, diarrhoea

●●● Expels wind

Headache, tightness, exanthemas

Physiological/pharmacological effects dilates the coronary arteries, stops arterial spasm, lowers myocardial oxygen requirements; dilates cerebral arteries, improves perfusion; antihypertensive, mild antipyretic effect; lowers blood sugar levels; relieves intestinal spasms and cramps; in animal experiments decreases platelet aggregation time and alcohol craving. Use with care in combination with antidiabetic agents (hypoglycaemia), anticoagulants and platelet aggregation inhibitors.

Dosage 3–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- External wind-cold with stiffness and pain of the neck and upper back → Ephedrae herba (*ma huang*) p. 30, Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Paeoniae radix lactiflora (*bai shao*) p. 776
- Externally contracted wind-heat → Bupleuri radix (*chai hu*) p. 50, Scutellariae radix (*huang qin*) p. 184
- Increased thirst due to Stomach heat → Trichosanthis radix (*tian hua fen*) p. 142, Ophiopogonis radix (*mai men dong*) p. 802
- Early stages of measles → Cimicifugae rhizoma (*sheng ma*) p. 56, Schizonepetae herba (*jing jie*) p. 44, Menthae herba (*bo he*) p. 60
- Diarrhoea due to heat or fire, fluid compromise, diarrhoea due to Spleen qi deficiency → Dioscoreae rhizoma (*shan yao*) p. 712
- Diarrhoea, dysentery due to heat or damp-heat → Coptidis rhizoma (*huang lian*) p. 172, Scutellariae radix (*huang qin*) p. 184
- Diarrhoea due to Spleen deficiency → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Poria (*fu ling*) p. 334
- Hangover due to excess intake of alcohol, alcohol abuse or drunkenness → Puerariae flos, Chrysanthemi flos (*ju hua*) p. 52

Pregnancy use is allowed

Sojae semen germinatum

Da dou juan

豆卷

Family:	Fabaceae
Standard species:	<i>Glycine max.</i>
Variation:	<i>Glycynis germinatum semen</i>
German:	Sojasprossen, gekeimte Sojabohnen
English:	young soybean sprouts

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●○○ Stomach

●○○ Spleen

Direction of action

●○○ sinking

Site of action

Stomach and Spleen, middle burner, channels

Actions/Indications

●○○ Transforms dampness

Painful obstruction disorder symptoms, joint pain, swelling, oedema, muscle cramps

●○○ Clears damp-heat

Fever with little sweating, bloating, poor digestion, constipation, tiredness, fatigue, lack of appetite

●○○ Releases the exterior

Drains dampness-bi, painful obstruction disorder symptoms, obstruction symptoms along the channels

●○○ Dispels summerheat

Fever, febrile diseases during the summer, fever with little sweating, exhaustion

●○○ Cools heat

Fever, little sweating, constipation, painful obstruction syndrome

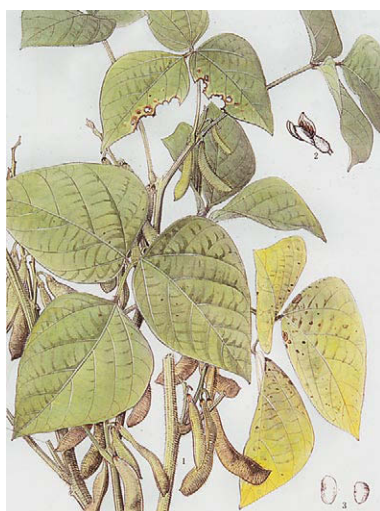
Physiological/pharmacological effects

 promotes sweating

Commentary as a decoction or roasted up to 250 g daily. Frequently prepared with *Ephedrae herba (ma huang)* p. 30 in order to promote its diaphoretic effects.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



1b Herbs that release the exterior: cool herbs

Combinations

- Wind-heat with fever, headache, early stages → *Menthae herba* (*bo he*) p. 60, *Schizonepetae herba* (*jing jie*) p. 44, *Arctii fructus* (*niu bang zi*) p. 48
- Insomnia, irritability, febrile diseases → *Gardeniae fructus* (*zhi zi*) p. 126
- Bloody urine → *Liquidambaris fructus* (*lu lu tong*) p. 500, *Lycii cortex* (*di gu pi*) p. 260

Compatibility

- Enhanced by *Peucedani radix* (*qian hu*) p. 656, *Ostrea concha* (*mu li*) p. 428, *Armeniaca semen* (*xing ren*) p. 664
- Limited by *Sargassum* (*hai zao*) p. 658, *Gentianae radix* (*long dan cao*) p. 178

Pregnancy use is allowed

Sojae semen praeparatum

Dan dou chi

大豆卷

Family:	Fabaceae
Standard species:	<i>Glycine max.</i>
German:	unterschiedlich vorbehandelte Sojabohnen
English:	prepared soybean

Temperature

●○○ warm

Taste

●○○ pungent

●○○ sweet

Organ relationship

●●○ Lung

●○○ Stomach

Direction of action

●○○ descending

Site of action

Upper burner, middle burner

Actions/Indications

●●○ Releases the exterior

Externally contracted pathogen with headache, shivering, cold symptoms, heat symptoms, yin deficiency

●●○ Expels wind-cold

Headache, shivering

●●○ Calms and anchors the spirit

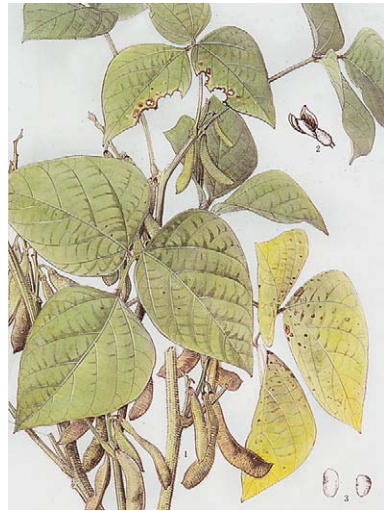
Irritability, restlessness, insomnia in the wake of a febrile disorder, excitability

Physiological/pharmacological effects weakly promotes sweating

Commentary the herbs can be prepared with a variety of substances which then impart a colder or warmer character to the soybeans. *Mori folium* (*sang ye*) p. 62 or *Artemisiae annuae herba* (*qing hao*) p. 256, both cooling herbs, are frequently used, while *Ephedrae herba* (*ma huang*) p. 30 and *Perillae folium* (*zi su ye*) p. 40 are among the warming herbs. Other herbs include: *Eupatorii herba* (*pei lan*) p. 288, *Agastachis herba* (*huo xiang*) p. 278. Preparation of the soybeans should match the desired effect.

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes; in order to accentuate the diaphoretic effects, the herb should be added towards the end of the boiling period.



Combinations

- Wind-heat with fever, headache, early stages → *Menthae herba* (*bo he*) p. 60, *Schizonepetae herba* (*jing jie*) p. 44, *Arctii fructus* (*niu bang zi*) p. 48
- Insomnia, irritability, febrile disorder → *Gardeniae fructus* (*zhi zi*) p. 126
- Blood in the urine → *Liquidambaris fructus* (*lu lu tong*) p. 500, *Lycii cortex* (*di gu pi*) p. 260
- Fever with lack of sweating, upper abdominal pain → *Allii fistulosi bulbus* (*cong bai*) p. 20

Contraindications do not use during lactation, may inhibit milk production

Pregnancy use is allowed

Spirodela herba

Fu ping

浮萍

Family:	Lemnaceae
Standard species:	<i>Spirodela polyrrhiza</i> , <i>Lemna minor</i>
Variations:	Lemna seu Spirodela herba, Spirodela herba
German:	Teichlinsenkraut
English:	spirodela, duckweed

Temperature

○○ cold

Taste

○○ pungent

Organ relationship

○○ Lung

○○ Liver

Direction of action

○○ lifting

Site of action

Skin

Actions/Indications

○○ Releases the exterior

Skin diseases, exanthemas, allergic skin reactions

○○ Promotes rashes

Exanthemas, allergic skin reactions, measles, chickenpox

○○ Reduces swelling

Superficial oedemas, especially in the upper body, difficult urination, swelling

○○ Promotes urination

Difficult urination

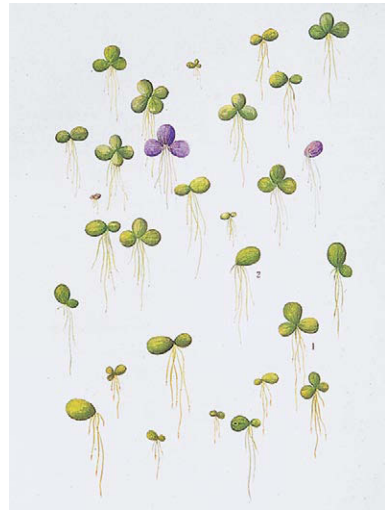
○○ Expels wind-heat

Headache, body aches, disorders of urination

Physiological/pharmacological effects mild heart-stimulating properties, diuretic and antipyretic

Dosage 3–6 g, standard 3 g

Cooking time 5–10 minutes



Combinations

- Allergic skin reactions → *Arctii fructus (niu bang zi)* p. 48, *Menthae herba (bo he)* p. 60
- Exanthemas, measles → *Menthae herba (bo he)* p. 60, *Cicadae periostracum (chan tui)* p. 54, *Cimicifugae rhizoma (sheng ma)* p. 56
- Fever and headache with colds → *Tribuli fructus (bai ji li)* p. 462, *Arctii fructus (niu bang zi)* p. 48, *Menthae herba (bo he)* p. 60

Contraindications copious spontaneous sweating, deficiency of the exterior

Pregnancy use is allowed

Viticis fructus

Man jing zi

蔓荆子

Family: Verbenaceae
Standard species: *Vitex trifolia*, *V. rotundifolia*
German: Vitex-Frucht
English: vitex fruit

Temperature

●● cold tendency

Taste

●● pungent

●● bitter

Organ relationship

●● Liver

●● Lung

●● Bladder

Direction of action

●● sinking

Site of action

Head and eyes

Actions/Indications

●● Expels wind

Headache, light-headedness, painful eyes

●● Expels wind-heat

Excessive lacrimation, red, painful and swollen eyes, blurred vision, reduced visual acuity, headache, maxillary sinusitis

●● Brightens the eyes

Blurred vision, decreased visual acuity, lacrimation, floaters

●● Drains damp

Stiffness, paraesthesias, cramping, heaviness in the limbs, light-headedness

●● Drains wind-damp

Headache, light-headedness, visual disturbances, heaviness, stiffness, paraesthesias, cramping, spasticity

Physiological/pharmacological effects antibiotic, antipyretic, analgesic, sedating

Commentary vitex fruit leads to a reduction of libido. Because of its peppermint-like smell, it was used in earlier times to promote digestion. Vitex agnus castus causes an increase in luteinizing hormone (LH) and a decrease in follicle-stimulating hormone (FSH); progesterone also increases, leading to formation of a corpus luteum. Used to treat secondary amenorrhoea, premenstrual syndrome and menopausal symptoms.

Dosage 5–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Headaches and dizziness caused by wind-heat → *Chrysanthemi flos (ju hua)* p. 52, *Cicadae periostracum (chan tui)* p. 54, *Tribuli fructus (bai ji li)* p. 462, *Saposhnikoviae radix (fang feng)* p. 42
- Headache and generalized body pain, shoulder and back, caused by wind-dampness → *Chuanxiong rhizoma (chuan xiong)* p. 530, *Saposhnikoviae radix (fang feng)* p. 42, *Gentianae radix (long dan cao)* p. 178
- Eye complaints, tinnitus, light-headedness, deafness due to qi deficiency → *Ginseng radix (ren shen)* p. 714, *Astragali radix (huang qi)* p. 706
- Headache and sinusitis → *Chrysanthemi flos (ju hua)* p. 52, *Saposhnikoviae radix (fang feng)* p. 42

Compatibility antagonizes *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388 and *Gypsum (shi gao)* p. 130

Contraindications use with care in cases of headache due to yin and blood deficiency and in Stomach qi deficiency

Pregnancy use with caution during pregnancy



Herbs that stop vomiting

Ia Herbs that promote vomiting

Overview

These herbs are very strong and thus more or less toxic.

Veratri nigri rhizoma et radix (*li lu*) 76

Summary

1. Herbs that induce vomiting

Dichroae febrifugae radix (*chang shan*) → also treats malaria, arrhythmias
p. 864

Veratri nigri rhizoma et radix (*li lu*) → antiparasitic, relieves itching (external use)
p. 76

Ib Herbs that stop vomiting

Overview

Bambusae caulis in taeniam (*zhu ru*) 78
Haematitum (*dai zhe shi*) 80
Pinelliae rhizoma (*ban xia*) 82

Characteristics

This group includes very different herbs such as Bambusae caulis in taeniam, Haematite and Pinellia rhizoma. All possess a sinking effect, thus stopping vomiting and descending the qi.

- Bambusae caulis in taeniam is the mildest; it has a sweet and cold nature and is used to sink Lung or Stomach qi.
- Haematite has a bitter and cold nature and has a very strong descending effect on the Heart, Liver and Kidney. It is thus found with other minerals in Group Xa – herbs that calm and anchor the Spirit.
- Pinellia rhizoma is pungent and warm and thus breaks up phlegm and descends Stomach qi. This herb is classified into the XIII category, herbs that transform phlegm, together with Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624; both herbs belong to the Aracea family.

Vomiting is always a symptom of counterflow Stomach qi, which arises from:

- cold combined with accumulation in the Spleen and Stomach
- Stomach fire
- damp accumulation.

Some herbs belong to other groups – Pinellia to the phlegm-transforming herbs and Haematite to herbs that sedate the Liver.

Summary

1. Cools heat, channels phlegm

Bambusae caulis in taeniam (*zhu ru*) → cools hot phlegm in the Lung and Stomach p. 78

2. Dries damp, clears phlegm

Pinelliae rhizoma (*ban xia*) p. 82 → relieves nausea and vomiting

3. Sedates the Liver, sinks the yang

Haematitum (*dai zhe shi*) p. 80 → cools blood, stops bleeding, descends counterflow Stomach qi

Herbs from other categories that have similar effects

Gleditsiae fructus (<i>zao jiao</i>)	630
Polygalae radix (<i>yuan zhi</i>)	440

Veratri nigri rhizoma et radix

藜芦

Li lu

Family:	Melanthiaceae
Standard species:	<i>Veratrum nigrum</i>
German:	schwarzer Germer
English:	veratrum root and rhizome

Temperature

●●○ cold

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●○ Liver

●●○ Lung

●●○ Stomach

Actions/Indications

●●○ **Induces vomiting**

Wind-stroke due to phlegm, epileptic fits, painful throat obstruction, voice loss, foaming at the mouth after ingesting poisons

●●● **Channels wind-phlegm**

Wind-stroke, epileptic fits, painful throat obstruction

●●○ **Antiparasitic**

Parasites such as mites, intestinal worms

●○○ **Alleviates itching**

Pruritus due to parasites (external use)

Physiological/pharmacological effects induces vomiting and diarrhoea due to gastric mucosal irritation.

Toxicity stark strong irritant to the mucosal membranes of the mouth, nose and eyes. The herbs can be administered orally, but only with great care. Overdose (greater than 70 g) induces numbness of the mouth, difficulties swallowing, diarrhoea, stifling chest sensation in addition to vomiting, heart arrhythmias, drop in blood pressure, visual disturbances and respiratory depression. A decoction of green onions or a decoction made out of 3 g *Cinnamomi cassiae cortex (rou gui)* p. 394 or 5 ml fresh ginger juice can be administered to control vomiting.

Commentary the powder can be sprayed into the nose, which induces sneezing; used to treat loss of consciousness. The emetic properties of the herbs are used to treat poisoning.

Dosage 0.3–1 g as pills or powder, paste

Cooking time 20 minutes



Combinations

- Wind-phlegm → *Curcumae radix (yu jin)* p. 538
- Wind-stroke, mania, loss of consciousness, phlegm accumulation → *Saposhnikoviae radix (fang feng)* p. 42

Compatibility

- Promoted by *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Impaired by *Paeoniae radix lactiflora (bai shao)* p. 776, *Ginseng radix (ren shen)* p. 714, *Asari herba (xi xin)* p. 24, *Salviae miltiorrhizae radix (dan shen)* p. 570, *Codonopsis radix (dang shen)* p. 710, *Adenophorae radix (nan sha shen)* p. 782, *Sophorae flavescens radix (ku shen)* p. 186, *Scrophulariae radix (xuan shen)* p. 170

Contraindications do not use following blood loss; deficiency

Pregnancy use is **forbidden**

Bambusae caulis in taeniam

Zhu ru

竹茹

Family: Poaceae
 Standard species: *Bambusa breviflora*, *Phyllostachys nigra*
 German: Bambusrohrstreifen
 English: bamboo shavings

Temperature

●●○ cold tendency

Taste

●○○ sweet

Organ relationship

●●○ Lung
 ●●○ Stomach
 ●○○ Gall bladder

Direction of action

●●● sinking

Site of action

Middle burner and Lung

Actions/Indications

●●● Stops vomiting

Counterflow of the Stomach qi due to heat, thick yellow tongue coating, nausea, vomiting, morning sickness

●●○ Cools heat

Constraint, irritability, restlessness

●●○ Transforms hot phlegm

Cough, viscous phlegm, thick sputum, stifling sensation in the chest, blood-tinged sputum

●○○ Cools blood

Bloody sputum, nosebleeds, haematemesis

●○○ Stops coughing

Cough with viscous sputum, bloody coughing

●●● Descends the qi

Descends Stomach and Lung qi, nausea, dry heaves, cough

Physiological/pharmacological effects

in vitro antibiotic.

Commentary the herb is frequently cooked together with ginger juice in order to diminish its coldness.

Dosage 5–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Cough with viscous phlegm → *Scutellariae radix (huang qin)* p. 184
- Cough due to Lung heat → *Trichosanthis fructus et semen (gua lou)* p. 662, *Scutellariae radix (huang qin)* p. 184
- Insomnia, palpitations, motion sickness due to hot phlegm → *Pinelliae rhizoma (ban xia)* p. 82, *Aurantii fructus (zhi ke)* p. 482
- Hiccoughs, Stomach qi deficiency → *Codonopsis radix (dang shen)* p. 710, *Glycyrrhizae radix (gan cao)* p. 716
- Irritability, thirst, vomiting with yin deficiency due to heat or fire → *Phragmitis rhizoma (lu gen)* p. 138
- Vomiting due to Stomach qi deficiency with heat → *Citri reticulatae pericarpium (chen pi)* p. 488, *Zingiberis rhizoma recens (sheng jiang)* p. 46, *Ginseng radix (ren shen)* p. 714

Compatibility promoted by *Zingiberis rhizoma recens (sheng jiang)* p. 46

Contraindication food stagnation due to cold in the Stomach

Pregnancy use is allowed

Haematitum

Dai zhe shi

代赭石

Chemical name: Haematite, Fe₂O₃
 Variation: Ocherum rubrum
 German: roter Ocker, Eisenglanz
 English: haematite, 'Dai country red stone'

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●● Liver
 ●●○ Heart
 ●○○ Pericardium
 ●○○ Stomach

Direction of action

●●● sinking

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications

●●● Corrects counterflow qi

Belching, vomiting and dry heaves, ascendant Liver yang: tinnitus, vertigo, wheezing

●●○ Regulates and harmonizes the Liver

Tinnitus, dizziness, feeling of pressure on the eyes, giddiness, ascendant Liver yang

●●○ Stops bleeding

Bleeding in the mouth, nosebleeds

●●○ Eliminates internal wind

Epilepsy, clouding of consciousness, fainting, muscle cramps, mouth deviating to one side

●●○ Cools blood

Nosebleeds, especially before and during menstruation, 'reverse menstruation', bloody sputum, uterine bleeding, bloody discharge

●●○ Tonifies and harmonizes the chong mai

Running piglet syndrome: severe abdominal pain, alternating hot and cold sensation, qi ascending from the lower abdomen to the breasts, upper abdomen and throat due to Liver qi constraint or cold qi in the lower abdomen

●○○ Dislodges phlegm

Epilepsy, clouding of consciousness, phlegm in the luo channels of the Brain, loss of consciousness, fainting, muscle cramps, especially for childhood seizures

●●○ Corrects counterflow qi

Wheezing, shortness of breath, directs counterflow qi downwards, tonifies the jing in the Kidneys

●●○ Tonifies and nourishes the yin

Tonifies and nourishes the yin, shortness of breath, dyspnoea, oedema, polyuria, dry mouth

Physiological/pharmacological effects promotes erythropoiesis, stimulates intestinal peristalsis, sedates the CNS

Toxicity no long-term use, contains small amounts of arsenic

Dosage 10–30 g, standard 10 g

Cooking time boil the crushed mineral for 30–40 minutes



Combinations

- Hiccoughs, dry heaves and vomiting → Pinelliae rhizoma (*ban xia*) p. 82, Zingiberis rhizoma (*gan jiang*) p. 408
- Hiccoughs, dry heaves, belching due to ascendant Stomach qi → Pinelliae rhizoma (*ban xia*) p. 82, Inulae flos (*xuan fu hua*) p. 632
- Dizziness, vertigo, headache and tinnitus due to ascendant Liver yang → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428, Achyranthis bidentatae radix (*niu xi*) p. 522
- Wheezing after an asthma attack → Pinelliae rhizoma (*ban xia*) p. 82, Inulae flos (*xuan fu hua*) p. 632
- Wheezing and respiratory complaints due to Lung and Kidney deficiency → Codonopsis radix (*dang shen*) p. 710, Corni fructus (*shan zhu yu*) p. 822
- Oral, nasal, gastric or pulmonary bleeding → Paeoniae radix lactiflora (*bai shao*) p. 776, Rehmanniae radix (*sheng di huang*) p. 168
- Vomiting of blood, nosebleeds due to blood heat or fire → Paeoniae radix lactiflora (*bai shao*) p. 776, Bambusae caulis in taeniam (*zhu ru*) p. 78, Arctii fructus (*niu bang zi*) p. 48
- Nosebleeds due to deficient cold → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Zingiberis rhizoma praeparatum (*pao jiang*) p. 410
- Coughing up bloody sputum, vomiting of blood due to blood heat → Rehmanniae radix (*sheng di huang*) p. 168, Moutan cortex (*mu dan pi*) p. 164
- Coughing up bloody sputum, vomiting of blood due to Lung heat → Asteris radix (*zi wan*) p. 666, Tussilaginis farfarae (*kuan dong hua*) p. 678, Armeniacae semen (*xing ren*) p. 664

Contraindications patients with cold symptoms, Spleen deficiency, diarrhoea

Pregnancy use with caution during pregnancy

Pinelliae rhizoma

Ban xia

半夏

Family:	Araceae
Standard species:	<i>Pinellia ternata</i>
Variation:	Pinelliae tuber et rhizoma
German:	Mittsommerknolle
English:	pinellia rhizome, 'half summer'

Temperature

●○○ warm, neutral

Taste

●●○ pungent

Organ relationship

●●● Spleen

●●● Stomach

●○○ Lung

Direction of action

●●● sinking

Site of action

Middle, middle burner

Actions/Indications

●●● Drains damp-cold

Phlegm accumulation, fullness and distension of the abdomen and chest, cough with thin, light-coloured sputum, blocked digestion

●●● Transforms phlegm

Phlegm in the abdomen and chest, poor digestion, clumping in the lower burner, nodes, stifling sensation in the chest, pain due to phlegm, especially in the chest, accumulation of pus

●●○ Descends the qi

Vomiting, belching due to cold in the Stomach, transforms and dislodges phlegm out of the Stomach, stops bleeding by descending Stomach qi

●●● Stops vomiting

By transforming phlegm and descending the qi

●●○ Tonifies and harmonizes the Spleen

Dries dampness, transforms phlegm and descends the qi

●○○ Stops bleeding

Bloody sputum, spontaneous external bleeding, blood in the stools, uterine bleeding, bleeding following external injuries

●○○ Eczema, burns and sores

Mastitis, abscesses on the back, carbuncles, swelling, ulcerations, otitis, corns, external use as a powder

Physiological/pharmacological effects as an antidote to strychnine and acetylcholine poisoning; stops coughing, antiemetic.

Toxicity overdose: numbness, swelling and pain of the tongue and throat, dryness of the mouth, depressed respiration, irregular breathing, vomiting, diarrhoea, headache, dizziness, palpitations, difficulties speaking and swallowing. The processed herb (with ginger juice) is usually the only form available and its overuse may lead to Spleen deficiency.

Dosage 3–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Focal distension of the epigastrium and abdomen, dry heaves, vomiting due to Stomach qi disharmony → Citri reticulatae pericarpium (*chen pi*) p. 488
- Epigastric distension, digestive problems due to heat and cold → Coptidis rhizoma (*huang lian*) p. 172
- Productive cough due to dampness and phlegm or to Spleen qi deficiency → Citri reticulatae pericarpium (*chen pi*) p. 488
- Cough, dry heaves, vomiting due to hot phlegm and rebellious qi → Scutellariae radix (*huang qin*) p. 184
- Cough, dry heaves, distension in the epigastrium and abdomen due to phlegm → Magnoliae cortex (*hou po*) p. 292
- Cough due to phlegm → Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650
- Stifling sensation in the chest, cough, vomiting due to hot phlegm → Trichosanthis fructus et semen (*gua lou*) p. 662
- Insomnia due to hot phlegm → Prunellae spica (*xia ku cao*) p. 140
- Bloody sputum, bloody stools → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624
- Fractures, external injuries → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624

Compatibility

- Toxicity mitigated by Zingiberis rhizoma recens (*sheng jiang*) p. 46, Alumen (*ming fan*)
- Enhanced by Belamcandae rhizoma (*she gan*) p. 188, Bupleuri radix (*chai hu*) p. 50
- Impaired by Gleditsiae fructus (*zao jiao*) p. 630
- Limited by Sargassum (*hai zao*) p. 658, Maltose (*yi tang*), Zingiberis rhizoma recens (*sheng jiang*) p. 46, Fraxini cortex (*qin pi*) p. 176, Realgar (*xiong huang*)

Contraindications heat symptoms, yin deficiency

Pregnancy use with caution during pregnancy



Herbs that purge and drain

IIIa Herbs that aggressively purge

These aggressively purging, cold and bitter herbs, which are used to treat acute constipation due to excess heat or diet, should be used for only short periods:

Aloe folii extractus (<i>lu huī</i>)	88
Natrii sulfas (<i>mang xiao</i>)	90
Rhei rhizoma (<i>da huang</i>)	92
Sennae folium (<i>fan xie ye</i>)	94

IIIb Laxative herbs that moisten

Moisten excess heat in the lower burner, therefore useful even in chronic cases:

Cannabis semen (<i>huo ma ren</i>)	96
Pruni semen (<i>yu li ren</i>)	98

IIIc Strong laxatives

Stagnation due to dampness, phlegm, superficial swelling, oedema, ascites. The effect is due to increased urination and defecation:

Crotonis fructus (<i>ba dou</i>)	100
Euphorbiae kansui radix (<i>gan sui</i>)	102
Euphorbiae pekinensis radix (<i>da ji</i>)	104
Genkwa flos (<i>yuan hua</i>)	106
Phytolaccae radix (<i>shang lu</i>)	108

Characteristics

Properties, taste and temperature

Bitter and cold: downwards movement, subdues rebellion: Rhei rhizoma, Aloe folii, Pharbitidis, Euphorbiae radix, Lepidii/Descurainiae semen:

- Heat in the Intestines (Large and Small Intestine)
- Heat in the tai yang channel (Stomach and Large Intestine)
- Stomach and Large Intestine are the most important organs for the transport of nutrients and faeces, therefore the ones most susceptible to develop heat
- Constipation and qi accumulation also lead to heat
- Infections in general lead to heat or fire signs with a simultaneous Liver and Kidney deficiency.

Salty and cold: downwards movement, replenishes fluids, softens hardness, especially dry stools: Natrii sulfas (*mang xiao*).

Sweet, moist: harmonizes the Intestines and relieves spasm: Cannabis semen, Pruni semen, Euphorbiae radix, Sennae folium.

Seeds and nuts contain lipids, which moisten the Intestines and soften stools; these are helpful in treatment of chronic constipation, yin and blood deficiency: Armeniacae semen, Persicae semen.

Indications

- Constipation, signs of deficiency (dry Intestines) or of excess (qi stagnation, stagnation with heat or fire signs) caused by diet, change in eating habits, medication, yin and blood deficiency (geriatric patients, during pregnancy and following delivery), chronic constipation.
- Stagnation in the Intestines, accumulation of qi, blood, heat, fire or cold in the Intestines or in the entire abdomen.
- Heat or fire accumulation with fever, irritability, strong thirst, pain and spasm in the abdomen, i.e. appendicitis, pancreatitis, cholecystitis, hepatitis, perforated ulcers.
- Fluid collection in the body, such as hydrothorax, shortness of breath, ascites, oedema, abdominal distension.

Contraindications

Strong laxatives damage the Stomach qi, fluids, consume the yin, drain the qi and blood downwards and should therefore not be used during pregnancy, menstruation or if bleeding occurs.

Comparison between the individual herbs in this category

Downward draining action

Euphorbiae kansui radix (<i>gan sui</i>) p. 102	●●●●●●●●
Pharbitidis semen (<i>qian niu zi</i>)	●●●●●●○○
Genkwa flos (<i>yuan hua</i>) p. 106	●●●●●●○○
Sennae folium (<i>fan xie ye</i>) p. 94	●●●●●○○○
Aloe folii extractus (<i>lu hui</i>) p. 88	●●●●●○○○
Rhei rhizoma (<i>da huang</i>) p. 92	●●●●●○○○
Natrii sulfas (<i>mang xiao</i>) p. 90	●●●●○○○○
Cannabis semen (<i>huo ma ren</i>) p. 96	●●●○○○○○
Pruni semen (<i>yu li ren</i>) p. 98	●●○○○○○○

Summary

1. Laxative and downward-draining

Rhei rhizoma (<i>da huang</i>) p. 92	→ clears fire, drains fire, draws out toxins, tonifies blood, unblocks stagnation
Natrii sulfas (<i>mang xiao</i>) p. 90	→ softens hardness, drains fire
Sennae folium (<i>fan xie ye</i>) p. 94	→ mild and thus appropriate for treatment of chronic constipation
Aloe folii extractus (<i>lu hui</i>) p. 88	→ drains fire from the Liver, antiparasitic
Crotonis fructus (<i>ba dou</i>) p. 100	→ constipation due to cold, channels water and phlegm, antiparasitic (external use)

2. Moistens the Intestines, softens stools

Cannabis semen (<i>huo ma ren</i>) p. 96	→ moistens dryness, nourishes the hair, antiparasitic
--	---

3. Strongly purging, drains water

Euphorbiae kansui radix (<i>gan sui</i>) p. 102	→ toxic, strongest herb to drain fluids and water
Genkwa flos (<i>yuan hua</i>) p. 106	→ disperses fluids and water accumulation in the chest, antiparasitic (external use)
Pharbitidis semen (<i>qian niu zi</i>)	→ diuretic, diminishes stagnation, treats roundworms and pinworms
Phytolaccae radix (<i>shang lu</i>) p. 108	→ disperses swelling and stagnation (external use)

Herbs from other categories that also have a purgative, laxative effect

Angelicae sinensis radix (<i>dang gui</i>)	768
Armeniaca semen (<i>xing ren</i>)	664
Cassiae semen (<i>jue ming zi</i>)	146
Cistanchis herba (<i>rou cong rong</i>)	738
Mel (<i>feng mi</i>)	724
Malvae semen (<i>dong kui zi</i>)	324
Persicae semen (<i>tao ren</i>)	564
Platycladi semen (<i>bai zi ren</i>)	438
Polygoni multiflori radix (<i>he shou wu</i>)	778
Trichosanthis fructus et semen (<i>gua lou</i>)	662

Aloe folii extractus

芦荟

Lu hui

Family:	Aloaceae
Standard species:	<i>Aloe vera</i> , <i>A. perryi</i> Baker, <i>A. ferox</i>
Variation:	Aloe herba, Aloe folium
German:	eingedickter Presssaft aus Aloe-Blättern
English:	dried concentrate of the juice of the aloe leaf

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Large Intestine

●●○ Liver

○○○ Stomach

Direction of action

●●○ descending

Site of action

Digestive tract, lower burner

Actions/Indications

●●○ Drains fire

Dizziness, headache, rage, twitching of the extremities, tinnitus, irritability, constipation, fever

●●○ Disperses heat

Constipation, dizziness, red eyes, irritability, restlessness, insomnia

●●○ Resolves accumulations

Constipation, heat blockages, headache, irritability, tinnitus

●●○ Unblocks the bowels/laxative

Constipation

●●○ Antiparasitic

Digestive disorders of childhood, tapeworm, intestinal parasites

Physiological/pharmacological effects antiparasitic, antimycotic; laxative, antiabsorptive and hydragogue. Alcohol extracts inhibit tumour cell growth. Aloe extract has antibacterial and antiviral properties (*Herpes simplex*).

Toxicity abdominal cramping may occur as a side-effect of the laxative action. Long-term use leads to electrolyte loss, especially potassium, leading to hypoadosteronism, inhibition of peristalsis and increase in the cardiac effect of steroids. Excessive use may increase the toxicity of cardiac glycoside drugs.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary not used in decoctions because of bitter taste and bad smell; in classical texts listed as a prescription to treat overdose of *Crotonis fructus* (*ba dou*). The Chinese herb Aloe (*lu hui*) is not identical to the Aloe vera leaf extract which is commercially available in the West.

Dosage 0.3–1.5 g in pill or powder form



Combinations

- Heat in the Liver with upper abdominal pain, dizziness, headache, irritability →
Gentianae radix (*long dan cao*) p. 178, Scutellariae radix (*huang qin*) p. 184

Contraindications do not use in pregnancy, during menstruation, rectal bleeding, Spleen and Stomach deficiency

Pregnancy use is **forbidden**

Natrii sulfas**Mang xiao**

芒硝

Chemical name:	Sodium sulfate, Na ₂ SO ₄
Variation:	Mirabilitum
German:	Glaubersalz
English:	glauber's salt, mirabilite

Temperature

●●○ very cold

Taste

●○○ bitter

●○○ salty

Organ relationship

●●○ Stomach

●●○ Large Intestine

●●● Triple Burner

Direction of action

●●● sinking

Site of action

Lower burner, digestive tract

Actions/Indications●●○ **Unblocks the bowels/laxative**

Constipation due to excess heat and due to dryness; heat obstruction in the Stomach and in the Intestines

●●● **Clears heat**

Constipation due to heat; inflamed sores, aphthous ulcers; painful, swollen and reddened throat; inflammation of the eyes; sores in the mouth and pharynx; reddened skin lesions, inflammation of the breast

●●● **Drains fire**

Aphthous ulcers

●○○ **Moistens dryness**

Red, swollen, and painful eyes; sores of the mouth and pharynx, skin lesions, breast lesions

●○○ **Breaks up and dissolves concretions**

Painful, inflamed, ulcerative swelling

●○○ **Dissipates swelling**

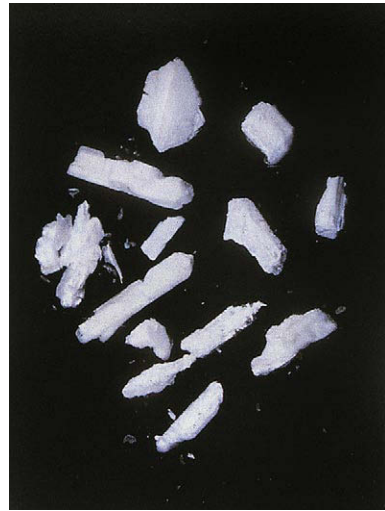
Painful inflammation, inflamed sores, breast sores, mastitis

Physiological/pharmacological effects osmotic laxative that liquefies the stools by absorbing water from the intestines; stimulates intestinal peristalsis by increasing the bulk of the stool and thus promotes defecation. Lactation: inhibits lactation if used topically to treat breast abscesses, therefore discontinue use as soon as the condition improves.

Toxicity mirabilite is partially absorbed and long-term use may lead to water retention and hypertension

Dosage 3–15 g, standard 6 g

Cooking time add the crushed pieces just before the end of boiling of the other herbs or dissolve in hot water



Combinations

- Topical use to treat aphthous sores in the mouth, throat pain → Borneol (*bing pian*) p. 270, Borax (*peng sha*)
- Constipation with heat accumulation in the Stomach, Small and Large Intestine → Rhei rhizoma (*da huang*) p. 92

Contraindications Spleen and Stomach deficiency, elderly patients, in the postpartum, and during menstruation

Pregnancy use is **forbidden**

Rhei rhizoma

Da huang

大黃

Family:	Polygonaceae
Standard species:	<i>Rheum palmatum</i> , <i>R. officinale</i> , etc.
German:	Rhabarberwurzelstock
English:	rhubarb rhizome, 'big yellow'

Temperature

●●● cold

Taste

●●○ bitter

Organ relationship

●●○ Stomach

●●● Large Intestine

●○○ Liver

●○○ Spleen

●○○ Pericardium

●○○ Heart

Direction of action

●●● sinking

Site of action

Digestive tract, lower burner

Actions/Indications

●●● Clears heat

Constipation, diarrhoea due to heat; fever, profuse sweating, thirst, abdominal distension with pain

●●○ Clears damp-heat

Jaundice with urinary difficulty, abdominal distension, dysentery

●●○ Unblocks the bowels/laxative

Constipation or diarrhoea due to heat, abdominal distension

●●○ Drains fire

Fire symptoms: blood in the stools, bleeding haemorrhoids, nosebleed, haematemesis, red eyes

●●○ Breaks up blood stagnation

Amenorrhoea, abdominal concretions, pelvic pain due to blood stasis, haematomas due to trauma, intestinal abscesses

●●○ Detoxifies and disinfects

Topical use and internal administration for burns, sores, exanthemas

Physiological/pharmacological effects long-term use may cause electrolyte disturbances leading to hyperaldosteronism, inhibition of intestinal motility and potentiation of heart glycosides; there are a few reports of arrhythmias, nephropathies, oedema, and increased bone density loss. Combination with *Glycyrrhizae radix* (*gan cao*) p. 716 may lead to increased sodium loss. The stool-softening property is useful in treating patients with anal fissures, haemorrhoids; increases appetite and digestion; in low doses treats diarrhoea; analgesic and anti-inflammatory effects.

Toxicity may provoke abdominal cramps. Do not use during lactation (excreted in breast milk), during menstruation, postpartum or in children less than 12 years of age.

Commentary raw rhubarb roots have a strong purgative effect; if cooked in wine, the herb has a strong heat-dispersing effect.

Dosage 5–12 g, standard 2 g

Cooking time the effect is dependent on the cooking time. Boiling for less than 10 minutes decreases the purgative effect.



Combinations

- Constipation, abdominal pain, confused speech, and absences caused by heat or fire in the Stomach, Spleen, Large and Small Intestine, Liver and Gall bladder → Natrii sulfas (*mang xiao*) p. 90, Magnoliae cortex (*hou po*) p. 292, Aurantii fructus (*zhi ke*) p. 482
- Fullness and distension of the abdomen due to heat accumulation → Coptidis rhizoma (*huang lian*) p. 172
- Haematemesis and nosebleed due to heat accumulation → Coptidis rhizoma (*huang lian*) p. 172
- Jaundice with flank pain → Artemisiae scopariae herba (*yin chen hao*) p. 302, Gardeniae fructus (*zhi zi*) p. 126
- Chronic constipation → Cinnamomi cassiae cortex (*rou gui*) p. 394
- Intestinal abscess → Moutan cortex (*mu dan pi*) p. 164, Persicae semen (*tao ren*) p. 564
- Blood stasis → Angelicae sinensis radix (*dang gui*) p. 768
- Topical use for bums → Gypsum (*shi gao*) p. 130

Compatibility

- Enhanced by Scutellariae radix (*huang qin*) p. 184
- Impaired by Toxicodendri resina (*gan qi*)
- Limited by cold water

Contraindications qi and blood deficiency, cold Spleen deficiency, postpartum and lactation

Pregnancy use is **forbidden** because the purgative effects may cause contraction of the uterus

Sennae folium**Fan xie ye**

番泻叶

Family:	Caesalpiniaceae
Standard species:	<i>Cassia angustifolia</i> , <i>C. acutifolia</i>
German:	Sennes-Blätter
English:	senna leaf

Temperature

●●● cold

Taste

●○○ sweet

●●○ bitter

Organ relationship

●●● Large Intestine

Direction of action

●○○ descending

Site of action

Digestive tract, lower burner

Actions/Indications

●●● Unblocks the bowels/laxative

Constipation due to heat accumulation

●●○ Cools heat

Heat accumulation in the Intestines

Physiological/pharmacological effects contains anthraquinone derivatives, which have a laxative effect on the intestines (inhibit the reabsorption of electrolytes and water from the lumen, causing bulking and increased peristalsis); antibiotic, stops bleeding (topical use as a powder). Can be use in the treatment of acute pancreatitis, cholecystitis and gastrointestinal bleeding. The urine may turn red (harmless effect) and long-term use may lead to pigmentation of the intestinal mucosa (melanosis coli).

Toxicity side-effects or overdose: abdominal pain due to increased intestinal contractions; other symptoms including nausea and vomiting, numbness of the mouth, limbs, swollen hands and fingers leading up to muscle cramps and loss of consciousness. Do not use long term because of loss of electrolytes, hyperaldosteronism, albuminuria, haematuria, inhibition of intestinal motility, muscle weakness; increases the effects of digoxin, diuretics and interactions with anti-arrhythmic drugs.

Dosage 3–9 g**Cooking time** maximum of 15 minutes



Combinations

- Breaks up stagnations → *Aurantii fructus immaturus (zhi shi)* p. 484, *Magnoliae cortex (hou po)* p. 292
- Constipation due to heat accumulation in the Intestines → *Agastachis herba (huo xiang)* p. 278, *Aucklandiae radix (mu xiang)* p. 480

Contraindications pregnancy, lactation and during menstruation, debilitated patients, chronic constipation, ileus, haemorrhoids

Pregnancy use is **forbidden**

Cannabis semen**Huo ma ren**

火麻仁

Family:	Cannabaceae
Standard species:	<i>Cannabis sativa</i>
Variation:	<i>Cannabis fructus</i>
German:	Hanf Samen
English:	cannabis seeds, 'fire hemp seeds'

Temperature

●●○ neutral

Taste

●●○ sweet

Organ relationship

●●● Large Intestine

●○○ Spleen

●○○ Stomach

Direction of action

●○○ deep

Site of action

Digestive tract

Actions/Indications●●○ **Unblocks the bowels/laxative**

Constipation in the elderly, postpartum and in children; constipation as an aftermath of a febrile disease; constipation due to blood deficiency

●○○ **Generates fluids**

Constipation due to yin deficiency, dry hair

●○○ **Tonifies yin**

Constipation due to yin deficiency

●○○ **Clears heat**

Internal and topical use to treat sores and ulcerations

●○○ **Eczema, burns and sores**

Internal and topical use to treat sores and ulcerations

●●○ **Moves and regulates the qi**

Increases intestinal peristalsis, constipation after surgery

●○○ **Regulates blood**

Constipation in the elderly, postpartum, ulcers

Physiological/pharmacological effects antiemetic, analgesic, cooling, anti-epileptic, bronchodilating, immunosuppressive, antimicrobial, tumour inhibiting, vasodilating, stimulates the appetite and improves mood. Ingestion of toxic dosages of cannabinoids (which are present in the seeds and plant) may lead to hallucinations and distortions of sense of time and place. Driving ability may be impaired for up to 8 hours. Long-time use leads to laryngitis, bronchitis, apathy, psychological disturbances and genitourinary problems including vaginal discharge and spermatorrhoea.

Toxicity overdose can lead to nausea, vomiting, diarrhoea, tachycardia, numbness of the limbs, irritation, chorea, miosis and, in severe cases, coma and death.

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Constipation due to lack of fluids, blood deficiency in elderly patients and postpartum → *Angelicae sinensis radix (dang gui)* p. 768, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Constipation due to dryness, heat or fire in the Stomach, Large Intestine or Small Intestine → *Armeniacae semen (xing ren)* p. 664, *Paeoniae radix lactiflora (bai shao)* p. 776, *Aurantii fructus (zhi ke)* p. 482
- Sores, redness, pain in the mouth due to heat in the Stomach → *Lonicerae flos (jin yin hua)* p. 216, *Glycyrrhizae radix (gan cao)* p. 716

Pregnancy use with caution during pregnancy

Pruni semen**Yu li ren**

郁李仁

Family: Rosaceae
 Standard species: *Prunus japonica*, *P. humulis*
 German: japanische Mandelkirschsamen
 English: bush cherry pit

Temperature

●○ neutral

Taste

●○ pungent

●○ bitter

●○ sweet

Organ relationship

●○ Large Intestine

●○ Small Intestine

●○ Spleen

Direction of action

●● descending

Site of action

Large and Small Intestine, lower burner

Actions/Indications●● **Unblocks the bowels/laxative**

Constipation due to dryness

●○ **Resolves accumulations**

Constipation, qi stagnation in the Intestines, ascites, oedema

●○ **Generates fluids**

Moistens the Intestines, constipation due to dryness

●○ **Promotes urination**

Ascites, oedema, disorders of micturition

●○ **Breaks up swelling**

Ascites, swelling of the lower abdomen, oedema, disorders of urination

●● **Descends the qi**

Increases intestinal peristalsis, promotes urination

Physiological/pharmacological effects laxative, diuretic**Commentary** crush prior to boiling**Dosage** 3–9 g**Cooking time** 20 minutes



Combinations

- Chronic constipation due to dryness or qi deficiency → Cannabis semen (*huo ma ren*) p. 96, Armeniacae semen (*xing ren*) p. 664
- Abdominal distension, constipation, difficult urination → Coicis semen (*yi yi ren*) p. 308, Poria (*fu ling*) p. 334, Talcum (*hua shi*) p. 340

Contraindications yin deficiency, loss of fluids

Pregnancy use with care

Crotonis fructus

巴豆

Ba dou

Family:	Euphorbiaceae
Standard species:	<i>Croton tiglium</i>
Variation:	Tiglii semen, Crotonis semen, Croton tiglii semen
German:	Croton-Samen, Purgierkörner
English:	croton seed

Temperature

●●○ hot

Taste

●●● pungent

Organ relationship

●●○ Stomach

●●○ Large Intestine

●○○ Lung

Direction of action

●●○ descending

Site of action

Lower burner, upper burner

Actions/Indications

●●○ Breaks up and dissolves concretions

Stubborn accumulation due to internal cold with constipation, fullness, pain and distension of the abdomen

●●● Breaks up swelling

Fluid accumulation, oedema, ascites

●●○ Promotes urination

Fluid accumulation

●●○ Dislodges phlegm

Phlegm accumulation in the chest and throat, breathing difficulties, wheezing, shortness of breath, distension and fullness of the chest and diaphragm, phlegm harassing the Heart: epileptic seizures, mania, used as an expectorant in paediatrics

●●○ Eczema, burns and ulcerations

Abscesses (external use), ulcerations, boils without a head, furuncles

●●○ Drains damp-heat

Foul-smelling sputum, ulcerations in the chest, sores (external use)

Physiological/pharmacological effects laxative effect starts between 30 minutes and 3 hours after ingestion (increases intestinal secretion and peristalsis). Animal experiments have shown antibiotic, antineoplastic (sarcoma, skin cancers) effects, but the herb can also cause skin irritation, contains co-carcinogens (phorbol-diesters) and is nephrotoxic. Croton oil is a strong irritant.

Toxicity croton is a toxic herb and should therefore be used for acute conditions and for short periods only. Contact with the herb should be avoided; skin and mucous membrane irritation, pruritus, dermatitis, urticaria and other allergic reactions will occur. Ingestion of croton oil may lead to burning sensation of the mouth, gastric irritation, dizziness, vomiting and watery diarrhoea with abdominal pain and tenesmus. Haematuria, dysuria, anuria, proteinuria, low blood pressure, cyanosis, respiratory depression, rapid heart activity with a slow pulse, and shock may ensue. Acute toxic effects have been observed with 1–2 drops of croton oil, 20 drops may cause death. Cold congee or a decoction of Phellodendri cortex (*huang bai*) p. 180 and Scutellariae radix (*huang qin*) p. 184 may relieve the diarrhoea.

Dosage 0.1–0.3 g as a pill or in external use the equivalent dosages, 0.03–0.1 g decoction

Cooking time 20 minutes



Combinations

- Constipation, fluid accumulation → *Zingiberis rhizoma* (*gan jiang*) p. 408, *Rhei rhizoma* (*da huang*) p. 92
- Ascites → *Armeniaca semen* (*xing ren*) p. 664
- Phlegm blockage in the throat, life-threatening dyspnoea → *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624
- Bronchial ulcerations → *Platycodi radix* (*jie geng*) p. 636, *Anemarrhenae rhizoma* (*zhi mu*) p. 120
- Epileptic symptoms → *Bovis calculus* (*niu huang*) p. 154
- Sores, furuncles (external use) → *Olibanum* (*ru xiang*) p. 562, *Myrrhae* (*mo yao*) p. 560

Compatibility

- Promoted by heat, *Genkwa flos* (*luan hua*) p. 106
- Impaired by *Pharbitidis semen* (*qian niu zi*)
- Limited by *Rhei rhizoma* (*da huang*) p. 92, *Veratri nigri radix et rhizoma* (*li lu*) p. 76, *Coptidis rhizoma* (*huang lian*) p. 172

Contraindications use with care in debilitated patients

Pregnancy use is **forbidden**

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary do not take together with hot beverages as the purgative action may be enhanced. If the oil content is reduced (e.g. by drying), the herb can be used to stop diarrhoea.

Euphorbiae kansui radix

甘遂

Gan sui

Family:	Euphorbiaceae
Standard species:	<i>Euphorbia kansui</i>
Variation:	Euphorbiae kansui radix
German:	Wolfsmilchwurzel
English:	kansui root

Temperature

●●● cold

Taste

●●● bitter

●○○ sweet

●●● toxic

Organ relationship

●○○ Kidney

●●● Large Intestine

●○○ Lung

●○○ Spleen

Direction of action

●●● descending

Site of action

Lower burner

Actions/Indications

●●● Promotes urination

Fluid accumulation in the chest and abdomen, oedema, abdominal distension, oedema

●○○ Dislodges phlegm

Fluid accumulation, phlegm formation, epileptic seizures

●●● Resolves accumulations

Fluid accumulation, swellings, nodules

●●● Breaks up swelling

Local, painful swelling, subcutaneous nodules, generalized oedema, oedema of the face

●○○ Eczema, burns and ulcerations

Swellings, nodules, ulcerations due to damp-heat (internal and external use)

Physiological/pharmacological effects laxative, causes diarrhoea, strongly promotes urination.

Toxicity do not use long term; strong laxative, which may consume the qi, irritates the gastrointestinal tract; patients with sensitive stomachs should take the herb as a capsule or as a tea together with *Jujubae fructus* (*da zao*) p. 718. Preparation with vinegar reduces the toxic and laxative effects. Overdose (9–15 g) leads to the following side-effects between 30 minutes and 2 hours after ingestion: nausea, vomiting, palpitations, abdominal pain, haematuria, back pain and dizziness, headache, delirium, hypotension, mydriasis, convulsions. Charring the herb diminishes the emetic effect.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary this herb has the most pronounced diuretic and cleansing effect of all. Because it cannot be easily dissolved in water, it should be added as a powder to the finished decoction.

Dosage 1.5–3 g, 0.5–1 g as a powder

Cooking time see Commentary



Combinations

- Intestinal obstructions → Rhei rhizoma (*da huang*) p. 92, Magnoliae cortex (*hou po*) p. 292, Persicae semen (*tao ren*) p. 564
- Ulcerations, swelling, mumps → Rhei rhizoma (*da huang*) p. 92

Compatibility

- Incompatible with Glycyrrhizae radix (*gan cao*) p. 716
- Impaired by Melo pediculus, Polygalae radix (*yuan zhi*) p. 440

Contraindications debilitated patients, deficiency of qi, blood, yin, or yang, patients with ulcers, bleeding from the upper gastrointestinal tract, cardiovascular diseases, compromised renal function

Pregnancy use is **forbidden**

Euphorbiae pekinensis radix

京大戟

Da ji

Family:	Euphorbiaceae
Standard species:	<i>Euphorbia pekinensis</i>
Variation:	Euphorbiae radix, Euphorbiae seu Knoxiae radix
German:	Euphorbia-Wurzel (Wolfsmilchgewächs)
English:	euphorbia, root knoxia

Temperature

●●● cold

Taste

●●● bitter
 ●○○ pungent
 ●○○ toxic

Organ relationship

●○○ Spleen
 ●○○ Kidney
 ●○○ Large Intestine

Actions/Indications

●●● Promotes urination

Ascites, water and fluid accumulation in the chest and abdomen, facial oedema, oedema of the legs

●○○ Dislodges phlegm

Fluid accumulation, phlegm build-up, sores, abscesses, nodules

●●● Breaks up swelling

Oedema, facial oedema, oedema of the limbs, ascites

●○○ Softens hardness

External use and internal use: nodules, swelling, sores, abscesses, swelling of the lymph nodes

●○○ Breaks up blockages

Ascites, hepatic cirrhosis with ascites

Physiological/pharmacological effects purgative, antibiotic

Toxicity the raw, unprocessed herb is toxic and has a strong purgative action, therefore only short-term use. Processing with vinegar decreases toxicity. Side-effects: redness and inflammation of the mouth and throat, nausea and vomiting (decreased by decoctions of *Zingiberis rhizoma recens* (*sheng jiang*) p. 46 or *Jububae fructus* (*da zao*) p. 718), diarrhoea, abdominal pain, gastrointestinal tract irritation. Overdose: shivering, dizziness, restlessness, dry mouth, dehydration, acidosis, gastrointestinal bleeding, seizures and renal failure. Dermatitis or conjunctivitis may be caused by contact with the herb.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary the herb should be used only with signs of excess or heat excess; some references suggest that *Euphorbia pekinensis* should not be combined with *Glycyrrhizae radix* (*gan cao*) p. 716.

Dosage 1.5–3 g as a decoction, 0.5–1 g as a powder

Cooking time 20 minutes



Compatibility

- Promoted by Phaseoli semen (*chi xiao dou*) p. 326, Ziziphi spinosae semen (*suan zao ren*) p. 446
- Impaired by Dioscoreae rhizoma (*shan yao*) p. 712
- Limited by Acori calami rhizoma (*shui chang pu*) p. 266

Pregnancy use is **forbidden**

Genkwa flos

Yuan hua

芫花

Family:	Thymelaceae
Standard species:	<i>Daphne genkwa</i>
Variation:	Daphnis genkwae
German:	Daphneblume, Seidenbastgewächs
English:	genkwa flower, daphne flower

Temperature

●○○ warm tendency

Taste

●○○ pungent

Organ relationship

●●○ Lung

●○○ Spleen

●○○ Kidney

Direction of action

●●○ sinking

Site of action

Lower burner

Actions/Indications

●●● Promotes urination

For accumulation of fluids in the chest, shortness of breath, oedema, cleansing, increases diuresis

●○○ Transforms phlegm

Phlegm accumulation in the chest; pain and sensation of fullness in the chest

●○○ Disinfects and detoxifies

Chest infections and abscesses

●●○ Antiparasitic

Topical use to treat tinea

Physiological and pharmaceutical effects laxative, antitussive, expectorating, analgesic, antibiotic, diuretic

Toxicity highly toxic; should only be used for short periods and in severe cases (i.e. oedema of the whole body). Add Jujubae fructus (*da zao*) p. 718 to protect the middle burner. Possible side-effects such as nausea and vomiting can be reduced by use of Zingiberis rhizoma recens (*sheng jiang*) p. 46 and Jujubae fructus (*da zao*) p. 718. Frying with vinegar can reduce toxicity. Signs of poisoning include tremor and dyspnoea. Animal experiments suggest increased risk of poisoning if combined with Glycyrrhizae radix (*gan cao*) p. 716; classic texts also point to the dangers of this combination. Preparation of the herb with vinegar strongly reduces toxicity.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Dosage 1–3 g, standard 1 g

Cooking time the flowers should be added at the end of cooking and steeped for 3 minutes.



Combinations

- Accumulation of fluids in the chest → *Euphorbiae kansui radix (gan sui)* p. 102
- Topical use to treat frostbite → *Glycyrrhizae radix (gan cao)* p. 716

Compatibility

- Enhanced by *Cassiae semen (jue ming zi)* p. 146
- Limited by *Glycyrrhizae radix (gan cao)* p. 716

Contraindications weak patients, patients with bleeding diathesis, ulcers or carcinomas in their past medical history, cardiovascular disease or reduced renal function

Pregnancy use is **forbidden**

Phytolaccae radix

商陆

Shang lu

Family:	Phytolaccaceae
Standard species:	<i>Phytolacca acinosa</i> , <i>P. esculenta</i>
German:	Phytolacca-Wurzel, asiatische Kermesbeeren-Wurzel
English:	poke root, phytolacca

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Bladder

●●○ Kidney

●●○ Large Intestine

●○○ Spleen

Direction of action

●●○ descending

Site of action

Lower burner, exterior

Actions/Indications

●●○ Promotes urination

Difficult urination, superficial oedema, ascites, oedema, disorders of urination

●●○ Breaks up swelling

Superficial swelling, oedema, swelling (external use)

●●○ Cools heat

Constipation, sores

●●○ Eczema, burns and ulcerations

Ulcerations, boils, swellings

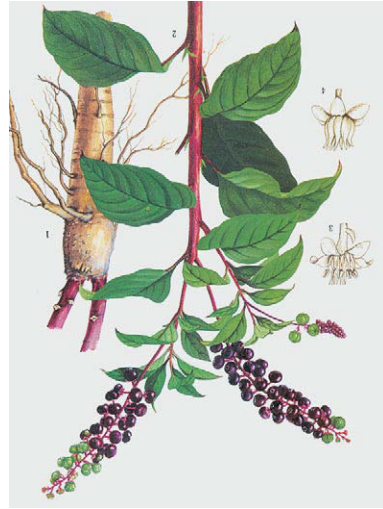
Physiological/pharmacological effects diuretic, antitussive, expectorant, anti-biotic. *Phytolacca americana*: reduces oedema, immune stimulating, emetic. All plant parts are irritating to the mucosal membranes and toxic due to saponins and lectin content. Toxicity is reduced through boiling (lectins are destroyed). Symptoms of poisoning include: vomiting, diarrhoea (bloody), strong thirst, dizziness, somnolence, drop in blood pressure, tachycardia, leading up to seizures and death due to respiratory depression. Inhaling the dried root can lead to sneezing fits (saponins).

Toxicity toxic herb which should only be used in acute cases. Toxicity is diminished when combined with *Phaseoli radiati semen (li dou)* and *Glycyrrhizae radix (gan cao)* p. 716. Preparation with vinegar and long boiling (over 2 hours) also diminishes toxicity. Overdose symptoms: nausea, vomiting, diarrhoea, fever, headache, muscle spasms, tachypnoea, tachycardia leading to sudden drop in blood pressure, mydriasis, loss of consciousness, delirium, coma, cardiac failure.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary compared to other purgatives or laxatives, this herb has a mild effect. The white part of the root is used in decoctions; it is not as toxic as the red root which can cause diarrhoea and life-threatening bleeding. The herb strongly resembles Ginseng root.

Dosage 3–9 g**Cooking time** 20 minutes



Combinations

- Oedema, swelling, disorders of micturition → *Arecae semen (bing lang)* p. 478, *Alismatis rhizoma (ze xie)* p. 300
- Oedema, abdominal distension, shortness of breath, disturbances of urination → *Phaseoli semen (chi xiao dou)* p. 326
- Inflamed, painful sores (external use) → *Sophorae flavescens radix (ku shen)* p. 186

Contraindication Spleen deficiency

Pregnancy use is **forbidden**

IV

Herbs that cool heat

IVa Herbs that drain fire and cool heat

These herbs are especially appropriate in the treatment of heat or fire at the qi level.

Overview

Anemarrhenae rhizoma (<i>zhi mu</i>)	120
Camelliae sinensis folium (<i>cha ye</i>)	122
Citrulli fructus (<i>xi gua</i>)	124
Gardeniae fructus (<i>zhi zi</i>)	126
Glauberitum (<i>han shui shi</i>)	128
Gypsum (<i>shi gao</i>)	130
Lophatheri herba (<i>dan zhu ye</i>)	132
Nelumbinis folium (<i>he ye</i>)	134
Nelumbinis plumula (<i>lian xin</i>)	136
Phragmitis rhizoma (<i>lu gen</i>)	138
Prunellae spica (<i>xia ku cao</i>)	140
Trichosanthis radix (<i>tian hua fen</i>)	142

IVb Herbs that cool Liver heat

Overview

Buddlejae flos (<i>mi meng hua</i>)	144
Cassiae semen (<i>jue ming zi</i>)	146
Celosiae semen (<i>qing xiang zi</i>)	148
Vespertilionis faeces (<i>ye ming sha</i>)	150

IVc Herbs that cool blood

Heat in the blood or jing level where there already has been damage to the fluids and yin.

Overview

Arnebiae/Lithospermi radix (<i>zi cao</i>)	152
Bovis calculus (<i>niu huang</i>)	154
Bubali cornu (<i>shui niu jiao</i>)	156
Imperatae rhizoma (<i>bai mao gen</i>)	158
Indigo naturalis (<i>qing dai</i>)	160
Isatidis folium (<i>da qing ye</i>)	162

Moutan cortex (<i>mu dan pi</i>)	164
Paeoniae radix rubra (<i>chi shao yao</i>)	166
Rehmanniae radix (<i>sheng di huang</i>)	168
Scrophulariae radix (<i>xuan shen</i>)	170

IVd Herbs that clear heat and dry dampness

Appropriate for use to treat damp-heat symptoms.

Overview

Coptidis rhizoma (<i>huang lian</i>)	172
Dictamni cortex (<i>bai xian pi</i>)	174
Fraxini cortex (<i>qin pi</i>)	176
Gentianae radix (<i>long dan cao</i>)	178
Phellodendri cortex (<i>huang bai</i>)	180
Picrorhizae rhizoma (<i>hu huang lian</i>)	182
Scutellariae radix (<i>huang qin</i>)	184
Sophorae flavescens radix (<i>ku shen</i>)	186

IVe Herbs that cool and disinfect

Appropriate to treat infectious toxins.

Overview

Belamcandae rhizoma (<i>she gan</i>)	188
Bistortae rhizoma (<i>zu shen</i>)	190
Bruceae fructus (<i>ya dan zi</i>)	192
Canarii fructus (<i>qing gou</i>)	194
Chrysanthemi indicis flos (<i>ye ju hua</i>)	196
Cremastrae pseudobulbus (<i>shan ci gu</i>)	198
Forsythiae fructus (<i>lian qiao</i>)	200
Hedyotidis diffusae herba (<i>bai hua she she cao</i>)	202
Hibisci mutabilis flos (<i>fu jung hua</i>)	204
Houttuyniae herba cum radice (<i>yu xing cao</i>)	206
Ilicis pedunculosa herba (<i>dong qing</i>)	208
Isatidis/Baphicacanthis radix (<i>ban lan gen</i>)	210
Lasiosphaera (<i>ma bo</i>)	212
Lonicerae caulis (<i>ren dong teng</i>)	214
Lonicerae flos (<i>jin yin hua</i>)	216
Luffae fructus (<i>si gua luo</i>)	218
Menispermii rhizoma (<i>bei dou gen</i>)	220
Paridis rhizoma (<i>chong lou</i>)	222
Patriniae herba (<i>bai jiang cao</i>)	224
Phaseoli radiati semen (<i>lü dou</i>)	226
Portulacae herba (<i>ma chi xian</i>)	228

Pulsatilla radix (<i>bai tou weng</i>)	230
Rabdosiae herba (<i>dong ling</i>)	232
Rhapontici radix (<i>lou lu</i>)	234
Sargentodoxae caulis (<i>hong teng</i>)	236
Scutellariae herba (<i>ban zhi lian</i>)	238
Semiaquilegiae radix (<i>tian kui zi</i>)	240
Smilacis glabrae rhizoma (<i>tu fu ling</i>)	242
Solani herba (<i>long kui</i>)	244
Solidaginis herba (<i>liu zhi huang</i>)	246
Sophorae tonkinensis radix (<i>shan dou gen</i>)	248
Taraxaci herba (<i>pu gong ying</i>)	250
Tinosporae radix (<i>jin guo lan</i>)	252
Violae herba (<i>zi hua di ding</i>)	254

IVf Herbs that clear heat from deficiency

Treat heat in the blood level, by deep-lying deficiency heat in the interior.

Overview

Artemisiae annuae herba (<i>qing hao</i>)	256
Cynanchi atrati radix (<i>bai wei</i>)	258
Lycii cortex (<i>di gu pi</i>)	260
Stellariae radix (<i>yin chai hu</i>)	262

Characteristics

Properties

According to one of the most important dictums of Chinese medicine – ‘one should cool warmth and heat’ – the herbs that cool heat and fire have cool and cold temperature characteristics.

- **Pungent and cold:** the pungent taste has an outward movement while the cold moves towards the inside and downwards. Because heat moves upwards and cold downwards, discontinuing the herbs frequently leads to a relapse. Pungent and cold herbs cool heat without causing stagnation. Pungent herbs are also dispersing and can be used to treat blood stagnation, i.e. Gypsum, Moutan cortex.
- **Sweet and cold:** sweet is tonifying and harmonizing, cold sinks and contains the fluids and the yin, and therefore these herbs are useful in treating heat in the qi level, i.e. Gypsum, Phragmitis rhizoma, Rehmanniae radix, Trichosanthis fructus et semen.
- **Salty and cold:** draining and softening, these herbs reach into the Kidney and into the blood. Heat and fire sink down, blood and yin are preserved, heat in the blood and ying levels, i.e. Anemarrhenae rhizoma, Scrophulariae radix.
- **Bitter and cold:** bitter drains and dries dampness; in this way, heat, fire and damp-heat can be drained and toxins can be eliminated. Indications include acute infections, abscesses and boils; use Coptidis rhizoma, Scutellariae radix, Phellodendri cortex, Gardeniae fructus, Gentianae radix.

Organ relationships

- Heat in the Heart and Small Intestine (fever, thirst, bitter taste, restlessness): use Coptidis rhizoma, Rehmanniae radix. Ulcerations, carbuncles: use Lonicerae flos, Forsythiae fructus, Taraxaci herba.

- Heat, fire in the Liver and Gall bladder (irritability, red eyes, hypochondrial pain, insomnia, headache, vertigo, tinnitus): use *Coptidis rhizoma*, *Gentianae radix*. Heat in the blood with eye afflictions: use *Cassiae semen*. Damp-heat (jaundice): use *Gardeniae fructus*.
- Heat in the Stomach (thirst, dry mouth, likes to drink cold fluids, increased appetite, toothache, halitosis, red tongue body, yellow tongue coating): use *Gypsum*, *Anemarrhenae rhizoma*, *Coptidis rhizoma*.
- Heat in the Lung and Large Intestine (cough, respiratory difficulties, dry nose, skin problems): use *Scutellariae radix*, *Phragmitis rhizoma*.
- Heat in the Kidney and Bladder, deficient heat in the Kidneys (night sweats, bone pain, subfebrile temperatures, spermatorrhoea): use *Phellodendri cortex*, *Lycii cortex*.

A common clinical classification of Heat symptoms is according to the depth of invasion:

- Heat in the wei qi layer (shivering, aversion to wind, acute fever, headache, sore throat): *Bupleuri radix*, *Menthae herba*.
- Heat in the qi layer (high fever, strong sweating, dry mouth, thirst, red face): use *Gypsum*, *Anemarrhenae radix*, *Lonicerae flos*, *Forsythiae fructus*.
- Heat in the jing level (night fevers, restlessness, irritability, delirium, exanthemas): use *Scrophulariae radix*, *Forsythiae fructus*.
- Heat in the xue (Blood) level (bleeding, blood in the stools, epistaxis, delirium, peeled tongue, furuncles, carbuncles): use *Moutan cortex*, *Rehmanniae radix*.

Comparison between the individual herbs in this category

Herbs that clear heat

<i>Gypsum (shi gao)</i> p. 130	●●●●●●●●
<i>Lonicerae flos (jin yin hua)</i> p. 216	●●●●●●●○
<i>Forsythiae fructus (lian qiao)</i> p. 200	●●●●●●●○
<i>Moutan cortex (mu dan pi)</i> p. 164	●●●●●○○○
<i>Prunellae spica (xia ku cao)</i> p. 140	●●●●●○○○
<i>Belamcandae rhizoma (she gan)</i> p. 188	●●●●●○○○
<i>Lasiosphaera (ma bo)</i> p. 212	●●●○○○○○
<i>Artemisiae annuae herba (qing hao)</i> p. 256	●●●○○○○○
<i>Menthae herba (bo he)</i> p. 60	●●●○○○○○
<i>Mori folium (sang ye)</i> p. 62	●●○○○○○○
<i>Cimicifugae rhizoma (sheng ma)</i> p. 56	●●○○○○○○

Herbs that cool Blood

<i>Isatidis folium (da qing ye)</i> p. 162	●●●●●●●●
<i>Rehmanniae radix (sheng di huang)</i> p. 168	●●●●●●●●
<i>Indigo naturalis (qing dai)</i> p. 160	●●●●●●●●
<i>Paeoniae radix rubra (chi shao yao)</i> p. 166	●●●●●●●○
<i>Moutan cortex (mu dan pi)</i> p. 164	●●●●●○○○

Herbs that cool heat and preserve the yin

Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●●●
Gypsum (<i>shi gao</i>) p. 130	●●●●●●●●
Trichosanthis radix (<i>tian hua fen</i>) p. 142	●●●●●●○○
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●●●○○
Adenophorae radix (<i>nan sha shen</i>) p. 782	●●●●●●○○
Phragmitis rhizoma (<i>lu gen</i>) p. 138	●●●●●○○○
Imperatae rhizoma (<i>bai mao gen</i>) p. 158	●●●●●○○○

Herbs that cool the Lung

Gypsum (<i>shi gao</i>) p. 130	●●●●●●●●
Scutellariae radix (<i>huang qin</i>) p. 184	●●●●●●●○
Mori cortex (<i>sang bai pi</i>) p. 674	●●●●●●○○
Sophorae flavescens radix (<i>ku shen</i>) p. 186	●●●●●●○○
Houttuyniae herba cum radice (<i>yu xing cao</i>) p. 206	●●●●●●○○
Belamcandae rhizoma (<i>she gan</i>) p. 188	●●●●●○○○
Mori folium (<i>sang ye</i>) p. 62	●●●○○○○○
Phragmitis rhizoma (<i>lu gen</i>) p. 138	●●●○○○○○
Menthae herba (<i>bo he</i>) p. 60	●○○○○○○○

Herbs that cool heat in the Heart

Coptidis rhizoma (<i>huang lian</i>) p. 172	●●●●●●●●
Isatidis folium (<i>da qing ye</i>) p. 162	●●●●●●●●
Gardeniae fructus (<i>zhi zi</i>) p. 126	●●●●●●○○
Lonicerae flos (<i>jin yin hua</i>) p. 216	●●●●●●○○
Forsythiae fructus (<i>lian qiao</i>) p. 200	●●●●●●○○
Isatidis radix (<i>ban lan gen</i>) p. 210	●●●●●●○○
Bambusae folium (<i>xian zhu ye</i>)	●●●●●○○○
Scrophulariae radix (<i>xuan shen</i>) p. 170	●●●●●○○○
Salviae miltiorrhizae radix (<i>dan shen</i>) p. 570	●●●●●○○○

Herbs that cool heat in the Liver

Gentianae radix (<i>long dan cao</i>) p. 178	●●●●●●●●
Toosendan fructus (<i>chuan lian zi</i>) p. 512	●●●●●●●●
Indigo naturalis (<i>qing dai</i>) p. 160	●●●●●●○○
Gardeniae fructus (<i>zhi zi</i>) p. 126	●●●●●●○○
Coptidis rhizoma (<i>huang lian</i>) p. 172	●●●●●●○○
Paeoniae radix rubra (<i>chi shao yao</i>) p. 166	●●●●●○○○
Moutan cortex (<i>mu dan pi</i>) p. 164	●●●●●○○○
Taraxaci herba (<i>pu gong ying</i>) p. 250	●●●●●○○○
Prunellae spica (<i>xia ku cao</i>) p. 140	●●●●●○○○
Lonicerae flos (<i>jin yin hua</i>) p. 216	●●●○○○○○

Herbs that cool heat in the Kidneys

Phellodendri cortex (<i>huang bai</i>) p. 180	●●●●●●●●
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	●●●●●●●●
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●○○
Scrophulariae radix (<i>xuan shen</i>) p. 170	●●●●●●○○
Lycii cortex (<i>di gu pi</i>) p. 260	●●●●●○○○
Moutan cortex (<i>mu dan pi</i>) p. 164	●●●●●○○○

Herbs that cool Stomach heat

Gypsum (<i>shi gao</i>) p. 130	●●●●●●●●
Coptidis rhizoma (<i>huang lian</i>) p. 172	●●●●●●●●
Isatidis folium (<i>da qing ye</i>) p. 162	●●●●●●●●
Taraxaci herba (<i>pu gong ying</i>) p. 250	●●●●●●○○
Lonicerae flos (<i>jin yin hua</i>) p. 216	●●●●●●○○
Trichosanthis radix (<i>tian hua fen</i>) p. 142	●●●●●○○○
Phragmitis rhizoma (<i>lu gen</i>) p. 138	●●●○○○○○

Herbs that dry dampness

Coptidis rhizoma (<i>huang lian</i>) p. 172	●●●●●●●●
Coicis semen (<i>yi yi ren</i>) p. 308	●●●●●○○○
Sophorae flavescens radix (<i>ku shen</i>) p. 186	●●●●●○○○
Dictamni cortex (<i>bai xian pi</i>) p. 174	●●●●●○○○
Picrorhizae rhizoma (<i>hu huang lian</i>) p. 182	●●●○○○○○
Nelumbinis folium (<i>he ye</i>) p. 134	●●●○○○○○
Phaseoli semen (<i>chi xiao dou</i>) p. 326	●●●○○○○○

Herbs that cool heat in the Large Intestine

Coptidis rhizoma (<i>huang lian</i>) p. 172	●●●●●●●●
Scutellariae radix (<i>huang qin</i>) p. 184	●●●●●●○○
Pulsatilla radix (<i>bai tou weng</i>) p. 230	●●●●●●○○
Portulacae herba (<i>ma chi xian</i>) p. 228	●●●●●●○○
Fraxini cortex (<i>qin pi</i>) p. 176	●●●●●○○○
Benincasae semen (<i>dong gua zi</i>) p. 304	●●●○○○○○

Herbs that cool heat in the Small Intestine

Gardeniae fructus (<i>zhi zi</i>) p. 126	●●●●●●●●
Clematidis armandii caulis (<i>chuan mu tong</i>) p. 306	●●●●●●●●
Forsythiae fructus (<i>lian qiao</i>) p. 200	●●●●●●○○
Bambusae folium (<i>xian zhu ye</i>)	●●●●●○○○
Imperatae rhizoma (<i>bai mao gen</i>) p. 158	●●●●●○○○
Phaseoli semen (<i>chi xiao dou</i>) p. 326	●●●○○○○○

Summary

1. Cools heat, drains fire, directs Stomach and Lung fire downwards

Gypsum (<i>shi gao</i>) p. 130	→ cools excessive heat
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	→ nourishes the yin, moistens dryness
Glauberitum (<i>han shui shi</i>) p. 128	→ use externally to treat burns

2. Cools heat, generates fluids

Trichosanthis radix (<i>tian hua fen</i>) p. 142	→ expels pus
Phragmitis rhizoma (<i>lu gen</i>) p. 138	→ cools Stomach and Lung heat
Phyllostachis herba (<i>zhu he</i>)	→ relieves painful urination
Lophatheri herba (<i>dan zhu ye</i>) p. 132	→ relieves painful urination

3. Cools Liver and Gall bladder fire

Gardeniae fructus (<i>zhi zi</i>) p. 126	→ cools blood, draws out toxins, dries dampness, heat in all three burners
Prunellae spica (<i>xia ku cao</i>) p. 140	→ disperses nodes, lymph node swelling due to Liver qi stagnation

4. Descends ascendant Liver yang, eye diseases

Buddlejae flos (<i>mi meng hua</i>) p. 192	→ descends Liver fire
Celosiae semen (<i>qing xiang zi</i>) p. 148	→ descends Liver fire
Eriocauli flos (<i>gu jing cao</i>)	→ disperses wind-heat in the Liver

5. Cools heat, promotes urination

Camelliae sinensis folium (<i>cha ye</i>) p. 122	→ cools Stomach heat, disperses dampness, relieves headaches
Citrulli fructus (<i>xi gua</i>)	→ relieves thirst
Citrulli pericarpium (<i>xi gua pi</i>)	→ cools heat, promotes urination

6. Cools heat, drains fire, draws out toxins, dries dampness

Scutellariae radix (<i>huang qin</i>) p. 184	→ cools heat in the upper burner, descends Lung heat, calms the fetus
Coptidis rhizoma (<i>huang lian</i>) p. 172	→ cools heat in the middle burner, clears fire in the Heart, Liver, Stomach, Large Intestine
Phellodendri cortex (<i>huang bai</i>) p. 180	→ cools heat in the lower burner, clears deficient heat in the Kidneys

7. Cools heat, dries dampness

Gentianae radix (<i>long dan cao</i>) p. 178	→ drains damp-heat from the Liver and Gallbladder, drains damp-heat from the lower burner
Sophorae flavescens radix (<i>ku shen</i>) p. 186	→ drains damp-heat from the lower burner, use externally to treat itching

8. Cools heat, cools blood

Rehmanniae radix (<i>sheng di huang</i>) p. 168	→ tonifies yin, replenishes fluids
Scrophulariae radix (<i>xuan shen</i>) p. 170	→ tonifies yin, drains fire, draws out toxins
Moutan cortex (<i>mu dan pi</i>) p. 164	→ promotes blood movement, drains Liver fire, clears Heart fire
Paeoniae radix rubra (<i>chi shao yao</i>) p. 166	→ promotes blood movement, drains Liver fire, relieves pain
Arnebiae/Lithospermi radix (<i>zi cao</i>) p. 152	→ draws out toxins, promotes measles rash
Ilicis pedunculosa herba (<i>dong qing</i>)	→ cools heat, draws out toxins

9. Cools heat, draws out toxins, resolves abscesses, ulcerations, swelling

Lonicerae flos (<i>jin yin hua</i>) p. 216	→ disperses wind-heat, summerheat, dysentery, intestinal abscesses
Lonicerae caulis (<i>ren dong teng</i>) p. 214	→ dispels wind, dampness and heat from the surface
Forsythiae fructus (<i>lian qiao</i>) p. 200	→ descends fire in the Heart, treats nodes and abscesses
Taraxaci herba (<i>pu gong ying</i>) p. 250	→ treats breast abscesses
Viola herba (<i>zi hua di ding</i>) p. 254	→ skin lesions, snakebite
Chrysanthemi indicis flos (<i>ye ju hua</i>) p. 196	→ treats skin and eye infections
Rhapontici radix (<i>lou lu</i>) p. 234	→ treats breast problems
Bovis calculus (<i>niu huang</i>) p. 154	→ dispels wind and phlegm
Paridis rhizoma (<i>chong lou</i>) p. 222	→ dispels wind in the Liver, breaks up blood stagnation
Dictamni cortex (<i>bai xian pi</i>) p. 174	→ relieves itching due to damp-heat, jaundice
Lobelia chinensis herba (<i>ban bian lian</i>) p. 318	→ snakebite, bee-sting, ascites
Tinosporae radix (<i>jin guo lan</i>) p. 252	→ clears damp-heat in the skin

10. Cools heat, draws out toxins, antineoplastic

Hedyotis diffusae herba (<i>bai hua she she cao</i>) p. 202	→ promotes micturition, treats dysuria
Semiaquilegiae radix (<i>tian kui zi</i>) p. 240	→ promotes micturition, treats abscesses
Scutellariae herba (<i>ban zhi lian</i>) p. 238	→ promotes micturition
Cremastrae pseudobulbus (<i>shan ci gu</i>) p. 822	→ breaks up concretions, accumulations
Rabdosiae herba (<i>dong ling</i>)	→ promotes blood circulation and relieves pain

11. Cools heat, draws out toxins, disperses dampness

Smilacis glabrae rhizoma (tu fu ling) → treats syphilis
p. 242

12. Cools heat, draws out toxins, cools blood, relieves exanthemas

Isatidis folium (da qing ye) p. 162 → cools blood, upper respiratory tract infections, purpura

Isatidis radix (ban lan gen) p. 210 → relieves sore throat

Indigo naturalis (qing dai) p. 160 → drains Liver fire and clears Lung heat

13. Cools heat, draws out toxins from the Lung

Houttuyniae herba cum radice (yu xing cao) p. 206 → resolves pulmonary abscesses

Belamcandae rhizoma (she gan) → throat inflammation, phlegm, cough
p. 188

Sophorae tonkinensis radix (shan dou gen) p. 248 → throat inflammation, reduces swelling, neoplasias

Lasiosphaera (ma bo) p. 212 → stops bleeding

14. Cools heat, draws out toxins causing dysentery and diarrhoea

Portulacae herba (ma chi xian) p. 228 → sores, carbuncles, eczema, bacterial dysentery, relieves tenesmus

Fraxini cortex (qin pi) p. 176 → descends ascendant Liver yang, bacterial dysentery

Pulsatilla radix (bai tou weng) p. 230 → bacterial dysentery, amoebiasis, with toxic heat, phlegm and blood, colitis

Bruceae fructus (ya dan zi) p. 192 → amoebic dysentery, malaria, neoplasias

15. Cools heat, draws out toxins from intestinal abscesses

Sargentodoxae caulis (hong teng) → invigorates blood circulation, relieves pain
p. 236

Patriniae herba (bai jiang cao) p. 224 → drains pus

16. Cools heat, draws out toxins

Solani herba (long kui) p. 244 → clears Liver fire, reduces inflammation, relieves pain

17. Cools summerheat

Phaseoli radiati semen (lü dou) → relieves thirst, mitigates the toxicity of other herbs
p. 226

Nelumbinis folium (he ye) p. 134 → stops bleeding

18. Cools deficient heat

Artemisiae annuae herba (<i>qing hao</i>) p. 256	→ treats malaria
Cynanchi atrati radix (<i>bai wei</i>) p. 258	→ cools blood
Lycii cortex (<i>di gu pi</i>) p. 260	→ clears Lung heat
Stellariae radix (<i>yin chai hu</i>) p. 262	→ deficient heat
Picrorhizae rhizoma (<i>hu huang lian</i>) p. 182	→ dries dampness, draws out toxins

Herbs from other categories to cool heat

Aloe folii extractus (<i>lu hui</i>)	88
Arctii fructus (<i>niu bang zi</i>)	48
Bambusae caulis in taeniam (<i>zhu ru</i>)	78
Borneol (<i>bing pian</i>)	270
Cassiae semen (<i>jue ming zi</i>)	146
Chrysanthemi flos (<i>ju hua</i>)	52
Curcumae radix (<i>yu jin</i>)	538
Dendrobii caulis (<i>shi hu</i>)	788
Dryopteridis rhizoma (<i>guan zhong</i>)	866
Imperatae rhizoma (<i>bai mao gen</i>)	158
Junci medulla (<i>deng xin cao</i>)	314
Leonuri herba (<i>yi mu cao</i>)	554
Ligustri lucidi fructus (<i>nu zhen zi</i>)	794
Natrii sulfas (<i>mang xiao</i>)	90
Nelumbinis plumula (<i>lian xin</i>)	136
Nelumbinis semen (<i>lian zi</i>)	842
Polygoni cuspidati rhizoma (<i>hu zhang</i>)	566
Rhei rhizoma (<i>da huang</i>)	92
Sennae folium (<i>fan xie ye</i>)	94
Talcum (<i>hua shi</i>)	340
Uncariae ramulus cum uncis (<i>gou teng</i>)	464
Verbenae herba (<i>ma bian cao</i>)	582

Anemarrhenae rhizoma

知母

Zhi mu

Family:	Liliaceae
Standard species:	<i>Anemarrhena aspheloides</i>
German:	Muttergedenkenwurzelstock
English:	anemarrhena rhizome, 'knowing mother'

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Lung

●●○ Stomach

●●○ Kidney

Signal herb

Kidney

Direction of action

●●● deep

Site of action

Deep, interior

Actions/Indications

●●● Clears heat

Infections, fever, irritability, thirst, coughing viscous yellow sputum, painful urination

●●● Clears damp-heat

Fever, tidal fever, thirsting and wasting disorder (fire in the Stomach, Lung, Kidney), mouth sores, strong thirst

●●○ Generates fluids

Deficiency fevers, subfebrile temperature, nightsweats, dry cough

●●○ Tonifies and supports the yin

Kidney yin deficiency: raised body temperature in the afternoons, nightsweats, five-palm heat, spermatorrhoea

Physiological/pharmacological effects antipyretic, cortisone-like effect, inhibits platelet aggregation, in vitro antibiotic, antimycotic effects (tinea). Antidiabetic; even in the absence of documented cases, use with care in combination with other antidiabetic agents (danger of hypoglycaemia).

Toxicity because of the high saponin content, ingestion of high doses may lead to gastroenteritis, intestinal colic and diarrhoea. Do not use in the presence of diarrhoea.

Commentary a broad-spectrum cooling herb which also treats heat signs in the qi, ying and blood levels and which also has yin-nourishing and Kidney-tonifying properties. Frequently combined with Gypsum (*shi gao*) p. 130.

Dosage 6–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Wasting and thirsting disorder → *Trichosanthis radix (tian hua fen)* p. 142, *Ophiopogonis radix (mai men dong)* p. 802, *Puerariae radix (ge gen)* p. 64
- Cools heat and drain fire → *Phellodendri cortex (huang bai)* p. 180
- Yin deficiency with nightsweats, dizziness, light-headedness → *Phellodendri cortex (huang bai)* p. 180
- Urinary difficulty, afternoon fever, damp-heat in lower burner, yin deficiency → *Phellodendri cortex (huang bai)* p. 180, *Cinnamomi cassiae cortex (rou gui)* p. 394
- Cough with viscous yellow phlegm due to Lung heat → *Fritillariae thunbergii bulbus (zhe bei mu)* p. 650
- Mouth sores → *Scrophulariae radix (xuan shen)* p. 170, *Rehmanniae radix (sheng di huang)* p. 168
- Thirst, irritability due to Lung and Stomach yin deficiency with dryness or due to loss of fluids → *Trichosanthis radix (tian hua fen)* p. 142, *Ophiopogonis radix (mai men dong)* p. 802

Compatibility enhanced by *Phellodendri cortex (huang bai)* p. 180 and alcohol

Contraindication diarrhoea due to Spleen deficiency

Pregnancy use is allowed

Camelliae sinensis folium

绿茶

Cha ye

Family:	Theaceae
Standard species:	<i>Camellia sinensis</i>
Variation:	<i>Camelliae folium</i>
German:	Teeblätter
English:	tea leaf

Temperature

●○○ cold tendency

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Heart

●○○ Liver

●○○ Kidney

●○○ Stomach

●○○ Spleen

Direction of action

●●○ descending

Actions/Indications

●●○ Cools heat

Increased thirst, decreased urine, recovering from alcohol abuse

●●○ Drains damp-heat

Fatigue, exhaustion, somnolence

●○○ Drains fire

Severe thirst, recovering from alcohol abuse, headache

Physiological/pharmacological effects antineoplastic; contains caffeine: stimulates the CNS and has a mood-elevating effect (adenosine antagonist). Kidney vessel dilatation and increased glomerular filtration rate (diuresis) occur due to removal of the constrictive effects of the adenosides, positive inotropic action, stimulates gastric secretion, glycolysis and lipolysis. Tea: tannins are responsible for the antidiarrhoeal action. Animal experiments have shown an anti-inflammatory and capillary-stabilizing action due to antagonism of bradykinins and prostaglandins.

Toxicity patients with delicate stomachs may experience side-effects such as hyperacidity, gastric irritation, decreased appetite, insomnia, palpitations, headache, tinnitus, blurred vision, constipation or diarrhoea. The addition of milk to the tea eliminates most of these symptoms (tannins and chloric acids are precipitated). The combination of caffeine with theophylline and ephedrine promotes weight loss, agitation, tremor and insomnia, and a combination of large amounts of caffeine with monoamine oxidase (MAO) inhibitors may provoke hypertensive crises.

Commentary green tea is the unfermented product and is the most important daily beverage in China. Fermentation produces black tea ('red' tea). Green tea has a cooling effect, whilst black tea has a warming one.

Dosage 3–9 g



Compatibility promoted by Evodiae fructus (*wu zhu yu*) p. 383, Allii macrostemi bulbus (*xie bai*) p. 474, Zingiberis rhizoma (*gan jiang*) p. 408

Contraindications cold or Spleen deficiency

Pregnancy use is allowed

Citrulli fructus

西瓜皮

Xi gua

Family:	Curcubitaceae
Standard species:	<i>Citrullus vulgarissive colocynthis</i>
German:	Wassermelone
English:	watermelon fruit

Temperature

●○○ cold

Taste

●○○ sweet

Organ relationship

○○○ Heart

○○○ Bladder

○○○ Stomach

Direction of action

○○○ descending

Site of action

Lower burner

Actions/Indications

●○○ Cools summerheat

Fever due to summerheat, thirst, scanty red urine, restlessness

●○○ Generates fluids

Thirst, scanty red urine

●○○ Cools heat

Inflammation of the throat in the fall and winter months

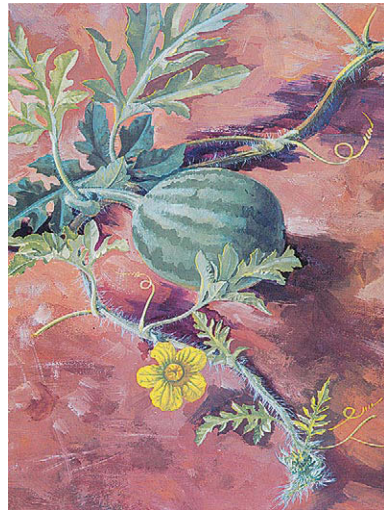
○○○ Promotes urination

Scanty red urine, promotes urination

●○○ Drains damp-heat

Hepatitis with jaundice

Physiological/pharmacological effect diuretic**Commentary** drains fire from the tai yang level and is therefore known as the 'natural' *bai hu tang* (White Tiger decoction)**Dosage** 15–30 g in a decoction or as a freshly pressed juice**Cooking time** 20 minutes



Combinations

- Damp-heat in the middle burner → freshly pressed Rehmanniae root juice, pear juice and sugar

Contraindications damp-cold, cold with Spleen deficiency

Pregnancy use is allowed

Gardeniae fructus**Zhi zi**

梔子

Family:	Rubiaceae
Standard species:	<i>Gardenia jasminoides</i>
German:	Gelbbeere, Jasminglanz
English:	gardenia fruit, Cape Jasmine fruit

Temperature

●●● cold

Taste

●●○ bitter

Organ relationship

●●○ Heart

●●○ Liver

●●○ Lung

●●○ Stomach

●○○ Triple Burner

Direction of action

●○○ sinking

Site of action

Deep, interior

Actions/Indications

●●● Clears heat

Fever with restlessness, coma, confused speech, insomnia, palpitations, delirium

●●● Drains fire

High fever, nosebleed, bloody sputum, haematuria; red, swollen and painful eyes; sores and boils

●●○ Clears damp-heat

In the middle burner: jaundice, fatigue, lack of appetite. In the lower burner: painful urination, hepatitis, biliary sludge

●●○ Cools blood

Nosebleed, haematemesis, blood in the stools, haematuria

●○○ Disinfects and detoxifies

For topical use: small lesions and scrapes

●●○ Lesions, bruises and injuries

Haematomas, joint injuries, bruises and scrapes

●○○ Promotes urination

Painful bladder dysfunction

Physiological/pharmacological effects animal experiments have shown that one of the ingredients promotes bile secretion and detoxifies the liver; analgesic, sedates and suppresses the CNS (use with care in combination with other sedative medications, may provoke tiredness, impairs driving ability), antibiotic (*Staphylococcus aureus*, *Neisseria meningitidis*, tinea, *Leptospira*, *Schistosoma*); used topically in trauma medicine.

Toxicity because of its coldness, this herb may provoke nausea and vomiting; these side-effects can be avoided by special preparation of the herb (frying or charring).

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Fever, palpitations, restlessness due to externally contracted heat → Semen sojae praeparatum (*dan dou chi*) p. 68
- High fever, restlessness, clouding of consciousness, confused speech due to excess heat or fire → Coptidis rhizoma (*huang lian*) p. 172
- Septic fever, bloody sputum, haematuria, toxic heat or fire → Rehmanniae radix (*sheng di huang*) p. 168, Platycladi cacumen (*ce bai ye*) p. 604, Moutan cortex (*mu dan pi*) p. 164
- Red eyes, swollen and painful orbits → Chrysanthemi flos (*ju hua*) p. 52, Haliotidis concha (*shi jue ming*) p. 454
- Sores, boils → Lonicerae flos (*jin yin hua*) p. 216, Coptidis rhizoma (*huang lian*) p. 172, Forsythiae fructus (*lian qiao*) p. 200
- Jaundice, fatigue, lack of appetite → Phellodendri cortex (*huang bai*) p. 180, Artemisiae scopariae herba (*yin chen hao*) p. 302
- Jaundice due to damp-heat in the Liver and Gall bladder → Artemisiae scopariae herba (*yin chen hao*) p. 302, Rhei rhizoma (*da huang*) p. 92
- Painful urination due to damp-heat in the Bladder → Talcum (*hua shi*) p. 340
- Dysmenorrhoea, headache, dry itchy eyes due to Liver deficiency → Moutan cortex (*mu dan pi*) p. 164
- Nosebleed, haematemesis, haematuria → Imperatae rhizoma (*bai mao gen*) p. 158

Contraindications Spleen deficiency and diarrhoea

Pregnancy use is allowed

Glauberitum**Han shui shi**

寒水石

Variation: Calcitum
 German: Calciumcarbonat (CaCO₃)
 English: calcitum

Temperature

●●○ very cold

Taste

●●● salty

●○○ pungent

Organ relationship

●○○ Heart

●○○ Stomach

●○○ Kidney

Direction of action

●●● descending

Site of action

Interior, skin

Actions/Indications●●● **Drains fire**

Very high fever, irritability, thirst, strong heat or fire signs in the qi level, copious sweating, big pulse, leading up to delirium and loss of consciousness

●●● **Cools heat**

Fever, heat in the qi level, especially due to warm pathogens (wen bing) in the summertime

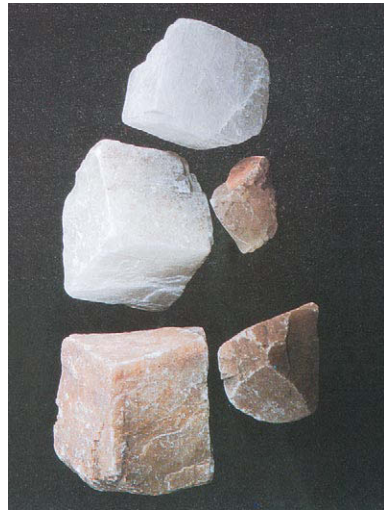
●●● **Eczema, burns and ulcerations**

External use: burns, inflamed throat, stomatitis, infections, inflammations of the eyes, wounds, skin sores

Commentary in contrast to Gypsum (*shi gao*) p. 130, glauberitum has no effect on the Lung channel, and its pungency does not release the exterior. Its salty component has a marked effect on the Kidney channel and thus treats oedemas and hardness. The mineral is obtained from salt domes, ground into a powder, mixed with fresh ginger juice and in this form is available for sale. For internal use or external application.

Dosage 10–15 g, external application as needed

Cooking time 30–40 minutes



Combinations

- Strong heat or fire signs at the qi-level → Gypsum (*shi gao*) p. 130, Talcum (*hua shi*) p. 340
- External use to treat burns and skin sores → Calamina (*lu gan shi*) p. 878, Gypsum (*shi gao*) p. 130

Contraindication cold due to Spleen deficiency

Pregnancy use is allowed

Gypsum**Shi gao**

石膏

Pharmaceutical name: *Gypsum fibrosum*
 Variation: calcium sulfate
 German: mineralischer Gips
 English: gypsum, 'stone paste'

Temperature

●●● very cold

Taste

●●○ pungent

●○○ sweet

Organ relationship

●●● Lung

●●● Stomach

Signal herb

Large Intestine, Stomach

Direction of action

●○○ lifting; the pungency releases the exterior while the cold descends

Site of action

Lung, interior

Actions/Indications

●●● Clears heat

Yang ming channel disease: high fever, thirst, restlessness, a flooding, big pulse and red tongue

●●● Drains fire

Stomach fire: severe headache, toothache, swelling of the gums, acute infections, meningitis, encephalitis, measles, scarlet fever

●●○ Eczema, burns and ulcerations

Rashes, burns, open, inflamed and non-healing ulcerations; for internal and topical use

●●○ Alleviates wheezing

Wheezing and coughing viscous yellow sputum due to Lung heat

●○○ Nourishes and tonifies the yin

Thirst, strong sweating, acute febrile infections

Physiological/pharmacological effects antipyretic without diaphoretic actions, immune stimulating, increases macrophage activity without directly inhibiting bacteria or viruses.

Commentary Gypsum is the herb of choice in treating heat and pain syndromes in the qi level. These symptoms can spread through the yang ming to all other levels. The pungency of this mineral disperses the heat through the wei qi, its coldness descends the heat; the yin is protected by the coldness and sweetness.

Dosage 15–60 g, standard 30 g

Cooking time 30–40 minutes



Combinations

- High fever, thirst, restlessness due to blazing Lung fire → Anemarrhenae rhizoma (*zhi mu*) p. 120
- High fever, thirst, shortness of breath due to Lung heat → Ephedrae herba (*ma huang*) p. 30, Armeniacae semen (*xing ren*) p. 664
- Headache, toothache, swelling of the gums due to Stomach heat → Anemarrhenae rhizoma (*zhi mu*) p. 120, Achyranthis bidentatae radix (*niu xi*) p. 522, Rehmanniae radix (*sheng di huang*) p. 168
- Toothache, inflammation of the gums due to blazing Stomach fire → Asari herba (*xi xin*) p. 24
- Headache and toothache, thirst due to raging Stomach fire caused by devastated yin → Rehmanniae radix praeparata (*shu di huang*) p. 780
- Topical use for burns and eczema → Phellodendri cortex (*huang bai*) p. 180

Compatibility

- Enhanced by chicken eggs
- Limited by iron
- Impaired by Crotonis fructus (*ba dou*) p. 100

Contraindications Spleen deficiency, yang deficiency

Pregnancy use is **forbidden**

Lophatheri herba**Dan zhu ye**

鲜竹叶

Family:	Poaceae
Standard species:	<i>Lophaterum gracile</i>
Variation:	Lophatheri gracilis herba
German:	Bambusblätter
English:	lophatheri stem and leaves

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Heart

●○○ Lung

●○○ Stomach

●●○ Small Intestine

Direction of action

●○○ sinking

Site of action

Upper burner

Actions/Indications

●●○ Clears heat

Fever, restlessness, panic attacks, red eyes, thirst, mouth sores

●○○ Promotes urination

Heat accumulation, scanty red urine, uraemic skin and mucous membrane changes, especially with heat in the Small Intestine

●○○ Clears damp-heat

Scanty red urine, jaundice

Physiological/pharmacological effects diuretic, and even in the absence of documented cases, use with care in combination with other diuretics because of the possible effects on fluid and electrolyte metabolism; animal experiments have shown antipyretic effects.

Commentary historically, the earliest *zhu ye* used was the common bamboo or *Phyllostachys* species; nowadays the plant used for *dan zhu ye* is *Lophatheri herba*. *Phyllostachys* has a stronger effect for clearing the heart whilst *Lophatheri* has a better diuretic action.

Dosage 6–9 g, standard 6 g

Cooking time add to the decoction at the end, boil briefly and allow to steep for 3 minutes.



Combinations

- Residual fever, heat sensation, craves cold drinks, red tongue body → Gypsum (*shi gao*) p. 130
- Chest discomfort and thirst as an aftermath of a febrile illness → Ophiopogonis radix (*mai men dong*) p. 802, Phragmitis rhizoma (*lu gen*) p. 138, Trichosanthis radix (*tian hua fen*) p. 142
- Heat sensation, mouth and tongue sores; dark urine due to heat in the Heart channel → Moutan cortex (*mu dan pi*) p. 164, Rehmanniae radix (*sheng di huang*) p. 168

Contraindications cold in the Stomach, cold stasis in the digestive tract

Pregnancy use with caution

Nelumbinis folium

荷叶

He ye

Family:	Nelumbonaceae
Standard species:	<i>Nelumbo nucifera</i>
Variation:	Loti folium
German:	Lotosblatt
English:	lotus leaf

Temperature

●○○ neutral

Taste

●○○ bitter

●○○ sweet

Organ relationship

●○○ Liver

●○○ Spleen

●○○ Stomach

●○○ Heart

Direction of action

●●● lifting

Site of action

Head and eyes, upper burner

Actions/Indications

●○○ Cools heat

Fever, thirst, scanty red urine

●●● Drains summerheat

Splitting headache, constraint in the chest, thirst, scanty red urine, diarrhoea, strong sweating

●●● Raises the yang

Diarrhoea due to Spleen qi deficiency as an aftermath of a summerheat infection

●○○ Stops bleeding

Rectal bleeding due to heat, haematemesis

Physiological/pharmacological effects astringent, fresh leaves can stop bleeding. Contains alkaloids, flavonins and tannin.**Commentary** the unprepared herb clears heat more strongly; the charred herb stops bleeding more strongly.**Dosage** 9–30 g, standard 9 g**Cooking time** add the leaves at the end of cooking, boil briefly and allow to steep for 3 minutes



Combinations

- Summerheat → Lablab semen album (*bian dou*) p. 720

Compatibility reduces the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindication bleeding due to deficiency or cold

Pregnancy use is allowed

Many different parts of the lotus plant have medicinal uses:

- Nelumbinis folium (*he ye*)
- Nelumbinis plumula (*lian xin*) p. 136
- Nelumbinis nodus rhizomatis (*ou jie*) p. 596
- Nelumbinis semen (*lian zi*) p. 842
- Nelumbinis ramulus (*lian he geng*), similar effects as Nelumbinis folium (*he ye*), used to treat summerheat, moves the qi in the chest and Lung, has bitter and neutral taste and dries dampness
- Nelumbinis stamen (*lian xu*)
- Nelumbinis receptaculum (*lian fang*) p. 598

Nelumbinis plumula

莲梗

Lian xin

Family:	Nelumbonaceae
Standard species:	<i>Nelumbo nucifera</i>
Variation:	Loti embryo
German:	Keimling des Lotos-Samen
English:	lotus plumule

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Heart

●●○ Pericardium

Direction of action

○○○ descending

Site of action

Upper burner

Actions/Indications●●○ **Drains fire**

High fever, collapse, clouded consciousness, confusion, delirium, insomnia, irritability, great restlessness, confused speech

●●○ **Dispels heat**

Heat harassing the Heart with confusion, confused speech, great restlessness, clouded consciousness, insomnia

●●○ **Cools blood**

Bleeding, supports the jing qi

●●○ **Stops bleeding**

Bloody vomiting (powder), spermatorrhoea (powder)

●●○ **Acts as an astringent and collects**

Supports blood and jing qi, spermatorrhoea

Physiological/pharmacological effect lowers blood pressure due to vasodilatation

Commentary the word *xin* here means heart and refers to the Heart channel: calms and sedates irritability, restlessness, seizures and clouded consciousness leading up to loss of consciousness.

Dosage 1.5–6 g

Cooking time 20 minutes



Combinations

- Strong sweating with thirst, loss of consciousness, delirium, high fever →
 Scrophulariae radix (*xuan shen*) p. 170, Ophiopogonis radix (*mai men dong*) p. 802

Contraindications abdominal concretions, constipation

Pregnancy use is allowed

Phragmitis rhizoma

芦根

Lu gen

Family: Gramineae
 Standard species: *Phragmites communis*
 German: Schilfrohrwurzelstock
 English: reed rhizome

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Lung

●●● Stomach

Direction of action

●●○ sinking

Site of action

Upper burner

Actions/Indications

●●● Cools heat

Febrile illnesses, high fever, thirst, cough, viscous yellow sputum

●○○ Stops vomiting

Heat in the Stomach; belching, dry heaves and vomiting

●○○ Vents rashes

Febrile illnesses with exanthemas

●●○ Nourishes and tonifies the yin, sweet and cold generate fluids

Strong thirst, high fever

●●○ Detoxifies and disinfects

Abscesses due to toxic heat, i.e. pulmonary abscesses

Physiological/pharmacological effects promotes urination and sweating; inhibits smooth muscle and decreases peristalsis. Animal experiments have shown sedative action, reduces the stimulating properties of coffee. Together with other herbs can decrease the effects of excess alcohol consumption or food poisoning by fish or shellfish. A versatile herb which not only cools the upper and middle burner but which also promotes urination and cools heat in the lower burner; use to treat dysuria with scanty urine. Can be used to treat dyspepsia. Topical application for insect bites. Contains vitamins C, B₁ and B₂.

Dosage 15–30 g, standard 20 g

Cooking time 20 minutes



Combinations

- Irritability, thirst, vomiting due to Stomach heat → *Bambusae caulis in taeniam* (*zhu nu*) p. 78, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Lung abscess with bloody sputum → *Coicis semen* (*yi yi ren*) p. 308, *Benincasae semen* (*dong gua zi*) p. 304
- Dry mouth, foetor, toothache due to Stomach heat → *Gypsum* (*shi gao*) p. 130

Contraindication cold Spleen deficiency

Pregnancy use is allowed

Prunellae spica**Xia ku cao**

夏枯草

Family:	Lamiaceae
Standard species:	<i>Prunella vulgaris</i>
Variation:	Brunella flos et fructus
German:	Braunellenähren
English:	selfheal spike, 'summer withered herb'

Temperature

●●● cold

Taste

●●○ bitter

●○○ pungent

Organ relationship

●●● Liver

●●○ Gall bladder

●○○ Lung

Direction of action

●●○ sinks Liver yang

Site of action

Head and eyes

Actions/Indications

●●○ Cools heat

Headache and dizziness

●●○ Drains fire

Red, painful and swollen eyes, photophobia, lacrimation, which becomes worse in the evening

●●○ Disperses nodules and dissolves stasis

Clumps and nodules, scrofula, lymphatic swellings, lipomas of the head, neck, ear breast or inguinum (phlegm-fire in the Liver)

●○○ Brightens the eyes

Red, painful and swollen eyes, eye problems, which become worse in the evening

●●○ Transforms and channels phlegm

Phlegm nodules, in the neck, ear, breast or inguinum

●○○ Tonifies blood

Visual disturbances, photophobia, lacrimation, headache

●○○ Moves and regulates qi

Moves the Liver qi, treats hypertension, glaucoma, eye pain, worse at night

Physiological/pharmacological effects the related western herb *Prunella herba* treats inflammations of various types including sores in the mouth and pharynx, gastroenteritis, diarrhoea, bleeding and gynaecological complaints. Antihypertensive, antibiotic (*Shigella*, *Salmonella typhi*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Mycobacterium tuberculosis*, tinea), stimulates uterine and intestinal smooth muscle.

Dosage 9–30 g, standard 9 g**Cooking time** 10 minutes



Combinations

- Heat or fire in the Liver, red, painful eyes, photophobia, headache, dizziness → *Haliotidis concha* (*shi jue ming*) p. 454, *Chrysanthemi flos* (*ju hua*) p. 52
- Heat or fire in the Liver, eye problems which get worse at night → *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix lactiflora* (*bai shao*) p. 776
- Phlegm fire in the Liver with nodules in the lymphatics, breasts, ear (parotid gland), axilla → *Scrophulariae radix* (*xuan shen*) p. 170, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650, *Forsythiae fructus* (*lian qiao*) p. 200, *Ostrea concha* (*mu li*) p. 428, *Eckloniae thallus* (*kun bu*) p. 646
- Eye pain and strong lacrimation → *Cyperi rhizoma* (*xiang fu*) p. 494
- Nodes in the neck due to Liver qi stagnation → *Bupleuri radix* (*chai hu*) p. 50

Contraindication Spleen qi deficiency

Pregnancy use is allowed

Trichosanthis radix**Tian hua fen**

天花粉

Family:	Curcubitaceae
Standard species:	<i>Trichosanthes kirilowii</i> , <i>T. rosthornii</i>
Variation:	<i>gua lou gen</i>
German:	Schlängenkürbiswurzel, Schlangenhaargurkenwurzel
English:	trichosanthes root, 'heavenly flower powder'

Temperature

●○○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●● Lung

●●○ Stomach

●○○ Large Intestine

Direction of action

●○○ sinking

Site of action

Deep, interior, upper burner

Actions/Indications

●●● Cools heat

Dry cough, thirst, viscous blood-tinged sputum, abscesses and sores, wasting and thirsting disorder

●●○ Generates fluids

Thirst, irritability, fluid depletion following a febrile illness, moistens the Intestines, stimulates intestinal peristalsis

●●○ Reduces swelling

Abscesses, boils, opens and drains non-suppurating boils

●●○ Detoxifies and disinfects

Abscesses, boils, opens un-suppurated sores, drains sores

●○○ Transforms phlegm

Purulent sputum, abscesses, especially pulmonary abscesses

●○○ Descends the qi

Descends Lung qi to treat cough, bronchi full of sputum, chest pain, stifling sensation in the chest, irritability, in bronchitis, pneumonia, pulmonary and breast abscess

●●○ Nourishes the yin

Thirst, dry throat, wasting and thirsting disorder

Physiological/pharmaceutical effects abortifacient (administer i.m. to treat incomplete abortions); in animal experiments raises glucose levels, antibiotic (β -haemolytic streptococci, *Diplococcus pneumoniae*, *Bacillus diphtheriae*), in vitro inhibition of HIV replication.

Toxicity mild side-effects: fever, headache, dermatitis, sore throat, muscle stiffness. Rare side-effects: hypotension, arrhythmias, hepatic or splenic bleeding. Overdose (animal experiments): lethargy, loss of appetite, hepatic, cardiac and renal dysfunction. Extreme overdose (9–12× adult dosage over a period of 2 weeks): arrhythmias, hepatic and renal necroses leading to death.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Abscesses, boils → Forsythiae fructus (*lian qiao*) p. 200, Taraxaci herba (*pu gong ying*) p. 250, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650
- Cough with hot phlegm, viscous blood-tinged sputum → Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Mori cortex (*sang bai pi*) p. 674, Platycodi radix (*jie geng*) p. 636
- Fluid loss, thirst, irritability → Anemarrhenae rhizoma (*zhi mu*) p. 120, Puerariae radix (*ge gen*) p. 64, Schisandrae fructus (*wu wei zi*) p. 850
- Injury to the yin by Stomach heat, thirst, irritability, dry mouth → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792, Ophiopogonis radix (*mai men dong*) p. 802, Rehmanniae radix (*sheng di huang*) p. 168

Compatibility contraindicated with Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Contraindication diarrhoea due to cold Spleen qi deficiency

Pregnancy use is **forbidden**

Buddlejae flos**Mi meng hua**

密蒙花

Family: Buddlejaceae
 Standard species: *Buddleja officinalis*, *Edgeworthia*
 German: Sommerfliederblüten, Schmetterlingsstrauch
 English: buddleia flower bud

Temperature

●●○ cold tendency

Taste

●○○ sweet

Organ relationship

●●● Liver

Direction of action

●○○ sinking

Site of action

Head and eyes

Actions/Indications

●●● Cools heat

Fever, thirst, scanty red urine

●●● Brightens the eyes

Blurred vision, superficial visual disturbances, photophobia, lacrimation

●●○ Disperses wind-heat

Red, painful, swollen eyes, lacrimation, photophobia, allergic rhinitis, conjunctivitis

●○○ Tonifies blood

Blurred vision, photophobia

●○○ Nourishes the yin

Visual disturbances, photophobia, lacrimation

Physiological/pharmacological effects animal experiments have shown diuretic effects, and even in the absence of documented cases, use with care in combination with other diuretics, a synergistic effect on fluid and electrolyte metabolism may occur; relieves spasms.

Commentary the main herb – *Edgeworthia* – has fewer medicinal effects

Dosage 3–10 g, standard 8 g

Cooking time add the flowers at the end of cooking, boil briefly and allow to steep for 3 minutes



Combinations

- Liver heat with red eyes, swelling of the eyes → Equiseti hiemalis herba (*mu zei*) p. 58, Haliotidis concha (*shi jue ming*) p. 454, Chrysanthemi flos (*ju hua*) p. 52, Notopterygii rhizoma (*qiang huo*) p. 38, Tribuli fructus (*bai ji li*) p. 462
- Liver and Kidney deficiency with visual disturbances → Lycii fructus (*gou qi zi*) p. 800, Cuscutae semen (*tu si zi*) p. 746

Pregnancy use is allowed

Cassiae semen**Jue ming zi**

决明子

Family:	Caesalpinaceae
Standard species:	<i>Cassia obtusifolia</i> , <i>C. tora</i>
German:	Cassiae-Samen, Sicklepodsamen
English:	cassia seeds, foetid cassia seeds, 'realized brightness seed'

Temperature

●●○ cold tendency

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●● Liver

●●○ Gall bladder

●○○ Kidney

Direction of action

●●○ sinking

Site of action

Head and eyes

Actions/Indications

●●● Cools heat

Red and swollen eyes

●●● Drains fire

Red, painful, light-sensitive eyes, lacrimation, glaucoma, dizziness, vertigo

●●● Brightens the eyes

Blurred vision, red, swollen, light-sensitive eyes, lacrimation

●●○ Expels wind-heat

Red, painful, itchy, light and wind-sensitive eyes, lacrimation

●●○ Descends the yang

Rectal bleeding due to heat, haematemesis

●○○ Unblocks the bowels/laxative

Constipation due to Liver yin deficiency

Physiological/pharmacological effects arteriosclerosis, elevated serum cholesterol (use high dosages >30 g), antibiotic, antihypertensive, diuretic (use with care in combination with other diuretics), increases uterine contractions.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Liver fire with red, painful and swollen eyes, lacrimation, glaucoma; Kidney deficiency → Astragali semen (*sha yuan ji li*) p. 732, Ligustri lucidi fructus (*nü zhen zi*) p. 794, Lycii fructus (*gou qi zi*) p. 800, Rehmanniae radix (*sheng di huang*) p. 168
- Liver fire or wind-heat with red and painful eyes → Chrysanthemi flos (*ju hua*) p. 52, Mori folium (*sang ye*) p. 62
- Liver heat or fire with eye problems → Prunellae spica (*xia ku cao*) p. 140, Gardeniae fructus (*zhi zi*) p. 126
- Temporal headache due to wind-heat → Ligustici sinensis radix (*gao ben*) p. 32, Vitis fructus (*man jing zi*) p. 72
- Dryness in the Intestines, constipation → Angelicae sinensis radix (*dang gui*) p. 768
- Constipation with foetor, red eyes, scanty red urine → Bambusae folium (*xian zhu ye*)

Compatibility

- Impaired by Cannabis semen (*huo ma ren*) p. 96
- Reduces the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindication diarrhoea due to Spleen deficiency

Pregnancy use with caution

Celosiae semen**Qing xiang zi**

青箱子

Family: Amaranthaceae
 Standard species: *Celosia argentea*
 German: Brandschopfsamen
 English: celosia seeds

Temperature

●●○ cold tendency

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●● Liver

Direction of action

●○○ sinking

Site of action

Head and eyes

Actions/Indications

●●○ Cools heat

Red, painful and swollen eyes, cataracts, superficial visual disturbances

●●● Drains fire

Headache, dizziness, red, painful eyes, hypertension

●●● Brightens the eyes

Painful eyes, cataracts, visual disturbances,

●●○ Expels wind-heat

Red, swollen, irritated and wind-sensitive eyes, allergic rhinitis, conjunctivitis

●○○ Cools blood

Headache, dizziness, eye problems

●●○ Descends yang

Hypertension, tension headache, dizziness

Physiological/pharmacological effects dilates the pupils, mild antihypertensive action**Dosage** 3–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Liver heat with red eyes, painful eyes, cataract, visual disturbances → Cassiae semen (*jue ming zi*) p. 146, Buddlejae flos (*mi meng hua*) p. 192, Chrysanthemi flos (*ju hua*) p. 52
- Liver fire with headache, hypertension, vertigo → Prunellae spica (*xia ku cao*) p. 140, Chrysanthemi flos (*ju hua*) p. 52
- Liver fire with painful eyes, redness and swelling of the eyes → Chrysanthemi flos (*ju hua*) p. 52, Gentianae radix (*long dan cao*) p. 178

Contraindications Liver yin deficiency or Kidney yin deficiency; glaucoma

Pregnancy use is allowed

Vespertilionis faeces**Ye ming sha**

夜明砂

Family:	Vespertilionidae
Standard species:	<i>Vespertilio murinus</i>
Variation:	Vespertilionis murini excrementum
German:	Fledermausexkreme
English:	bat faeces

Temperature

●●○ cold

Taste

●●● pungent

Organ relationship

●●● Liver

●○○ Spleen

Direction of action

●○○ descending

Site of action

Head, eyes

Actions/Indications

●●○ Cools heat

Reddened eyes, injected sclera

●●● Clears the eyes and head

Night blindness, cataract, glaucoma, improves vision, clears the eyes

●○○ Breaks up and dissolves concretions

Haematomas, especially around the eyes, following injuries, falls

●○○ Breaks up blood stagnation

Haematomas, especially around the eyes

●○○ Harmonizes and tonifies the Liver

Improves vision, cools the Liver

●○○ Tonifies and harmonizes the Spleen

Childhood nutritional disorder

Commentary once or twice daily dosage of 1.5 g of the powdered herb with warm water clears redness in the eyes and was shown to be more effective in resistant cases than standard treatment.

Dosage 3–9 g

Cooking time 20 minutes, wrapped in a muslin cloth



Combinations

- Blurred, obstructed vision → *Haliotis concha* (*shi jue ming*) p. 454
- Night blindness → pig or beef liver
- Childhood nutritional disorder → *Atractylodes macrocephalae rhizoma* (*bai zhu*) p. 708, *Picrorhizae rhizoma* (*hu huang lian*) p. 182, *Citri reticulatae pericarpium* (*chen pi*) p. 488

Compatibility antagonizes *Cynanchi atrati radix* (*bai wei*) p. 258

Contraindication use with care in patients with eye disease without signs of blood stasis

Pregnancy use with care

Arnebiae/Lithospermi radix

紫草

Zi cao

Family: Boraginaceae
 Standard species: *Lithospermum erythrorhizon*, *Arnebia guttata*, etc.
 German: Purpurkrautwurzel, Steinsamenwurzel
 English: lithospermum, arnebia, groomwell root, 'purple herb'

Temperature

●●○ cold

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●○ Heart

●●○ Pericardium

●○○ Liver

●●○ Large Intestine

Direction of action

●○○ sinking

Site of action

Skin

Actions/Indications

●●○ Cools blood

Infectious rashes: measles, chickenpox, typhus, high fever

●●○ Cools heat

Infections, exanthemas, high fever

●●○ Disinfects and detoxifies

Exanthemas, measles, chickenpox, typhus

●●○ Vents rashes

Exanthemas

●●○ Clears damp-heat

Exanthemas, skin lesions, vaginal pruritus

●○○ Unblocks the bowels/laxative

Moistens the Intestines in cases of constipation due to blood heat

●○○ Moves blood

Exanthemas, skin lesions

●○○ Tonifies the yin

Pruritus, fever, dry skin, dryness symptoms

Physiological/pharmacological effects contains naphthoquinone pigments which have been shown to have antimicrobial, anti-inflammatory, analgesic, antipyretic, tumour-inhibiting and immune-modulating effects. A hypoglycaemic effect has also been attributed. Contraceptive.

Toxicity in animal experiments, high doses have been found to cause pyuria, haematuria, proteinuria, diarrhoea is possible; the symptoms vanish a few days after discontinuing the herb. Oral administration shows no toxic effects on the internal organs. There are a few references in the literature which advise against use of the herb because of the pyrrolizidine content.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Dark purple measles rash together with pharyngeal sores → Forsythiae fructus (*lian qiao*) p. 200, Arctii fructus (*niu bang zi*) p. 48, Sophorae flavescens radix (*ku shen*) p. 186
- Boils, fire toxicity, constipation → Trichosanthis fructus et semen (*gua lou*) p. 662
- Heat, fire toxicity in the skin with eczema, burns → Phellodendri cortex (*huang bai*) p. 180
- Burns, ulcerations (topical use as an ointment) → Angelicae dahuricae radix (*bai zhi*) p. 22, Angelicae sinensis radix (*dang gui*) p. 768

Contraindication Spleen deficiency with diarrhoea or measles

Pregnancy use is allowed

Bovis calculus**Niu huang**

牛黄

Family:	Bovidae
Zoological name:	<i>Bos taurus domesticus</i>
German:	Gallensteine des Hausrinds
English:	cattle gallstone, bezoar

Temperature

●●● cold

Taste

●●● bitter

●○○ sweet

Organ relationship

●●● Heart

●○○ Liver

Direction of action

●○○ descending

Site of action

Upper burner, interior

Actions/Indications●●● **Drains fire**

High fever, restlessness, clouding of consciousness, confused speech, delirium, coma, red painful swelling in the throat, ulcerations, boils, swellings

●●● **Cools heat**

Throat infections, throat ulcerations, fever, restlessness

●○○ **Cools blood**

Sores, boils, red painful swelling

●○○ **Opens the orifices**

Clouding of consciousness, collapse, delirium, coma, wind-stroke

●○○ **Dislodges phlegm**

Clouding of consciousness, delirium, coma, wind-stroke, seizures, fainting

●○○ **Dislodges wind-phlegm**

Wind-stroke, pre-apoplectic states, epileptic symptoms, seizures, tremor, febrile seizures, collapse, fainting

●○○ **Detoxifies and disinfects**

Sores, carbuncles, red painful swellings, sores

●○○ **Extinguishes wind**

Wind-stroke, pre-apoplectic states, epileptic symptoms, seizures, tremor

Physiological/pharmacological effects antibiotic; sedates the CNS (decreases the effect of coffee, increases that of morphine derivatives and barbiturates: care should be taken in combining with these drugs, do not allow patient to drive), anti-epileptic, antipyretic, lowers blood pressure. Animal experiments: increase bile secretion and erythrocyte production.

Toxicity mildly toxic, side-effects and allergic reactions may occur. These include: eczema, mental disturbances, upper abdominal bleeding, haematochesia, haematemesis, diarrhoea, wheezing. Animal experiments: overdose led to diarrhoea, loss of consciousness and death.

Commentary this herb is expensive and difficult to obtain. It is frequently substituted with farmed products such as Bovis calculus syntheticum (*ren gong niu huang*).

Dosage 0.15–1 g as pills or powder



Combinations

- Epileptic symptoms, wind-stroke → Coptidis rhizoma (*huang lian*) p. 172, Scutellariae radix (*huang qin*) p. 184, Gardeniae fructus (*zhi zi*) p. 126
- Abscesses, ulcerations → Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560
- Febrile seizures → Scorpio (*quan xie*) p. 460, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, ox gall bladder
- Throat infections → Lonicerae flos (*jin yin hua*) p. 216, Borneol (*bing pian*) p. 270, Indigo naturalis (*qing dai*) p. 160, Glycyrrhizae radix (*gan cao*) p. 716

Compatibility

- Promoted by Ginseng radix (*ren shen*) p. 714 together with Moutan cortex (*mu dan pi*) p. 164, Acori calami rhizoma (*shui chang pu*) p. 266
- Impaired by Mastodi fossilium ossis (*long gu*) p. 426, Rehmanniae radix (*sheng di huang*) p. 168, Gentianae radix (*long dan cao*) p. 178
- Limited by Achyranthis bidentatae radix (*niu xi*) p. 522

Contraindication Spleen deficiency

Pregnancy use is **forbidden**

Bubali cornu**Shui niu jiao**

水牛角

Family:	Bovidae
Zoological name:	<i>Bubalus bubalis</i>
German:	Wasserbüffelhorn
English:	horn of the water buffalo

Temperature

●●○ cold

Taste

●●○ bitter

●●○ salty

Organ relationship

●●● Heart

●●○ Liver

●○○ Spleen

Direction of action

●○○ descending

Site of action

Upper burner

Actions/Indications

●●○ Drains fire

Infectious diseases with high fever, long-standing fever, clouding of consciousness, confused speech, convulsions, seizures, delirium, heat in the blood and ying levels

●●○ Cools heat

Erythemas, purpuric rashes, nosebleed, haematemesis

●●○ Cools blood

Bloody sputum, nosebleed, exanthemas

●●○ Calms and anchors the spirit

Loss of consciousness, delirium, convulsions, childhood seizures, mania

●○○ Detoxifies and disinfects

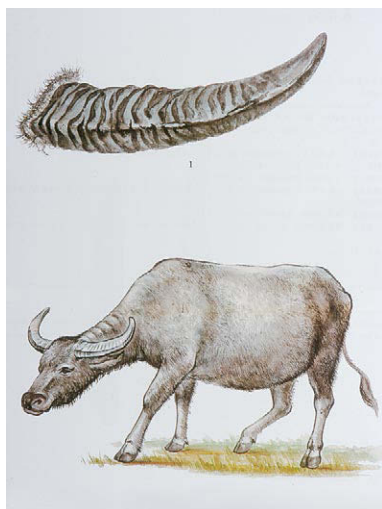
Infections

Physiological/pharmacological effects antipyretic (high fevers in infants and children). Used to treat encephalitis B and thrombocytopenic purpura.

Commentary substitute for Rhinoceri cornu (*xi jiao*), increase dosage 8–10 times. The effect of Bubali cornu is similar but weaker. Compared to other xue-cooling herbs, Rhinoceri cornu (*xi jiao*) has a greater disinfecting action. Rhinoceri cornu (*xi jiao*) is the great cooling herb for xue in the same way that Gypsum (*shi gao*) p. 130 is for the qi.

Dosage 9–15 g as a decoction, 1.5–3 g as a powder or pill

Cooking time 20 minutes



Combinations

- Heat or fire with clouding of consciousness → *Coptidis rhizoma* (*huang lian*) p. 172, *Scutellariae radix* (*huang qin*) p. 184, *Bovis calculus* (*niu huang*) p. 154, *Borneol* (*bing pian*) p. 270, *Gardeniae fructus* (*zhi zi*) p. 126
- High fever → *Gypsum* (*shi gao*) p. 130, *Anemarrhenae rhizoma* (*zhi mu*) p. 120
- Loss of consciousness, delirium, haematemesis, purpuric rashes → *Rehmanniae radix* (*sheng di huang*) p. 168
- Heat in the blood level → *Moutan cortex* (*mu dan pi*) p. 164, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Isatidis folium* (*da qing ye*) p. 162, *Arnebiae/Lithospermi radix* (*zi cao*) p. 152

Compatibility

- Promoted by *Cimicifugae rhizoma* (*sheng ma*) p. 56
- Impaired by *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388

Contraindication excess heat

Pregnancy use is **forbidden**

Imperatae rhizoma**Bai mao gen**

白茅根

Family:	Graminaceae
Standard species:	<i>Imperata cylindrica</i>
German:	Alang-Alang-Graswurzelstock
English:	woolly grass

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Lung

●●○ Stomach

●○○ Small Intestine

●●○ Bladder

Direction of action

●○○ sinking

Site of action

Upper burner and lower burners

Actions/Indications●●○ **Dispels heat**

Febrile illnesses with thirst, belching, dry cough

●●○ **Clears heat**

Stomach heat: nausea, vomiting, thirst. Lung heat: cough, respiratory complaints

●●○ **Cools blood**

Haematemesis, nosebleed, haematuria, haemoptysis

●●○ **Promotes urination**

Fluid accumulation, painful urination, oedemas, jaundice, cystitis

●○○ **Stops bleeding**

Haematemesis, nosebleed, haematuria

●●○ **Tonifies and nourishes yin**

Replenishes and cools fluids

Physiological/pharmacological effects even in the absence of documented cases, use with care in combination with other diuretics because of synergistic effects on fluid and water metabolism; stops bleeding, in vitro shown to have antibiotic effect, used to treat acute nephritis.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Heat in the blood with blood-tinged sputum, epistaxis, haematuria, haematemesis → *Cirsii japonici herba seu radix (da ji)*, *Nelumbinis nodus rhizomatis (ou jie)* p. 596
- Heat-induced nosebleeds, haematuria, blood-tinged sputum → *Rehmanniae radix (sheng di huang)* p. 168, *Nelumbinis nodus rhizomatis (ou jie)* p. 596
- Damp-heat with oedema, jaundice → *Phaseoli semen (chi xiao dou)* p. 326
- Qi deficiency, oedema → *Astragali radix (huang qi)* p. 706
- Fever, heat with thirst, irritability → *Phragmitis rhizoma (lu gen)* p. 138
- Fever, heat with nausea, vomiting → *Puerariae radix (ge gen)* p. 64

Contraindication cold deficiency of the Spleen and Stomach

Pregnancy use with caution

Indigo naturalis**Qing dai**

青黛

Family: Brassicaceae
 Standard species: *Isatis tinctoria*
 German: Indigo
 English: indigo

Temperature

●○○ cold

Taste

●○○ salty

Organ relationship

●○○ Liver

●○○ Lung

●○○ Stomach

Direction of action

●○○ deep

Site of action

Skin

Actions/Indications

●○○ Cools blood

Exanthemas, ulcerations, exanthemas with suppuration, inflammation in the mouth, inflamed throat, nosebleeds, bleeding from the mouth

●○○ Cools heat

Exanthemas, sores, bleeding, heat in the Liver with irritability, high fever, childhood seizures, hepatitis, encephalitis, mumps, myocarditis

●○○ Detoxifies and disinfects

Sores, exanthemas, suppurative exanthemas

●○○ Promotes rashes

Exanthemas, suppurative exanthemas; can also be applied topically

Physiological/pharmacological effects antibiotic; patients with sulfonylurea (antidiabetic) or sulfonamide (antibiotic) allergies may experience a cross-reaction with indigo.

Toxicity overdose: nausea, vomiting, abdominal pain, diarrhoea may occur; rarely raised liver enzymes, reduction in platelet count or bone marrow suppression (not confirmed by animal studies).

Commentary natural indigo is obtained from the stems and leaves of the plant, which are soaked and then fermented with lime; the product is almost insoluble in water. The powdered herb should thus be taken at the same time with the decoction prepared with the other ingredients.

Dosage 1–6 g, standard 2 g



Pregnancy use is allowed

Isatidis folium**Da qing ye**

大青叶

Family:	Brassicaceae
Standard species:	<i>Isatis tinctoria</i> , <i>I. indigotica</i> , <i>Baphicacanthus cusia</i>
Variation:	Daqingye folium, Baphicacanthi folium
German:	Färberwaidblätter
English:	woad leaf, isatis leaf, 'big green leaf'

Temperature

●○○ very cold

Taste

●○○ salty

Organ relationship

●○○ Heart

●●● Stomach

●○○ Lung

Direction of action

●○○ sinking

Site of action

Deep, interior; throat and neck

Actions/Indications

●●● Cools heat

Febrile infectious diseases, hepatitis, encephalitis, mumps, myocarditis

●●● Cools blood

High fever, clouding of consciousness, exanthema, infectious diseases, ulcers in the mouth and throat, tonsillitis, pharyngitis, furuncles, carbuncles

●●● Drains fire

Erysipelas, swelling of the neck, sore throat, aphthous ulcers, sores

●○○ Disperses swelling

Ulcers, swelling of the neck, in the mouth, swollen and hot joints, joint pain

●○○ Detoxifies and disinfects

Febrile infectious diseases, ulcers, ulcers in the mouth, throat, lung; can also be used for external application

●○○ Vents rashes

Febrile exanthemas, blood heat

Physiological/pharmacological effects antibiotic, antiviral; used to treat encephalitis, acute dysentery, hepatitis, measles, pneumonia. Patients with sulfonylurea (antidiabetic) or sulfonamide (antibiotic) allergies may have cross-reactions with *Isatidis folium* or radix.

Dosage 5–20 g, standard 6 g

Cooking time add the leaves at the end of the cooking period, boil briefly and allow to steep for 3 minutes



Combinations

- Blood heat, febrile illnesses, clouding of consciousness, exanthemas → Coptidis rhizoma (*huang lian*) p. 172, Gardeniae fructus (*zhi zi*) p. 126, Paeoniae radix rubra (*chi shao yao*) p. 166, Moutan cortex (*mu dan pi*) p. 164, Cimicifugae rhizoma (*sheng ma*) p. 56
- Heat in the Stomach and Heart with painful obstruction of the throat, sores in the tongue, mouth and throat → Scrophulariae radix (*xuan shen*) p. 170, Gypsum (*shi gao*) p. 130, Coptidis rhizoma (*huang lian*) p. 172, Gardeniae fructus (*zhi zi*) p. 126, Isatidis radix (*ban lan gen*) p. 210
- Toxic heat with sores, erysipelas, mumps, painful throat obstruction → Lonicerae flos (*jin yin hua*) p. 216
- Fever, thirst, irritability, throat inflammation → Gypsum (*shi gao*) p. 130
- Painful obstruction of the throat, diphtheria, acute tonsillitis → Belamcandae rhizoma (*she gan*) p. 188, Sophorae flavescens radix (*ku shen*) p. 186
- Jaundice, hepatitis, cholecystitis → Codonopsis radix (*dang shen*) p. 710, Curcumae radix (*yu jin*) p. 538, Gentianae radix (*long dan cao*) p. 178
- Jaundice, hepatitis, cholecystitis, hypochondrial swelling → Persicae semen (*tao ren*) p. 564, Carthami flos (*hong hua*) p. 528

Compatibility enhanced by Scrophulariae radix (*xuan shen*) p. 170, Gypsum (*shi gao*) p. 130, Coptidis rhizoma (*huang lian*) p. 172, Gardeniae fructus (*zhi zi*) p. 126, Isatidis radix (*ban lan gen*) p. 210

Contraindication cold deficiency of the Spleen

Pregnancy use is allowed

Moutan cortex**Mu dan pi**

牡丹皮

Family:	Paeoniaceae
Standard species:	<i>Paeoniae suffruticosa</i>
German:	Strauchpaeonienwurzelrinde
English:	moutan root bark, tree peony root bark

Temperature

●●○ cold tendency

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●○ Liver

●○○ Heart

●○○ Kidney

●○○ Pericardium

Signal herb

Pericardium

Direction of action

●●● deep

Site of action

Deep, interior; lower burner

Actions/Indications

●●○ Cools heat

Fever, infectious diseases

●●● Cools blood

High fever, scarlet tongue body, exanthemas, nosebleeds, spitting up blood, subcutaneous bleeding, irritability, menstrual complaints

●○○ Moves blood

Haematomas, swelling following blunt trauma, amenorrhoea, dysmenorrhoea

●○○ Drains fire

Blood-streaked sputum, haematuria, nosebleeds

●○○ Disperses swelling

Concretions, tumours, neoplasias in the genital tract and in the intestines, painful swelling

●○○ Detoxifies and disinfects

Genital sores, intestinal abscesses

●○○ Clears deficient heat

Liver and Kidney yin deficiency lead to heat in the blood with menorrhagia, heavy menstrual bleeding, irregular bleeding, sweating in the menopause, five-palm heat

Physiological/pharmacological effects anti-inflammatory, antipyretic, immune-stimulating, calming, sleep-promoting, analgesic, in vitro antibiotic, antihypertensive; animal experiments have shown cardioprotective actions; can be used to treat hypertension, purpura, allergic rhinitis (in a solution).

Dosage 3–12 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood heat and heat in the nutritive level causing dark purple rashes, haematemesis, menstrual disorders, constipation → *Paeoniae radix rubra* (*chi shao yao*) p. 166
- Pain following trauma, amenorrhoea, abdominal pain, blood stasis → *Persicae semen* (*tao ren*) p. 564
- Chest and abdominal pain due to blood stasis in the channels → *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26
- Abdominal pain, constipation, unsuppurated intestinal abscesses → *Rhei rhizoma* (*da huang*) p. 92
- Ascendant Liver fire with dizziness, red and swollen eyes → *Chrysanthemi flos* (*ju hua*) p. 52
- Boils, purulent soft-tissue inflammation → *Chrysanthemi flos* (*ju hua*) p. 52, *Lonicerae flos* (*jin yin hua*) p. 216, *Forsythiae fructus* (*lian qiao*) p. 200
- Concretions, haematomas, following blunt abdominal trauma, neoplastic tumours in the lower abdomen, amenorrhoea → *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Persicae semen* (*tao ren*) p. 564, *Carthami flos* (*hong hua*) p. 528
- Heat or fire with bleeding → *Imperatae rhizoma* (*bai mao gen*) p. 158, *Platycladi cacumen* (*ce bai ye*) p. 604, *Gardeniae fructus* (*zhi zi*) p. 126

Compatibility limited by garlic, *Coriandri herba et fructus* (*hu sui*) p. 28, *Cuscutae semen* (*tu si zi*) p. 746, *Anemarrhenae rhizoma* (*zhi mu*) p. 120, *Rhei rhizoma* (*da huang*) p. 92

Contraindications cold symptoms, menorrhagia, yin deficiency with massive sweating

Pregnancy use is **forbidden**

Paeoniae radix rubra**Chi shao yao**

赤芍药

Family:	Paeoniaceae
Standard species:	<i>Paeonia lactiflora</i> , <i>P. veitchii</i> , etc.
German:	rote Pfingstrosenwurzel
English:	red peony root

Temperature

●●○ cold

Taste

●○○ bitter

Organ relationship

●●● Liver

●○○ Spleen

Direction of action

●○○ deep

Site of action

Deep/interior, skin, blood

Actions/Indications

●○○ Cools heat

Infectious rashes: measles, chickenpox, typhus, high fever

●●● Cools blood

Infections, exanthemas, high fever

●○○ Moves blood

Exanthemas, measles, chickenpox, typhus

●○○ Drains fire

Exanthemas

●○○ Disperses swelling

Aftermath of injuries, fractures, swollen eyes; can also be applied topically

●●● Relieves pain

Dysmenorrhoea, injuries, fractures, trauma, swelling, pain in the hypochondrium; also for topical use

●○○ Breaks up blood stagnation

Dysmenorrhoea, swelling, trauma, abscesses

Physiological/pharmacological effects animal experiments have shown the herb to inhibit platelet aggregation, therefore use with care in combination with anti-coagulants or thrombocyte aggregation inhibitors. Lowers blood pressure, dilates the coronaries; one ingredient has sedative effects, antipyretic, relieves spasms; in vitro antibiotic. Settles tremors and convulsions due to strychnine poisoning.

Dosage 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Blood stasis with gynaecological problems, abdominal tumours, amenorrhoea, abdominal pain, abscesses, post-traumatic pain → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Blood stasis with menstrual complaints, strong bleeding diathesis, dark purple clots → Persicae semen (*tao ren*) p. 564
- Blood and qi stagnation with flank pain, abdominal pain, dysmenorrhoea → Cyperi rhizoma (*xiang fu*) p. 494
- Swelling, post-traumatic pain, distension, abscesses → Myrrhae (*mo yao*) p. 560, Olibanum (*ru xiang*) p. 562, Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200
- Redness, swelling and pain in the eyes → Chrysanthemi flos (*ju hua*) p. 52, Scutellariae radix (*huang qin*) p. 184

Compatibility incompatible with Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindication blood deficiency

Pregnancy use is allowed

Rehmanniae radix

Sheng di huang

生地黃

Family:	Scrophulariaceae
Standard species:	<i>Rehmannia glutinosa</i>
Variation:	<i>Rehmanniae rhizoma viridis</i>
German:	Rehmannia-Wurzel, Braunwurzgewächs
English:	Chinese foxglove root, rehmannia root, 'fresh earth yellow'

Temperature

●●○ cold

Taste

●●○ sweet

●●○ bitter

Organ relationship

●●○ Heart

●●○ Liver

●●○ Kidney

Direction of action

●○○ deep

Site of action

Deep, interior, blood

Actions/Indications

●●● Cools heat

Yin deficiency, fever, red tongue body, thirsting and wasting disorder, thirst

●●● Cools blood

Spitting up blood, nosebleed, exanthemas, throat infections

●●○ Cools fire

Bleeding in the mouth, tongue sores, insomnia, restlessness

●○○ Tonifies blood

Dry mouth, constipation, raised body temperature

●●○ Generates fluids

Chronic fever, red tongue body, thirsting and wasting, sleep disorders

●●○ Clears deficient heat

Insomnia, restlessness, irritability, dry throat, heat

●●○ Tonifies and nourishes yin

Chronic febrile infections, heat, restlessness, insomnia

Physiological/pharmacological effects anti-inflammatory effect, increases serum levels of adrenocortical hormones, cardiotonic, antihypertensive, stops bleeding, diuretic; contains phenolic glycosides which have antibacterial, immune-suppressive and hepatoprotective actions. Used to treat eczema, rheumatic diseases and hepatitis.

Toxicity in order to minimize side-effects such as diarrhoea, nausea or abdominal pain, add *Amomi xanthioidis fructus (sha ren)* p. 284 to the prescription.

Commentary cooling effect in the qi, ying and blood levels

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Exanthemas, infections, throat swelling → Moutan cortex (*mu dan pi*) p. 164, Scrophulariae radix (*xuan shen*) p. 170, Paeoniae radix rubra (*chi shao yao*) p. 166
- Cough, haematemesis, nosebleeds, uterine bleeding due to deficient fire → Asini corii colla (*e jiao*) p. 770
- Dry throat, irritability, red tongue body, fast pulse, yin deficiency with fire from deficiency blazing upward → Scrophulariae radix (*xuan shen*) p. 170
- Nightsweats, fatigue, irritability, injury to the yin by heat → Anemarrhenae rhizoma (*zhi mu*) p. 120, Artemisiae scopariae herba (*yin chen hao*) p. 302
- Heat with blood deficiency, haematuria, spitting up blood, nosebleeds, blood heat, bloody diarrhoea → Imperatae rhizoma (*bai mao gen*) p. 158, Sanguisorbae radix (*di yu*) p. 608
- Heat due to deficient yin and blood loss → Rehmanniae radix praeparata (*shu di huang*) p. 780
- Stomach yin deficiency, dry mouth, thirst, red tongue body → Ophiopogonis radix (*mai men dong*) p. 802, Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792

Compatibility

- Enhanced by alcohol, Ophiopogonis radix (*mai men dong*) p. 802, Zingiberis rhizoma recens (*sheng jiang*) p. 46, Amomi xanthioidis fructus (*sha ren*) p. 284
- Limited by Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650 and beef

Contraindications Spleen deficiency and dampness, diarrhoea, yang deficiency in pregnancy, blood deficiency or Spleen and Stomach deficiency

Pregnancy use with caution

Scrophulariae radix**Xuan shen**

玄参

Family:	Scrophulariaceae
Standard species:	<i>Scrophularia ningpoensis</i>
Variation:	Scrophulariae ningpoensis radix
German:	Ningpo-Braunwurz Wurzel
English:	scrophularia, ningpo figwort root, 'dark root'

Temperature

●●○ cold

Taste

○○○ bitter

●●○ salty

Organ relationship

●●○ Lung

●●○ Stomach

●●○ Kidney

●●○ Heart

Direction of action

○○○ deep

Site of action

Deep, interior, neck and throat

Actions/Indications

●●○ Cools heat

Heat in the blood level: thirst, unbearable heat sensation, insomnia

●●● Cools blood

Throat infections, exanthemas, swelling, genital sores, ear infections, bleeding diatheses

●●○ Drains fire

Red, swollen eyes, exanthemas, unbearable heat sensation, insomnia; clear the eyes and treats cataracts

●●○ Softens lumps and dissolves nodules

Concretions, neoplasias, ulcerations, lymphadenitis due to phlegm-fire

●●○ Tonifies and nourishes the yin

Constipation, restlessness, thirst, unbearable heat sensation; lifts the Kidney yin and thus reduces fire and heat in the Heart

●●○ Disinfects and detoxifies

Red, swollen eyes, inflamed throat, infectious rashes and ulcerations; eliminates toxins, chronic dry eczemas, tumours

●●○ Clears deficient heat

Irritability, heat in the chest, restlessness, insomnia, dry throat, thirst

Physiological/pharmacological effects vasodilating, antihypertensive, sedative, antipyretic, antidiabetic effects; in vitro antibiotic. Can be used to treat renal hypertension. Use with care in combination with antidiabetic medications (hypoglycaemia).

Dosage 6–30 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood heat with thirst, insomnia, throat infections → *Rehmanniae radix (sheng di huang)* p. 168, *Moutan cortex (mu dan pi)* p. 164, *Paeoniae radix rubra (chi shao yao)* p. 166
- Yin deficiency → *Rehmanniae radix (sheng di huang)* p. 168, *Ophiopogonis radix (mai men dong)* p. 802
- Throat infections → *Arctii fructus (niu bang zi)* p. 48, *Isatidis radix (ban lan gen)* p. 210
- Visual impairment, cataract → *Rehmanniae radix (sheng di huang)* p. 168, *Haliotidis concha (shi jue ming)* p. 454, *Buddlejae flos (mi meng hua)* p. 192, *Cicadae periostracum (chan tui)* p. 54
- Neoplasias, concretions, lumps → *Ostrea concha (mu li)* p. 428, *Fritillariae thunbergii bulbus (zhe bei mu)* p. 650, *Prunellae spica (xia ku cao)* p. 140
- Non-healing sores → *Lonicerae flos (jin yin hua)* p. 216, *Angelicae sinensis radix (dang gui)* p. 768, *Glycyrrhizae radix (gan cao)* p. 716
- Erysipelas, purpuric rash → *Moutan cortex (mu dan pi)* p. 164
- Wind-heat with throat swelling, purpuric rash → *Arctii fructus (niu bang zi)* p. 48, *Platycodi radix (jie geng)* p. 636
- Lymph node swelling, goitre, phlegm nodules → *Ostrea concha (mu li)* p. 428, *Fritillariae thunbergii bulbus (zhe bei mu)* p. 650, *Prunellae spica (xia ku cao)* p. 140, *Arnebiae/Lithospermi radix (zi cao)* p. 152

Compatibility impaired by *Astragali radix (huang qi)* p. 706, *Zingiberis rhizoma (gan jiang)* p. 408, *Ziziphi spinosae semen (suan zao ren)* p. 446, *Corni fructus (shan zhu yu)* p. 822, *Veratri nigri radix et rhizoma (li lu)* p. 76.

Contraindications Spleen deficiency and dampness, diarrhoea

Pregnancy use is allowed

Coptidis rhizoma

Huang lian

黄连

Family: Ranunculaceae
 Standard species: *Coptis chinensis*, *C. deltoidea*, etc.
 German: Goldfadenwurzelsstock
 English: coptis rhizome, 'yellow link'

Temperature

●●● cold

Taste

●●● bitter

Organ relationship

●●● Heart
 ●●○ Liver
 ●●○ Stomach
 ●●● Gall bladder
 ●●● Large Intestine

Signal herb

Heart

Direction of action

●●○ descends Stomach yang and
 Heart fire

Site of action

Upper and middle burner

Actions/Indications

●●● Cools heat

Febrile illnesses

●●● Drains fire

Heart fire: palpitations, insomnia, disorientation, confused speech. Stomach fire: mucosal bleeding, painful and dry throat, red eyes, bitter taste in the mouth

●●● Clears damp-heat

Jaundice, dysenteric disorders, nausea, diarrhoea, thick yellow tongue coating

●●● Detoxifies and disinfects

Infections in the middle burner, ulcerations, sepsis. For topical use: red, painful eyes, sores in the mouth and tongue

●○○ Stops bleeding

Bleeding due to heat or fire, nosebleed, haematuria, blood in stool, spitting up blood

●○○ Eczema, burns and ulcerations

Boils, abscesses, purulent sores, infected sores, splenic disorders, herpes and trichomoniasis

●○○ Descends the yang

Liver fire overcomes the middle: pain and feeling of distension in the hypochondrium, dream-disturbed sleep, burning sensation in the gastric area, acid regurgitation, lack of appetite, dry heaves

Physiological/pharmacological effects in vitro antibiotic, antifungal. Used in treating dysentery, burns, chronic cholecystitis, conjunctivitis and otitis media, peptic ulcers. Use topically to treat anal fissures and trichomonal cervicitis.

Toxicity potentially damaging to the Spleen and Stomach if used over long periods. Possible side-effects: allergic reactions, dizziness, headache, tinnitus, nausea, vomiting, palpitations, shortness of breath, feeling of abdominal fullness, diarrhoea, low erythrocyte counts.

Dosage 3–12 g, standard 10 g

Cooking time 20 minutes



Combinations

- Fire toxicity with high fever, irritability, dry mouth and throat, dark urine → Scutellariae radix (*huang qin*) p. 184, Gardeniae fructus (*zhi zi*) p. 126
- Insomnia and delirium when the ying level has been injured by heat or fire → Rehmanniae radix (*sheng di huang*) p. 168
- Dysenteric disorder due to heat or fire → Aucklandiae radix (*mu xiang*) p. 480
- Ulcerations, septic lesions → Gardeniae fructus (*zhi zi*) p. 126, Forsythiae fructus (*lian qiao*) p. 200
- Pus-filled sores → Paeoniae radix lactiflora (*bai shao*) p. 776, Moutan cortex (*mu dan pi*) p. 164
- Stomach heat → as a mouthwash with Trichosanthis radix (*tian hua fen*) p. 142, Anemarrhenae rhizoma (*zhi mu*) p. 120, Rehmanniae radix (*sheng di huang*) p. 168

Compatibility

- Enhanced by Scutellariae radix (*huang qin*) p. 184, Mastodi fossilium ossis (*long gu*) p. 426
- Limited by Achyranthis bidentatae radix (*niu xi*) p. 522, Tussilaginis farfarae (*kuan dong hua*) p. 678, pork meat
- Impaired by Chrysanthemi flos (*ju hua*) p. 52, Scrophulariae radix (*xuan shen*) p. 170, Bombyx batrycatus (*jiang can*) p. 448, Dictamni cortex (*bai xian pi*) p. 174, Genkwa flos (*yuan hua*) p. 106, cold water
- Mitigates the toxicity of Crotonis fructus (*ba dou*) p. 100, calamine

Contraindications yin deficiency, nausea and vomiting due to cold in the Stomach, diarrhoea due to Spleen or Kidney deficiency

Pregnancy use with caution

Dictamni cortex**Bai xian pi**

白鲜皮

Family:	Rutaceae
Standard species:	<i>Dictamnus dasycarpus</i>
German:	Escherwurzelrinde
English:	Chinese dittany root bark, 'white fresh bark'

Temperature

●●○ cold

Taste

●●○ bitter

●○○ salty

Organ relationship

●●○ Spleen

●●○ Stomach

●○○ Bladder

●○○ Small Intestine

Direction of action

●●○ descending

Site of action

Skin

Actions/Indications●●○ **Clears damp-heat**

Skin diseases, sores, boils

●●○ **Disperses wind**

Pruritus, rashes

●●○ **Stops itching**

Sores, suppurative rashes

●●○ **Detoxifies and disinfects**

Skin diseases, painful and swollen genitals, decreased urination, topical application to treat fungal diseases of the skin

●●○ **Eczema, burns and ulcerations**

Boils, abscesses, purulent sores, infected sores, topical application to treat fungal diseases of the skin

Physiological/pharmacological effects in vitro antifungal.

Toxicity in the Chinese literature there are no indications that the herb is hepatotoxic. However, there are recent reports that indicate that this herb may be responsible for several cases of acute autoimmune hepatitis in patients with skin diseases. The herb appears to have caused a hypersensitivity; the reaction was noted only after administering the herb a second time. A direct hepatotoxicity is nonetheless possible and long-term use led to an increase in transaminases. Hepatic enzymes should be measured during administration of this herb; do not use in patients with a history of hepatic disease, decreased hepatic function or allergies.

Dosage 3–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Damp-heat with pruritic lesions → *Sophorae flavescens radix (ku shen)* p. 186
- Damp-heat with painful obstruction of the lower limbs → *Lonicerae caulis (ren dong teng)*, *Clematidis radix (wei ling xian)* p. 356
- Pruritus due to wind, dampness, cold or parasites (topical use) → *Sophorae flavescens radix (ku shen)* p. 186, *Cnidii fructus (she chuang zi)* p. 740
- Eczema → *Saposhnikoviae radix (fang feng)* p. 42, *Tribuli fructus (bai ji li)* p. 462

Compatibility impaired by *Platycodi radix (jie geng)* p. 636, *Poria (fu ling)* p. 334, *Dioscoreae hypoglaucae rhizoma (bi xie)* p. 312

Contraindication deficient cold

Pregnancy use is allowed

Fraxini cortex

秦皮

Qin pi

Family: Oleaceae
 Standard species: *Fraxinus rhynchophylla*, *F. chinensis*, etc.
 German: chinesische Eschenrinde
 English: fraxinus bark, Korean ash bark

Temperature

●●○ cold

Taste

●○○ bitter

Organ relationship

●●○ Liver
 ●○○ Gall bladder
 ●●○ Large Intestine
 ●○○ Stomach

Direction of action

●○○ deep

Site of action

Deep, interior, digestive tract

Actions/Indications

●●○ Cools heat

Painful red eyes, cataracts, superficial visual obstructions

●○○ Dries dampness

Dysentery

●●○ Clears damp-heat

Dysentery, amoebiasis, vaginal discharge, colitis

●●○ Brightens the eyes

Painful, red and swollen eyes

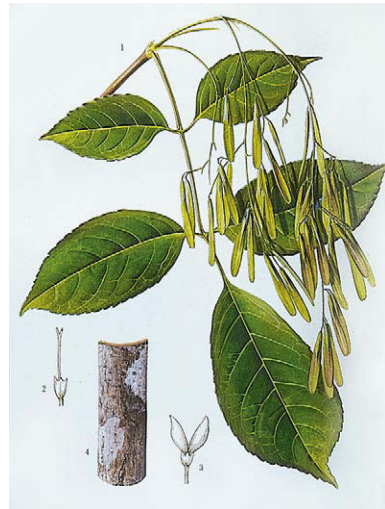
●○○ Dispels wind-damp

Painful obstruction syndromes

Physiological/pharmacological effects antibiotic, sedative, analgesic, diuretic, anticonvulsive; can be used to treat chronic bronchitis, bacterial dysentery. Contains aesculin, fraxin (coumarin derivatives); animal experiments have shown antitussive, expectorant and anti-asthmatic effects.

Dosage 3–12 g, standard 3 g

Cooking time 20 minutes



Combinations

- Damp-heat, dysentery → Taraxaci herba (*pu gong ying*) p. 250, Coptidis rhizoma (*huang lian*) p. 172, Phellodendri cortex (*huang bai*) p. 180
- Dysentery due to heat, toxic heat or toxic fire in the Stomach, Large Intestine, Small Intestine → Pulsatilla radix (*bai tou weng*) p. 230, Phellodendri cortex (*huang bai*) p. 180
- Dysentery with strong tenesmus → Aucklandiae radix (*mu xiang*) p. 480, Sophorae flavescens radix (*ku shen*) p. 186
- Redness and swelling of the eyes → Coptidis rhizoma (*huang lian*) p. 172, Bambusae folium (*xian zhu ye*)

Compatibility

- Enhanced by Euphorbiae kansui radix (*gan sui*) p. 102
- Limited by Evodiae fructus (*wu zhu yu*) p. 383

Contraindication cold deficiency of the Spleen

Pregnancy use is allowed

Gentianae radix**Long dan cao**

龙胆草

Family:	Gentianaceae
Standard species:	<i>Gentiana manshurica</i> , <i>G. scabra</i> , etc.
German:	kahle Enzianwurzel
English:	Chinese gentian root, 'dragon gall bladder herb'

Temperature

●●● cold

Taste

●●● bitter

Organ relationship

- Liver
- Gall bladder
- Bladder
- Stomach

Direction of action

●○○ sinking

Site of action

Deep, interior, middle burner

Actions/Indications●●● **Clears damp-heat**

Jaundice, vaginal discharge, painful inflammation of the genitals, pruritus, itching in the genitals, herpes zoster, hydrocele

●●● **Drains fire**

Red painful eyes, headache, stabbing pain in the chest and flanks, ear pain and swelling, throat swelling, sudden deafness, bitter taste, insomnia, irritability

●○○ **Pacifies internal wind**

Internal wind due to heat, persistent high fever, spasms, tonic-clonic seizures, flank pain

●○○ **Descends the yang**

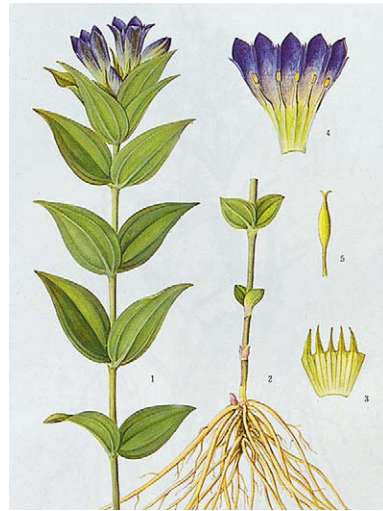
Headache, painful eyes, irritability, insomnia, hypertension, tinnitus

Physiological/pharmacological effects promotes gastric secretions if taken before meals. The related western herb *Gentiana lutea* is used to increase secretion of gastric juices and saliva, and to treat cases of loss of appetite, abdominal fullness and distension and as a general tonic. Increases bile secretion, hepatoprotective, diuretic, affects the CNS (low doses are stimulating, high doses have a sedative effect), antibiotic, increases gastric juice secretion if taken before meals; can be used to treat encephalitis, chronic hepatitis. Use with care in combination with barbiturates (synergistic effect) or diuretics (may affect water and electrolyte metabolism).

Toxicity possible side-effects in high dosages: headache, flushing, dizziness, sedation (impairs driving ability), gastric irritation.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Damp-heat with jaundice → *Artemisiae scopariae herba* (*yin chen hao*) p. 302, *Gardeniae fructus* (*zhi zi*) p. 126
- Damp-heat with discharge, scrotal swelling and pain → *Sophorae flavescens radix* (*ku shen*) p. 186, *Phellodendri cortex* (*huang bai*) p. 180
- Heat and internal wind in the Liver with fever, seizures → *Coptidis rhizoma* (*huang lian*) p. 172, *Uncariae ramulus cum uncis* (*gou teng*) p. 464, *Indigo naturalis* (*qing dai*) p. 160
- Liver fire and damp-heat with red, swollen and painful eyes, stabbing pain in the chest, deafness, bitter taste, painful swelling of the testicles, dark, turbid and painful urination → *Bupleuri radix* (*chai hu*) p. 50, *Scutellariae radix* (*huang qin*) p. 184

Contraindications Spleen deficiency and diarrhoea

Pregnancy use is allowed

Phellodendri cortex**Huang bai**

黄柏

Family: Rutaceae
 Standard species: *Phellodendron amurense*, *P. chinense*
 German: Gelbbaumrinde, Korkbaumrinde
 English: phellodendron bark, Amur cork-tree bark, 'yellow fir'

Temperature

●●● cold

Taste

●●● bitter

Organ relationship

●●● Kidney
 ●●● Bladder
 ●●● Large Intestine
 ●●○ Small Intestine

Signal herb

Small Intestine

Direction of action

●●● sinking

Site of action

Lower burner

Actions/Indications●●● **Clears damp-heat**

Diarrhoea, dysentery, jaundice, painful urination, scanty urine, thick yellow vaginal discharge, painful inflammation of the genitals, painful swelling of the lower limbs

●●● **Clears deficient heat**

Nightsweats, spermatorrhoea, diarrhoea

●●● **Drains fire**

Fire due to Kidney yin deficiency, nightsweats, spermatorrhoea, raised body temperature in the afternoon

●●○ **Detoxifies and disinfects**

Sores, exanthemas, dysentery, amoebiasis, infections in the lower burner, cystitis, vaginitis, salpingitis, scrotal inflammations

●●○ **Eczema, burns and ulcerations**

Exanthemas, ulcerations, pruritus, infectious skin diseases, fungal nail infections, herpes zoster, trichomonas

Physiological/pharmacological effects antibiotic, antihypertensive, antitussive, expectorant, anti-asthmatic, used to treat chronic bronchitis; used in treating meningitis, dysentery, conjunctivitis (especially in children). Topical application for vaginitis, trichomonal cervicitis, eczema on the ear. Contains berberine alkaloids.

Toxicity no long-term use, may damage the yin and fluids; contains berberine, which may inhibit biliary conjugation in the fetus or newborn and thus lead to hyperbilirubinaemia. Do not prescribe after first trimester of pregnancy, in newborns and during the first month of breastfeeding.

Commentary local application as a paste or lotion, frequently combined with the 'two yellows' – *Scutellariae radix* (*huang qin*) and *Coptidis rhizoma* (*huang lian*).

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Damp-heat with yellow vaginal discharge → Plantaginis semen (*che qian zi*) p. 328, Dioscoreae hypoglaucae rhizoma (*bi xie*) p. 312, Euryalis semen (*qian shi*) p. 826, Ginkgo semen (*bai guo*) p. 828
- Bloody dysenteric disorder, heat → Paeoniae radix rubra (*chi shao yao*) p. 166
- Acute diarrhoea, abdominal pain → Aucklandiae radix (*mu xiang*) p. 480
- Frequent, painful, urgent micturition → Asari herba (*xi xin*) p. 24
- Damp-heat with amoebiasis, diarrhoea → Scutellariae radix (*huang qin*) p. 184, Coptidis rhizoma (*huang lian*) p. 172
- Damp-heat and jaundice → Gardeniae fructus (*zhi zi*) p. 126, Artemisiae scopariae herba (*yin chen hao*) p. 302
- Damp-heat with weakness and atrophy of the legs → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Achyranthis bidentatae radix (*niu xi*) p. 522
- Damp-heat and urinary problems → Anemarrhenae rhizoma (*zhi mu*) p. 120, Rehmanniae radix (*sheng di huang*) p. 168, Bambusae caulis in taeniam (*zhu ru*) p. 78, Clematidis armandii caulis (*chuan mu tong*) p. 306
- Damp-heat with vaginal discharge → Angelicae dahuricae radix (*bai zhi*) p. 22, Gentianae radix (*long dan cao*) p. 178
- Damp-heat with ulcerations, exanthemas (topical application) → Rhei rhizoma (*da huang*) p. 92, Talcum (*hua shi*) p. 340
- Damp-heat with ulcerations, exanthemas (oral administration) → Scutellariae radix (*huang qin*) p. 184, Gardeniae fructus (*zhi zi*) p. 126

Compatibility enhanced by *Lacca sinica* (*gan qi*)

Contraindication Spleen deficiency with diarrhoea

Pregnancy use is allowed; observe the limitations listed under Toxicity above

Picrorhizae rhizoma**Hu huang lian**

胡黄连

Family:	Scrophulariaceae
Standard species:	<i>Picrorhizae scrophulariiflora</i> , <i>P. kurroa</i>
German:	Picrorhizae-Wurzelstock
English:	picrorhiza rhizome, 'barbarian yellow link'

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Liver

●●○ Stomach

●●○ Large Intestine

Direction of action

●○○ deep

Site of action

Deep, interior, digestive tract

Actions/Indications

●●○ Clears deficient heat

Heat due to yin deficiency, recurring afternoon fevers due to Kidney deficiency, deficient fevers in children, abdominal distension, digestive complaints, food intolerance

●●○ Clears damp-heat

Diarrhoea, haemorrhoids, childhood fevers, dysentery

●●○ Detoxifies and disinfects

Dysentery, intoxications

●○○ Tonifies and harmonizes the Stomach

Childhood nutritional disorder, abdominal distension, afternoon fevers, dysentery, diarrhoea

●○○ Harmonizes the Intestines

Childhood nutritional disorder, abdominal distension, afternoon fevers, dysentery, diarrhoea

Physiological/pharmacological effects in vitro antibiotic effect. Contains androstene and apocynin, which are bronchospasmolytic and relieve asthma. In addition, the herb is anti-inflammatory, immune stimulating, antibacterial, antiviral, hepatoprotective, bile-stimulating, spasmolytic and insecticidal. The positive effects of picrorhiza in treating vitiligo can be attributed to its immune-modulating and hepatoprotective actions.

Commentary frequently substituted for the more expensive herb *Coptidis rhizoma* (*huang lian*) p. 172.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Deficiency fevers due to Kidney deficiency → *Anemarrhenae rhizoma (zhi mu)* p. 120, *Lycii cortex (di gu pi)* p. 260, *Fraxini cortex (qin pi)* p. 176, *Artemisiae annuae herba (qing hao)* p. 256, *Stellariae radix (yin chai hu)* p. 262
- Chronic diarrhoea, dysenteric disorder, bloody stools → *Zingiberis rhizoma recens (sheng jiang)* p. 46

Contraindication Spleen deficiency

Pregnancy use is allowed

Scutellariae radix**Huang qin**

黄芩

Family:	Lamiaceae
Standard species:	<i>Scutellaria baicalensis</i>
German:	Baikal-Helmkraut
English:	scutellaria, baical skullcap root

Temperature

●●● cold

Taste

●●● bitter

Organ relationship

●●● Heart

●●● Lung

●●● Gall bladder

●●● Large Intestine

●●○ Small Intestine

●●○ Stomach

Direction of action

●●○ sinking

Site of action

Upper burner

Actions/Indications

●●● Cools heat

Fever, dry mouth, cough, thick yellow sputum, acute bronchitis, pneumonia, asthma, respiratory tract infections, tonsillitis

●●● Drains fire

Bleeding in the mouth, nosebleeds, bloody stools, haematuria

●●● Clears damp-heat

Jaundice, intestinal infections (amoebiasis), diarrhoea, scanty painful urination, pulmonary complaints with thick yellow sputum (pneumonia), chronic enteritis, colitis, Crohn's disease, intestinal parasites, allergies

●●○ Stops bleeding

Bleeding in the mouth, epistaxis, bloody stools, haematuria

●●○ Calms the fetus

Quiets the fetus, prevents premature birth due to heat

●●○ Descends the yang

For ascendant Liver yang: headache, irritability, red eyes, bitter taste

●●○ Stops vomiting

Nausea, vomiting, stress-related lack of appetite, eczema, burns, ulcerations, red, pruritic eczema, herpes zoster, trichomonas

Physiological/pharmacologicaleffects anti-inflammatory, antipyretic, hepatoprotective, antihypertensive, mildly sedating, diuretic, antibiotic; used to treat dysentery and chronic hepatitis.

Toxicity possible side-effects following oral administration; mild diarrhoea

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Warm pathogen (*wen bing*) disease, high fever, bloody stools → *Coptidis rhizoma* (*huang lian*) p. 172, *Saposhnikoviae radix* (*fang feng*) p. 42
- Damp-heat with vomiting of blood, epistaxis → *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Moutan cortex* (*mu dan pi*) p. 164, *Rhei rhizoma* (*da huang*) p. 92, *Gardeniae fructus* (*zhi zi*) p. 126, *Artemisiae scopariae herba* (*yin chen hao*) p. 302, *Phellodendri cortex* (*huang bai*) p. 180
- Amoebiasis, abdominal pain → *Puerariae radix* (*ge gen*) p. 64, *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Glycyrrhizae radix* (*gan cao*) p. 716
- Pneumonia with cough → *Pinelliae rhizoma* (*ban xia*) p. 82, *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624
- Restless fetus → *Atractylodis rhizoma* (*cang zhu*) p. 286, *Bambusae folium* (*xian zhu ye*), *Angelicae sinensis radix* (*dang gui*) p. 768
- Blazing fire in the Liver with dizziness, headache → *Prunellae spica* (*xia ku cao*) p. 140
- Bloody stools, wind in the Large Intestine and Small Intestine, fever, abdominal pain, intestinal abscesses → *Sanguisorbae radix* (*di yu*) p. 608

Compatibility

- Enhanced by *Mastodi fossilium ossis* (*long gu*) p. 426, *Corni fructus* (*shan zhu yu*) p. 822
- Impaired by onions
- Limited by *Cinnabaris* (*zhu sha*) p. 418, *Moutan cortex* (*mu dan pi*) p. 164, *Veratri nigri radix et rhizoma* (*li lu*) p. 76

Contraindications deficiency heat of the Lung, cold diarrhoea or cold in the middle burner, restless fetus due to cold

Pregnancy use is allowed

Sophorae flavescentis radix**Ku shen**

苦参

Family:	Fabaceae
Standard species:	<i>Sophora flavescens</i>
Variation:	Sophorae radix
German:	Schnurbaumwurzel
English:	sophora root, 'bitter root'

Temperature

●●○ cold

Taste

●●● bitter

Organ relationship

●○○ Heart

●○○ Small Intestine

●○○ Liver

●○○ Large Intestine

●○○ Stomach

●○○ Kidney

Direction of action

●○○ sinking

Site of action

Skin, lower burner

Actions/Indications●●● **Clears damp-heat**

Dysentery, intestinal infections (amoebiasis), jaundice, thick yellow vaginal discharge, rashes in the genitals

●○○ **Dispels wind**

Pruritus, skin diseases (chickenpox), parasites

●○○ **Stops itching**

Skin diseases, rashes in the genitals, pruritic vaginal discharge, fungal diseases

●○○ **Promotes urination**

Scanty urine due to damp-heat, painful bladder dysfunction

●○○ **Disinfects and detoxifies**

Skin diseases, pruritus, vaginal discharge, dysentery

●○○ **Eczema, burns and ulcerations**

Skin lesions, chronic pruritus, sores, fungal diseases

Physiological/pharmacological effects antibiotic, antiparasitic (Trichomonas), antimycotic (to treat fungal infections of the skin), expectorant, anti-arrhythmic, used to treat arrhythmias caused by adrenaline or aconite poisoning. Contains alkaloids, which have vasodilating properties and, improve myocardial perfusion, anti-asthmatic; used to treat dysentery, asthma, chronic bronchitis, dermatological diseases. Contains alkaloids, flavones, triterpenoids.

Toxicity extremely bitter, can cause nausea and vomiting. Overdose may lead to irritability, muscle spasms, cramps, agitation, dyspnoea leading up to respiratory suppression in extremely high dosages.

Commentary can be used topically to treat skin diseases

Dosage 3–15 g, standard 3 g

Cooking time 20 minutes



Combinations

- Damp-heat, amoebiasis, jaundice, discharge → Phellodendri cortex (*huang bai*) p. 180, Gentianae radix (*long dan cao*) p. 178
- Damp-heat, skin diseases, pruritus → Rehmanniae radix (*sheng di huang*) p. 168, Paeoniae radix lactiflora (*bai shao*) p. 776, Dictamni cortex (*bai xian pi*) p. 174
- Damp-heat, dysentery, jaundice → Aucklandiae radix (*mu xiang*) p. 480
- Damp-heat with thick yellow vaginal discharge and pruritus → Phellodendri cortex (*huang bai*) p. 180, Angelicae dahuricae radix (*bai zhi*) p. 22, Cnidii fructus (*she chuang zi*) p. 740
- Damp-heat with skin lesions, eczema → Cnidii fructus (*she chuang zi*) p. 740, Salviae miltiorrhizae radix (*dan shen*) p. 570
- Damp-heat with oedema, painful urination → Poria (*fu ling*) p. 334
- Urinary disorders during pregnancy → Angelicae sinensis radix (*dang gui*) p. 768, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650

Compatibility

- Enhanced by Scrophulariae radix (*xuan shen*) p. 170
- Limited by Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Cuscutae semen (*tu si zi*) p. 746
- Impaired by Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindication cold deficiency of the Spleen

Pregnancy use is allowed

Belamcandae rhizoma**She gan**

射干

Family:	Iridaceae
Standard species:	<i>Belamcanda chinensis</i>
German:	Leopardenblumenwurzelstock, Brombeerlilienwurzelstock
English:	belamcanda rhizome, 'arrow shaft'

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●● Lung

●○○ Liver

Direction of action

●○○ sinking, distributes and descends the Lung qi

Site of action

Throat and neck

Actions/Indications

●○○ Cools heat

Painful obstruction in the throat, cough

●●○ Dispels wind-heat

Painful obstruction in the throat with severe accumulation of phlegm

●●● Disinfects and detoxifies

Inflammation of the lung and throat

●●● Transforms hot phlegm

Accumulation of phlegm in the throat, cough, dyspnoea, phlegm obstruction

●○○ Corrects counterflow qi

Phlegm accumulation, cough, difficulties breathing

●●○ Transforms cold phlegm

Wheezing, panting, cough, oedema, asthma, emphysema, chronic bronchitis

●○○ Relieves wheezing

Phlegm collecting in the throat, dyspnoea, asthma

Dosage 3–10 g standard 6 g**Cooking time** 20 minutes



Combinations

- Phlegm obstruction in the Lung, cough, asthma → Ephedrae herba (*ma huang*) p. 30, Tussilaginis farfarae (*kuan dong hua*) p. 678
- Lung heat with sore throat, cough → Scutellariae radix (*huang qin*) p. 184
- Lung heat, cough, throat pain, swollen throat, hoarseness → Scutellariae radix (*huang qin*) p. 184, Platycodi radix (*jie geng*) p. 636
- Lung heat, cough, throat pain, swollen throat, viscous phlegm which is difficult to expectorate → Armeniaca semen (*xing ren*) p. 664, Platycodi radix (*jie geng*) p. 636
- Wind-cold, asthma, tightness in the chest with phlegm → Ephedrae herba (*ma huang*) p. 30, Asari herba (*xi xin*) p. 24, Zingiberis rhizoma recens (*sheng jiang*) p. 46

Contraindication deficiency of the Spleen with diarrhoea

Pregnancy use is **forbidden**

Bistortae rhizoma

拳参

Zu shen

Family: Polygonaceae
 Standard species: *Polygonum bistorta* (*Persicaria bistorta*)
 Variation: Polygoni bistortae rhizoma
 German: Schlangenknoterich-Würzelstock, Drachenwurz
 English: adderwort, bistort

Temperature

●●○ cold tendency

Taste

●●○ bitter

Organ relationship

●●○ Liver
 ●●○ Stomach
 ●○○ Large Intestine

Direction of action

●○○ descending

Site of action

Digestive tract, throat

Actions/Indications

●●○ Cools heat

Ulcerations, boils, constipation, decreased urination, swelling of the neck, epileptic seizures

●●○ Detoxifies and disinfects

Infections due to insect bite or snakebite, ulcerations, malaria

●●○ Breaks up swelling

Painful swelling of the neck, neoplasias, tumours, carcinomas

●●○ Drains damp-heat

Ulcerations, swelling, infections due to insect bite or snakebite

●○○ Stops bleeding

Bleeding from the nose and mouth

Physiological/pharmacological effects astringent; in western natural medicine used to gargle to treat infections of the mouth and throat, to wash wounds or as a salve.

Toxicity mildly toxic

Commentary this herb is frequently confused with *Paridis rhizoma* (*chong liu*) p. 222

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes



Pregnancy use is **forbidden**

Bruceae fructus**Ya dan zi**

鸦胆子

Family:	Simaroubaceae
Standard species:	<i>Brucea javanica</i>
German:	Brucefrucht
English:	brucea fruit, java brucea fruit, 'crow gall bladder seed'

Temperature

○○ cold

Taste

●●● bitter

Organ relationship

●○ Large Intestine

○○ Liver

Direction of action

●○ deep

Site of action

Digestive tract, skin

Actions/Indications

●●○ Cools heat

Dysenteric complaints, alternating hard and soft stools, amoebiasis, malaria

●●○ Clears damp-heat

Dysenteric disorders, tidal fevers, pruritus, malaria, alternating hard and soft stools, neoplasias

●●○ Harmonizes the Intestines

Dysenteric disorders, amoebiasis, alternating hard and soft stools

●●○ Disinfects and detoxifies

Dysenteric disorders, amoebiasis, malaria, intermittent fever, parasites (roundworms, tapeworms)

○○○ Stops diarrhoea

Dysenteric disorders, amoebiasis

●●○ Eczema, burns and ulcerations

Warts, corns, papillomas (topical application)

Physiological/pharmacological effects research has shown inhibitory action on the CNS, confirmed use in treatment of amoebiasis and other intestinal parasites, malaria, warts and papillomas.

Toxicity because of its bitter taste, the herb may cause vomiting, abdominal pain and diarrhoea. The herb should therefore not be boiled and instead administered in capsule form or embedded in the flesh of longan fruits. Do not administer long term; this may lead to intestinal vasodilatation and haemorrhage. Use with care in children, in pregnancy and do not use in patients with a history of gastrointestinal bleeding, hepatic or renal disorders.

Commentary external use as a paste or salve; oral administration in a capsule or embedded in longan fruit. Do not administer as a decoction.

Dosage 10–30 g, standard 15 g



Contraindications pregnancy, children, geriatric patients, patients with hepatic or renal disease, Spleen deficiency

Pregnancy use with caution

Canarii fructus

青果

Qing guo

Family: Burseraceae
 Standard species: *Canarium album*
 German: Früchte der chinesischen weißen Olive
 English: Chinese white olive

Temperature

●○○ neutral

Taste

●●○ sweet

●●○ sour

Organ relationship

●●○ Lung

●●○ Stomach

●○○ Spleen

Direction of action

●○○ superficial

Site of action

Neck/throat

Actions/Indications

●●○ Cools heat

Throat pain, painful throat obstruction, laryngitis

●●○ Detoxifies and disinfects

Cough with yellow sputum, laryngitis, pharyngitis, narrowing sensation in the throat

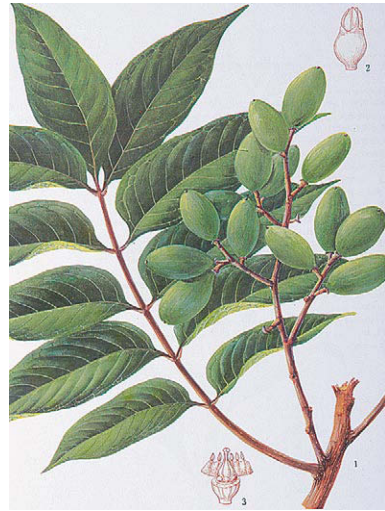
●●○ Generates fluids

Hoarseness, loss of voice, thirst, throat irritation

●●○ Clears the throat

Hoarseness, throat pain, throat inflammation

Toxicity none**Dosage** 4.5–15 g**Cooking time** 20 minutes



Combinations

- Inflamed throat due to wind-heat or toxic fire (topical application as a powder) → Borax (*peng sha*), Borneol (*bing pian*) p. 270, Indigo naturalis (*qing dai*) p. 160
- Sore throat and hoarseness → Lonicerae flos (*jin yin hua*) p. 216, Phragmitis rhizoma (*lu gen*) p. 138

Contraindications throat pain due to wind-fire, cold

Pregnancy use is allowed

Chrysanthemi indicis flos**Ye ju hua**

野菊花

Family: Asteraceae
 Standard species: *Chrysanthemum indicum*, etc.
 German: wilde Chrysanthemenblüten
 English: wild chrysanthemum flower

Temperature

●○○ cold tendency

Taste

●●○ bitter
 ●●○ pungent

Organ relationship

●○○ Lung
 ●○○ Liver

Direction of action

●○○ ascending

Site of action

Skin, throat, neck, eyes, head

Actions/Indications●●○ **Drains fire**

Furuncles, boils, ulcerations

●●○ **Detoxifies and disinfects**

Furuncles, sores, infected wounds

●●○ **Clears wind-heat**

Painful obstruction of the throat, sores, reddened eyes

●●○ **Eczema, burns and ulcerations**

Furuncles, boils, sores, infected wounds

Physiological/pharmacological effects inhibits platelet aggregation (use with care in combination with anticoagulants or platelet inhibitors), antihypertensive; anti-biotic: the water decoction has a stronger effect than the alcohol extract (*Bacillus dysenteriae*, *Leptospira*, influenza virus, herpes virus, skin fungal infections). Modern use as an intravenous infusion to treat hypertension or combined with *Lonicerae flos* (*jin yin hua*) p. 216 and *Taraxaci herba* (*pu gong ying*) p. 250.

Dosage 6–12 g, standard 9 g

Cooking time 3 minutes



Combinations

- Furuncles → *Lonicerae flos* (*jin yin hua*) p. 216, *Taraxaci herba* (*pu gong ying*) p. 250
- Reddened, swollen, painful eyes → *Prunellae spica* (*xia ku cao*) p. 140, *Mori folium* (*sang ye*) p. 62

Contraindications vomiting, nausea, Spleen deficiency

Pregnancy use is allowed

Cremastrae pseudobulbus

山慈姑

Shan ci gu

Family:	Orchidaceae, Liliaceae
Standard species:	<i>Cremastra</i> var., <i>Pleione bulbocodioides</i> , <i>P. yunnanensis</i>
Variation:	Santsigu tuber, Pleionis tuber, Shancigu pseudobulbus
German:	Shancigu-Wurzelknolle (Orchideenart)
English:	cremastra, bulb of the Chinese tulip

Temperature

●●○ cold

Taste

●●○ sweet

●○○ pungent

Organ relationship

●●○ Liver

●○○ Stomach

Direction of action

●○○ descending

Site of action

Skin, digestive tract

Actions/Indications

●●○ Cools heat

Internal sores, ulcerations, boils (also external use)

●●○ Drains fire

Sores, ulcerations, nodules, abscesses, concretions

●●○ Resolves accumulations

Swellings, hardness, nodules, neoplasias, carcinomas, toxic swelling, parotitis

●○○ Eczema, burns and ulcerations

Sores, ulcerations, boils

Physiological/pharmacological effects contains colchicines and alkaloids; antineoplastic.**Toxicity** no side-effects have been observed when the standard species *Cremastra* and *Pleione* are used within the normal dosage range. *Shancigu* is often substituted with *Ipigenia indica* or *Tulipa edulis*; both of these contain toxic colchicines which may lead to changes in blood picture such as granulocytopenia. Overdose: nausea, vomiting, diarrhoea, weakness, abdominal pain, alopecia, CNS effects with lethargy, respiratory depression, seizures. Deadly dosage: 15–45 g.**Commentary** standard species *Cremastra* most frequently used; recent use of *Cremastra* var. in the treatment of oesophageal carcinoma and lymphatic cancers.**Dosage** 3–9 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Sores → *Alpiniae officinari rhizoma* (*gao liang jiang*) p. 390
- Breast nodes → *Vaccariae semen* (*wang bu liu xing*) p. 580, *Lonicerae flos* (*jin yin hua*) p. 216, *Borneol* (*bing pian*) p. 270

Contraindication use with care in debilitated patients

Pregnancy use is allowed

Forsythiae fructus**Lian qiao**

连翘

Family: Olaceae
 Standard species: *Forsythia suspensa*
 German: Forsythienfrüchte, Goldglockchenfrüchte
 English: forsythia fruit

Temperature

●●○ cold tendency

Taste

●●○ bitter
 ●○○ pungent

Organ relationship

●●○ Heart
 ●●○ Gall bladder
 ●○○ Liver
 ●●○ Small Intestine

Signal herb

Triple Burner

Direction of action

●●○ lifting

Site of action

Upper burner, throat and neck

Actions/Indications**●●● Cools heat**

Exanthemas, abscesses, boils, fever, restlessness, thirst

●●○ Dispels wind-heat

Fever, headache, chills, exanthemas, painful dry throat

●●○ Disinfects and detoxifies

Exanthemas, internal and external sores in the area of the throat, sores of the head and neck

●●○ Breaks up lumps

External swelling on the neck, swollen lymph nodes, mastitis, mumps

●●○ Cools fire

Burning pain in the skin, abscesses, boils, ulcerations, restlessness, sensation of heat in the chest, painful urination

●●○ Moves and regulates the qi

Moves qi stagnation in the skin with local heat accumulation, disperses stagnant qi, burning pain in the skin, exanthemas, ulcerations

●○○ Breaks up blood stagnation

Heat accumulation in the skin with blood stagnation, abscesses, carbuncles, swelling

Physiological/pharmacological effects broad-spectrum antibiotic effect, anti-pyretic, hepatoprotective, anti-emetic, diuretic

Dosage 3–15 g, standard 3 g

Cooking time 20 minutes



Combinations

- Wind-heat, exanthemas, infections → *Lonicerae flos* (*jin yin hua*) p. 216
- Heat, diseases affecting the blood level, high fevers, restlessness, thirst → *Coptidis rhizoma* (*huang lian*) p. 172, *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Moutan cortex* (*mu dan pi*) p. 164
- Wind-heat, colds → *Isatidis radix* (*ban lan gen*) p. 210, *Schizonepetae herba* (*jing jie*) p. 44, *Menthae herba* (*bo he*) p. 60
- External sores, swelling of the throat, erysipelas, mastitis, swelling of the lymph nodes → *Lonicerae flos* (*jin yin hua*) p. 216, *Prunellae spica* (*xia ku cao*) p. 140
- Mumps, erysipelas → *Isatidis folium* (*da qing ye*) p. 162, *Isatidis radix* (*ban lan gen*) p. 210
- Tonsillitis → *Isatidis radix* (*ban lan gen*) p. 210, *Arctii fructus* (*niu bang zi*) p. 48
- Acute infections, dysentery → *Isatidis radix* (*ban lan gen*) p. 210, *Coptidis rhizoma* (*huang lian*) p. 172
- Early stages of warm pathogen diseases → *Chrysanthemi flos* (*ju hua*) p. 52
- Allergic skin reactions → *Ephedrae herba* (*ma huang*) p. 30, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Glycyrrhizae radix* (*gan cao*) p. 716
- Ulcerations, nodules, swollen lymph nodes → *Prunellae spica* (*xia ku cao*) p. 140, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650, *Scrophulariae radix* (*xuan shen*) p. 170

Contraindications deficient cold, Spleen deficiency with diarrhoea

Pregnancy use is allowed

Hedyotidis diffusae herba

白花蛇舌草

Bai hua she she cao

Family:	Rubiaceae
Standard species:	<i>Hedyotis diffusa</i> , <i>Oldenlandia diffusa</i>
Variation:	Oldenlandia herba
German:	Hedyotiskraut
English:	hedyotis, oldenlandia, 'white-patterned snake's tongue herb'

Temperature

●●○ cool

Taste

●○○ sweet

●○○ bitter

Organ relationship

●●○ Large Intestine

●○○ Stomach

●○○ Liver

Direction of action

●○○ deep

Site of action

Digestive tract

Actions/Indications●●○ **Cools heat**

Skin abscesses, intestinal abscesses, toxic sores, swellings, snakebite, appendicitis

●●○ **Disinfects and detoxifies**

Internal sores, abscesses, boils, snakebite

●●○ **Eczema, burns and ulcerations**

Intestinal abscesses, boils, appendicitis

●●○ **Breaks up lumps**

Abscesses, toxic sores, carcinomas, neoplasias

●○○ **Clears damp-heat**

Jaundice, decreased urination, disorders of micturition

●○○ **Promotes urination**

Painful scanty urination, disorders of micturition

Physiological/pharmacological effects mild antibiotic effect, antineoplastic; used to treat gastrointestinal tumours (oesophagus, stomach, colon) or pulmonary tumours in combination with heat-clearing and toxic-eliminating herbs, i.e. *Scutellariae radix* (*huang qin*). Used in high doses to treat appendicitis, hepatitis. Applied topically for snakebite.

Toxicity in high dosages (45 g) reduces libido

Dosage 15–60 g, standard 15 g

Cooking time 20 minutes



Combinations

- Intestinal abscesses, appendicitis, internal sores → *Patriniae herba* (*bai jiang cao*) p. 224, *Sargentodoxae caulis* (*hong teng*) p. 236
- Toxic swellings, abscesses → *Lonicerae flos* (*jin yin hua*) p. 216, *Forsythiae fructus* (*lian qiao*) p. 200
- Snakebite (topical application) → *Violae herba* (*zi hua di ding*) p. 254.
- Painful urination → *Lobelia chinensis herba* (*ban bian lian*), *Pyrosiae folium* (*shi wei*) p. 336
- Damp-heat, jaundice → *Gardeniae fructus* (*zhi zi*) p. 126, *Phellodendri cortex* (*huang bai*) p. 180, *Artemisiae scopariae herba* (*yin chen hao*) p. 302
- Carcinomas in the intestinal tract → *Scutellariae herba* (*ban zhi lian*) p. 328

Pregnancy use is allowed

Hibisci mutabilis flos

芙蓉叶

Fu jung hua

Family: Malvaceae
 Standard species: *Hibiscus mutabilis*
 German: Baumwollrosenblüten
 English: hibiscus flower

Temperature

●○○ neutral

Taste

●○○ pungent

Organ relationship

●○○ Lung

●○○ Liver

Direction of action

●○○ ascending

Site of action

Skin

Actions/Indications

●○○ Cools heat

Boils, inflammations, bleeding, bronchial and pulmonary ulcerations

●○○ Cools blood

Boils, furuncles, abscesses, bloody ulcerations

●○○ Detoxifies and disinfects

Inflammations, ulcerations

●○○ Breaks up swelling

Mastitis, inflamed swellings

Dosage 9–15 g, standard 10 g**Cooking time** 3 minutes



Pregnancy use is allowed

Houttuyniae herba cum radice

鱼腥草

Yu xing cao

Family:	Saururaceae
Standard species:	<i>Houttuynia cordata</i>
Variation:	Houttuyniae herba
German:	Houttuynia-Kraut mit Wurzel (Chamäleonpflanze, chin. Eidechsenchwanz, Buntblatt)
English:	hottuynia, 'fishy-smelling herb'

Temperature

●●○ cool

Taste

●○○ pungent

Organ relationship

●○○ Lung

●○○ Large Intestine

●○○ Triple Burner

Direction of action

●○○ ascending

Site of action

Lung, digestive tract

Actions/Indications

●●○ Cools heat

Pulmonary ulcerations, sores, abscesses

●●○ Detoxifies and disinfects

Sores, abscesses, pulmonary abscesses with thick, yellow-green sputum, toxic sores (also for external use)

●●○ Breaks up swellings

Ulcerations with swelling (also external use)

●●○ Drains damp-heat

Lower burner: diarrhoea, painful urination

●●○ Eczema, burns and ulcerations

Abscesses, toxic sores, inflamed swellings (also external use)

●○○ Dislodges phlegm

Cough with thick, yellow-green sputum; purulent, bloody sputum

Physiological/pharmacological effects immune-stimulating (phagocytes), anti-inflammatory, diuretic, analgesic, haemostatic. Modern use to treat pneumonia, bronchitis, colitis, urogenital tract infections, chronic obstructive respiratory diseases and topically to treat herpes simplex; in vitro antibiotic and antiviral actions.

Commentary the freshly-plucked plant smells of fish; this disappears upon cooking and the only trace it leaves is a reddish tinge in the decoction.

Dosage 15–60 g**Cooking time** 10 minutes



Combinations

- Pulmonary abscess with fever, cough, purulent sputum → Platycodi radix (*jie geng*) p. 636, Phragmitis rhizoma (*lu gen*) p. 138
- Cough and heat in the Lung → Anemarrhenae rhizoma (*zhi mu*) p. 120, Mori cortex (*sang bai pi*) p. 674
- Abscess formation, swelling, excess heat symptoms → Chrysanthemi flos (*ju hua*) p. 52, Lonicerae flos (*jin yin hua*) p. 216, Taraxaci herba (*pu gong ying*) p. 250
- Dysuria → Plantaginis semen (*che qian zi*) p. 328, Imperatae rhizoma (*bai mao gen*) p. 158

Contraindication cold deficiency

Pregnancy use is allowed

Illicis pedunculosae herba

冬青

Dong qing

Family: Aquifoliaceae
 Standard species: *Ilex pedunculosa*
 German: langstielige Stechpalme
 English: ilex

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●● Lung

●●○ Liver

Direction of action

●○○ descending

Site of action

Neck, throat, skin

Actions/Indications

●●○ Cools heat

Heat in the Lung: flu-like symptoms, fever, cough, swollen painful throat obstruction, urinary retention, diarrhoea, dysentery

●●○ Detoxifies and disinfects

Inflamed swellings (external use)

●○○ Cools blood

Ulcerations, swellings

Dosage 15–60 g, standard 20 g**Cooking time** 10 minutes



Pregnancy use is allowed

Isatidis/Baphicacanthis radix

Ban lan gen

板蓝根

Family:	Brassicaceae
Standard species:	<i>Isatis tinctoria</i> , <i>Baphicacanthus cusia</i>
Variation:	Isatidis seu Baphicacanthi radix
German:	Färberwaidwurzel
English:	isatis root, woad root

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●● Heart

●●○ Lung

●○○ Stomach

Direction of action

○○○ deep

Site of action

Neck and throat

Actions/Indications

●●● Cools heat

Inflammations, febrile illnesses, tonsillitis

●●● Disinfects and detoxifies

Toxic infections, throat inflammation

●○○ Cools blood

Throat inflammation, febrile illnesses, mumps, erysipelas

●○○ Breaks up lumps

Mumps, neck swellings

●○○ Dispels wind-damp

Jaundice

●○○ Clears the throat

Laryngitis, inflamed throat

Physiological/pharmacological effects antibiotic, immune-stimulating; in animal experiments shown to inhibit platelet aggregation; used to treat encephalitis B, viral infections (mumps and acute hepatitis, herpes). Patients with sulfonylurea (anti-diabetic) or sulfonamide (antibiotic) allergies may have a cross-reaction with this herb. Use with care in combination with anticoagulants and platelet aggregation inhibitors.

Toxicity possible relationship with oral and i.v. administration of the herb and allergic reactions; gastrointestinal disturbances have also been observed. Patients with sulfonylurea (antidiabetic) or sulfonamide (antibiotic) allergies may also experience allergic reactions to this herb.

Dosage 15–30 g, standard 15 g

Cooking time 20 minutes



Combinations

- Painful throat obstruction, acute tonsillitis → Scrophulariae radix (*xuan shen*) p. 170, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Throat pain, high fever, swelling and burning pain in the face, red face → Lasiosphaera (*ma bo*), Scrophulariae radix (*xuan shen*) p. 170, Platycodi radix (*jie geng*) p. 636
- Fever, dry throat, thirst, heat → Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200, Gypsum (*shi gao*) p. 130, Scrophulariae radix (*xuan shen*) p. 170, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Mumps, painful throat obstruction → Arctii fructus (*niu bang zi*) p. 48, Patriniae herba (*bai jiang cao*) p. 224
- Damp-heat, jaundice → Artemisiae scopariae herba (*yin chen hao*) p. 302

Pregnancy use is allowed

Lasiosphaera

马勃

Ma bo

Family:	Lycoperdaceae
Standard species:	<i>Lasiosphaera fenslii</i> , <i>L. nipponica</i> , <i>Calvatia gigantea</i> , <i>Lycoperdon</i>
Variation:	Lasiosphaerae seu Calvatae fructificatio, Lashiophaera
German:	Lasiosphaera-Schwamm, Riesenbovist
English:	fruiting body of puffball, lasiophaera

Temperature

●●○ neutral

Taste

●●○ pungent

Organ relationship

●●○ Lung

Direction of action

●●○ ascending

Site of action

Throat, neck

Actions/Indications

●●○ Cools heat

Painful throat obstruction with loss of voice

●●○ Drains fire

Toxic throat inflammation, strong pain with inflammation, bleeding in the mouth cavity or from the lips, bleeding gums due to frostbite

●●○ Clears the throat

Painful, swollen throat, loss of voice

●○○ Stops bleeding

External use as a powder: bleeding in oral cavity or from the lips, bleeding gums due to frostbite

Physiological/pharmacological effects topical use: stops bleeding; used to treat bleeding from the nose or mouth, following operations, post-traumatic. In vitro shown to have antibiotic properties. Western naturopathic use as in an alcohol extract to treat menstrual disturbances, nosebleed and skin diseases.

Dosage 1.5–4.5 g

Cooking time 20 minutes



Combinations

- Painful, swollen throat → *Isatidis radix (ban lan gen)* p. 210, *Scrophulariae radix (xuan shen)* p. 170
- Loss of voice, throat complaints → *Lonicerae flos (jin yin hua)* p. 216, *Gardeniae fructus (zhi zi)* p. 126, *Menthae herba (bo he)* p. 60, *Scrophulariae radix (xuan shen)* p. 170, *Isatidis radix (ban lan gen)* p. 210, *Pharbitidis semen (qian niu zi)*

Contraindication loss of voice due to wind-cold

Pregnancy use is allowed

Lonicerae caulis**Ren dong teng**

忍冬藤

Family: Caprifoliaceae
 Standard species: *Lonicera japonica*
 German: Geißblattstängel
 English: honeysuckle vine, loniceria vine

Temperature

●○○ cold

Taste

●○○ sweet

Organ relationship

●○○ Lung
 ●○○ Large Intestine
 ●○○ Stomach

Direction of action

●○○ superficial

Site of action

Exterior, channels

Actions/Indications●○○ **Unblocks the channels**Painful obstruction (*bi*) syndrome●○○ **Eczema, burns and ulcerations**

Sores, exanthemas, skin rashes

●○○ **Relieves pain**Painful obstruction (*bi*) syndrome, swelling, redness, burning pain in the channels●○○ **Cools heat**

Heat in surface

●○○ **Detoxifies and disinfects**

Cools heat, eliminates toxins: sores, skin rashes

●○○ **Expels wind**Pruritus, painful obstruction (*bi*) syndrome; unblocks the main channels and collaterals: stiffness, pain in the joints●○○ **Expels damp-wind**

Pruritus, swelling, soothes the sinews and muscles, unblocks the channels and collaterals: stiffness, pain, swelling

●○○ **Cools blood**

Abdominal pain due to inflammations, irregular periods, heavy uterine bleeding, inflammations of the breast, mastitis

Physiological/pharmacological effects antibiotic, one of the ingredients increases systolic blood pressure and lowers diastolic pressure; relieves cramping and spasms of the gastrointestinal and respiratory tracts.

Commentary *Lonicerae caulis* has a milder effect compared to *Lonicerae flos* (*jin yin hua*) p. 216.

Dosage 10–30 g

Cooking time 20 minutes



Combinations

- Sores (external use) → Glycyrrhizae radix (*gan cao*) p. 716, rice wine
- Painful obstruction (*bi*) syndrome with pain, stiffness → Lonicerae flos (*jin yin hua*) p. 216
- Painful obstruction (*bi*) syndrome with swelling, redness, joint pain → Clematidis radix (*wei ling xian*) p. 356, Gentianae macrophyllae radix (*qin jiao*) p. 362, Notopterygii rhizoma (*qiang huo*) p. 38, Angelicae pubescentis radix (*du huo*) p. 350
- Hot joints → Mori ramulus (*sang zhi*) p. 364
- Abdominal pain due to inflammation → Sargentodoxae caulis (*hong teng*) p. 236, Patriniae herba (*bai jiang cao*) p. 224
- Irregular menstruation due to heat in the blood → Rehmanniae radix (*sheng di huang*) p. 168, Lycii cortex (*di gu pi*) p. 260
- Heavy uterine bleeding → Sanguisorbae radix (*di yu*) p. 608, Rubiae radix (*qian cao gen*) p. 606
- Mastitis → Taraxaci herba (*pu gong ying*) p. 250, Trichosanthis radix (*tian hua fen*) p. 142, Gleditsiae spina (*zao jiao ci*) p. 548

Contraindication diarrhoea due to cold Spleen deficiency

Pregnancy use is allowed

Lonicerae flos**Jin yin hua**

金銀花

Family: Caprifoliaceae
 Standard species: *Lonicera japonica*, *L. hypoglauca*, etc.
 German: japanische Geißblattblüten
 English: honeysuckle flower, 'gold-silver flower'

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●● Lung
 ●●○ Stomach
 ●●○ Heart
 ●○○ Large Intestine
 ●○○ Liver

Direction of action

●○○ lifting

Site of action

Throat and neck, digestive tract

Actions/Indications

●●● Cools heat

Internal and external sores, heat in the exterior, heat in the nutritive level, hot and painful inflammation, inflammation in the breast, neck and eyes, intestinal abscesses

●○○ Cools blood

Intestinal abscesses and sores, throat inflammation

●○○ Clears damp-heat

Dysentery, gastrointestinal infections (amoebiasis), painful urinary dysfunction

●●● Disperses wind-heat

Releases the exterior, toxicity, fever, dry throat, headache, reddened wind-sensitive eyes, strong thirst, early stages of infections

●●● Disinfects and detoxifies

Internal and external sores in the area of the throat, intestinal ulcers

●●● Eczema, burns and ulcerations

Internal and external sores, intestinal abscesses

●●● Drains fire

Ulcerations, burning pain in the skin, restlessness, heat sensation in the chest

●○○ Moves and regulates qi

Releases heat stagnation in the skin, distributes qi, abscesses, ulcerations

Physiological/pharmacological effects in vitro antibacterial action; used to treat disorders with pus accumulation, mastitis, erysipelas; chronic conjunctivitis, keratitis, corneal ulcerations. Contains saponins, tannins and volatile oils.

Toxicity because of the saponin content, overdose may lead to gastrointestinal tract irritation, and also to renal, urinary tract and bladder irritation.

Dosage 10–15 g, standard 10 g

Cooking time add the blossoms towards the end of the cooking period, boil briefly and allow to steep for 3 minutes



Combinations

- Warm pathogen diseases, early stages of infectious diseases → Forsythiae fructus (*lian qiao*) p. 200, Schizonepetae herba (*jing jie*) p. 44, Menthae herba (*bo he*) p. 60
- Heat on the surface with wind-heat → Arctii fructus (*niu bang zi*) p. 48, Forsythiae fructus (*lian qiao*) p. 200, Schizonepetae herba (*jing jie*) p. 44, Menthae herba (*bo he*) p. 60
- Heat in the nutritive level → Rehmanniae radix (*sheng di huang*) p. 168, Forsythiae fructus (*lian qiao*) p. 200, Scrophulariae radix (*xuan shen*) p. 170, Bambusae caulis in taeniam (*zhu ru*) p. 78
- Ulcerations → Viola herba (*zi hua di ding*) p. 254, Chrysanthemi flos (*ju hua*) p. 52, Taraxaci herba (*pu gong ying*) p. 250
- Internal sores, swellings → Scutellariae radix (*huang qin*) p. 184, Angelicae sinensis radix (*dang gui*) p. 768, Glycyrrhizae radix (*gan cao*) p. 716
- Amoebiasis → Scutellariae radix (*huang qin*) p. 184, Paeoniae radix lactiflora (*bai shao*) p. 776, Glycyrrhizae radix (*gan cao*) p. 716
- Throat: painful obstruction → Platycodi radix (*jie geng*) p. 636, Forsythiae fructus (*lian qiao*) p. 200, Arctii fructus (*niu bang zi*) p. 48
- Suppurated ulcers, un-suppurated abscesses → Scutellariae radix (*huang qin*) p. 184
- Lesions, boils → Taraxaci herba (*pu gong ying*) p. 250, Chrysanthemi flos (*ju hua*) p. 52, Viola herba (*zi hua di ding*) p. 254
- Bloody diarrhoea → Pulsatilla radix (*bai tou weng*) p. 230, Paeoniae radix rubra (*chi shao yao*) p. 166
- Bleeding intestinal abscesses, bloody dysentery, warm pathogen diseases with dampness → Sanguisorbae radix (*di yu*) p. 608, Scutellariae radix (*huang qin*) p. 184

Contraindication deficiency of the Spleen with diarrhoea

Pregnancy use is allowed

Luffae fructus

丝瓜络

Si gua luo

Family:	Cucurbitaceae
Standard species:	<i>Luffa cylindrica</i>
German:	Luffa-Schwamm, Schwammgurke
English:	loofah, luffa, dried skeleton of vegetable sponge

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●○○ Lung

●○○ Stomach

●○○ Liver

Direction of action

●○○ ascending

Site of action

Channels

Actions/Indications●●○ **Detoxifies and disinfects**

Toxic swelling, sores, abscesses, especially breast abscesses

●●○ **Dislodges phlegm**

Cough with sputum and pulmonary inflammation, very high fever, swelling and accumulation due to toxins and phlegm, abscess formation

●●○ **Breaks up swelling**

Breast nodes, breast abscesses, toxic swelling, post-traumatic swelling

●●○ **Unblocks the channels***Bi* syndrome, stiffness, aching pain in the lower extremities, pain, cramping, spasms, pain in the chest and hypochondrium, pain and distension of the breasts●●○ **Removes wind obstruction**

Stiff joints, pain and numbness in the muscles and sinews, cramping, spasms

●●○ **Facilitates lactation**

Pain and distension of the breasts, difficult lactation

●○○ **Stops bleeding**

Charred luffa: stops bleeding such as blood in the stools, heavy menstruation

Physiological/pharmacological effects hepatoprotective, mildly cardi tonic, mildly diuretic**Commentary** can also be applied externally**Dosage** 6–15 g**Cooking time** 20 minutes



Combinations

- Abscesses, nodes, absent lactation → Taraxaci herba (*pu gong ying*) p. 250, Violaе herba (*zi hua di ding*) p. 254, Liquidambaris fructus (*lu lu tong*) p. 500, Vaccariae semen (*wang bu liu xing*) p. 580, Akebiae fructus (*ba yue zha*) p. 472, Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200
- Bi syndrome, unblocks the channels and collaterals, pain, spasms, also post-traumatic → Clematidis radix (*wei ling xian*) p. 356, Curcumae radix (*yu jin*) p. 538, Carthami flos (*hong hua*) p. 528, Bupleuri radix (*chai hu*) p. 50, Mori ramulus (*sang zhi*) p. 364, Gentianae macrophyllae radix (*qin jiao*) p. 362
- Stimulates lactation → Manitis squama (*chuan shan jia*) p. 558, Vaccariae semen (*wang bu liu xing*) p. 580, Liquidambaris fructus (*lu lu tong*) p. 500
- Painful distension of the breasts due to Liver qi stagnation → Bupleuri radix (*chai hu*) p. 50, Cyperi rhizoma (*xiang fu*) p. 494
- Dislodges phlegm in cough with Lung heat → Trichosanthis fructus et semen (*gua lou*) p. 662, Mori cortex (*sang bai pi*) p. 674, Fritillariae bulbus (*bei mu*) p. 648, Peucedani radix (*qian hu*) p. 656

Pregnancy use is allowed

Menispermii rhizoma

北豆根

Bei dou gen

Family: Menispermaceae
 Standard species: *Menispermum dahuricum*
 German: Mondsamen-Wurzelstock
 English: asiatic moonseed rhizome

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Lung
 ●●○ Large Intestine
 ●●○ Stomach

Direction of action

●○○ descending

Site of action

Neck/throat

Actions/Indications

●●○ Cools heat

Swollen, painful throat obstruction, cough, laryngitis, pharyngitis, swelling, mumps

●●○ Detoxifies and disinfects

Swollen, painful throat obstruction, toxic infections, snakebite

●●○ Expels wind

Pain in the channels, painful obstruction (*bi*) syndrome

●○○ Relieves pain

Painful obstruction (*bi*) syndrome

Physiological/pharmacological effects anti-arrhythmic, antineoplastic, anti-biotic

Toxicity overdose: abdominal pain and sensation of fullness, acid regurgitation, dizziness, excessive sweating, stifling chest sensation, increased respiratory rate, irritability, nausea, vomiting, decreased blood pressure.

Commentary the herb is sometimes used as a substitute for *Sophorae tonkinensis* radix (*shan dou gen*).

Dosage 3–9 g**Cooking time** 20 minutes



Combinations

- Painful throat obstruction, laryngitis → *Belamcandae rhizoma (she gan)* p. 188, *Cyperii rhizoma (xiang fu)* p. 494
- Cough due to Lung heat → *Scutellariae radix (huang qin)* p. 184, *Platycodi radix (jie geng)* p. 636
- Mumps → *Isatidis radix (ban lan gen)* p. 210, *Forsythiae fructus (lian qiao)* p. 200
- Jaundice due to damp-heat → *Artemisiae scopariae herba (yin chen hao)* p. 302, *Rhei rhizoma (da huang)* p. 92
- Dysentery due to damp-heat → *Cynanchi paniculatae radix (xu chang pu)* p. 358, *Scutellariae radix (huang qin)* p. 184
- Rheumatoid symptoms, *bi* syndrome → *Angelicae pubescentis radix (du huo)* p. 350, *Clematidis radix (wei ling xian)* p. 356

Contraindication diarrhoea due to cold in the Spleen

Pregnancy use is allowed

Paridis rhizoma

蚤休

Chong lou

Family:	Trilliaceae
Standard species:	<i>Paris polyphylla</i> , <i>P. formosana</i>
German:	Paris-Wurzelstock, Einbeeren-Wurzelstock
English:	Paris rhizome

Temperature

●●○ cold tendency

Taste

●●○ bitter

Organ relationship

●●○ Liver

Direction of action

●○○ descending

Site of action

Skin, throat

Actions/Indications

●●○ Cools heat

Ulcerations, internal and external sores

●●○ Detoxifies and disinfects

Infections due to insect bite or snakebite

●●○ Disperses swelling

Swollen, painful throat obstruction, tumour formation

●○○ Expels wind-heat

Infectious diseases of childhood

●○○ Extinguishes wind

Childhood seizure disorders

Toxicity mildly toxic; in normal doses no reports of severe side-effects. Overdose (60–90 g): nausea, vomiting, diarrhoea, dizziness, headache, pale face, blurred vision, spasms, dyspnoea, arrhythmias, cyanosis. Allergic skin reactions to the powdered drug have been reported.

Commentary can be confused with *Bistortae rhizoma* (*zu shen*) which is similar in appearance.

Dosage 9–15 g

Cooking time 20 minutes



Combinations

- Childhood febrile seizures → *Trichosanthis radix (tian hua fen)* p. 142, *Menthae herba (bo he)* p. 60, musk

Contraindication debilitated patients

Pregnancy use is **forbidden**

Patriniae herba**Bai jiang cao**

败酱草

Family:	Valerianaceae
Standard species:	<i>Thlaspi arvense</i> or <i>Patrinia scabiosaefolia</i>
Variations:	Thlaspi herba, Baijiangcao herba
German:	Täschelkraut
English:	thlaspi, patrinia

Temperature

●●○ cold tendency

Taste

○○○ pungent

●○○ bitter

Organ relationship

●●○ Stomach

●●○ Large Intestine

○○○ Liver

Direction of action

●○○ lifting

Site of action

Skin

Actions/Indications

●●● Cools heat

Ulcerations, pus, inflammation in the body, external swellings and inflammations, bronchitis, appendicitis, colitis, dysentery

●●○ Disinfects and detoxifies

Ulcers, pus, inflammation, mumps

○○○ Moves blood

Pain in the abdomen and chest due to excess heat, postpartum and postoperative pain

○○○ Disperses stagnation

Blood stasis, excess heat: sores, inflammation, swelling, tumours

○○○ Relieves pain

Breaks up blood stagnation in the abdomen and chest

Physiological/pharmacological effects antibiotic, hepatoprotective; alcohol extracts and oils; sedating and hypnotic effect (impairs driving ability), potentiates the effects of barbiturates and prolongs sedation; can be used to treat mumps.

Toxicity overdose may cause nausea and dizziness

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Excess heat, sores, purulent discharges, inflammations, bronchitis, appendicitis → *Houttuyniae herba cum radice (yu xing cao)* p. 206, *Platycodi radix (jie geng)* p. 636, *Coicis semen (yi yi ren)* p. 308, *Benincasae semen (dong gua zi)* p. 304, *Phragmitis rhizoma (lu gen)* p. 138
- Purulent abscesses → *Lonicerae flos (jin yin hua)* p. 216
- Intestinal abscesses with fever, abdominal pain, postpartum pain, redness, pain and swelling of the eyes → *Lonicerae flos (jin yin hua)* p. 216, *Taraxaci herba (pu gong ying)* p. 250
- Purulent discharge due to damp-heat → *Coicis semen (yi yi ren)* p. 308
- Abdominal pain, postpartum fevers, blood stasis, non-purulent intestinal abscesses, abdominal concretions → *Paeoniae radix rubra (chi shao yao)* p. 166
- Pain in the chest, abdominal pain → *Cyperi rhizoma (xiang fu)* p. 494, *Angelicae sinensis radix (dang gui)* p. 768

Contraindication Spleen deficiency

Pregnancy use is allowed

Phaseoli radiati semen

绿豆

Lü dou

Family:	Fabaceae
Standard species:	<i>Phaseolus radiatus seu mungo</i>
Variation:	Mungo fructus et testa
German:	Mungbohne
English:	mung bean, phaseolus

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●○○ Heart

●○○ Stomach

Direction of action

●○○ descending

Site of action

Upper burner

Actions/Indications

●●○ Cools summerheat

Fever, heat sensation, irritability, increased thirst, dry mouth

●○○ Cools heat

Infectious diseases with oedema, sores, decreased urination

Physiological/pharmacological effects used to treat insecticide poisoning; topical use as a powder together with alcohol and borneol to treat first- and second-degree burns.

Commentary can also be used as an antidote for fava bean intolerance or food poisoning; frequently drunk in summer as a tea to prevent summerheat.

Dosage 15–30 g, standard 20 g

Cooking time 20 minutes



Combinations

- Thirst, irritability, fever, summerheat symptoms → *Coptidis rhizoma* (*huang lian*) p. 172, *Glycyrrhizae radix* (*gan cao*) p. 716

Compatibility mitigates the toxicity of *Crotonis fructus* (*ba dou*) p. 100, *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388

Contraindication diarrhoea due to cold Spleen deficiency

Pregnancy use is allowed

Portulacae herba**Ma chi xian**

马齿苋

Family: Portulacaceae
 Standard species: *Portulaca oleracea*
 German: Portulak, Burzelkraut
 English: purslane, portulaca, 'horse's teeth amaranth'

Temperature

●●○ cold

Taste

●●○ sour

Organ relationship

●●○ Large Intestine

●○○ Heart

●○○ Liver

Direction of action

●○○ deep

Site of action

Digestive tract

Actions/Indications

●●○ Cools heat

Furuncles, boils, sores, appendicitis, colitis, dysentery

●●○ Disinfects and detoxifies

Fire toxin dysenteric disorder, boils, sores, wasp stings, snakebite

●○○ Cools blood

Inflammations, bleeding (also in the postpartum), blood in stools

●●○ Clears damp-heat

Dysentery, amoebiasis, urinary dysfunction, painful urination, sores, boils, vaginal discharge (also for external wash)

●●○ Eczema, burns and ulcerations

Boils, sores, ulcerations, inflammation due to insect bite, snakebite, internal and external abscess formation

●●○ Breaks up lumps

Swelling due to insect bite, snakebite

Physiological/pharmacological effects in vitro antibacterial and antifungal action: used in treating bleeding in the postpartum, dysentery, intestinal parasites and appendicitis. Contains noradrenaline (epinephrine), dopamine and dopa.

Dosage 9–15 g, standard 12 g

Cooking time 20 minutes



Combinations

- Dysentery due to damp-heat → *Scutellariae radix* (*huang qin*) p. 184, *Coptidis rhizoma* (*huang lian*) p. 172
- Intestinal abscesses → *Taraxaci herba* (*pu gong ying*) p. 250

Contraindication cold deficiency of the Spleen

Pregnancy use is **forbidden**

Pulsatilla radix

白头翁

Bai tou weng

Family: Ranunculaceae
 Standard species: *Pulsatilla chinensis*, *P. koreana*
 German: chinesische Anemonenwurzel
 English: pulsatilla, Chinese anemone root, 'hoary-headed geezer'

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Stomach

●●● Large Intestine

●○○ Liver

Direction of action

●○○ deep

Site of action

Digestive tract

Actions/Indications

●●● Cools heat

Fever, inflammation, dysentery, colitis, Crohn's disease, appendicitis

●●○ Disinfects and detoxifies

Dysentery, amoebiasis, high fever, pus and blood in the stools

●○○ Cools heat

Dysentery, fever

●○○ Clears damp-heat

Dysentery, pus and blood in the stools

Physiological/pharmacological effects in vitro antiparasitic and antimicrobial action. Used in treating amoebiasis and scrofula. Contains protoanemonin and anemonins, which animal experiments have proven to possess antipyretic and motility-inhibiting actions. Inhibition tests show an antibiotic effect. Protoanemonin irritates the mucous membranes and the skin; drying the herb polymerizes it to the less-irritating anemonin. The related western herb, *Pulsatilla pratensis* (German: Küchenschelle) is used to treat dyspepsia, premenstrual tension and psychosomatic disturbances.

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Toxic dysentery due to damp-heat → Phellodendri cortex (*huang bai*) p. 180, Coptidis rhizoma (*huang lian*) p. 172, Fraxini cortex (*qin pi*) p. 176
- Malaria, fever → Bupleuri radix (*chai hu*) p. 50, Scutellariae radix (*huang qin*) p. 184, Arecae semen (*bing lang*) p. 478
- Pruritic vaginal discharge (external wash) → Sophorae flavescens radix (*ku shen*) p. 186

Contraindication chronic dysentery with Spleen qi deficiency

Pregnancy use is allowed

Rabdosiae herba

冬凌草

Dong ling

Family:	Lamiceae
Standard species:	<i>Rabdosia rubescens</i>
German:	Rabdosia-Kraut
English:	rabdosia, blush red rabdosia herb

Temperature

●●○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Liver

●○○ Spleen

●○○ Stomach

Direction of action

●○○ descending

Site of action

Interior

Actions/Indications

●●○ Cools heat

Tonsillitis, laryngitis, inflammations due to insect bites, snakebite

●●○ Detoxifies and disinfects

Insect bites, snakebite

●●○ Moves blood

Pain in the musculoskeletal system

●○○ Relieves pain

Joint pain, pain in the muscles and sinews

Physiological/pharmacological effects latest animal experiments have demonstrated antineoplastic action in hepatic, gastric and oesophageal carcinomas, antibiotic.

Toxicity possible side-effects include: nausea, vomiting, diarrhoea, bloating

Dosage 30–60 g in a decoction

Cooking time 20 minutes



Combinations

- Headache during colds: as a single herb 30 g in a decoction
- Painful joints due to wind-dampness: as a single herb 90 g boiled in 500 ml of grain alcohol, 2× daily 30 ml
- Joint pain external use: as a single herb 250 g boiled in water and applied to the affected area

Contraindication do not use in patients with a delicate gastrointestinal tract

Pregnancy use is allowed

Rhapontici radix

漏芦

Lou lu

Family: Asteraceae
 Standard species: *Leuzea rhapontica*
 German: Alpinscharte
 English: rhaponticum root

Temperature

●●○ cold

Taste

●●○ bitter

●○○ salty

Organ relationship

●●○ Stomach

●●○ Large Intestine

Direction of action

●●○ descending

Site of action

Interior

Actions/Indications

●●○ Cools heat

Wounds, abscesses, rot, swollen, painful, breast abscesses

●●○ Detoxifies and disinfects

Breast abscesses, mastitis, early stages of ulcers

●●○ Breaks up swelling

Swelling and pain in the breast

●●○ Disperses stagnation

Pain in the breast, abscesses, toxic accumulation

●●○ Eczema, burns and ulcerations

Abscesses

●●○ Facilitates lactation

Toxins and heat blocking the channels: swelling, redness of the breast, abscesses, difficulties breast-feeding

Physiological/pharmacological effects antioxidant; animal experiments have demonstrated inhibition of monoamine oxidase-B (MAO-B) activity.**Toxicity** overdose: headache, tightening of the throat, spasms and lockjaw**Dosage** 5–12 g in a decoction**Cooking time** 20 minutes



Combinations

- Acute painful mastitis → Forsythiae fructus (*lian qiao*) p. 200, Rhei rhizoma (*da huang*) p. 92
- Mastitis → Trichosanthis fructus et semen (*gua lou*) p. 662, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Taraxaci herba (*pu gong ying*) p. 250
- Purulent breast ulcers → Trichosanthis radix (*tian hua fen*) p. 142, Angelicae sinensis radix (*dang gui*) p. 768
- Non-suppurative breast abscesses → Trichosanthis fructus et semen (*gua lou*) p. 662, Angelicae dahuricae radix (*bai zhi*) p. 22, Taraxaci herba (*pu gong ying*) p. 250, Gleditsiae fructus (*zao jiao*) p. 630
- Decreased lactation due to heat → Vaccariae semen (*wang bu liu xing*) p. 580, Manitis squama (*chuan shan jia*) p. 558
- Difficulties breast feeding → Tetrapanacis medulla (*tong cao*) p. 342, Vaccariae semen (*wang bu liu xing*) p. 580
- Hardness, tumours → Lobelia chinensis herba (*ban bian lian*)
- Chronic, poorly-healing skin ulcers → Astragali radix (*huang qi*) p. 706, Phellodendri cortex (*huang bai*) p. 180, Lonicerae flos (*jin yin hua*) p. 216

Contraindication decreased lactation caused by qi and blood deficiency

Pregnancy use is **forbidden**

Sargentodoxae caulis

Hong teng

红藤

Family:	Sargentodoxaceae
Standard species:	<i>Sargentodoxa cuneata</i>
Variation:	Sargentodoxae cuneatae caulis
German:	Sargentodoxa-Stängel
English:	sargentodoxa vine

Temperature

○○ neutral

Taste

○○ bitter

Organ relationship

●● Large Intestine

○○ Stomach

○○ Liver

Direction of action

○○ descending

Site of action

Digestive tract, muscles and sinews

Actions/Indications

○○ Cools heat

Intestinal abscesses, skin lesions, sores and poisoning of the internal organs

●● Detoxifies and disinfects

Sores, abscesses, intestinal intoxication

○○ Eczema, burns and ulcerations

Intestinal sores, skin lesions

○○ Breaks up blood stagnation

Blood stasis following accidents, injuries, trauma, dysmenorrhoea, painful joints

○○ Breaks up swelling

Ulcerations with swelling, swelling due to trauma

○○ Relieves pain

Abscesses, especially intestinal, painful and swollen; blood stagnation following accidents and injuries; painful joints

Physiological/pharmacological effects in vitro antibiotic (*Staphylococcus aureus*, *Pseudomonas aeruginosa*, streptococci, *Escherichia coli*), inhibits platelet aggregation (use with care in combination with anticoagulants or platelet aggregation inhibitors), increases coronary artery circulation; modern use in high doses to treat mastitis and appendicitis.

Commentary in many regions of China, *Spatholobi caulis et radix* (*ji xue teng*) p. 576 is frequently substituted by *Sargentodoxae caulis*.

Dosage 15–30 g, standard 20 g

Cooking time 20 minutes



Combinations

- Intestinal abscesses → Moutan cortex (*mu dan pi*) p. 164, Forsythiae fructus (*lian qiao*) p. 200, Coicis semen (*yi yi ren*) p. 308
- Abscesses with swelling and signs of toxic inflammation → Lonicerae flos (*jin yin hua*) p. 216, Angelicae dahuricae radix (*bai zhi*) p. 22, Paeoniae radix rubra (*chi shao yao*) p. 166

Pregnancy use with care

Scutellariae herba**Ban zhi lian**

半枝莲

Family:	Laminaceae
Standard species:	<i>Scutellaria barbata</i>
German:	bärtiges Helmkraut
English:	barbat skullcap, 'half-branch lotus'

Temperature

●○○ cold

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●○ Lung

●○○ Large Intestine

●○○ Stomach

Direction of action

●○○ lifting

Site of action

Skin, deep, interior

Actions/Indications

●●○ Cools heat

Lung, Large Intestine, Small Intestine: ulcers, infections

●●○ Clears damp-heat

Sores, skin infections

●●○ Breaks up lumps

Tumours, pulmonary, gastric and hepatic cancers

●●○ Promotes urination

Disperses swelling, oedema, ascites, hepatic cirrhosis

●●○ Disinfects and detoxifies

Sores, infected insect bites, snakebites

●○○ Eczema, burns and ulcerations

Boils and abscesses, toxic sores

●○○ Stops bleeding

Injuries, haematemesis, epistaxis

Physiological/pharmacological effects used in cancer therapy to treat acute leukaemia and especially in the treatment of pulmonary and gastrointestinal carcinomas; also used for chronic hepatitis.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Furuncles → *Chrysanthemi flos* (*ju hua*) p. 52, *Violae herba* (*zi hua di ding*) p. 254.
- Hepatic carcinoma → *Codonopsis radix* (*dang shen*) p. 710, *Paeoniae radix lactiflora* (*bai shao*) p. 776
- Gastrointestinal carcinomas → *Hedyotidis diffusae herba* (*bai hua she she cao*) p. 202, *Akebiae fructus* (*ba yue zha*)

Pregnancy use with caution

Semiaquilegiae radix**Tian kui zi**

天葵子

Family:	Ranunculaceae
Standard species:	<i>Semiaquilegia adoxoides</i>
German:	Semiaquilegia-Wurzel
English:	semiaquilegia root tuber

Temperature

●●○ cold

Taste

●●○ sweet

●●○ bitter

Organ relationship

●●○ Liver

●○○ Spleen

●○○ Bladder

Direction of action

●○○ deep

Site of action

Interior

Actions/Indications

●●○ Cools heat

Abscesses, toxic wounds, deep-lying furuncles

●●○ Detoxifies and disinfects

Toxic wounds, skin sores

●●○ Breaks up swelling

Parotitis, mastitis, ulcerations

●●○ Dispels stagnation

Mastitis, lymphatic stagnation, lymphomas, pulmonary or hepatic tumours

●●○ Resolves accumulations

Abscesses, mastitis, lymph node swelling, hepatic, breast or lymphatic tumours

Dosage 9–15 g**Cooking time** 20 minutes



Combinations

- Abscesses, furuncles → *Lonicerae flos* (*jin yin hua*) p. 216, *Violae herba* (*zi hua di ding*) p. 254, *Chrysanthemi flos* (*ju hua*)
- Breast abscess → *Taraxaci herba* (*pu gong ying*) p. 250, *Cervi cornu* (*lu rong*) p. 734
- Lymph node swelling → *Prunellae spica* (*xia ku cao*) p. 140, *Scrophulariae radix* (*xuan shen*) p. 170, *Ostrea concha* (*mu li*) p. 428
- Hepatic, breast or lymphatic carcinoma → *Scutellariae herba* (*ban zhi lian*) p. 238, *Hedyotis diffusae herba* (*bai hua she she cao*) p. 202, *Paridis rhizoma* (*chong lou*) p. 222

Contraindication Spleen deficiency with loose stools, clear urine

Pregnancy use is allowed

Smilacis glabrae rhizoma

土茯苓

Tu fu ling

Family:	Smilacaceae
Standard species:	<i>Smilax glabra</i>
German:	Stechwindenwurzelstock
English:	glabrous greenbrier rhizome, smilax, 'local poria'

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ neutral

Organ relationship

●●○ Liver

●●○ Stomach

Direction of action

●○○ sinking

Site of action

Skin

Actions/Indications

●●○ Cools heat

Ulcerations, joint pain

●●○ Clears damp-heat

Sores, lymphadenitis, hot swollen joints, painful urinary dysfunction, jaundice

●●○ Disinfects and detoxifies

Ulcerations, including syphilitic sores, lymph node swelling

●○○ Breaks up lumps

Lymph node swelling, swollen sores, joint swelling

Physiological/pharmacological effects used in combination with other herbs to treat syphilis and its sequelae as well as parasites (including leptospirosis). Animal experiments have shown antineoplastic effect, especially in the treatment of bladder and hepatic carcinomas.

Dosage 15–60 g, standard 15 g**Cooking time** 20 minutes



Combinations

- Damp-heat, toxic accumulation with joint pain → *Coicis semen (yi yi ren)* p. 308
- Damp-heat with joint pain and turbid urine → *Dioscoreae hypoglaucæ rhizoma (bi xie)* p. 312
- Damp-heat in the Liver and Gall bladder, jaundice → *Taraxaci herba (pu gong ying)* p. 250
- Damp-heat with skin lesions → *Dictamni cortex (bai xian pi)* p. 174

Compatibility impaired by black tea

Contraindication Liver and Kidney yin deficiency

Pregnancy use is allowed

Solani herba

龙葵

Long kui

Family: Solanaceae
 Standard species: *Solanum nigrum*
 Variation: Solani lyrati herba
 German: schwarzer Nachtschatten, Giftbeere, Mondscheinkraut, Schweinstod
 English: black nightshade

Temperature

●●○ neutral

Taste

●●○ bitter

Organ relationship

●●○ Liver
 ●●○ Stomach
 ●●○ Bladder

Direction of action

○○○ descending

Site of action

Middle burner, lower burner

Actions/Indications

●●○ Cools heat

Flu-like symptoms, inflammations, sores

●●○ Detoxifies and disinfects

Open ulcerations, mastitis

●○○ Drains damp-heat

Jaundice, difficult urination, sores

●●○ Breaks up swelling

Sores, mastitis, ascites, tumours, neoplasias

●○○ Expels damp-wind

Painful obstruction (*bi*) syndrome

●●○ Promotes urination

Decreased urination, ascites

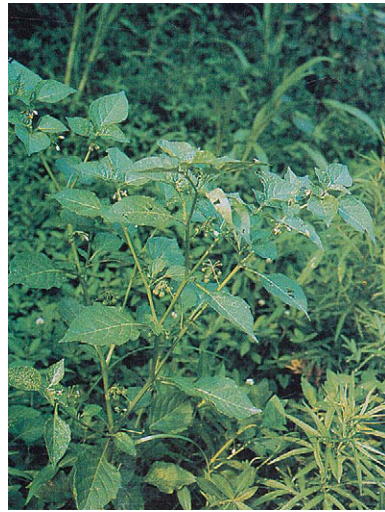
Physiological/pharmacological effects steroid alkaloid glycoside, saponins: stimulate phagocytosis, haemolytic, cytotoxic, antiviral, anticholinergic actions, local anaesthetic. Solasodine has a cortisone-like effect and has been shown to have a desensitizing and cardiotonic effect in rheumatic polyarthritis and ankylosing spondylitis.

Toxicity poisonous plant. The risks of administering therapeutic doses and the extent of side-effects are not entirely known. Toxicity: unripe fruit > leaves > stems > ripe fruit. Overdose (45–60 g) may lead to throat irritation, epigastric pain, nausea, vomiting, diarrhoea, dehydration, electrolyte disturbances leading up to dilated pupils, restlessness, shock, delirium, spasms, dyspnoea, haemolysis, respiratory depression and cardiovascular shock.

Commentary in western phytotherapy, only the stems (minus the leaves) are used. Do not administer during pregnancy or lactation (increases uterine tone).

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes



Pregnancy use is **forbidden**

Solidaginis herba**Liu zhi huang**

一枝黄花

Family:	Asteraceae
Standard species:	<i>Solidago virgaurea</i>
German:	Goldrutenkraut, Edelwandkraut
English:	solidago

Temperature

●●○ cool

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●○ Lung

●●○ Large Intestine

●○○ Heart

Direction of action

●○○ ascending

Site of action

Upper burner, skin

Actions/Indications

●●○ Cools heat

Flu-like symptoms, fever, swollen, painful throat obstruction

●●○ Detoxifies and disinfects

Infected wounds, insect bites, infected bites, sores, skin parasites such as mites, tinea pedis (external use in as a wash)

●○○ Breaks up swelling

Painful throat obstruction, infected wounds

●○○ Relieves pain

Painful throat obstruction, painful swelling

Physiological/pharmacological effects diuretic, weak spasm-relieving action, anti-inflammatory, analgesic; experiments have shown that it inhibits growth of renal stones. In western natural medicine used to increase urine production in the treatment of urinary tract inflammations; treatment and prevention of urinary stones and sludge.

Commentary do not use to treat oedema in patients with cardiac or renal disease.

Dosage 15–30 g, standard 20 g

Cooking time 20 minutes



Pregnancy use is allowed

Sophorae tonkinensis radix

Shan dou gen

山豆根

Family:	Fabaceae
Standard species:	<i>Sophora tonkinensis</i> , <i>S. subprostrata</i>
Variation:	Sophorae subprostratae radix, Menispermii radix
German:	Sophora-Wurzel, Tonkin-Schnurbaum-Wurzel
English:	subprostrate, sophora root

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●● Large Intestine

●●○ Lung

●○○ Heart

Direction of action

○○○ descending

Site of action

Throat, neck

Actions/Indications

●●● Clears the throat

Swollen, painful throat obstruction, burning, stabbing pain, loss of voice, cough, pharyngitis, laryngitis

●●○ Cools heat

Swollen, painful throat obstruction, cough due to Lung heat

●●○ Detoxifies and disinfects

Swollen, painful throat obstruction due to toxic infection, loss of voice, cough

○○○ Drains damp-heat

Jaundice

Physiological/pharmacological effects contains alkaloids. Anti-arrhythmic effect, immune-stimulating and hepatoprotective, depresses the CNS (alkaloid), relieves asthma (alkaloid), antibiotic. Modern use as a powder to treat pain, redness and swelling of the oral cavity and topical application on the cervix.

Toxicity mildly toxic. Strongly stimulating action that may interact with the normal function of the nervous or respiratory system: side-effects have been observed with as little as 12 g and the lethal dose is approximately 60 g. Overdose may present with abdominal pain, dizziness, nausea, vomiting, pale face, increased or decreased pulse, headache, tremor leading up to respiratory depression and delirium.

Commentary frequently substituted in northern China by Menispermii rhizoma (*beidou gen*).

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Swollen, painful throat obstruction → *Arctii fructus (niu bang zi)* p. 48, *Platycodi radix (jie geng)* p. 636
- Pain and swelling of the throat, gums, sores of the mouth and tongue → *Isatidis radix (ban lan gen)* p. 210
- Loss of voice, decreased secretion in the throat → *Belamcandae rhizoma (she gan)* p. 188, *Scrophulariae radix (xuan shen)* p. 170, *Platycodi radix (jie geng)* p. 636, *Isatidis radix (ban lan gen)* p. 210

Contraindication diarrhoea in cases of cold Spleen

Pregnancy use is allowed

Taraxaci herba**Pu gong ying**

蒲公英

Family:	Asteraceae
Standard species:	<i>Taraxacum sinicum</i> , <i>T. mongolicum</i>
Variation:	Taraxaci herba cum radice
German:	mongolischer Löwenzahn
English:	dandelion, taraxacum

Temperature

●●○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Liver

●●○ Stomach

○○○ Bladder

Direction of action

●○○ deep

Site of action

Upper burner, skin

Actions/Indications

●●● Cools heat

Red, painful and swollen eyes, inflammations, swellings, swelling of the head and glands, boils, jaundice, mastitis

●●● Disinfects and detoxifies

Abscesses and sores of the breast, neck and intestines (topical and internal use), pus, breast abscess

●○○ Breaks up lumps

Swollen eyes, neck swellings, furuncles, boils, mastitis

●○○ Disperses stagnation

Swollen eyes, swelling of the neck and glands, furuncles, boils, inflammatory swelling

●○○ Clears damp-heat

Jaundice, urinary disturbances

Physiological/pharmacological effects in vitro antimicrobial action; used to stimulate bile production, as a diuretic and to stimulate the appetite (loss of appetite, dyspepsia). Adjuvant use to treat hepatitis, cholecystitis and in inflammatory diseases of the urinary tract. Contains bitters, triterpenes.

Toxicity high dosages can lead to mild diarrhoea or gastritis. Contact dermatitis has been reported following repeated exposure to the juice of the plant; the herb's allergenic potential is, however, very mild.

Dosage 9–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Pulmonary infections with phlegm → *Lonicerae flos* (*jin yin hua*) p. 216, *Houttuyniae herba cum radice* (*yu xing cao*) p. 206
- Throat swelling → *Isatidis radix* (*ban lan gen*) p. 210
- Scanty urination → *Lonicerae flos* (*jin yin hua*) p. 216, *Plantaginis semen* (*che qian zi*) p. 328
- Red and swollen eyes → *Cassiae semen* (*jue ming zi*) p. 146, *Chrysanthemi flos* (*ju hua*) p. 52, *Scutellariae radix* (*huang qin*) p. 184
- Damp-heat, jaundice → *Gardeniae fructus* (*zhi zi*) p. 126, *Artemisiae scopariae herba* (*yin chen hao*) p. 302
- Mastitis → *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650
- Carbuncles, boils → *Lonicerae flos* (*jin yin hua*) p. 216, *Violae herba* (*zi hua di ding*) p. 254, *Chrysanthemi flos* (*ju hua*) p. 52
- Swelling of the lymph nodes of the neck → *Prunellae spica* (*xia ku cao*) p. 140, *Ostrea concha* (*mu li*) p. 428
- Breast abscesses, boils, carbuncles → *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650, *Myrrhae* (*mo yao*) p. 560
- Deep abscesses, which are hot, painful and hardened → *Forsythiae fructus* (*lian qiao*) p. 200, *Chrysanthemi flos* (*ju hua*) p. 52
- Pulmonary abscesses, purulent sputum → *Houttuyniae herba cum radice* (*yu xing cao*) p. 206, *Benincasae semen* (*dong gua zi*) p. 304
- Painful urinary dysfunction → *Lysimachiae herba* (*jin qian cao*) p. 322, *Imperatae rhizoma* (*bai mao gen*) p. 158

Pregnancy use is allowed

Tinosporae radix**Jin guo lan**

金果榄

Family: Menispermaceae
 Standard species: *Tinospora capillipes*
 German: Tinospora-Wurzel
 English: tinospora root

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Lung

●●○ Stomach

●●○ Large Intestine

Direction of action

●○○ descending

Site of action

Skin, upper burner

Actions/Indications

●●○ Cools heat

Throat pain, swelling, cough, shortness of breath

●●○ Detoxifies and disinfects

Ulcerations, sores

●●○ Clears the throat

Painful, swollen neck

●○○ Drains damp-heat

Ulcerations, sores

Commentary use in veterinary medicine to treat boils and sores, swine salmonella infections, swine rose.

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Painful throat obstruction as a single herb or *Isatis folium* (*da qing ye*) p. 162; boils, furuncles (topical application) with vinegar

Pregnancy use is allowed

Violae herba**Zi hua di ding**

紫花地丁

Family:	Violaceae
Standard species:	<i>Viola yedoensis</i> , <i>V. patrini</i> , <i>V. japonica</i> , etc.
Variation:	<i>Viola herba cum radice</i>
German:	Veilchenkraut, Ackerstiefmütterchenkraut
English:	violet, Yedeon's violet, 'purple flower earth spike'

Temperature

●○○ cold

Taste

○○○ bitter

○○○ pungent

Organ relationship

●○○ Heart

○○○ Liver

Direction of action

○○○ deep

Site of action

Skin

Actions/Indications

●○○ Cools heat

Inflammations, red and swollen eyes, painful throat obstruction, ear pain and swelling, mumps, conjunctivitis and mastitis

●●● Disinfects and detoxifies

Topical and internal administration to treat carbuncles, boils, acne; adjuvant herb to treat measles (wind-heat), snakebite

●●● Eczema, burns and ulcerations

Carbuncles, boils, acne, head and back

○○○ Breaks up lumps

Inflammation of the skin and mucous membranes in the throat, neck and ear; red and inflamed eyes

○○○ Clears damp-heat

Sores, carbuncles and boils

○○○ Cools blood

Ulcerations, bleeding

Physiological/pharmacological effects in vitro antibiotic action, anti-inflammatory, antipyretic. The related western herb *Viola tricolor* is used topically and administered orally to treat various skin diseases, i.e. eczema, impetigo, acne, pruritus, cradle cap. Also used to treat upper respiratory tract infections with fever.

Dosage 5–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Carbuncles, boils → *Lonicerae flos (jin yin hua)* p. 216, *Forsythiae fructus (lian qiao)* p. 200, *Chrysanthemi flos (ju hua)* p. 52
- Abscesses in the chest, boils, furuncles, sores, dampness heat, jaundice → *Taraxaci herba (pu gong ying)* p. 250
- Liver heat with painful, red, swollen eyes → *Chrysanthemi flos (ju hua)* p. 52, *Cicadae periostracum (chan tui)* p. 54

Compatibility decreases the toxicity of *Cinnabaris (zhu sha)* p. 418

Contraindication cold deficiency signs

Pregnancy use is allowed

Artemisiae annuae herba**Qing hao**

青蒿

Family:	Asteraceae
Standard species:	<i>Artemisia annua</i> , <i>A. apiacea</i>
Variation:	Artemisiae apiaceae herba
German:	einjähriges Beifußkraut
English:	wormwood

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Liver

●●○ Gall bladder

Direction of action

●○○ lifting, moves and spreads Liver qi

Site of action

Deep, interior

Actions/Indications

●●○ Cools heat

Infections with interior heat, tidal fevers (malaria)

●○○ Cools blood

Nosebleeds, purpura, bruises or bleeds easily

●○○ Stops bleeding

Bruises or bleeds easily

●●● Clears deficient heat

Afternoon fevers, nightsweats

●●● Clears summerheat

Summerheat with fever and without sweating, tightness of the chest, dizziness, fatigue

●○○ Lifts the qi

Spreads Liver qi, stifling sensation in the chest, light-headedness, vertigo, nausea, hepatitis

●○○ Drains damp-heat

Jaundice, nausea, hepatitis, lack of appetite, abdominal distension, intermittent fevers, gastroenteritis, dysentery

Physiological/pharmacological effects in vitro antibiotic action; *Artemisia annua* has been shown to effectively treat malaria (administered i.m.). The related western herb *Artemisia vulgaris* can also be used as a digestive, to stimulate gastric secretion and treat loss of appetite, intestinal winds, abdominal distension; it also has antibacterial effects and can provoke allergic reactions. Interactions with antifungal agents (griseofulvin, ketoconazole, nystatin), as well as with calcium-channel blockers (verapamil, nifedipine) may occur; further research is needed.

Commentary especially for heat signs in the interior, blood and yin levels

Dosage 3–20 g, standard 6 g

Cooking time the herb should be added at the end; boil briefly and allow to steep for 3 minutes



Combinations

- Deficient fever, fevers, sweating during sleep → *Gentianae macrophyllae radix* (*qin jiao*) p. 362, *Glycyrrhizae radix* (*gan cao*) p. 716
- Summerheat, fever without sweating, stupor → *Lablab semen album* (*bian dou*) p. 720, *Talcum* (*hua shi*) p. 340
- Blood deficiency, fever, afternoon fever, nightsweats → *Lycii cortex* (*di gu pi*) p. 260, *Cynanchi stauntonii radix* (*bai qian*) p. 628
- Heat in the blood with fever, purple rashes → *Rehmanniae radix* (*sheng di huang*) p. 168
- Damp-summerheat with nausea, malaria, high fever → *Scutellariae radix* (*huang qin*) p. 184, *Pinelliae rhizoma* (*ban xia*) p. 82

Compatibility impaired by *Rehmanniae radix* (*sheng di huang*) p. 168, *Angelicae sinensis radix* (*dang gui*) p. 768

Contraindication postpartum in cases of blood deficiency or cold deficiency of the Spleen

Pregnancy use is allowed

Cynanchi atrati radix**Bai wei**

白薇

Family:	Asclepiaceae
Standard species:	<i>Cynanchum atratum</i> , <i>C. versicolor</i>
Variation:	Cynanchi baiwei radix
German:	Cynanchumwurzel
English:	swallow-wort root, cynanchi root, 'white rose'

Temperature

●●○ cold

Taste

●●○ bitter

●○○ salty

Organ relationship

●○○ Liver

●●○ Stomach

●●○ Lung

●○○ Bladder

●○○ Kidney

Direction of action

●○○ deep

Site of action

Deep, interior

Actions/Indications

●●○ Cools heat

Interior heat, lingering low-grade fever, yin-deficient fever, postpartum fever, night fever, especially due to heat in the Lung with cough

●●○ Cools blood

Febrile diseases

●●○ Tonifies and supplements the qi

Febrile diseases, chronic fever

●○○ Promotes urination

Painful micturition

●●○ Clears deficient heat

Acute febrile illnesses, bacterial or viral infections, chronic low-grade fevers, especially in the afternoon or at night, heat signs in the qi, ying and blood levels, fluid depletion, dry mouth, lack of appetite, restlessness, postpartum fevers, nightsweats, five-palm heat

Physiological/pharmacological effects some ingredients have been found to have cardioglycoside-like properties. Contains cynanchol.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Blood deficiency, intermittent fever, afternoon fever, heat in the nutritive layer, steaming bone disorder → Lycii cortex (*di gu pi*) p. 260
- Blood deficiency with persistent fever, postpartum fever, irritability → Angelicae sinensis radix (*dang gui*) p. 768
- Heat in the blood level with yin deficiency and urinary dysfunction → Bambusae folium (*xian zhu ye*) p. 132
- Prenatal or postpartum incontinence → Paeoniae radix lactiflora (*bai shao*) p. 776

Compatibility impaired by Astragali radix (*huang qi*) p. 706, Zingiberis rhizoma (*gan jiang*) p. 408, Ziziphi spinosae semen (*suan zao ren*) p. 446, Rhei rhizoma (*da huang*) p. 92, Euphorbiae kansui radix (*gan sui*) p. 102, Corni fructus (*shan zhu yu*) p. 822

Contraindications Spleen deficiency, cold in the Spleen and Stomach

Pregnancy use is allowed

Lycii cortex**Di gu pi**

地骨皮

Family:	Solanaceae
Standard species:	<i>Lycium chinense</i> , <i>L. barbarum</i>
German:	Bocksdomwurzelrinde
English:	cortex of wolfberry root, 'earth bone bark'

Temperature

●●○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●● Lung

●●○ Kidney

●●○ Liver

Signal herb

Upper burner

Direction of action

●●○ deep

Site of action

Lung, deep, interior

Actions/Indications

●●○ Cools heat

Cough, difficult breathing; thick, yellow, bloody sputum

●●○ Cools blood

Bloody sputum, haematuria, nosebleed

●●○ Stops bleeding

Nosebleed, haematemesis, haematuria

●●● Clears deficient heat

Lingering subfebrile temperature with marked sweating, night sweats, lingering low-grade fevers, chronic diseases such as mononucleosis or chronic fatigue syndrome

●●○ Stops wheezing

Difficult breathing, asthma-like symptoms

Physiological/pharmacological effects decreases blood glucose levels, anti-hypertensive. Kukoamine A, obtained in water or alcohol extracts, has been shown to have antihypertensive effects in animal experiments. Octapeptide lyciumins A and B inhibit renin and angiotensin-converting enzyme. Use with care in combination with antidiabetic agents (danger of hypoglycaemia).

Dosage 6–12 g, standard 10 g

Cooking time 20 minutes



Combinations

- Heat in the lung, cough, asthma-like symptoms, sputum → Mori cortex (*sang bai pi*) p. 674
- Blood heat, haemoptysis, haematuria, epistaxis → Platycladi cacumen (*ce bai ye*) p. 604, Imperatae rhizoma (*bai mao gen*) p. 158
- Deficient heat, low-grade fevers → Artemisiae annuae herba (*qing hao*) p. 256, Cynanchi stauntonii radix (*bai qian*) p. 628
- Blood deficiency, steaming bone disorder, afternoon fevers → Stellariae radix (*yin chai hu*) p. 262
- Nosebleeds, haemoptysis, disorders of menstruation, anaemia, purulent swellings → Moutan cortex (*mu dan pi*) p. 164
- Wasting and thirsting disorder, copious urination → Rehmanniae radix (*sheng di huang*) p. 168, Trichosanthis radix (*tian hua fen*) p. 142
- Heat in the Lung with cough and wheezing → Mori cortex (*sang bai pi*) p. 674
- Genital pruritus (external use) → Alumen (*ming fan*) p. 876, Cnidii fructus (*she chuang zi*) p. 740, Schisandrae fructus (*wu wei zi*) p. 850, Menthae herba (*bo he*) p. 60

Compatibility decreases the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindications cold deficiency of the Spleen, severe disorders of the exterior

Pregnancy use is allowed

Stellariae radix**Yin chai hu**

银柴胡

Family:	Carophyllaceae
Standard species:	<i>Stellaria dichotoma</i>
German:	Vogelmierenwurzel
English:	stellaria root, 'silver barbarian kindling'

Temperature

●○○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Kidney

●●○ Liver

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Deep, interior

Actions/Indications

●●○ Clears deficient heat

Fever due to yin deficiency, lingering low-grade fevers, dry throat, dry mouth, increased thirst

●●○ Cools heat

Infant nutritional impairment, childhood digestive disorders, fever, thirst, hyperactivity

●●○ Cools blood

Coughing blood, epistaxis, uterine bleeding, haematuria

●○○ Stops bleeding

Bleeding

Physiological/pharmacological effects animal experiments have shown cholesterol-lowering effects**Commentary** deficient fevers can occur at qi, ying and blood levels**Dosage** 3–10 g, standard 3 g**Cooking time** 20 minutes



Combinations

- Deficient heat with fever → Lycii cortex (*di gu pi*) p. 260, Artemisiae annuae herba (*qing hao*) p. 256, Gentianae macrophyllae radix (*qin jiao*) p. 362, Anemarrhenae rhizoma (*zhi mu*) p. 120, Glycyrrhizae radix (*gan cao*) p. 716
- Heat in the Liver with fever, emaciation, thirst, childhood nutritional impairment → Gardeniae fructus (*zhi zi*) p. 126, Forsythiae fructus (*lian qiao*) p. 200, Scutellariae radix (*huang qin*) p. 184, Ginseng radix (*ren shen*) p. 714, Chuanxiong rhizoma (*chuan xiong*) p. 530, Platycodi radix (*jie geng*) p. 636
- Steaming bone disorder with anaemia → Picrorhizae rhizoma (*hu huang lian*) p. 182
- Lingering fever, afternoon fevers, haemoptysis, epistaxis, uterine bleeding due to blood heat → Picrorhizae rhizoma (*hu huang lian*) p. 182
- Fever, consumption, thirst, red eyes, nutritional impairment → Gardeniae fructus (*zhi zi*) p. 126, Scutellariae radix (*huang qin*) p. 184

Contraindications blood deficiency without fever, wind-cold

Pregnancy use allowed

V

Aromatic herbs that open the orifices

Overview

Acori calami rhizoma (<i>shui chang pu</i>)	266
Acori rhizoma (<i>chang pu</i>)	268
Borneol (<i>bing pian</i>)	270
Camphora (<i>zhang nao</i>)	272
Styrax (<i>su he xiang</i>)	274

Characteristics

These herbs open the sensory orifices and are used to treat blockage or closure syndromes:

- Counterflow qi flow, counterflow blood flow, phlegm, ascendant yang lead to blockage of the orifices with loss of consciousness, lockjaw, rigid limbs.
- Blockage or occlusion due to heat or fire leads to high fever, irritability, red face, difficult breathing, and warm limbs.
- Blockage or occlusion due to cold leads to cold limbs, pale complexion, thick tongue coating, deep, wiry pulse; clinically signs of infectious disease, cerebrovascular infarct, hepatic coma, heatstroke.

The herbs in this category are very pungent, have a strong aromatic taste and warm or hot temperatures. They move qi very quickly and are able to penetrate into the tissues, break up obstructions and revive consciousness.

Herbs that are appropriate to treat occlusion due to heat:

- Borneol (*bing pian*) p. 270
- Bovis calculus (*niu huang*) p. 154
- Curcuma radix (*yu jin*) p. 538
- Forsythiae fructus (*lian qiao*) p. 200

Herbs that are appropriate to treat occlusion due to cold:

- Acori rhizoma (*chang pu*) p. 268
- Agastachis herba (*huo xiang*) p. 278
- Eupatorii herba (*pei lan*) p. 288
- Styrax (*su he xiang*) p. 274

Comparison between the individual herbs in this category

Herbs that open the orifices

Styrax (<i>su he xiang</i>) p. 274	●●●●●●●●○○
Borneol (<i>bing pian</i>) p. 270	●●●●●●○○○○
Bovis calculus (<i>niu huang</i>) p. 154	●●●●●●○○○○
Camphora (<i>zhang nao</i>) p. 272	●●●●●●○○○○
Acori rhizoma (<i>chang pu</i>) p. 268	●●●●○○○○○○

V Aromatic herbs that open the orifices



Acori calami rhizoma

Shui chang pu

水菖蒲

Family:	Acoraceae
Standard species:	<i>Acorus calamus</i>
Variation:	Calami rhizoma
German:	Kalmuswurzelstock
English:	sweetflag rhizome

Temperature

●●○ warm

Taste

●●○ pungent
 ●●○ bitter
 ●●○ aromatic

Organ relationship

●○○ Heart
 ●○○ Liver

Direction of action

●●○ lifting

Site of action

Head and eyes, Lung

Actions/Indications

●○○ Drains dampness

Opens the orifices, treats deafness, tinnitus, sensation of pressure in the chest, abdominal distension

●●● Dislodges phlegm

Clouding of consciousness, apathy, deafness, tinnitus, thick sticky tongue coating, stupor, seizures, mania

●●● Transforms cold phlegm

Loss of consciousness, apathy, stupor

●●○ Opens the orifices

Loss of consciousness, deafness, tinnitus

●●○ Pacifies internal wind

Pre-apoplectic states, sensation of pressure in the chest, abdominal distension, hypertension, palpitations

Physiological/pharmacological effects stimulates salivary and gastric secretions, used to treat lack of appetite, dyspepsia; external application produces hyperaemia and can relieve rheumatic pain, also used to treat gingivitis and sore throat. Contains asarones, which are sedating and also treat dysenteric disorders.

Toxicity there are differences in asarone content depending on the origin of the plant. Isoasarones have been found to have carcinogenic and mutagenic properties, therefore long-term use is not recommended; use asarone-free varieties instead. Decoction renders asarones harmless.

Dosage 1–10 g, standard 6 g

Cooking time add towards the end of the cooking period, boil briefly and allow to steep for 3 minutes



Contraindications yin deficiency with fire, use with care in cases of excessive sweating and haemoptysis

Pregnancy use is allowed

Acori rhizoma

Chang pu

石菖蒲

Family:	Acoraceae
Standard species:	<i>Acorus gramineus</i> , <i>A. tatarinowii</i>
Variation:	<i>Acorus tatarinowii</i> rhizoma
German:	grasblättriger Kalmus
English:	grassleaf sweetflag rhizome, acorus, 'flourishing reeds'

Temperature

●●○ warm

Taste

●●○ pungent
●○○ aromatic

Organ relationship

●●○ Heart
●○○ Liver
●○○ Stomach
●○○ Spleen

Direction of action

●●○ lifting

Site of action

Head and eyes, Lung

Actions/Indications

●●○ **Drains dampness**

Opens the orifices, deafness, tinnitus, sensation of pressure and distension in the chest, abdominal distension, *bi* syndrome

●●● **Dislodges phlegm**

Clouding of consciousness, apathy, deafness, tinnitus, thick sticky tongue coating, stupor, seizures, mania, hallucinations, talking to oneself, manic laughter or screaming, lack of appetite

●●● **Transforms cold phlegm**

Loss of consciousness, apathy, stupor

●●○ **Opens the orifices**

Loss of consciousness, deafness, tinnitus

●○○ **Harmonizes and tonifies the Spleen and Stomach**

Sensation of fullness in the chest and epigastrium, upper abdominal pain

●●○ **Drains damp-heat**

Damp-heat affecting the Brain, poor memory, lack of concentration, mental confusion, thick and white tongue coating

●●○ **Moves and regulates the qi**

Depression, phobias, schizophrenia, mental disturbances due to Liver qi stagnation

Physiological/pharmacological effects contains asarones, which stimulate salivary and gastric secretions, relieve intestinal cramping. In vitro experiments have shown improvement of alcohol-induced impairment of learning and memory abilities.

Toxicity see *Acori calami* rhizoma (*shui chang pu*) on p. 266

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Dampness, feeling of distension of the chest and abdomen, anorexia → Coptidis rhizoma (*huang lian*) p. 172
- Dampness and qi stagnation, feeling of distension of the epigastrium and abdomen → Linderae radix (*wu yao*) p. 498, Evodiae fructus (*wu zhu yu*) p. 383, Cyperi rhizoma (*xiang fu*) p. 494
- Phlegm, obstruction of the sensory orifices with disorientation, irritability, clouding of consciousness → Curcumae radix (*yu jin*) p. 538, Pinelliae rhizoma (*ban xia*) p. 82
- Forgetfulness, tinnitus, deafness → Polygalae radix (*yuan zhi*) p. 440, Poria (*fu ling*) p. 334
- Hoarseness, phlegm in the throat, swollen, oedematous vocal cords → Platycodi radix (*jie geng*) p. 636, Dendrobii caulis (*shi hu*) p. 788
- Pain and feeling of distension of the chest and epigastrium caused by thick phlegm in the middle burner → Magnoliae cortex (*hou po*) p. 292, Citri reticulatae pericarpium (*chen pi*) p. 488
- Dysentery with lack of appetite → Nelumbinis semen (*lian zi*) p. 842, Coptidis rhizoma (*huang lian*) p. 172
- Corneal ulceration → Succinum (*hu po*) p. 430, Lycii fructus (*gou qi zi*) p. 800, Chrysanthemi flos (*ju hua*) p. 52

Compatibility impaired by Ephedrae herba (*ma huang*) p. 30

Contraindication yin deficiency heat, use with care in cases of excessive sweating and haemoptysis

Pregnancy use is allowed

Borneol

Bing pian

冰片

Family: Dipterocarpaceae
 Standard species: *Dryobalanops aromatica*
 German: Borneol
 English: borneol, 'ice slice'

Temperature

●●○ cold tendency

Taste

●●○ pungent
 ○○○ bitter
 ●●○ aromatic

Organ relationship

●●● Heart
 ●●○ Lung
 ○○○ Spleen
 ○○○ Liver

Direction of action

●●● lifting

Site of action

Head and eyes, skin

Actions/Indications

●●● Opens the orifices

Collapse, fainting, convulsions

●●● Treats collapse

Collapse, fainting, convulsions

●●○ Cools heat

Ulcers, inflamed eyes, lacrimation, purulent nasal secretion

●●○ Relieves pain

Swollen, painful throat, painful skin sores, eye pain

○○○ Eczema, burns and ulcerations

Throat ulcers, sores, swelling of the larynx, purulent nasal secretion, purulent lesions

●●○ Disperses swelling

Ulcers, lumps, painful swellings, pruritus, acute and chronic injuries

●●○ Stops itching

Itching, external swellings, throat swelling, ulcers

●●○ Moves and regulates qi

Enters all tissues, especially the muscles where it moves qi and blood, decreases swelling, alleviates pain, acute and chronic injuries

Physiological and pharmacological effects newest research: local use to treat neuralgia, abscesses and herpes zoster. Mildly stimulates peripheral sensory nerves and the central nervous system. Well absorbed through the skin and mucous membranes.

Commentary do not cook, use only as a pill or powder for external use. Do not use in a decoction.

Dosage 0.3–0.9 g, standard 0.3 g



Combination heat, pain, swelling, pus in the eyes, ears, nose, mouth and throat → Cinnabaris (*zhu sha*) p. 418, Borax (*peng sha*)

Contraindications qi deficiency, blood deficiency; do not decoct

Pregnancy use is **forbidden**

Camphora

Zhang nao

樟脑

Family:	Lauraceae
Standard species:	<i>Cinnamomum camphora</i>
German:	Kampfer
English:	camphor

Temperature

●● hot

Taste

●● toxic

Organ relationship

●● Heart

●● Spleen

Direction of action

●● lifting

Site of action

Head and eyes, skin

Actions/Indications

●●● Opens the orifices

Fainting, clouding of consciousness, delirium, coma

●●● Drains dampness

Scabies, tinea, parasites (topical use), pruritic sores

●●● Disperses wind-dampness

Scabies, pruritus, pruritic sores, parasites

●●● Disperses swellings

Oedema, ascites, trauma, fractures, contusions, dislocation, pain, swelling, haematomas, blood stasis

●●● Antiparasitic

Scabies, tinea, pruritus (topical use)

●●● Relieves pain

Trauma, injuries, fractures, contusions, dislocations, swelling, distending pain in the chest

●●● Moves blood

Cardiac pain, precordial pain, post-traumatic pain, trauma, fractures, contusions, dislocations

Physiological/pharmacological effects chemical: bicyclic monoterpene derivative. Camphor oil is obtained through water distillation of wood and twigs of the camphor tree or synthetically produced from oil of turpentine. Local effect: promotes circulation to the skin, antiseptic, slightly anaesthetic; can be massaged into the skin in cases of rheumatism. Used in treating neuralgias, gastrointestinal and respiratory diseases.

Toxicity administer orally with great care; toxic effects such as dizziness, headache, sensation of heat and agitation may occur with dosages of 0.2–1.0 g. Transient sedation followed by tonic-clonic seizures and depression of breathing occur at dosages above 2 g. Lethal dose: 7–15 g.

Commentary use only as pill or powder or dissolved in wine.

Dosage 0.1–0.2 g, standard 0.1 g (powder)



Combinations

- Oedema → Herbs that expel wind and heat
- Pruritus (topical use) → Sophorae flavescents radix (*ku shen*) p. 186, Sulfur (*liu huang*), Phellodendri cortex (*huang bai*) p. 180
- Scabies and pruritus → Sulfur (*liu huang*), Alumen (*ming fan*) p. 876
- Sudden loss of consciousness (as powder or pill) → Borneol (*bing pian*) p. 270

Contraindication qi deficiency

Pregnancy use is **forbidden**

Styrax

Su he xiang

苏合香

Family:	Hamamelidaceae
Standard species:	<i>Liquidambar orientalis</i>
Variation:	Storax
German:	Styrax, Harz des orientalischen Amberbaumes
English:	resin of rose maloes, styrax

Temperature

●○○ warm

Taste

●○○ pungent

●○○ sweet

●○○ aromatic

Organ relationship

●○○ Heart

○○○ Spleen

Direction of action

●●● ascending

Site of action

Head, eyes

Actions/Indications

●●● Opens the orifices

Fainting, collapse, sudden pain in the chest and abdomen

●○○ Restores consciousness,

Cold damage, collapse due to phlegm blockage, epileptiform symptoms

●○○ Removes wind obstruction

Epileptiform symptoms, fainting, pain in the chest and abdomen

●○○ Channels wind-phlegm

Phlegm blockage, toxic, epidemic diseases

Physiological/pharmacological effects inhibits platelet aggregation; even in the absence of case reports, the herb should be used with care in patients taking anti-coagulants or platelet aggregation inhibitors. Also has a mild antibiotic and anti-inflammatory effect, can be used to treat CHD (increases coronary perfusion, decreases heart rate, increases oxygenation and improves heart muscle resistance against hypoxia). Can be used as an expectorant to treat mucosal irritation of the respiratory tract or mixed with olive oil to treat scabies.

Commentary do not administer as a decoction, only as pills or powder or topical application (for external use mixed with alcohol).

Dosage 0.3–1 g; do not boil



Combinations

- Epileptiform symptoms, collapse → Borneol (*bing pian*) p. 270, Caryophylli flos (*ding xiang*) p. 392, Aquilariae lignum (*chen xiang*) p. 476, Santali albi lignum (*tan xiang*) p. 510
- Angina pectoris → Borneol (*bing pian*) p. 270, Olibanum (*ru xiang*) p. 562, Santali albi lignum (*tan xiang*) p. 510

Contraindications very high fever, coma, spontaneous sweating, collapse

Pregnancy use with care

VI

Aromatic herbs that transform dampness

Overview

Agastachis herba (<i>huo xiang</i>)	278
Alpiniae katsumadai semen (<i>cao dou kou</i>)	280
Amomi fructus rotundus (<i>bai dou kou</i>)	282
Amomi xanthioidis fructus (<i>sha ren</i>)	284
Atractylodis rhizoma (<i>cang zhu</i>)	286
Eupatorii herba (<i>pei lan</i>)	288
Galangae fructus (<i>hong dou kou</i>)	290
Magnoliae cortex (<i>hou po</i>)	292
Tsaoko fructus (<i>cao guo</i>)	294

Characteristics

These are herbs that work mainly on the Spleen and Stomach (middle burner); these organs are responsible for the regulation and distribution of fluids. The most common pathology deriving from deficiency is an accumulation of dampness. The pungent and aromatic tastes of these herbs are especially effective in transforming dampness. Because of their properties, most of the herbs in this category are also used to clear summerheat.

Comparison between the individual herbs in this category

Aromatic herbs that transform dampness

Agastachis herba (<i>huo xiang</i>) p. 278	●●●●●●●●
Eupatorii herba (<i>pei lan</i>) p. 288	●●●●●●●●
Amomi xanthioidis fructus (<i>sha ren</i>) p. 284	●●●●●●●●
Amomi fructus rotundus (<i>bai dou kou</i>) p. 282	●●●●●●●●
Acori rhizoma (<i>chang pu</i>) p. 268	●●●●●●●○
Perillae folium (<i>zi su ye</i>) p. 40	●●●●●●○○

Summary

1. Strongly aromatic herbs which dry dampness

Atractylodis rhizoma (<i>cang zhu</i>) p. 286	→ strongly dries dampness, tonifies the Spleen, disperses wind-dampness
Magnoliae cortex (<i>hou po</i>) p. 292	→ regulates qi, breaks up stagnation, relieves distension and swelling, relieves dyspnoea by descending Lung qi

2. Drains dampness, relieves summerheat

Agastachis herba (*huo xiang*) p. 278 → drains dampness from the middle burner, stops vomiting, releases the exterior

Eupatorii herba (*pei lan*) p. 288 → mildly releases the exterior

3. Promotes qi flow, drains dampness

Amomi xanthioidis fructus (*sha ren*) p. 284 → warms the middle burner to treat diarrhoea due to cold, calms the fetus

Amomi fructus rotundus (*bai dou kou*) p. 282 → drains dampness in the middle and upper burner, very good to treat early stages of nausea and vomiting

4. Dries dampness, warms the middle burner

Tsaoko fructus (*cao guo*) p. 294 → dries dampness, malaria

Herbs from other categories to eliminate dampness

Acori rhizoma (<i>chang pu</i>)	268
Atractylodis macrocephalae rhizoma (<i>bai zhu</i>)	708
Camphora (<i>zhang nao</i>)	272
Citri reticulatae pericarpium (<i>chen pi</i>)	488
Lablab semen album (<i>bian dou</i>)	720
Moslai herba (<i>xiang ru</i>)	36

Agastachis herba

Huo xiang

藿香

Family: Lamiaceae
 Standard species: *Pogostemon cablin*
 German: Patchoulikraut
 English: agastache, patchouli

Temperature

●●○ warm tendency

Taste

●●○ pungent
 ●●○ aromatic

Organ relationship

●●● Spleen
 ●●● Stomach
 ●●○ Lung

Direction of action

●●○ lifting, ascending, releasing

Site of action

Middle burner, surface

Actions/Indications

●●● Transforms dampness

Fullness of the epigastrium, lack of appetite, nausea, vomiting, diarrhoea, fatigue, white and moist tongue coating

●●○ Harmonizes and tonifies the Spleen

Nausea and dry heaves, morning sickness, pressure in the upper abdomen

●●○ Stops vomiting

Nausea and dry heaves, morning sickness

●●○ Dispels summerheat

Lethargy, fullness in the chest, sticky tongue coating, fever

●●○ Releases the exterior

Shivering and fever

●●○ Expels wind-cold

Shivering, fever, fullness of the chest, acute gastritis

●●○ Drains dampness

Gastroenteritis with fever, chills, headache, heaviness of the head, gastric complaints, lack of appetite, nausea, dry heaves, thick and white tongue coating

Physiological/pharmacological effects broad-spectrum antibiotic and anti-fungal effects; increases gastric juice secretion and stimulates digestion. In the western world, this herb has no medicinal properties and is used only as a perfume.

Dosage 4.5–10 g, standard 6 g

Cooking time add to the decoction at the end of the cooking period and allow to steep for 10 minutes



Combinations

- Dampness, sensation of fullness in the epigastrium, lack of appetite, vomiting, nausea, diarrhoea → Pinelliae rhizoma (*ban xia*) p. 82, Citri reticulatae pericarpium (*chen pi*) p. 488, Magnoliae cortex (*hou po*) p. 292
- Damp-summerheat with exhaustion → Eupatorii herba (*pei lan*) p. 288
- Wind-cold with shivering, fever → Perillae folium (*zi su ye*) p. 40
- Damp-phlegm in the middle burner, lack of appetite, diarrhoea, epigastric and abdominal fullness, dry heaves, vomiting → Pinelliae rhizoma (*ban xia*) p. 82, Atractylodis rhizoma (*cang zhu*) p. 286
- Morning sickness → Amomi xanthioidis fructus (*sha ren*) p. 284
- Spleen deficiency with vomiting, diarrhoea → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Codonopsis radix (*dang shen*) p. 710
- Damp-summerheat with lethargy, sensation of abdominal distension, dry heaves → Eupatorii herba (*pei lan*) p. 288
- Wind-cold with dampness in the middle burner, fever, shivering, chest and epigastric fullness, coughing, dry heaves → Perillae folium (*zi su ye*) p. 40, Magnoliae cortex (*hou po*) p. 292
- Damp-heat, vomiting → Coptidis rhizoma (*huang lian*) p. 172, Bambusae caulis in taeniam (*zhu ru*) p. 78
- Damp-heat with fever, weakness of the limbs, lethargy, feeling of abdominal distension, scanty dark urine → Scutellariae radix (*huang qin*) p. 184, Forsythiae fructus (*lian qiao*) p. 200, Talcum (*hua shi*) p. 340

Contraindications yin deficiency with fire, deficiency of the Spleen, Stomach fire

Pregnancy use is allowed

Alpiniae katsumadai semen

Cao dou kou

草豆蔻

Family:	Zingiberaceae
Standard species:	<i>Alpinia katsumadai</i>
Variation:	<i>Amomi globosi fructus</i>
German:	Katsumadai-Samen
English:	Katsumada's galangal seeds, katsumadai

Temperature

●●● warm

Taste

●●○ pungent
●●○ aromatic

Organ relationship

●●○ Spleen
●●○ Stomach

Direction of action

●●○ descending

Site of action

Middle burner

Actions/Indications

●●● **Warms cold**

Cold accumulation in the middle burner: abdominal coldness, pain, nausea, vomiting of clear fluid, lack of appetite

●●○ **Dries dampness**

Nausea, loose stools, thick white tongue coating, distension of the upper abdomen, fullness

●○○ **Moves and regulates qi**

Upper abdominal pain, abdominal distension, lack of appetite

Physiological/pharmacological effects antibacterial; low doses stimulate the intestines while higher dosages have an inhibitory effect.

Commentary the slightly crushed herb should be added to the decoction towards the end of the cooking time, otherwise some of the herb's effects may be lost.

Dosage 3–6 g

Cooking time 3 minutes



Combinations

- Abdominal pain, vomiting, lack of appetite, belching of clear fluid → *Evodia fructus* (*wu zhu yu*) p. 383
- Spleen deficiency with lack of appetite, abdominal pain, qi stagnation due to dampness accumulation → *Alpiniae officinari rhizoma* (*gao liang jiang*) p. 390
- Dampness accumulation in the middle burner → *Atractylodis rhizoma* (*cang zhu*) p. 286, *Magnoliae cortex* (*hou po*) p. 292
- Chronic diarrhoea due to cold deficiency → *Cinnamomi cassiae cortex* (*rou gui*) p. 394, *Myristicae semen* (*rou dou kou*) p. 840
- Cold phlegm in the chest with nausea → *Pinelliae rhizoma* (*ban xia*) p. 82, *Citri reticulatae pericarpium* (*chen pi*) p. 488

Contraindications yin and blood deficiency

Pregnancy use is allowed

Amomi fructus rotundus

白豆蔻

Bai dou kou

Family:	Zingiberaceae
Standard species:	<i>Amomum kravanh</i>
Variation:	Amomi rotundus fructus, Amomi cardamomi fructus
German:	Kardamomfrucht
English:	round cardamom, white cardamom

Temperature

●●● warm

Taste

●●○ aromatic

Organ relationship

●●○ Lung

●●○ Spleen

●●○ Stomach

Direction of action

●●○ sinking

Site of action

Middle burner, Spleen and Stomach, Lung

Actions/Indications●●● **Transforms dampness**

Fullness and distension in the chest and abdomen, white sticky tongue coating, loss of appetite, vomiting clear fluids, diarrhoea

●●○ **Moves and regulates the qi**

Fullness and stifling sensation of the chest and epigastrium, fullness of the upper abdomen, lack of appetite, abdominal pain

●●○ **Descends the qi**

Nausea and vomiting due to deficient cold in the Spleen and Stomach, especially good to stimulate appetite

●●○ **Warms cold**

Cold in the Stomach: nausea and vomiting

●○○ **Disperses turbidity**

Nausea and vomiting, sensation of pressure in the epigastrium and chest

Physiological/pharmacological effects increases gastric juice secretion, stimulates peristalsis, antiemetic; contains volatile oils that have antibacterial and antifungal properties; can be used as a cooking spice, to combat bad breath and to treat dyspepsia.

Commentary added to counteract the effects of herbs that are difficult to digest, such as *Rehmanniae radix* (*sheng di huang*) p. 168.

Dosage 1–6 g, standard 2 g

Cooking time add towards the end, boil briefly and allow to steep for 3 minutes



Combinations

- Spleen dampness with fullness of the chest and abdomen, lack of appetite → Atractylodis rhizoma (*cang zhu*) p. 286, Citri reticulatae pericarpium (*chen pi*) p. 488, Pinelliae rhizoma (*ban xia*) p. 82
- High fever → Scutellariae radix (*huang qin*) p. 184, Forsythiae fructus (*lian qiao*) p. 200, Bambusae folium (*xian zhu ye*)
- Severe dampness → Calcium sulfate, Tetrapanacis medulla (*tong cao*) p. 342
- Cold in the Stomach, vomiting, nausea → Pinelliae rhizoma (*ban xia*) p. 82, Agastachis herba (*huo xiang*) p. 278, Zingiberis rhizoma recens (*sheng jiang*) p. 46
- Damp-heat (early stages), headache, fullness in the chest, dark urine, diarrhoea → Armeniaca semen (*xing ren*) p. 664, Coicis semen (*yi yi ren*) p. 308
- Damp-heat in the middle burner with recurring fever, joint pain → Scutellariae radix (*huang qin*) p. 184, Polyporus (*zhu ling*) p. 332
- Qi stagnation with dampness and fullness of the chest, nausea, vomiting, diarrhoea → Amomi xanthioidis fructus (*sha ren*) p. 284
- Spleen deficiency with fullness of the chest and abdomen, belching, nausea, vomiting, diarrhoea, accumulation of turbid dampness → Citri reticulatae pericarpium (*chen pi*) p. 488
- Damp-cold, food stagnation, dry heaves and vomiting, epigastric discomfort and lack of appetite → Agastachis herba (*huo xiang*) p. 278, Pinelliae rhizoma (*ban xia*) p. 82

Contraindications yin deficiency, blood deficiency. Use with care in cases of damp-cold.

Pregnancy use is allowed

Amomi xanthioidis fructus

Sha ren

砂仁

Family:	Zingiberaceae
Standard species:	<i>Amomum xanthioides</i> , <i>A. villosum</i>
Variation:	Amomi fructus
German:	Amomi-Sharen-Früchte
English:	amomum fruit, grains-of-paradise fruit

Temperature

●●○ warm

Taste

●●● aromatic

Organ relationship

- Spleen
- Stomach
- Kidney

Direction of action

●●○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Harmonizes and tonifies the Spleen

Obstruction of qi in the middle burner: abdominal pain, diarrhoea, nausea, loss of appetite

●●○ Transforms dampness

Dry heaves, lack of appetite, epigastric discomfort, vomiting, diarrhoea, dizziness, fatigue, aversion to food smells

●●● Moves and regulates the qi

Loss of appetite, pain in the epigastrium and abdomen, abdominal distension, diarrhoea

●●○ Tonifies and replenishes the qi

Loss of appetite, diarrhoea, fatigue

●●○ Stops diarrhoea

Diarrhoea

●●○ Calms the fetus

Morning sickness, dry heaves, vomiting, dizziness, headache, premature contractions

Physiological/pharmacological effects contains, among others, camphor and borneol, may cause gastrointestinal pain and cramps, inhibits platelet aggregation, use with caution in combination with platelet aggregation inhibitors and anticoagulants.

Toxicity allergic reactions have been observed (western pharmacological reports); contains pungent ingredients which in high doses may lead to irritation of the stomach and urinary tract.

Commentary similar to *Amomi fructus rotundus* (*bai dou kou*) p. 282, it is used to counteract the effects of herbs that are difficult to digest, such as *Rehmanniae radix* (*sheng di huang*).

Dosage 1.5–6 g, standard 3 g

Cooking time add towards the end, boil briefly and allow to steep for 3 minutes



Combinations

- Epigastric, abdominal pain, distension, nausea and vomiting, diarrhoea, obstruction of Spleen and Stomach qi → Magnoliae cortex (*hou po*) p. 292, Amomi fructus rotundus (*bai dou kou*) p. 282
- Qi obstruction with abdominal pain, diarrhoea, nausea, lack of appetite → Citri reticulatae pericarpium (*chen pi*) p. 488, Magnoliae cortex (*hou po*) p. 292, Aucklandiae radix (*mu xiang*) p. 480
- Morning sickness, dry heaves, dizziness, headache, fatigue, restless fetus → Taxilli herba (*sang ji sheng*) p. 810, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Dampness with qi stagnation affecting the Spleen and Stomach, abdominal pain, diarrhoea, morning sickness → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Codonopsis radix (*dang shen*) p. 710
- Qi and food stagnation → Aucklandiae radix (*mu xiang*) p. 480, Aurantii fructus (*zhi ke*) p. 482
- Damp-cold with diarrhoea, dysentery → Atractylodis rhizoma (*cang zhu*) p. 286
- Restless fetus → Taxilli herba (*sang ji sheng*) p. 810

Compatibility promoted by Santali albi lignum (*tan xiang*), Tsaoko fructus (*cao guo*) p. 294, Ginseng radix (*ren shen*) p. 714, Amomi fructus rotundus (*bai dou kou*) p. 282, Phellodendri cortex (*huang bai*) p. 180, Poria (*fu ling*) p. 334, Chebulae fructus (*he zi*) p. 820

Contraindication yin deficiency with fire symptoms

Pregnancy use is allowed

Atractylodis rhizoma**Cang zhu**

苍术

Family:	Asteraceae
Standard species:	<i>Atractylodis lancea</i> , <i>A. chinensis</i>
German:	Speichelkrautwurzelsstock
English:	atractylodes rhizome

Temperature

●● warm

Taste

●● bitter

●● pungent

Organ relationship

●● Spleen

●● Stomach

Signal herb

Spleen

Direction of action

●● lifting

Site of action

Spleen and Stomach, middle burner, channels

Actions/Indications

●● Dries dampness

Loss of appetite, nausea and vomiting, epigastric pain, white and sticky tongue coating, leucorrhoea

●● Tonifies and regulates the qi

Loss of appetite, diarrhoea

●● Disperses wind-dampness

Painful obstruction disorder of the joints and limbs

●● Drains dampness

Joint pain, swelling of the limbs, weakness, dampness in the lower burner, leucorrhoea, joint pain

●● Releases the exterior

Headache, joint pain, no sweating in cases of dampness or wind-cold

●● Brightens the eyes

Visual disturbances due to wind-dampness: cataracts, night blindness

Physiological/pharmacological effects contains volatile oils, which protect the liver, stimulate the immune system and the intestines and decrease gastric secretion. Antidiabetic (use with care in combination with other antidiabetic agents because of risk of inducing hypoglycaemia) and diuretic (use with caution in combination with other diuretic agents; may have synergistic effect on fluid and electrolyte metabolism). Sedative effect due to β -eudesmols and hinesol. Increases the effect of omeprazole. The smoke from this herb is said to have antiseptic properties.

Dosage 3–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Dampness in the Spleen and Stomach, lack of appetite, nausea, vomiting, diarrhoea → Citri reticulatae pericarpium (*chen pi*) p. 488, Magnoliae cortex (*hou po*) p. 292
- Damp-heat, spontaneous sweating, fatigue → Anemarrhenae rhizoma (*zhi mu*) p. 120
- Wind-dampness, pain in the joints and limbs → Notopterygii rhizoma (*qiang hu*) p. 38, Angelicae pubescentis radix (*du huo*) p. 350, Saposhnikoviae radix (*fang feng*) p. 42, Stephaniae radix (*fang ji*) p. 338
- Dampness and qi stagnation, painful distension of the chest, epigastrium and abdomen → Cyperi rhizoma (*xiang fu*) p. 494
- Damp-summerheat with diarrhoea → Lonicerae flos (*jin yin hua*) p. 216
- Wind-dampness with fever, sweating, joint pain → Gypsum (*shi gao*) p. 130
- Wind-dampness, joint pain, swelling and weakness of the legs, skin lesions → Phellodendri cortex (*huang bai*) p. 180
- Cataracts, glaucoma, night blindness → Sesami semen nigrum (*hei zhi ma*) p. 808

Compatibility

- Promoted by Saposhnikoviae radix (*fang feng*) p. 42, Sanguisorbae radix (*di yu*) p. 608
- Impaired by Persicae semen (*tao ren*) p. 564, Armeniacae semen (*xing ren*) p. 664

Contraindications yin deficiency, severe sweating due to qi deficiency. Use with care in cases of loose, watery stools.

Pregnancy use is allowed

Eupatorii herba**Pei lan**

佩兰

Family:	Asteraceae
Standard species:	<i>Eupatorium fortunei</i>
German:	Glückswasserdostkraut, Wasserhanf
English:	eupatorium, 'ornamental orchid'

Temperature

●●○ neutral

Taste

●●○ pungent

●●● aromatic

Organ relationship

●●● Spleen

●●● Stomach

●○○ Lung

Direction of action

●○○ lifting

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●● **Transforms dampness**

Sensation of clumping in the abdomen, loss of appetite, nausea, vomiting, diarrhoea, white sticky tongue coating, sweet sticky taste in the mouth

●○○ **Harmonizes and tonifies the Spleen and Stomach**

Sensation of fullness, nausea and vomiting, acute gastritis, hepatitis

●○○ **Clears summerheat**

Fever with shivering, chills, sensation of pressure in the chest, food stagnation, nausea and vomiting

●○○ **Moves blood**

Internal accumulation, lack of appetite, loose stools, food stagnation

●○○ **Releases the exterior**

Chills and fever

●○○ **Moves and regulates the qi**

Nausea and vomiting, gastric disorders, hypochondrial pain, unpleasant sweet taste in the mouth

Physiological/pharmacological effects contains nerylacetate, which has anti-viral properties. The related western herb *Eupatorium perfoliatum* has anti-inflammatory and diaphoretic actions; it stimulates the immune system. Historically used as a substitute for chinin in treating fevers.

Toxicity the herb contains toxic pyrrolizidine alkaloids and should be tested for these. The minimum tolerated amount in some countries is so low that the herb is automatically prohibited. Long-term use may cause hepatic cancer.

Dosage 5–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Summerheat, fever, chills, pressure on the chest, food stagnation → Agastachis herba (*huo xiang*) p. 278, Pinelliae rhizoma (*ban xia*) p. 82, Magnoliae cortex (*hou po*) p. 292, Nelumbinis folium (*he ye*) p. 134
- Dampness in the middle burner → Agastachis herba (*huo xiang*) p. 278, Amomi fructus rotundus (*bai dou kou*) p. 282
- Indigestion due to heavy, greasy foods, digestive disorders due to heat, regurgitation of thick, sticky fluid, belching → Coptidis rhizoma (*huang lian*) p. 172
- Damp-summerheat → Agastachis herba (*huo xiang*) p. 278, Artemisiae annuae herba (*qing hao*) p. 256
- Diseases due to early stages of damp-heat → Talcum (*hua shi*) p. 340, Coicis semen (*yi yi ren*) p. 308

Contraindication yin deficiency

Pregnancy use is allowed

Galangae fructus

Hong dou kou

红豆蔻

Family: Zingiberaceae
 Standard species: *Alpinia galanga*
 German: Galgant-Früchte
 English: major galangal seeds, spice ginger seeds, 'red cardamom'

Temperature

●●● warm

Taste

●●○ pungent

Organ relationship

●●○ Spleen

●●○ Stomach

●●○ Lung

Direction of action

●●○ descending

Site of action

Middle burner

Actions/Indications

●●● Warms cold

Cold sensation and pain in epigastrium and abdomen

●●○ Tonifies and harmonizes the Spleen

Dry heaves, nausea, belching, diarrhoea

●●○ Dries dampness

Feeling of distension in the abdomen, dry heaves, nausea, diarrhoea

●●○ Stops diarrhoea

Feeling of cold and distension in the abdomen

●●○ Relieves food stagnation

Food stagnation, retching, nausea, belching, lack of appetite

●●○ Moves and regulates the qi

Food stagnation, cold sensation and pain in epigastrium and abdomen, lack of appetite

Physiological/pharmacological effects relieves spasm, anti-inflammatory, antibiotic; used in western naturopathic medicine to treat loss of appetite, dyspepsia, painful upper abdomen (Roemheld's syndrome), promotes digestion.

Commentary the herb should be pulverized prior to use; topical application to treat toothache due to cold and wind.

Dosage 3–6 g

Cooking time 20 minutes



Combinations

- Accumulation of cold in the middle burner with cold sensation and pain in epigastrium and abdomen, lack of appetite, nausea → Piperis longi fructus (*bi ba*) p. 404, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Cold sensation and pain in epigastrium and abdomen with distension, fullness, aching flank pain, Liver qi stagnation → Cyperi rhizoma (*xiang fu*) p. 494

Contraindications yin deficiency, heat or fire signs

Pregnancy use is allowed

Magnoliae cortex**Hou po**

厚朴

Family:	Magnoliaceae
Standard species:	<i>Magnolia officinalis</i>
German:	Magnolienrinde
English:	magnolia bark

Temperature

●●○ warm

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●● Spleen

●●● Stomach

●●● Lung

●○○ Large Intestine

Direction of action

●●○ sinking

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications●●● **Transforms dampness**

Sensation of clumping in the abdomen, loss of appetite, nausea, distension, belching, diarrhoea, vomiting, white sticky tongue coating

●●○ **Breaks up stagnation**

Postprandial stagnation, stagnation due to phlegm, chest and abdominal distension, loss of appetite, dry heaves, vomiting, diarrhoea

●●○ **Moves and regulates the qi**

Food stagnation, loss of appetite, dry heaves, upper abdominal pain, obstruction in the chest, respiratory complaints, constipation

●●○ **Corrects counterflow qi**

Phlegm obstruction in the chest: cough, wheezing, constriction in the chest

●●○ **Transforms cold phlegm**

Phlegm obstruction in the chest, respiratory complaints, increased sputum, epigastric pressure, loss of appetite, nausea, thick sticky tongue coating

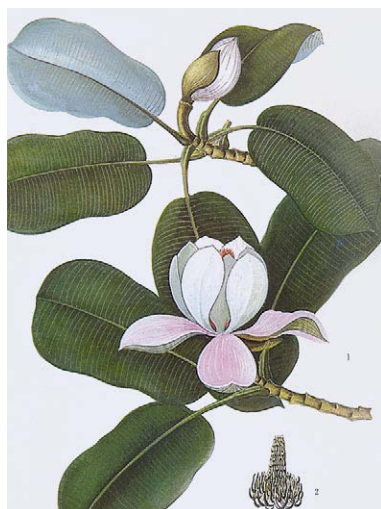
Physiological/pharmacological effects in vitro antibacterial, anti-ulcerative effects (inhibits gastric juice secretion, decreases duodenal contractions); slight anti-coagulative effect (magnolol); in low doses, stimulates the respiratory tract, and in higher doses inhibits. Used to treat amoebiasis.

Toxicity intravenous use has shown curare-like effects.

Commentary the bitter properties may provoke nausea and gastric discomfort; these can be treated with fresh ginger.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Dampness in the Spleen and Stomach, epigastric fullness, lack of appetite, nausea, vomiting, diarrhoea → *Atractylodis rhizoma* (*cang zhu*) p. 286, *Citri reticulatae pericarpium* (*chen pi*) p. 488
- Phlegm in the lung, wheezing → *Armeniacae semen* (*xing ren*) p. 664, *Pinelliae rhizoma* (*ban xia*) p. 82, *Perillae fructus* (*zi su zi*) p. 634
- Qi and food stagnation, epigastric and abdominal distension → *Aurantii fructus* (*zhi ke*) p. 482
- Constipation and stagnation in the abdomen → *Rhei rhizoma* (*da huang*) p. 92, *Aurantii fructus* (*zhi ke*) p. 482
- Distension and fullness of the abdomen due to deficiency → *Ginseng radix* (*ren shen*) p. 714, *Glycyrrhizae radix* (*gan cao*) p. 716
- Coughing, wheezing, copious sputum → *Armeniacae semen* (*xing ren*) p. 664, *Ephedrae herba* (*ma huang*) p. 30

Compatibility disturbed by *Alismatis rhizoma* (*ze xie*) p. 300, 928–930, *Calcium, Sojae semen germinatum* (*dou juan*) p. 242

Contraindications yin deficiency with heat signs, Spleen deficiency with diarrhoea

Pregnancy use with caution

Tsaoko fructus**Cao guo**

草果

Family:	Zingiberaceae
Standard species:	<i>Amomum tsao-ko</i>
Variation:	<i>Amomi costatis fructus</i>
German:	Amomum-Caoguo-Früchte, Nepal-Kardamom
English:	tsaoko fruit

Temperature

●○○ warm

Taste

●○○ pungent

●○○ sweet

●●○ aromatic

Organ relationship

●○○ Spleen

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Middle burner, Spleen and Stomach

Actions/Indications●○○ **Dispels cold**

Nausea, vomiting, digestive disorders due to cold deficiency of the Spleen, internal cold and chills, malaria due to cold, recurrent fever, itching

●●● **Transforms dampness**

Vomiting and diarrhoea, phlegm obstructions

●○○ **Transforms cold phlegm**

Phlegm obstructions, stagnation, pain in the chest and abdomen, belching, vomiting

●○○ **Breaks up stagnation**

Digestive disorders, gastrointestinal stasis, nausea and vomiting

●○○ **Moves and regulates qi**

Distension in the upper abdomen, nausea and vomiting, abdominal pain

●○○ **Disinfects and detoxifies**

Malaria

Physiological/pharmacological effects are due to the volatile oils, which contain cineol and are used to treat dyspepsia, malaria and diarrhoea.**Toxicity** overdose can lead to vomiting, toasting the herb can prevent this. Overdose of the volatile oil can lead to life-threatening poisoning due to the cineol content. Symptoms include hypotension, circulatory collapse and respiratory distress. In case of poisoning do not induce vomiting because of the danger of aspiration. After administering activated charcoal, treat seizures with diazepam, colic with atropine, administer electrolytes and correct acidosis with sodium bicarbonate intravenous infusions. Intubation and ventilation may be needed.**Dosage** 1–5 g, standard 2 g**Cooking time** add towards the end, boil briefly and allow to steep for 3 minutes



Combinations

- Damp-cold in the Spleen → *Atractylodis rhizoma* (*cang zhu*) p. 286, *Magnoliae cortex* (*hou po*) p. 292
- Internal obstruction due to damp-cold and damage to the yin, malaria, chills, focal distension in the chest and flanks, lack of appetite, severe fatigue → *Anemarrhenae rhizoma* (*zhi mu*) p. 120, *Bupleuri radix* (*chai hu*) p. 50, *Dichroae febrifugae radix* (*chang shan*) p. 864

Contraindications qi deficiency, blood deficiency, yin deficiency with no signs of cold or dampness

Pregnancy use is allowed

VII

Herbs that drain and transform dampness

Overview

Alismatis rhizoma (<i>ze xie</i>)	300
Artemisiae scopariae herba (<i>yin chen hao</i>)	302
Benincasae semen (<i>dong gua zi</i>)	304
Clematidis armandii caulis (<i>chuan mu tong</i>)	306
Coicis semen (<i>yi yi ren</i>)	308
Dianthi herba (<i>qu mai</i>)	310
Dioscoreae hypoglaucae rhizoma (<i>bi xie</i>)	312
Junci medulla (<i>deng xin cao</i>)	314
Kochiae fructus (<i>di fu zi</i>)	316
Lobelia chinensis herba (<i>ban bian lian</i>)	318
Lygodii spora (<i>hai jin sha</i>)	320
Lysimachiae herba (<i>jin qian cao</i>)	322
Malvae semen (<i>dong kui zi</i>)	324
Phaseoli semen (<i>chi xiao dou</i>)	326
Plantaginis semen (<i>che qian zi</i>)	328
Plantaginis herba (<i>che qian cao</i>)	328
Polygoni avicularis herba (<i>bian xu</i>)	330
Polyporus (<i>zhu ling</i>)	332
Poria (<i>fu ling</i>)	334
Pyrosiae folium (<i>shi wei</i>)	336
Stephaniae radix (<i>fang ji</i>)	338
Talcum (<i>hua shi</i>)	340
Tetrapanacis medulla (<i>tong cao</i>)	342

Characteristics

Properties

These herbs are indicated when there is an accumulation of dampness. The disturbance in fluid (water) metabolism is related to a dysfunction of the Lung, Spleen, Kidney, Bladder and Triple Burner organs.

Taste and Temperature

- Neutral: drains dampness, strongly promotes urination; for example: Poria (*fu ling*), Polyporus (*zhu ling*), Alismatis rhizoma (*ze xie*), Talcum (*hua shi*), Coicis semen (*yi yi ren*), Tetrapanacis medulla (*tong cao*), Plantaginis semen (*che qian zi*).
- Sweet, neutral and cold: drains fluids (water) and dampness, drains downwards and therefore appropriate to treat, accumulation of dampness in the lower burner; for example: Talcum (*hua shi*), Coicis semen (*yi yi ren*), Tetrapanacis medulla (*tong cao*), Polyporus (*zhu ling*), Alismatis rhizoma (*ze xie*), Plantaginis semen (*che qian zi*).

- Sweet, bitter and cold: treats accumulated damp-heat, dries dampness, cools heat; for example: Kochiae fructus (*di fu zi*), Pyrrosiae folium (*shi wei*), Lysimachiae herba (*jin qian cao*).

Organ relationship

These herbs work on the Bladder, Kidney and Small Intestine and, at the same time, because they eliminate dampness and unblock the channels, they facilitate lactation.

Comparison between the individual herbs in this category

Herbs that regulate the Bladder and increase urination

Alismatis rhizoma (<i>ze xie</i>) p. 300, 928–930	●●●●●●●●
Polyporus (<i>zhu ling</i>) p. 332	●●●●●●●○
Stephaniae radix (<i>fang ji</i>) p. 338	●●●●●●●○
Talcum (<i>hua shi</i>) p. 340	●●●●●●○○
Plantaginis semen (<i>che qian zi</i>) p. 328	●●●●●○○○
Poria (<i>fu ling</i>) p. 334	●●●●●○○○
Pyrrosiae folium (<i>shi wei</i>) p. 336	●●●●●○○○
Kochiae fructus (<i>di fu zi</i>) p. 316	●●●●●○○○
Dioscoreae hypoglaucae rhizoma (<i>bi xie</i>) p. 312	●●●●●○○○
Sepiae endoconcha (<i>hai piao xiao</i>) p. 852	●●●●●○○○
Malvae semen (<i>dong kui zi</i>) p. 324	●●●●●○○○
Polygoni avicularis herba (<i>bian xu</i>) p. 330	●●●●●○○○

Herbs that regulate the Spleen, promote urination and drain dampness

Poria (<i>fu ling</i>) p. 334	●●●●●●●●
Coicis semen (<i>yi yi ren</i>) p. 308	●●●●●●●●
Tetrapanacis medulla (<i>tong cao</i>) p. 342	●●●●●○○○
Dioscoreae hypoglaucae rhizoma (<i>bi xie</i>) p. 312	●●●●●○○○
Arecae pericarpium (<i>da fu pi</i>) p. 478	●●●●●○○○

Herbs that promote urination and stop bleeding

Dianthi herba (<i>qu mai</i>) p. 310	●●●●●●●●
Imperatae rhizoma (<i>bai mao gen</i>) p. 158	●●●●●●○○
Pyrrosiae folium (<i>shi wei</i>) p. 336	●●●●●○○○
Gardeniae fructus (<i>zhi zi</i>) p. 126	●●●●●○○○
Cirsii herba (<i>xiao ji</i>) p. 590	●●●●●○○○

Herbs that promote urination, drain damp-heat, stop bleeding and treat painful urination due to stones

Lysimachiae herba (<i>jin qian cao</i>) p. 322	●●●●●●●●
Lygodii spora (<i>hai jin sha</i>) p. 320	●●●●●●●○
Dianthi herba (<i>qu mai</i>) p. 310	●●●●●○○○
Malvae semen (<i>dong kui zi</i>) p. 324	●●●●●○○○
Talcum (<i>hua shi</i>) p. 340	●●●●●○○○
Pyrrosiae folium (<i>shi wei</i>) p. 336	●●●●●○○○

Summary

1. Promotes urination, treats oedema, clears dysuria

Poria (<i>fu ling</i>) p. 334	→ tonifies the Spleen, calms Shen
Polyporus (<i>zhu ling</i>) p. 332	→ promotes urination
Alismatis rhizoma (<i>ze xie</i>) p. 300, 928–930	→ strong diuretic properties, light-headedness and dizziness due to dampness
Coicis semen (<i>yi yi ren</i>) p. 308	→ tonifies the Spleen, painful obstruction (<i>bi</i>) syndrome due to dampness, clears heat and drains pus

2. Clears heat, promotes urination, clears dysuria due to damp-heat

Plantaginis semen (<i>che qian zi</i>) p. 328	→ clears heat in Liver and Lung
Talcum (<i>hua shi</i>) p. 340	→ clears summerheat, clears heat, promotes healing of damp-heat ulcerations (external use)
Clematidis armandii caulis (<i>chuan mu tong</i>) p. 306	→ drains heat from the Heart, facilitates lactation
Tetrapanacis medulla (<i>tong cao</i>) p. 342	→ facilitates lactation, slight cooling properties
Junci medulla (<i>deng xin cao</i>) p. 314	→ drains heat from the Heart
Kochiae fructus (<i>di fu zi</i>) p. 316	→ damp-heat sores, relieves itching
Polygoni avicularis herba (<i>bian xu</i>) p. 330	→ relieves itching, antiparasitic
Dianthi herba (<i>qu mai</i>) p. 310	→ invigorates blood, unblocks the channels, amenorrhoea
Benincasae semen (<i>dong gua zi</i>) p. 304	→ clears heat, expels phlegm, drains pus

3. Clears dampness, dysuria due to heat, dysuria with stones

Lysimachiae herba (<i>jin qian cao</i>) p. 322	→ expels stones in the biliary and urinary tract, treats jaundice
Lygodii spora (<i>hai jin sha</i>) p. 320	→ dysuria syndrome
Pyrrosiae folium (<i>shi wei</i>) p. 336	→ expels phlegm, relieves coughing

4. Regulates fluid metabolism, promotes urination, reduces oedema

Artemisiae scopariae herba (<i>yin chen hao</i>) p. 302	→ jaundice
Dioscoreae hypoglaucae rhizoma (<i>bi xie</i>) p. 312	→ dries dampness, cloudy urine, painful obstruction (<i>bi</i>) syndrome
Benincasae semen (<i>dong gua zi</i>) p. 304	→ oedema
Phaseoli semen (<i>chi xiao dou</i>) p. 326	→ jaundice, clears toxins, abscesses, swelling
Malvae semen (<i>dong kui zi</i>) p. 304	→ promotes lactation, relieves constipation

Herbs from other categories to regulate fluid metabolism and drain dampness

Astragali radix (<i>huang qi</i>)	706
Atractylodis macrocephalae rhizoma (<i>bai zhu</i>)	708
Ephedrae herba (<i>ma huang</i>)	30
Imperatae rhizoma (<i>bai mao gen</i>)	158
Leonuri herba (<i>yi mu cao</i>)	554
Lepidii/Descurainiae semen (<i>ting li zi</i>)	672
Lycopi herba (<i>ze lan</i>)	556
Moslae herba (<i>xiang ru</i>)	36
Phytolaccae radix (<i>shang lu</i>)	108
Spirodela herba (<i>fu ping</i>)	70

Alismatis rhizoma

泽泻

Ze xie

Family:	Alismataceae
Standard species:	<i>Alisma orientalis</i> , <i>A. plantago-aquatica</i>
German:	Orient-Froschlöffelwurzelsstock
English:	alisma rhizome, water plantain

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Kidney

●●● Bladder

Direction of action

●●○ sinking

Site of action

Lower burner

Actions/Indications

●●● Promotes urination

Scanty urine, oedema, diarrhoea

●●○ Drains dampness

Scanty turbid urine, obstruction due to phlegm, fluid stagnation, especially in the middle and lower burner, heaviness, leg oedema

●●○ Cools heat

Dark red urine, wasting and thirsting disorder

●●○ Clears damp-heat

Painful, scanty micturition

●●○ Clears deficient fire

Kidney yin deficiency; dizziness, tinnitus, nightsweats, cystitis, urinary tract infections during menopause

●●○ Disperses swelling

Ascites, oedema

Physiological/pharmacological effects diuretic effect; although there are no reported cases, use with care in combination with other diuretic medications, as there may be an increased action on fluid and electrolyte metabolism. Diaphoretic, lowers serum cholesterol and glucose levels.

Toxicity slight; contains ingredients that may cause gastrointestinal irritation or gastroenteritis if used over a long period.

Dosage 3–15 g, standard 4 g

Cooking time 20 minutes



Combinations

- Painful micturition, scanty urine, oedema → *Clematidis armandii caulis* (*chuan mu tong*) p. 306
- Dysuria, scanty urine, fullness in the abdomen → *Amomi xanthioidis fructus* (*sha ren*) p. 284
- Phlegm-damp in the middle burner, epigastric and abdominal fullness → *Pinelliae rhizoma* (*ban xia*) p. 82
- Dizziness, vertigo, deep-seated and hot pain in the bones, painful dysuria, oedema → *Moutan cortex* (*mu dan pi*) p. 164

Compatibility limited by mussels

Contraindications Kidney yang deficiency, cold phlegm symptoms

Pregnancy use is allowed

Artemisiae scopariae herba

Yin chen hao

茵陈蒿

Family:	Asteraceae
Standard species:	<i>Artemisia capillaris</i> , <i>A. scopariae</i>
Variation:	Artemisiae Yinchenhao herba, Artemisiae capillaris herba
German:	haarförmiges Beifußkraut
English:	yinchenhao shoots and leaves

Temperature

●●○ cold tendency

Taste

●●● bitter

Organ relationship

- Liver
- Gall bladder
- Spleen
- Stomach

Signal herb

Liver

Direction of action

●○○ sinking

Site of action

Middle burner

Actions/Indications

●●● Clears damp-heat

Jaundice, constipation, scanty urine, abdominal distension, fever, subfebrile temperature, lingering fever, feeling of distension in the abdomen, yellow, sticky tongue coating, hepatitis, cholelithiasis, cholecystitis, haemolytic jaundice

●●○ Cools heat

Tidal fevers, intermittent fever, loss of appetite, bitter taste in the mouth

●○○ Releases the exterior

Fevers, stupor, shivering, dizziness

●○○ Clears summerheat

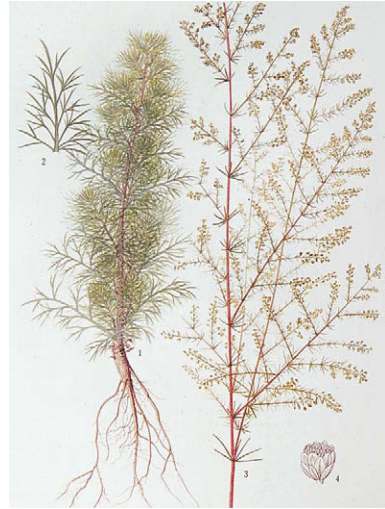
Jaundice, headache, stupor

Physiological/pharmacological effects animal experiments have shown anti-hypertensive, antibiotic, antipyretic action; promotes bile secretion, hepatoprotective, lowers cholesterol and lipid serum levels; used to treat hepatitis with jaundice, hypercholesterolaemia.

Toxicity overdose: lethargy, salivation

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Damp-heat, jaundice, constipation, anuria, fever → *Gardeniae fructus (zhi zi)* p. 126, *Rhei rhizoma (da huang)* p. 92, *Coptidis rhizoma (huang lian)* p. 172
- Damp-cold, jaundice → *Zingiberis rhizoma (gan jiang)* p. 408, *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388, *Poria (fu ling)* p. 334, *Glycyrrhizae radix (gan cao)* p. 716
- Damp-summerheat with jaundice → *Magnoliae cortex (hou po)* p. 292
- Summerheat or heat with jaundice, disturbances of micturition → *Talcum (hua shi)* p. 340

Contraindications deficiency-induced jaundice, signs of Spleen qi deficiency

Pregnancy use is allowed

Benincasae semen**Dong gua zi**

冬瓜子

Family:	Curcurbitaceae
Standard species:	<i>Benincasa hispida</i>
German:	rauhes Wachsüßbissamen
English:	winter melon seed, wax gourd seed, benincasa

Temperature

●●○ cold tendency

Taste

●●○ sweet

Organ relationship

- Lung
- Large Intestine
- Stomach
- Small Intestine
- Liver
- Bladder

Direction of action

●○○ sinking

Site of action

Lower burner, Lung

Actions/Indications

●●○ Cools heat

Cough, purulent sputum, purulent discharge from the urogenital tract and from the intestines

●●● Clears damp-heat

Purulent discharge, leucorrhoea, purulent discharge from the urethra (gonorrhoea), purulent sputum, intestinal abscesses, nephritis

●●○ Drains dampness

Leucorrhoea, stifling sensation in the breast, oedema

●●○ Promotes urination

Clears damp-heat from the lower burner

●○○ Dislodges phlegm

Purulent sputum, intestinal accumulation, phlegm obstruction in the lower burner, chronic bronchitis, cough, wheezing, asthma

●○○ Disinfects and detoxifies

Pus accumulating in the lower burner, pus in the lungs

●○○ Alleviates wheezing

Cough with phlegm, wheezing, asthma

Physiological/pharmacological effects contains, among others, saponins and urea. The related western herb melon seed (*Curcubita pepa*) has an anti-inflammatory action and is used to treat cystitis, disorders of micturition and prostate adenomas.

Dosage 3–12 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Hot phlegm, lung abscess → *Platycodi radix (jie geng)* p. 636, *Houttuyniae herba cum radice (yu xing cao)* p. 206, *Lonicerae flos (jin yin hua)* p. 216
- Intestinal abscesses → *Rhei rhizoma (da huang)* p. 92, *Moutan cortex (mu dan pi)* p. 164
- Damp-heat with vaginal discharge → *Phellodendri cortex (huang bai)* p. 180, *Dioscoreae hypoglaucae rhizoma (bi xie)* p. 312
- Damp-heat in the Lung with cough, purulent sputum, stifling sensation in the chest → *Rhei rhizoma (da huang)* p. 92, *Moutan cortex (mu dan pi)* p. 164, *Persicae semen (tao ren)* p. 564, *Natrii sulfas (mang xiao)* p. 90

Contraindications damp-cold, diarrhoea

Pregnancy use is allowed

Clematidis armandii caulis

Chuan mu tong

木通

Family:	Ranunculaceae
Standard species:	<i>Clematis armandii</i>
German:	Clematisstängel
English:	clematidis caulis

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Heart

●●○ Small Intestine

●○○ Lung

●●○ Bladder

Direction of action

●●○ sinking

Site of action

Lower burner, neck and throat

Actions/Indications

●●○ Drains fire

Irritability, insomnia, mouth and tongue ulcers, scanty urine, oedema

●●○ Promotes urination

Scanty urine, bladder dysfunction, oedema

●●○ Cools heat

Rough, painful urination, insomnia, ulcers, painful urination due to stress, cystitis, pyuria, prostatitis, menopausal urinary dysfunction

●○○ Eczema, burns and ulcerations

Tongue and mouth ulcers

●○○ Breaks up blood stagnation

Insufficient lactation, amenorrhoea, joint stiffness

●○○ Dispels wind-damp

Painful obstruction (*bi*) syndrome, rheumatic pain

Toxicity easily confused with other plants! The Materia Medica of the People's Republic of China differentiates *mu tong* into two separate monographs:

1. *Clematidis armandii caulis* (*chuang mu tong*)
2. *Aristolochiae manshurensis caulis* (identical with *Hocquartiae manshurensis caulis* (*guan mu tong*)).

Several plants go by the name of *mu tong*: *Aristolochia manshurensis*, *Clematis armandii*, *Akebia trifoliata*, etc. *Aristolochia manshurensis* contains aristolochic acid, which is nephrotoxic and carcinogenic; overdose can lead to acute renal failure and chronic use to terminal renal failure. Therefore, the herbs should always be tested for aristolochic acid content. *Clematis armandii* contains no aristolochic acid; in order to prevent any possibility of confusion, *chuan mu tong* must be specified.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Heat in the Heart and Small Intestine with oedema, painful micturition → Plantainis semen (*che qian zi*) p. 328
- Fire in the Heart with insomnia, irritability, burning pain in the throat, ulceration in the mouth → Bambusae folium (*xian zhu ye*), Rehmanniae radix (*sheng di huang*) p. 168
- Oedema → Poria (*fu ling*) p. 334, Polyporus (*zhu ling*) p. 332
- Insufficient lactation, qi deficiency → Astragali radix (*huang qi*) p. 706, Angelicae sinensis radix (*dang gui*) p. 768
- Insufficient lactation → Vaccariae semen (*wang bu liu xing*) p. 580
- Blood stasis with amenorrhoea → Achyranthis bidentatae radix (*niu xi*) p. 522, Carthami flos (*hong hua*) p. 528

Contraindication in the absence of signs of internal damp-heat or in cases of yin deficiency

Pregnancy use of plants containing aristolochic acids is **forbidden**

Coicis semen**Yi yi ren**

薏苡仁

Family:	Poaceae
Standard species:	<i>Coix lachryma jobi</i>
German:	Hiobstränen, Christustränengrassamen
English:	coix seeds, Job's tears

Temperature

●●○ cold tendency

Taste

●○○ sweet

Organ relationship

- Spleen
- Stomach
- Lung
- Kidney

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications

●●○ Promotes urination

Difficult urination, oedema

●●○ Drains dampness

Scanty urine, oedema, ascites, painful obstruction disorder, joint pain, diarrhoea, heaviness of the body, leg oedema

●●○ Clears damp-heat

Painful obstruction disorder, painful bladder dysfunction, lung abscesses, intestinal ulcers, bloody sputum, blood in the stools, low-grade fevers, afternoon fevers, yellow sticky tongue coating, enteritis, dysentery, colitis, hepatitis, skin lesions, reddened, inflamed, itching eczemas

●○○ Cools heat

Boils, intestinal and pulmonary abscesses, inflammatory rheumatic diseases with pain and swelling of the joints

●○○ Disinfects and detoxifies

Abscesses, carbuncles, boils, warts

●●● Harmonizes and tonifies the middle burner

Diarrhoea due to Spleen deficiency, oedema of the legs

●○○ Drains dampness in wind-dampness

Painful obstruction disorder

●●○ Disperses swelling

Carbuncles, abscesses, neoplasias, carcinomas

Physiological/pharmacological effects contains vitamin B₁ and coixol; research shows that the herb is mildly sedative; the seed oil has a dose-dependent stimulating or inhibiting action on respiration; an effect on smooth muscle of the uterus and intestine and on striated muscle has been demonstrated. The seeds have been shown to inhibit tumour growth.

Toxicity animal experiments have shown that high doses administered intravenously and subcutaneously can be lethal.

Dosage 6–30 g, standard 15 g

Cooking time 20 minutes



Combinations

- Excess heat in the Lung, Large and Small Intestine, ulcers, bloody purulent sputum → Phragmitis rhizoma (*lu gen*) p. 138, Benincasae semen (*dong gua zi*) p. 204, Persicae semen (*tao ren*) p. 564, Patriniae herba (*bai jiang cao*) p. 224, Moutan cortex (*mu dan pi*) p. 164, Houttuyniae herba cum radice (*yu xing cao*) p. 206
- Dampness and deficiency of the Spleen, diarrhoea → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Poria (*fu ling*) p. 334
- Dampness causing obstruction of the channels with fever, scanty dark urine → Benincasae semen (*dong gua zi*) p. 304, Phaseoli semen (*chi xiao dou*) p. 326, Talcum (*hua shi*) p. 340, Clematidis armandii caulis (*chuan mu tong*) p. 306
- Intestinal abscesses → Patriniae herba (*bai jiang cao*) p. 224, Moutan cortex (*mu dan pi*) p. 164
- Dampness and blood stasis, early stages of intestinal abscesses → Trichosanthis fructus et semen (*gua lou*) p. 662, Persicae semen (*tao ren*) p. 564
- Wind-dampness with generalized joint pain → Ephedrae herba (*ma huang*) p. 30, Armeniacae semen (*xing ren*) p. 664, Glycyrrhizae radix (*gan cao*) p. 716

Pregnancy use with caution

Dianthi herba**Qu mai**

瞿麦

Family:	Caryophyllaceae
Standard species:	<i>Dianthus superbus</i> , <i>D. chinensis</i>
German:	Nelkenkraut
English:	dianthus, fringed pink, Chinese pink

Temperature

●●● cold

Taste

●●○ bitter

Organ relationship

●●○ Heart

●●○ Small Intestine

●●○ Kidney

●●○ Bladder

Direction of action

●●○ deep

Site of action

Lower burner, blood

Actions/Indications

●●● Cools heat

Sudden heat, restlessness, constipation, heat in the Heart, painful urination

●●○ Breaks up blood stagnation

Auxiliary herb for amenorrhoea due to blood stasis

●●○ Promotes urination

Rough, painful urination, urinary dysfunction due to excess heat

●●● Drains damp-heat

Painful urinary dribbling, blood in urine due to severe heat of the blood vessels, bloody cystitis, bladder and renal stones, pyelonephritis

●●○ Cools blood

Blood in urine, heat damage to the blood vessels

●●● Stops bleeding

Blood in urine

Physiological/pharmacological effects diuretic, use with caution in combination with other diuretic agents as a synergistic effect on fluid and electrolyte metabolism may occur. Stimulates the uterus and gastrointestinal tract, inhibits the cardiovascular system.

Dosage 3–12 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Heat with painful urination, dysuria, burning pain → Talcum (*hua shi*) p. 340
- Kidney stones → Lygodii spora (*hai jin sha*) p. 320
- Damp-heat in the lower burner, painful urinary dribbling, incomplete painful, burning urination → Gardeniae fructus (*zhi zi*) p. 126
- Damp-heat, blood in the urine → Imperatae rhizoma (*bai mao gen*) p. 158, Cirsii herba (*xiao ji*) p. 590
- Blood stasis, amenorrhoea → Codonopsis radix (*dang shen*) p. 710
- Constipation → Trichosanthis fructus et semen (*gua lou*) p. 662
- Heat excess, dysuria, blood in the urine, urine retention, painful micturition → Talcum (*hua shi*) p. 340, Plantaginis semen (*che qian zi*) p. 328, Polygoni avicularis herba (*bian xu*) p. 330

Compatibility

- Promoted by Moutan cortex (*mu dan pi*) p. 164
- Impaired by Mantis oötheca (*sang piao xiao*) p. 836
- Reduces the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindication do not use if there are no symptoms of damp-heat or in cases of Spleen or Kidney deficiency

Pregnancy use is **forbidden**

Dioscoreae hypoglaucæ rhizoma

草薢

Bi xie

Family: Dioscoreaceae
 Standard species: *Dioscorea hypoglauca*
 German: Yamswurzelstock
 English: fish-poison yam rhizome, tokoro

Temperature

●●○ neutral

Taste

●●○ bitter

Organ relationship

○○○ Liver
 ○○○ Stomach
 ○○○ Bladder

Direction of action

○○○ deep

Site of action

Channels, lower burner

Actions/Indications●●○ **Drains dampness**

Cloudy urine, leucorrhoea, oedema, ascites, heaviness of the limbs

○○○ **Drains dampness in wind-dampness**

Painful obstruction disorder; joint, muscle and lower back pain; sciatica

●●○ **Drains damp-heat**

Purulent turbid urine, painful micturition, skin lesions, eczema, toxic sores, cloudy urine, leucorrhoea, chronic nephritis, intestinal parasites, fungal infections

●●○ **Promotes urination**

Decreased urination, scanty urination, oedema, abdominal distension

●●○ **Harmonizes and tonifies the Spleen and Stomach**

Diarrhoea, lack of appetite, oedema, ascites, leucorrhoea, chronic prostatitis, inflammation in the lower pelvis, hepatitis, nephritis, nephrotic syndrome

Physiological/pharmacological effects anti-inflammatory, promotes digestion, relieves spasms, slightly diaphoretic. Used in treating rheumatic complaints, Gall bladder colic, menstrual disorders and cramps. Recent research has shown antiparasitic and antifungal actions.

Dosage 3–15 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Frequent urination, cloudy urine, leucorrhoea → *Acori rhizoma* (*chang pu*) p. 268, *Plantaginis semen* (*che qian zi*) p. 328, *Phellodendri cortex* (*huang bai*) p. 180, *Poria fu ling* p. 334
- Frequent urination, incontinence, yang deficiency → *Alpiniae oxyphyllae fructus* (*yi zhi ren*) p. 730, *Linderae radix* (*wu yao*) p. 498
- Painful wind-dampness obstructions → *Clematidis radix* (*wei ling xian*) p. 356
- Obstructions due to damp-cold → *Clematidis radix* (*wei ling xian*) p. 356, *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26, *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388
- Obstructions due to damp-heat → *Clematidis radix* (*wei ling xian*) p. 356, *Gentianae radix* (*long dan cao*) p. 178, *Coicis semen* (*yi yi ren*) p. 308
- Wind-dampness, lower back pain due to cold, weakness of the lower limbs, numbness, painful joints → *Achyranthis bidentatae radix* (*niu xi*) p. 522
- Damp-heat, skin lesions → *Phellodendri cortex* (*huang bai*) p. 180, *Coicis semen* (*yi yi ren*) p. 308
- Damp-heat, painful obstruction disorder, lower back pain, sciatica → *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388, *Gentianae macrophyllae radix* (*qin jiao*) p. 362, *Mori ramulus* (*sang zhi*) p. 364, *Coicis semen* (*yi yi ren*) p. 308

Compatibility

- Promoted by *Coicis semen* (*yi yi ren*) p. 308
- Limited by *Peucedani radix* (*qian hu*) p. 656, *Bupleuri radix* (*chai hu*) p. 50, *Ostrea concha* (*mu li*) p. 428, *Rhei rhizoma* (*da huang*) p. 92

Contraindications Kidney deficiency, yin deficiency

Pregnancy use is allowed

Junci medulla**Deng xin cao**

灯心草

Family: Juncaceae
 Standard species: *Juncus effusus*
 German: Flatter-Binse
 English: juncus pith, rush pith

Temperature

●●○ cool

Taste

●●○ sweet

Organ relationship

●●○ Heart

●○○ Lung

●●○ Small Intestine

Direction of action

●●○ descending

Site of action

Lower burner

Actions/Indications

●●● Promotes urination

Painful urination, dark, scanty urine, dribbling of urine

●●● Drains damp-heat

Dysuria, accumulation of damp-heat in the lower burner, oedema, nephritis

●●○ Cools heat

Heart: insomnia, irritability, night terrors and restless sleep in children; Lung: inflamed throat

●●○ Drains fire

Night terrors in children, Heart and Kidneys not connecting (water not controlling fire), scanty urine, irritability, insomnia

●●○ Cools blood

Bleeding (charred herb)

●○○ Stops bleeding

Bleeding (charred herb)

Commentary a herb with a very mild effect, should therefore be combined with other herbs.

Dosage 1.5–4.5 g

Cooking time 20 minutes



Combinations

- Painful, dribbling urination → Lophatheri herba (*dan zhu ye*) p. 132, Plantaginis herba (*che qian cao*) p. 338
- Incomplete, painful urination due to damp-heat in the Heart, Bladder and Lung → Talcum (*hua shi*) p. 340
- Oedema due to nephritis → Plantaginis herba (*che qian cao*) p. 338, Imperatae rhizoma (*bai mao gen*) p. 158
- Irritability, insomnia → Ziziphi spinosae semen (*suan zao ren*) p. 446, Cinnabaris (*zhu sha*) p. 418, Poria (*fu ling*) p. 334
- Children with restlessness, night terrors → Ziziphi spinosae semen (*suan zao ren*) p. 446, Triticifructus (*xiao mai*) p. 444, 590, Poria (*fu ling*) p. 334

Contraindications severe deficiency, cold in the middle burner, incontinence

Pregnancy use is allowed

Kochiae fructus

地肤子

Di fu zi

Family:	Chenopodiaceae
Standard species:	<i>Kochia scoparia</i>
German:	Besenradmellenfrüchte
English:	broom cypress fruit, kochia fruit, 'earth skin seeds'

Temperature

●●○ cold

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●○ Bladder

Direction of action

●●○ sinking

Site of action

Lower burner, skin

Actions/Indications

●●○ Clears damp-heat

Painful bladder dysfunction, sores, dampness skin disorders

●●○ Eczema, burns and ulcerations

Sores, dampness skin disorders, pruritus, damp-heat in the genitals, fungal skin infections

●●○ Promotes urination

Oedema, burning urination, scanty dark urine

●●○ Stops itching

Damp skin disorders, sores due to damp-heat, fungal skin diseases

●●○ Drains dampness

Oedema, decreased urination, scanty urination, distension in the abdomen, heaviness of the limbs, white tongue coating, chronic nephritis

Physiological/pharmacological effects in vitro antifungal action. Used in treating fungal skin diseases. Contains triterpene saponins and alkaloids.**Dosage** 5–15 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Damp-heat in the Bladder, dysuria → Polyporus (*zhu ling*) p. 332, Tetrapanacis medulla (*tong cao*) p. 342, Dianthi herba (*qu mai*) p. 310
- Damp-heat, pruritus, skin irritation → Sophorae flavescens radix (*ku shen*) p. 186
- Itching skin (external use) → Cnidii fructus (*she chuang zi*) p. 740
- Damp-heat or wind-heat, eczema, pruritus → Rehmanniae radix (*sheng di huang*) p. 168, Dictamni cortex (*bai xian pi*) p. 174
- Damp-heat with damp skin disorder, sores → Dictamni cortex (*bai xian pi*) p. 174, Talcum (*hua shi*) p. 340, Tetrapanacis medulla (*tong cao*) p. 342, Phellodendri cortex (*huang bai*) p. 180

Compatibility impaired by Sepia endoconcha (*hai piao xiao*) p. 852

Contraindication use with care in case of cold symptoms, cold deficiency

Pregnancy use is allowed

Lobelia chinensis herba

半边莲

Ban bian lian

Family:	Campanulaceae
Standard species:	<i>Lobelia chinensis</i> , <i>L. radicans</i>
Variation:	<i>Lobelia radicans</i> herba, <i>Lobelia herba cum radice</i>
German:	chinesisches Lobelienkraut, Indianertabak (<i>Lobelia inflata</i>)
English:	Chinese lobelia

Temperature

●●○ neutral

Taste

●○○ sweet

●○○ pungent

Organ relationship

●○○ Heart

●●○ Small Intestine

●○○ Lung

●○○ Liver

Direction of action

●○○ descending

Site of action

Upper burner, middle burner, lower burner

Actions/Indications

●●○ Promotes urination

Decreased urination, oedema, facial swelling

●●○ Disperses swelling

Oedema, facial swelling, neoplasias, tumours (gastric, hepatic, rectal carcinomas)

●○○ Cools blood

Infections, tonsillitis

●●○ Detoxifies and disinfects

Infections due to snakebite, insect bites

●●○ Dislodges phlegm

Cough with phlegm, panting, asthma, oedema

Physiological/pharmacological effects diuretic (also used to treat oedema with dysuria in cirrhosis of the liver, ascites due to schistosomiasis; even in the absence of reports on side-effects in combination with synthetic diuretic agents, there is a possible increased effect on electrolyte and water metabolism). The herb has antihypertensive, antibiotic and bile-stimulating effects, in vitro antifungal actions. The related western herb *Lobelia inflata* is obsolete: it was formerly used to treat asthma and dyspnoea. Contains piperidine alkaloids, among these, lobeline, which has a similarity to nicotine and is therefore used in homoeopathy for smoking cessation. Stimulates the respiratory centre (through the chemoreceptors on the carotids) but is rapidly reabsorbed.

Toxicity the boiled herb may lead to loose stools and decreased appetite. Overdose may cause poisoning with salivation, nausea, headache, diarrhoea, hypertension, slowing down and later acceleration of the pulse, spasms, mydriasis and death due to respiratory failure. The related herb *Lobelia inflata* is toxic (piperidine alkaloids). Overdose: mouth dryness, nausea, vomiting, diarrhoea, abdominal pain, dysuria, anxiety, dizziness, headache, trembling, respiratory difficulties, paraesthesias, sweating, bradycardia, arrhythmias, somnolence, muscle twitching, death due to respiratory paralysis. 0.6–1 g of the herb may be toxic, 4 g may be deadly. There are no case reports of toxicity for *Lobelia chinensis*; however, the herb should be prescribed with care.

Dosage 15–30 g**Cooking time** 20 minutes



Combinations

- Ascites, oedema → Trigonellae semen (*hu lu ba*) p. 766
- Wandering oedema → Alismatis rhizoma (*ze xie*) p. 300, 928-930, Polyporus (*zhu ling*) p. 332
- Poisonous snakebite → Scutellariae radix (*huang qin*) p. 184, Coptidis rhizoma (*huang lian*) p. 182, Lonicerae flos (*jin yin hua*) p. 216, Chrysanthemi flos (*ju hua*) p. 52
- Ascites, decreased urination → Scutellariae radix (*huang qin*) p. 184, Lagenariae pericarpium

Contraindication deficiency signs

Pregnancy use with care

Lygodii spora**Hai jin sha**

海金沙

Family:	Schizeaceae
Standard species:	<i>Lygodium japonicum</i>
Variation:	Lygodii herba
German:	Schlingfarnsporen, Kletterfarnsporen
English:	lygodium spore, 'sea gold sand'

Temperature

●●○ cold

Taste

●●○ sweet

●○○ salty

Organ relationship

●●● Bladder

●●○ Small Intestine

Direction of action

●●○ sinking

Site of action

Lower burner, blood

Actions/Indications●●● **Clears damp-heat**

Difficult urination, painful urination, urinary tract stones, blood in the urine, sores of the breast and mouth, kidney stones

●●○ **Promotes urination**

Bloody urinary dribbling, urinary tract stones, ascites

●○○ **Drains fire**

Mouth ulcers, throat swelling, mumps, breast ulcers, boils, jaundice

●●○ **Cools blood**

Damage to the blood vessels by damp-heat, cystitis, bladder stones, pyelonephritis

●●○ **Alleviates and dispels pain**

Dysuria, painful urination due to blood stagnation or stone

Pharmacological/physiological effects antibiotic, increases bile secretions**Toxicity** high doses (10 times normal dosage) led in one case to numbness of the tongue, nausea, headache, cold aversion, increased micturition; no long-term damage was observed.**Dosage** 10–15 g, standard 10 g**Cooking time** 20 minutes wrapped in a muslin cloth



Combinations

- Respiratory tract infections, fever, tonsillitis → *Isatidis folium* (*da qing ye*) p. 162
- Mumps → *Isatidis radix* (*ban lan gen*) p. 210
- Damp-heat, painful urination, dysuria → *Polygoni avicularis herba* (*bian xu*) p. 330

Contraindication symptoms of cold

Pregnancy use is allowed

Lysimachiae herba**Jin qian cao**

金钱草

Family:	Primulaceae
Standard species:	<i>Lysimachia christina</i> , <i>Desmodium styracifolium</i>
Variation:	Desmodii herba
German:	Gilbweiderichkraut, Pfennigkraut
English:	lysimachia, 'gold money herb'

Temperature

●●○ cold

Taste

●●○ bitter

●○○ sweet

●○○ salty

Organ relationship

●○○ Liver

●○○ Gall bladder

●●○ Kidney

●●○ Bladder

Direction of action

●●○ sinking

Site of action

Lower burner, skin, blood

Actions/Indications●●● **Drains damp-heat**

Scanty, painful urination, stones in the renal and urinary tract, jaundice, abdominal distension, lack of appetite, tiredness, heaviness of the body, biliary stones

●●○ **Promotes urination**

Rough urination

●●○ **Cools heat**

Ulcerations, infected wounds, snakebite

●○○ **Disperses swellings**

Oedema

●●○ **Cools blood**

Ulcerations, bleeding, urinary tract

●○○ **Eczema, burns and ulcers**

Infected wounds, snakebite (topical application)

Pharmacological/physiological effects diuretic, use with care in combination with other antidiuretic medications as a synergistic effect on fluid and electrolyte metabolism is possible. Antibiotic, stimulates bile juice secretion; can be used to treat jaundice, biliary and renal stones, mastitis. The related western herb *Lysimachia nummularia* has a slight astringent effect, a mild expectorating action and is available as a prepared drug to treat acute and chronic childhood eczema.

Toxicity long-term use may lead to dizziness, giddiness, palpitations due to potassium ion loss.

Commentary *Lysimachia christina* is effective in treating bile stones; *Desmodium styracifolium* and *Glechoma longituda* are especially effective for renal stones.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Renal and bladder stones → *Lygodii spora* (*hai jin sha*) p. 320, *Gigeriae galli endothelium comeum* (*ji nei jin*) p. 684
- Damp-heat in the Liver and Gall bladder, biliary stones, jaundice → *Artemisiae scopariae herba* (*yin chen hao*) p. 302, *Bupleuri radix* (*chai hu*) p. 50, *Gardeniae fructus* (*zhi zi*) p. 126
- Painful urination, heat → *Polygoni avicularis herba* (*bian xu*) p. 720
- Damp-heat in the lower burner, urinary retention, renal and bladder stones → *Lygodii spora* (*hai jin sha*) p. 320, *Polygoni avicularis herba* (*bian xu*) p. 330

Pregnancy use is allowed

Malvae semen**Dong kui zi**

冬葵子

Family:	Malvaceae
Standard species:	<i>Abutilon theophrastii</i> , <i>Malva verticillata</i>
German:	Malvensamen
English:	musk mellow seeds

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Large Intestine

●●○ Small Intestine

●●○ Bladder

Direction of action

●●○ sinking

Site of action

Lower burner

Actions/Indications●●○ **Drains damp-heat**

Scanty dark urine, blood in urine, urinary tract stones, cystitis, distension of the abdomen, heaviness of the limbs

●●○ **Disperses swelling**

Painful hardened breast, difficult lactation, breast ulcerations, oedema, ascites

●●○ **Breaks up blood stagnation**

Facilitates lactation, treats constipation

●●○ **Promotes urination**

Bloody bladder dysfunction, cystitis, chronic nephritis

●○○ **Unblocks the bowels/laxative**

Constipation due to fluid depletion

●○○ **Eczema, burns and ulcerations**

Early stages of breast sores

●●○ **Promotes lactation**

Decreased lactation due to Liver qi stagnation, narrowing of the Stomach channel, early stages of mastitis

Physiological/pharmacological effects the related western herb *Malvae folium* is used to treat irritation of the mucosa of the mouth and throat and also of the digestive tract; used to treat catarrh in the upper respiratory tract and dry cough.

Toxicity there is a single case report in which double vision, visual disturbances, agitation and delirium occurred; all symptoms disappeared within 24 hours after discontinuing the decoction.

Dosage 3–15 g, standard 5 g

Cooking time 20 minutes



Combinations

- Oedema, postpartum dysuria → Poria (*fu ling*) p. 334
- Renal stones → Lygodii spora (*hai jin sha*) p. 326, Plantaginis semen (*che qian zi*) p. 328
- Dysuria, frequent micturition, painful micturition in children → Clematidis armandii caulis (*chuan mu tong*) p. 306
- Qi stagnation with swollen, painful breast, lactation problems, breast sores → Amomi xanthioidis fructus (*sha ren*) p. 284
- Blood stasis, poor lactation, painful swollen breasts → Vaccariae semen (*wang bu liu xing*) p. 580
- Fluid depletion in the Large Intestine with constipation → Cannabis semen (*huo ma ren*) p. 96

Contraindications Spleen deficiency, diarrhoea

Pregnancy use with caution

Phaseoli semen

Chi xiao dou

赤小豆

Family: Fabaceae
 Standard species: *Phaseolus calcaratus*, *Ph. angularis*
 German: Azukibohne
 English: adzuki bean, phaseolus, 'dark red little bean'

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ sour

Organ relationship

●○○ Heart

●○○ Small Intestine

Direction of action

●○○ sinking

Site of action

Upper and middle burner

Actions/Indications

●○○ Cools heat

Difficult urination, ulcers, furuncles, carbuncles, irritability, agitation, thirst, bitter taste in mouth

●○○ Promotes urination

Fluid accumulation, oedema, ascites, swellings

●○○ Detoxifies and disinfects

Ulcers, furuncles, boils, jaundice, sores

●○○ Disperses swelling

Oedema, ascites, stagnation in the lower limbs

●○○ Eczema, burns and ulcerations

Furuncles, boils, sores

●○○ Drains damp-heat

Urinary tract infections, cystitis, pyelonephritis, prostatitis, painful urination, especially during menopause, jaundice, sensation of abdominal distension, lack of appetite, fatigue, hepatitis

Physiological/pharmacological effects the related western herb *Phaseolus vulgaris* (*fructus sine semine*) has a weak diuretic effect and can be used to treat dysuria, heart diseases, gout, rheumatic disease and diabetes mellitus.

Toxicity long-term use can lead to dryness

Dosage 10–30 g, standard 15 g

Cooking time 20 minutes



Combinations

- Summerheat with thirst, irritability, fever → *Coptidis rhizoma (huang lian)* p. 172, *Glycyrrhizae radix (gan cao)* p. 716
- Scanty urination, tendency to oedemas → *Polyporus (zhu ling)* p. 332, *Alismatis rhizoma (ze xie)* p. 300, 928–930, *Poria (fu ling)* p. 334

Compatibility reduces the toxicity of *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388

Contraindications yin depletion, dryness

Pregnancy use is allowed

Plantaginis semen**Che qian zi**

车前子

Family:	Plantaginaceae
Standard species:	<i>Plantago asiatica</i>
German:	asiatische Wegerichsamensamen
English:	plantago seeds, 'before the cart seeds'

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

- Liver
- Kidney
- Bladder
- Small Intestine
- Lung

Signal herb

Lower burner

Direction of action

●●○ sinking

Site of action

Lower burner, head and eyes

Actions/Indications

●●● Promotes urination

Painful bladder dysfunction, rough scanty urination, oedema

●●○ Cools heat

Painful urination, red swollen eyes, cough with yellow phlegm

●●○ Clears damp-heat

Painful urination, diarrhoea, disturbances of micturition, chronic nephritis

●●○ Brightens the eyes

Heat in the Liver, visual impairment, red eyes, red eyes due to wind-heat

●○○ Dislodges phlegm

Cough with copious phlegm

●○○ Stops coughing

Cough with phlegm

Physiological/pharmacological effects antitussive, expectorant; recent research shows that the diuretic effect is not due to increased urination. The absorption of lithium and carbohydrates may be inhibited. Used in powder form to treat childhood diarrhoea and fetal malposition. The related western herb *Plantago lanceolata* (*folia, herba*) is used to diminish irritation in upper respiratory tract catarrh and in inflammation of the mucosa of the mouth and the throat.

Dosage 3–15 g, standard 6 g**Cooking time** 20 minutes wrapped in a muslin cloth**Plantaginis herba****Che qian cao**

车前草

Temperature

●●○ cold

Taste

●●○ sweet

Same actions as Plantaginis semen diuretic, cooling, antitoxic; drains damp-heat in cases of abscesses, swellings, dysentery, bloody dysuria

Dosage 9–30 g (use very fresh herbs)**Cooking time** 20 minutes



Combinations

- Heat in the Bladder with scanty rough urination, painful urination → Talcum (*hua shi*) p. 340, Clematidis armandii caulis (*chuan mu tong*) p. 306
- Damp-heat with diarrhoea → Poria (*fu ling*) p. 334, Polyporus (*zhu ling*) p. 332, Alismatis rhizoma (*ze xie*) p. 300, 928–930, Coicis semen (*yi yi ren*) p. 308
- Heat in the Liver with red, swollen eyes, visual impairment → Chrysanthemi flos (*ju hua*) p. 52, Cassiae semen (*jue ming zi*) p. 146, Celosiae semen (*qing xiang zi*) p. 148, Scutellariae radix (*huang qin*) p. 184, Gentianae radix (*long dan cao*) p. 178
- Wind-heat in the Lung, cough, copious slimy sputum → Armeniacae semen (*xing ren*) p. 664, Platycodi radix (*jie geng*) p. 636, Perillae fructus (*zi su zi*) p. 634
- Oedema, feeling of tension, painful urination → Alismatis rhizoma (*ze xie*) p. 300, 928–930
- Heat in the lower burner, kidney stones, painful urination, scanty urine → Lygodii spora (*hai jin sha*) p. 320, Gardeniae fructus (*zhi zi*) p. 126
- Weakness in the Kidney and Liver, visual disturbances, cataracts → Rehmanniae radix praeparata (*shu di huang*) p. 780, Lycii fructus (*gou qi zi*) p. 800, Cuscutae semen (*tu si zi*) p. 746
- Chronic cough in children, copious phlegm → Stephaniae radix (*fang ji*) p. 338, Pinelliae rhizoma (*ban xia*) p. 82, Citri reticulatae pericarpium (*chen pi*) p. 488, Stemonae radix (*bai bu*) p. 676

Compatibility reduces the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindications exhaustion of yang qi, kidney yang deficiency

Pregnancy use is **forbidden**

Polygoni avicularis herba

篇蓄

Bian xu

Family: Polygonaceae
 Standard species: *Polygonum aviculare*
 German: Vogelknöterichkraut
 English: knotweed, polygonum

Temperature

●●○ neutral

Taste

●●○ bitter

Organ relationship

●●● Bladder

●○○ Stomach

Direction of action

●●○ deep

Site of action

Lower burner

Actions/Indications

●●○ Cools heat

Heat in the Bladder; painful and diminished urination

●●○ Clears damp-heat

Painful bladder dysfunction

●●○ Stops itching

Skin and intestinal parasites, worms, parasites in the biliary tract

●○○ Detoxifies and disinfects

Parasites: threadworm, tapeworm

●●○ Promotes urination

Oedema, decreased urination, scanty urination, abdominal distension, ascites, chronic nephritis

Physiological/pharmacological effects diuretic; although there are no case reports, use with caution in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism; antihypertensive, antiparasitic action. In vitro antifungal action; used in treating postpartum bleeding and dysentery.

Toxicity excess use can lead to damage of the Kidney qi. Dermatitis and gastrointestinal disturbances have been observed in animal experiments.

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Damp-heat in the lower burner, dysuria, renal stones → Dianthi herba (*qu mai*) p. 310, Plantaginis semen (*che qian zi*) p. 328
- Damp-heat in the lower burner with genital pruritus (external use) → Kochiae fructus (*di fu zi*) p. 316
- Tapeworm → Stemonae radix (*bai bu*) p. 676, Arecae semen (*bing lang*) p. 478
- Heat in the Bladder with painful rough urination → Dianthi herba (*qu mai*) p. 310, Clematidis armandii caulis (*chuan mu tong*) p. 306, Plantaginis semen (*che qian zi*) p. 328, Gardeniae fructus (*zhi zi*) p. 126

Pregnancy use is allowed

Polyporus

Zhu ling

猪苓

Family:	Polyporaceae
Standard species:	<i>Polyporus umbellatus</i>
Variation:	Polypori umbellate sclerotium
German:	Polyporusmyzel, Eichenhase
English:	polyporus

Temperature

●●● neutral

Taste

●○○ sweet

Organ relationship

●●○ Kidney
●○○ Bladder

Direction of action

●○○ sinking

Site of action

Middle and lower burner

Actions/Indications

●●● Promotes urination

Decreased urination, swelling, diarrhoea, vaginal discharge

●●○ Drains dampness

Superficial swelling, oedema, diarrhoea, jaundice, fullness, haematuria, bladder disorders, abdominal distension, heaviness of the body, chronic nephritis

●●○ Disperses swelling

Oedema, ascites, scanty urination

Physiological/pharmacological effects diuretic; although there are no case reports, use with care in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism; in vitro antibiotic.

Toxicity do not use long term; yin damage may result

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Diarrhoea, oedema, scanty urine, painful urination → Poria (*fu ling*) p. 334
- Oedema, abdominal distension, urinary disturbances → Arecae pericarpium (*da fu pi*) p. 478
- Painful urination, cloudy urine, abdominal distension, heat or fire → Clematidis armandii caulis (*chuan mu tong*) p. 306, Talcum (*hua shi*) p. 340

Contraindications absence of signs of dampness, yin depletion

Pregnancy use is allowed

Poria

Fu ling

茯苓

Family:	Polyporaceae
Standard species:	<i>Poria cocos</i>
Variation:	<i>Poriae cocos sclerotium</i>
German:	Kokospilzmyzel
English:	poria, sclerotium of Tuckahoe, China root, hoelen

Temperature

●●○ neutral

Taste

●●○ sweet

Organ relationship

●●○ Heart

●●○ Lung

●●○ Spleen

●●○ Stomach

●○○ Kidney

Direction of action

●○○ sinking

Site of action

Middle and lower burner

Actions/Indications

●●○ Promotes urination

Scanty rough urination, diarrhoea, oedema, fluid stagnation due to cold or hot dampness

●●○ Drains dampness

Fluid stagnation due to Spleen deficiency or to cold or hot dampness, dampness obstructions; loss of appetite, sensation of pressure in the abdomen, diarrhoea, jaundice, productive cough, abdominal distension, sensation of heaviness of the body, chronic nephritis

●●○ Harmonizes and strengthens the Spleen

Decreased appetite, diarrhoea, upper abdominal pain, Spleen deficiency

●●○ Calms and anchors the spirit

Heart disorders; palpitations, insomnia, nervousness

●○○ Dislodges phlegm

Spleen deficiency, fluid obstructions, phlegm build-up, palpitations, headache, dizziness, thick tongue coating

●●○ Disperses swelling

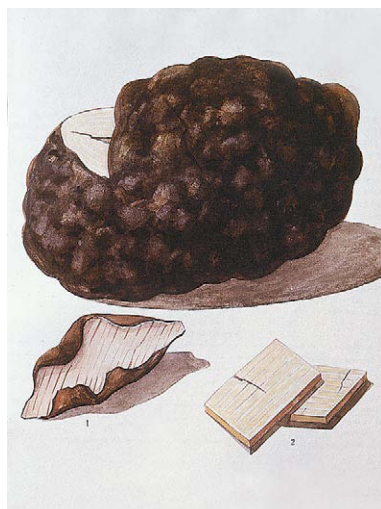
Ascites, oedema, scanty urine

Physiological/pharmacological effects diuretic; although there are no case reports, use with caution in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism; sedative and antibiotic effect. Poria is used in cancer therapy to diminish the side-effects of chemotherapy, to strengthen the immune system, and to improve hepatic and renal function as well as to stimulate appetite.

Toxicity do not use long-term or in high dosages

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Damp-cold with diminished urination, retention → Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Damp-heat → Polyporus (*zhu ling*) p. 332, Alismatis rhizoma (*ze xie*) p. 300, 928–930
- Spleen deficiency with dampness → Codonopsis radix (*dang shen*) p. 710, Astragali radix (*huang qi*) p. 706, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Heart deficiency, palpitations, insomnia, nervousness → Ziziphi spinosae semen (*suan zao ren*) p. 446, Polygalae radix (*yuan zhi*) p. 440
- Oedema, heaviness, painful urination, irritability → Alismatis rhizoma (*ze xie*) p. 300, 928–930, Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Urinary dysfunction with cloudy urine, painful urination → Plantaginis semen (*che qian zi*) p. 328
- Nausea, vomiting, sensation of fullness and distension of the chest, loss of appetite → Pinelliae rhizoma (*ban xia*) p. 82, Citri reticulatae pericarpium (*chen pi*) p. 488

Compatibility

- Promoted by Asteris radix (*zi wan*) p. 666, Glycyrrhizae radix (*gan cao*) p. 716, Saposhnikoviae radix (*fang feng*) p. 42, Paeoniae radix lactiflora (*bai shao*) p. 776, Ophiopogonis radix (*mai men dong*) p. 802, Fluoritum (*zi shi ying*) p. 420
- Impaired by Ampelopsisitis radix (*bai lian*)
- Limited by Sanguisorbae radix (*di yu*) p. 608, Gentianae macrophyllae radix (*qin jiao*) p. 362, Realgar (*xiong huang*)

Contraindication polyuria due to cold deficiency

Pregnancy use is allowed

Pyrrosiae folium**Shi wei**

石葦

Family:	Polyporaceae
Standard species:	<i>Pyrrosia lingua</i> , <i>P. sheareri</i>
Variation:	Pyrrosiae herba
German:	Pyrrosiakraut
English:	pyrrosia leaf, 'stone reed'

Temperature

●○○ cold tendency

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Bladder

●○○ Lung

Direction of action

●○○ descending

Site of action

Lower burner

Actions/Indications

●●○ Promotes urination

Urinary dysfunction, scanty rough urination, dark or bloody urine, painful micturition, bladder stones, oedema, oliguria, ascites

●●● Drains damp-heat

Painful urination, urinary dysfunction, blood in urine, stones, scanty urination, rough urination, chronic nephritis

●○○ Cools heat

Scanty urination, blood in urine, pulmonary inflammation, bronchitis, cough, asthma

●●○ Cools blood

Haematemesis, uterine bleeding, blood in urine

●○○ Transforms hot phlegm

Cough, wheezing, asthma, phlegm in the lungs, chronic bronchitis

●●○ Stops bleeding

Haematuria, painful urination

Physiological/pharmaceutical effects used to treat glomerulonephritis, asthma and chronic bronchitis; promotes leucocyte recovery after chemo- or radiotherapy.**Dosage** 3–9 g, standard 3 g**Cooking time** 20 minutes



Combinations

- Urinary disturbances due to damp-heat in the lower burner → Dianthi herba (*qu mai*) p. 310, Talcum (*hua shi*) p. 340
- Bloody urine, painful urination → Malvae semen (*dong kui zi*) p. 324
- Bloody urine, severe pain → Typhae pollen (*pu huang*) p. 616
- Heat in the Lung; cough with bloody sputum → Sanguisorbae radix (*di yu*) p. 608
- Hot phlegm in the Lung with cough, asthma (put both herbs into ginger tea) → Arecae semen (*bing lang*) p. 478
- Leucopenia → Jujubae fructus (*da zao*) p. 718

Compatibility diminishes the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindication absence of signs of damp-heat

Pregnancy use is allowed

Stephaniae radix**Fang ji**

防己

Family:	Menispermaceae
Standard species:	<i>Stephania tetrandia</i>
German:	Stephaniawurzel
English:	stephania root

Temperature

●●○ cold

Taste

●○○ bitter

●○○ pungent

Organ relationship

●●● Bladder

●○○ Lung

●○○ Spleen

●○○ Kidney

Direction of action

●●○ sinking

Site of action

Middle and lower burner

Actions/Indications**●●● Promotes urination**

Swelling, oedemas, ascites, dampness accumulation in the lower burner

●●● Dispels wind-damp

Painful obstruction disorder, distensions, fever, red hot, painful joints

●○○ Disperses swelling

Oedema, ascites

●○○ Relieves pain

Painful obstruction disorder due to wind-dampness

●○○ Dislodges phlegm

Removes pathogenic phlegm-water: cough with phlegm, wheezing, asthma, oedema, disturbances of micturition, chronic bronchitis, emphysema, acute nephritis

Physiological/pharmacological effects antiparasitic; contains tetrandrines, which are vasodilating, antihypertensive, antipyretic, anti-inflammatory and have been shown to be analgesic and anti-arrhythmic in animal experiments. Because of its diuretic qualities, use with care in combination with diuretic drugs as a synergistic effect on water and electrolyte metabolism may occur.

Toxicity there are no known toxic effects. Nevertheless, because of the problem of confusion with *Aristolochiae radix* (*guang fang ji*), this herb should only be used short term. *Aristolochiae radix* contains the known nephrotoxin, aristolochic acid; the herb should therefore be tested for aristolochic acid.

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Weak constitution, Stomach and Spleen qi deficiency, oedema → Poria (*fu ling*) p. 334, Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Weak *wei qi* (protective qi), wind-dampness symptoms, sweats easily, heaviness of the body, superficial oedema → Astragali radix (*huang qi*) p. 706, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Wind-dampness, painful obstruction disorder → Saposhnikoviae radix (*fang feng*) p. 42, Notopterygii rhizoma (*qiang huo*) p. 38, Angelicae pubescentis radix (*du huo*) p. 350

Compatibility

- Impaired by Asari herba (*xi xin*) p. 24
- Limited by Dioscoreae hypoglaucae rhizoma (*bi xie*) p. 312, salt
- Reduces the toxicity of Realgar (*xiong huang*)

Contraindications yin deficiency, internal dampness, Spleen deficiency

Pregnancy use is allowed

Talcum**Hua shi**

滑石

Chemical name: water-containing magnesium silicate $Mg_3(OH)_2(Si_4O_{10})$ containing traces of FeO , Al_2O_3

German: Talk

English: talcum, 'slippery rock'

Temperature

●●○ cold

Taste

●○○ sweet

Organ relationship

●●○ Bladder

●●○ Stomach

Direction of action

●○○ descending

Site of action

Lower burner, skin

Actions/Indications**●●● Promotes urination**

Scanty urination, painful, burning and decreased urination, urinary retention

●●○ Drains dampness

Skin lesions due to dampness, heaviness of the limbs, oedema

●○○ Clears heat

Scanty urine, painful, burning and decreased urination, urinary retention, thirst, yellow tongue coating

●●○ Drains damp-heat

Diarrhoea, scanty urine, painful, burning and decreased urination, high fever, sensation of heaviness, skin lesions, thirst, yellow tongue coating

●●○ Clears summerheat

Fever, severe thirst, sensation of pressure in the chest and abdomen, bladder dysfunction, irritability

Physiological/pharmacological effects newest research shows that talcum protects the skin and mucosa from chemical and toxic irritation; if administered internally it protects the gastric mucosa in gastritis and prevents vomiting and diarrhoea; it decreases the absorption of toxins in the gastrointestinal tract. Used in the West as the base for powders, lubricants and as an excipient.

Toxicity talcum can promote the growth of colonic and vaginal granulomas and increases the likelihood of developing uterine fibromas.

Dosage 6–18 g, standard 9 g

Cooking time boil for 30–40 minutes wrapped in a muslin cloth



Combinations

- Diarrhoea due to damp-heat → *Plantaginis herba* (*che qian cao*) p. 338, *Clematidis armandii caulis* (*chuan mu tong*) p. 306, *Poria* (*fu ling*) p. 334, *Coicis semen* (*yi yi ren*) p. 308
- Summerheat with fever, severe thirst, reduced urine → *Agastachis herba* (*huo xiang*) p. 278, *Eupatorii herba* (*pei lan*) p. 288, *Coicis semen* (*yi yi ren*) p. 308, *Tetrapanacis medulla* (*tong cao*) p. 342, *Nelumbinis folium* (*he ye*) p. 134
- Summerheat with fever, irritability, thirst, painful urination → *Glycyrrhizae radix* (*gan cao*) p. 716
- Urinary dysfunction, damp-heat in the lower burner → *Malvae semen* (*dong kui zi*) p. 324
- Eczema, dampness skin lesions (use as powder) → *Phellodendri cortex* (*huang bai*) p. 180, *Alumen* (*ming fan*) p. 876

Compatibility

Promoted by *Pyrrosiae folium* (*shi wei*) p. 336
 Reduces the toxicity of *Realgar* (*xiong huang*)

Contraindications Spleen and Stomach deficiency, fluid depletion as an aftermath of a fever, Kidney qi deficiency

Pregnancy use with caution

Tetrapanax medulla**Tong cao**

通草

Family:	Araliaceae
Standard species:	<i>Tetrapanax papyriferus</i>
German:	Tetrapanax-Stängelmark
English:	rice paper plant pith, tetrapanax, 'unblocking herb'

Temperature

●○ cold

Taste

●○ sweet

●○ neutral

Organ relationship

●○ Lung

●○ Stomach

●○ Spleen

Direction of action

●○ sinking

Site of action

Upper and middle burner

Actions/Indications

●● Promotes urination

Scanty dark-coloured urination, infections due to damp-heat

●○ Cools heat

Painful urination, cough with sputum, asthma, bronchitis, wheezing

●● Facilitates lactation

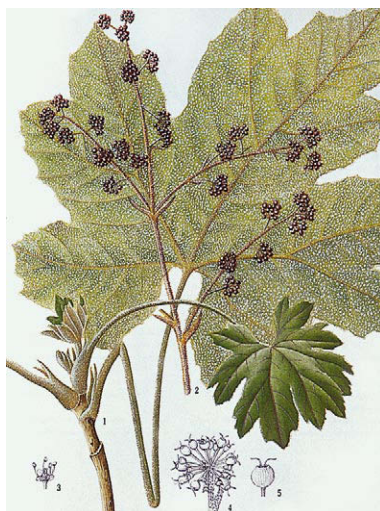
Insufficient or no milk production, moves the Stomach qi, early stages of mastitis

●○ Drains damp-heat

Oedema, scanty, painful, frequent urination, cystitis, pyelonephritis, prostatitis

Physiological/pharmacological effects diuretic, therefore use with care in combination with diuretic drugs as a synergistic effect on water and electrolyte metabolism may occur.

Dosage 3–6 g, standard 3 g**Cooking time** 20 minutes



Combinations

- Dampness due to summerheat with headache, heaviness of the body, stifling sensation in the chest, painful urination → Talcum (*hua shi*) p. 340, Coicis semen (*yi yi ren*) p. 308
- Obstructions due to damp-heat, oedema → Arecae pericarpium (*da fu pi*) p. 478
- Heat, bloody painful urination, dysuria → Dianthi herba (*qu mai*) p. 310
- Damp-heat → Polyporus (*zhu ling*) p. 332, Alismatis rhizoma (*ze xie*) p. 300, 928–930
- Insufficient lactation → Angelicae sinensis radix (*dang gui*) p. 768, Astragali radix (*huang qi*) p. 706, Chuanxiong rhizoma (*chuan xiong*) p. 530, Glycyrrhizae radix (*gan cao*) p. 716

Contraindications qi deficiency, yin deficiency

Pregnancy use with caution

VIII

Herbs that dispel wind-dampness

Overview

Acanthopanax cortex (<i>wu jia pi</i>)	348
Angelicae pubescentis radix (<i>du huo</i>)	350
Bungarus (<i>jin qian bai hua she</i>)	352
Chaenomeles fructus (<i>mu gua</i>)	354
Clematidis radix (<i>wei ling xian</i>)	356
Cynanchi paniculatae radix (<i>xu chang pu</i>)	358
Erythrinae cortex (<i>hai tong pi</i>)	360
Gentianae macrophyllae radix (<i>qin jiao</i>)	362
Mori ramulus (<i>sang zhi</i>)	364
Photinia folium (<i>shi nan ye</i>)	366
Piperis caulis (<i>hai feng teng</i>)	368
Sigesbeckiae herba (<i>xi xian cao</i>)	370
Smilacis china rhizoma (<i>ba qia</i>)	372
Trachelospermi caulis (<i>luo shi teng</i>)	374
Xanthii fructus (<i>cang er zi</i>)	376
Zaocys (<i>wu shao she</i>)	378

Characteristics

Properties

These herbs are the main ones for treating painful obstruction (*bi*) syndrome:

- Wind-*bi* syndrome: painful obstruction due to wind (*xing bi*: *xing* meaning 'moving', 'going') with pain that moves around, worsening due to weather changes, paraesthesia, tingling, formication, pain radiating
- Cold-*bi* syndrome: obstruction syndrome due to cold (*tong bi*: *tong* meaning 'painful') with severe, fixed pain, contractures, cramps, worsening during the winter months due to cold, improvement with warmth, cold limbs, likes warmth.
- Dampness-*bi* syndrome: obstruction syndrome due to dampness (*zhou bi*: *zhou* meaning 'holding', 'fixed') with continuous, fixed pain, swelling of joints and tissues, sensation of heaviness, paraesthesia, worsening due to cold and damp weather, oedema, disturbances of micturition.
- Heat-*bi* syndrome: obstruction due to heat (*re bi*: *re* meaning 'heat') with painful swollen joints, burning hot sensation, fever, thirst, scanty urine.
- Dampness, wind, and cold painful obstruction syndromes cause qi circulation problems and poor blood circulation; both may lead to the formation of heat-*bi*.

Taste and Temperature

- Pungent: disperses wind from the skin, muscles and tissues: 'wind disperses dampness'.
- Pungent and warm: disperses wind-cold, warms the interior, relieves pain; for example: Notopterygii rhizoma, Angelicae pubescentis radix, Clematidis radix, Acanthopanax cortex.

- Bitter, pungent and warm: expel painful obstruction (bi) syndrome, bitter and pungent to dry dampness, decrease swelling, heavy limbs; warm to expel wind and dampness; examples of these are: *Piperis caulis*, *Erythrinae cortex*, *Atractylodis rhizoma*.
- Salty or sour: generates fluids, nourishes yin, relieves spasm, relieves pain; for example: *Chaenomelis fructus*, *Zaocys*, *Bungarus*.

Actions

- Expels wind: *Ledebouriellae radix*, *Notopterygii rhizoma*, *Angelicae pubescentis radix*, *Clematidis radix*.
- Drains dampness: *Chaenomelis fructus*, *Clematidis radix*, *Sigesbeckiae herba*, *Acanthopanax cortex radicis*, *Stephaniae radix*, *Dioscoreae radix*, *Atractylodis rhizoma*.
- Disperses cold, warms the interior: *Aconiti radix lateralis praeparata*, *Cinnamomi cassiae ramulus*, *Asari herba*, *Clematidis radix*, *Acanthopanax cortex radicis*.
- Cools heat, dispels wind-damp: *Mori ramulus*, *Sigesbeckiae herba*, *Phellodendri cortex*, *Coicis semen*, *Gentianae macrophyllae radix*, *Erythrinae cortex*.
- Moves blood: *Angelicae sinensis radix*, *Ligustici rhizoma*, *Carthami flos*, *Achyranthis radix*.
- Disperses external pathogens: *Ledebouriellae radix*, *Notopterygii rhizoma*, *Clematidis radix*.
- Strengthens muscles and sinews, opens the collaterals: *Piperis caulis*, *Pheretima*, *Angelicae sinensis radix*.
- Tonifies the Liver and Kidneys, benefits bones and sinews: *Acanthopanax cortex radicis*, *Loranthi ramulus*, *Cibotii rhizoma*, *Dipsaci radix*, *Drynariae rhizoma*.

Comparison between the individual herbs in this category

Herbs that expel wind-damp and cold

<i>Notopterygii rhizoma</i> (<i>qiang huo</i>) p. 38	●●●●●●●●
<i>Angelicae pubescentis radix</i> (<i>du huo</i>) p. 350	●●●●●●●●
<i>Clematidis radix</i> (<i>wei ling xian</i>) p. 356	●●●●●●○○
<i>Chuanxiong rhizoma</i> (<i>chuan xiong</i>) p. 530	●●●●●●○○

Herbs that expel wind-damp

<i>Polygoni cuspidati rhizoma</i> (<i>hu zhang</i>) p. 566	●●●●●●●●
<i>Atractylodis rhizoma</i> (<i>cang zhu</i>) p. 286	●●●●●●●○
<i>Sigesbeckiae herba</i> (<i>xi xian cao</i>) p. 370	●●●●●●●○
<i>Gentianae macrophyllae radix</i> (<i>qin jiao</i>) p. 362	●●●●●●○○
<i>Bombyx batrycatus</i> (<i>jiang can</i>) p. 448	●●●●●○○○
<i>Chaenomelis fructus</i> (<i>mu gua</i>) p. 354	●●●●●○○○

Herbs that expel damp-cold

<i>Aconiti radix lateralis praeparata</i> (<i>zhi fu zi</i>) p. 388	●●●●●●●○
<i>Asari herba</i> (<i>xi xin</i>) p. 24	●●●●●●●○
<i>Clematidis radix</i> (<i>wei ling xian</i>) p. 356	●●●●●○○○
<i>Curculiginis rhizoma</i> (<i>xian mao</i>) p. 744	●●●●●○○○
<i>Trigonellae semen</i> (<i>hu lu ba</i>) p. 766	●●●●○○○○

Herbs that expel wind-damp and unblock the channels

Bungarus (<i>jin qian bai hua she</i>) p. 352	●●●●●●●●
Clematidis radix (<i>wei ling xian</i>) p. 356	●●●●●●●●
Piperis caulis (<i>hai feng teng</i>) p. 368	●●●●●●○○
Erythrinae cortex (<i>hai tong pi</i>) p. 360	●●●●●○○○
Trachelospermi caulis (<i>luo shi teng</i>) p. 374	●●●●●○○○
Mori ramulus (<i>sang zhi</i>) p. 364	●●●●●○○○
Pheretima (<i>di long</i>) p. 456	●●●●●○○○
Zaocys (<i>wu shao she</i>) p. 378	●●●●●○○○

Herbs that tonify the Liver and Kidneys and expel wind-damp

Cibotii rhizoma (<i>gou ji</i>) p. 736	●●●●●●●●
Dipsaci radix (<i>xu duan</i>) p. 750	●●●●●●●○
Erythrinae cortex (<i>hai tong pi</i>) p. 360	●●●●●○○○
Taxilli herba (<i>sang ji sheng</i>) p. 810	●●●●●○○○
Acanthopanax cortex (<i>wu jia pi</i>) p. 348	●●●●●○○○
Angelicae pubescentis radix (<i>du huo</i>) p. 350	●●●○○○○○

Herbs that dispel wind and relieve pain

Scolopendra (<i>wu gong</i>) p. 458	●●●●●●●●
Scorpio (<i>quan xie</i>) p. 460	●●●●●●○○
Clematidis radix (<i>wei ling xian</i>) p. 356	●●●●●○○○

Summary

1. Expels wind-damp, relieves pain

Angelicae pubescentis radix (<i>du huo</i>) p. 350	→ especially to treat pain in the lower limbs
Clematidis radix (<i>wei ling xian</i>) p. 356	→ feeling of a fish bone stuck in the throat
Stephaniae radix (<i>fang ji</i>) p. 338	→ promotes diuresis, decreases swelling
Cynanchi paniculatae radix (<i>xu chang pu</i>) p. 358	→ injuries, trauma, itching, toxic snakebite
Gentianae macrophyllae radix (<i>qin jiao</i>) p. 362	→ cools deficient heat, jaundice

2. Expels wind-damp, unblocks the channels and collaterals

Chaenomelis fructus (<i>mu gua</i>) p. 354	→ relaxes the sinews, drains dampness, harmonizes the Stomach
Trachelospermi caulis (<i>luo shi teng</i>) p. 374	→ cools blood, soothes inflamed throat
Mori ramulus (<i>sang zhi</i>) p. 364	→ relieves pain and stiffness of the limbs
Piperis caulis (<i>hai feng teng</i>) p. 368	→ relieves pain due to <i>bi</i> syndrome and injuries
Erythrinae cortex (<i>hai tong pi</i>) p. 360	→ use externally to treat dermatological diseases

Bungarus (<i>jin qian bai hua she</i>) p. 352	→ unblocks the channels, extinguishes wind, relieves cramps
Zaocys (<i>wu shao she</i>) p. 378	→ unblocks the channels, extinguishes wind, relieves cramps
Sigesbeckiae herba (<i>xi xian cao</i>) p. 370	→ cools heat, draws out toxins, carbuncles, swelling, eczema
Solidaginis herba (<i>liu zhi huang</i>) p. 246	→ unblocks the channels and collaterals, reduces swelling and pain
3. Drains wind-damp, strengthens the bones and sinews	
Taxilli herba (<i>sang ji sheng</i>) p. 810	→ calms the fetus
Acanthopanax cortex (<i>wu jia pi</i>) p. 348	→ promotes diuresis, reduces swelling

Herbs from other categories to expel wind-damp

Achyranthis bidentatae radix (<i>niu xi</i>)	522
Aconiti kusnezoffii radix praeparata (<i>zhi cao wu</i>)	384
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>)	388
Angelicae dahuricae radix (<i>bai zhi</i>)	22
Angelicae sinensis radix (<i>dang gui</i>)	768
Asari herba (<i>xi xin</i>)	24
Atractylodis rhizoma (<i>cang zhu</i>)	286
Chuanxiong rhizoma (<i>chuan xiong</i>)	530
Cibotii rhizoma (<i>gou ji</i>)	736
Cinnamomi cassiae cortex (<i>rou gui</i>)	394
Cinnamomi cassiae ramulus (<i>gui zhi</i>)	26
Clematidis armandii caulis (<i>chuan mu tong</i>)	306
Coicis semen (<i>yi yi ren</i>)	308
Curculiginis rhizoma (<i>xian mao</i>)	744
Curcumae longae rhizoma (<i>jiang huang</i>)	536
Dioscoreae hypoglaucae rhizoma (<i>bi xie</i>)	312
Dipsaci radix (<i>xu duan</i>)	750
Drynariae rhizoma (<i>gu sui bu</i>)	752
Epimedii herba (<i>yin yang huo</i>)	754
Eucomniae cortex (<i>du zhong</i>)	756
Morindae radix (<i>ba ji tian</i>)	762
Myrrhae (<i>mo yao</i>)	560
Notopterygii rhizoma (<i>qiang huo</i>)	38
Olibanum (<i>ru xiang</i>)	562
Pheretima (<i>di long</i>)	456
Saposhnikoviae radix (<i>fang feng</i>)	42
Spatholobi caulis et radix (<i>ji xue teng</i>)	576
Xanthii fructus (<i>cang er zi</i>)	376

Acanthopanax cortex

五加皮

Wu jia pi

Family:	Araliaceae
Standard species:	<i>Acanthopanax gracilistylus</i> , <i>Periploca sepium</i>
German:	Stachelpanaxwurzelrinde
English:	acanthopanax root bark, 'bark of five additions'

Temperature

●○○ warm

Taste

●○○ pungent

●○○ bitter

Organ relationship

●○○ Liver

●○○ Kidney

Direction of action

●○○ lifting

Site of action

Channels, lower burner

Actions/Indications●●● **Dispels wind-dampness**

Painful obstruction disorder, cramps, muscle contractions

●●● **Disperses obstructions due to wind**

Painful obstruction disorder, obstructions of qi and blood

●●● **Disperses obstructions due to dampness**

Painful obstruction disorder, swellings

●○○ **Drains dampness**

Swellings, diminished urination, superficial oedema, leg weakness

●○○ **Promotes urination**

Decreased urination, swelling

●○○ **Tonifies yang**

Tonifies the Kidneys and Liver, lower back pain, leg weakness, muscle atrophy

Physiological/pharmacological effects contains, among others, vitamins A and B₁. The root is used as a tonic to treat psychosomatic disorders and neurasthenia, and as a tonic to help adjust to stressful situations. A fluid extract has been found to have immune-stimulating and immune-modulating as well as antiviral properties. Sedating effect, use with care in combination with barbiturates (may impair driving ability), anti-inflammatory, analgesic.

Commentary historically, the root of this herb has been compared to Ginseng radix (*ren shen*) and used as a tonic for geriatric patients as well as an aphrodisiac; in folk medicine it is used to fortify in cases of tiredness and weakness as well as in a decrease in performance and an inability to concentrate. The root plant – *Periploca sepium* – contains heart glycosides and should therefore not be used for longer than 1 week; this plant has no antirheumatic properties.

Dosage 3–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Wind-heat obstruction with pain and muscle spasms → *Clematidis radix* (*wei ling xian*) p. 356, *Notopterygii rhizoma* (*qiang huo*) p. 38, *Gentianae macrophyllae radix* (*qin jiao*) p. 362
- Liver and Kidney deficiency, painful obstruction disorder, following a long period of illness, developmental delay → *Taxilli herba* (*sang ji sheng*) p. 810, *Achyranthis bidentatae radix* (*niu xi*) p. 522, *Dipsaci radix* (*xu duan*) p. 750, *Chaenomelis fructus* (*mu gua*) p. 354
- Mild oedema → *Arecae pericarpium* (*da fu pi*) p. 478, *Poria* (*fu ling*) p. 334
- Dampness with oedema, oliguria → *Poria* (*fu ling*) p. 334, *Lycii cortex* (*di gu pi*) p. 260, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46

Contraindication yin deficient heat signs

Pregnancy use is allowed

Angelicae pubescentis radix

独活

Du huo

Family:	Apiaceae
Standard species:	<i>Angelica pubescens</i> , <i>Heracleum</i> var.
Variation:	Heraclei radix
German:	Angelica-pubeszens-Würzel, Bärenklauwurzel (Heracleum)
English:	pubescent angelica root, 'self-reliant existence'

Temperature

●○○ warm tendency

Taste●○○ pungent
●○○ bitter**Organ relationship**●○○ Bladder
●○○ Kidney**Signal herb**

Kidney channel

Direction of action

●○○ deep; the pungency releases, disperses and lifts

Site of action

Channels, interior and lower half of body

Actions/Indications●○○ **Dispels wind**

Headache, toothache, knee pain

●●● **Dispels wind-dampness**

Painful obstruction disorder in the lumbar region, legs and back, sensation of heaviness

●●● **Unblocks damp obstruction**

Painful obstruction disorder, stiffness, numbness and tingling

●○○ **Unblocks obstruction**

Painful obstruction in the lumbar region and lower limbs

●○○ **Relieves pain**

Painful obstruction disorder symptoms, especially in the legs, pain in the bones, deep joint pain, pain in the lower back, knee and ankles

●○○ **Dispels cold**

Painful obstruction syndrome

●●● **Tonifies the Kidneys**

Weakness and sensation of heaviness in the lower back and legs

Physiological/pharmacological effects the fresh plant can cause an allergic dermatitis. Contains, among others, numerous coumarin and furocoumarin derivatives. Animal experiments have been found to have analgesic, anti-inflammatory properties. Inhibits platelet aggregation (use with care in combination with anticoagulants and thrombocyte aggregation inhibitors), antibiotic, anti-ulcerative effect in the gastrointestinal tract; combined with UV light to treat vitiligo and psoriasis.

Toxicity because of the furocoumarin content, phototoxic effects must be expected. Intensive UV exposure or sunbathing throughout the duration of treatment should be discouraged.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Obstructions due to wind-dampness with paraesthesias and pain, numbness of the neck, back and legs → *Asari herba* (*xi xin*) p. 24, *Gentianae radix* (*long dan cao*) p. 178
- Obstructions due to wind-cold or damp-cold with headaches → *Notopterygii rhizoma* (*qiang huo*) p. 38, *Ligustici sinensis radix* (*gao ben*) p. 32, *Vitidis fructus* (*man jing zi*) p. 72
- Wind-cold, lack of sweating, body pain → *Ephedrae herba* (*ma huang*) p. 30
- Wind-cold with numbness of the legs → *Saposhnikovia radix* (*fang feng*) p. 42
- Toothache due to wind-cold → *Angelicae dahuricae radix* (*bai zhi*) p. 22
- Lurking wind with headache, knee pain → *Saposhnikovia radix* (*fang feng*) p. 42, *Taxilli herba* (*sang ji sheng*) p. 810, *Angelicae sinensis radix* (*dang gui*) p. 768

Contraindication blood deficiency

Pregnancy use is allowed

Bungarus

Jin qian bai hua she

金钱白花蛇

Family:	Elapidae
Zoological name:	<i>Bungarus multicinctus</i>
Variation:	<i>Bungarus minimus</i> , <i>Bungarus parvus</i>
German:	Regenschirmschlange
English:	multibanded krati, 'white pattern snake', bungarus

Temperature

●●○ warm

Taste

●●○ sweet

●●○ salty

●○○ toxic

Organ relationship

●●● Liver

Direction of action

●●○ descending

Site of action

Channels

Actions/Indications

●●● Expels wind

Numbness and weakness of the limbs, muscle cramps, dermatitis, exanthemas, skin diseases with pruritus, chronic ulcerations

●●● Removes wind obstruction

Cramps, pain; stiffness, weakness of the muscles and tendons, hemiplegia, facial nerve palsy

●●○ Relieves pain

Pain after wind-stroke

●●● Unblocks the channels

Hemiplegia, muscle paralysis, numbness and pain after wind-stroke

●●○ Extinguishes wind

Spasms, tremor, seizures, convulsions, hemiplegia, facial nerve palsy, sequelae of wind-stroke

Physiological/pharmacological effects anticoagulant, inhibits platelet aggregation; use with care in combination with anticoagulants or platelet aggregation inhibitors. Animal experiments have demonstrated analgesic action.

Toxicity no toxic effects have been observed within the normal dose range. Overdose: headache, light-headedness, palpitations, hypertension as well as drop in blood pressure, respiratory depression and death.

Commentary Snakebites are toxic and one-quarter of these lead to death.

Dosage 3–6 g in a decoction, 0.5–1 g as pills or powder

Cooking time 20 minutes



Combinations

- Obstruction with spasms, pain, numbness → *Notopterygii rhizoma* (*qiang huo*) p. 38, *Saposhnikoviae radix* (*fang feng*) p. 42, *Gentianae macrophyllae radix* (*qin jiao*) p. 362
- Obstruction due to wind-dampness → *Gastrodiae rhizoma* (*tian ma*) p. 450, *Schizonepetae herba* (*jing jie*) p. 44, *Menthae herba* (*bo he*) p. 60
- Sequelae of wind-stroke with hemiplegia → *Scorpio* (*quan xie*) p. 460, *Gastrodiae rhizoma* (*tian ma*) p. 450, *Angelicae sinensis radix* (*dang gui*) p. 768
- Pruritus, exanthemas → *Angelicae sinensis radix* (*dang gui*) p. 768, *Polygoni multiflori radix* (*he shou wu*) p. 778, *Paeoniae radix lactiflora* (*bai shao*) p. 776

Contraindications use with care in yin deficiency and blood deficiency, internal wind

Pregnancy use with care

Chaenomeles fructus

木瓜

Mu gua

Family: Rosaceae
 Standard species: *Chaenomeles speciosa*
 German: chinesische Quittenfrucht
 English: chaenomeles fruit, Chinese quince fruit, 'wood melon'

Temperature

●●○ warm

Taste

●●○ sour

Organ relationship

●●○ Liver

●●○ Spleen

Direction of action

●○○ descending

Site of action

Channels, Spleen, lower and middle burners

Actions/Indications●●● **Unblocks the channels**

Damp painful obstruction in the lumbar region and knee, muscle weakness, cramps, especially in the legs

●●○ **Transforms dampness**

Superficial swelling, abdominal pain, diarrhoea

●○○ **Relieves pain**

Furuncles, boils, sores

●●○ **Dispels wind-dampness**

Painful obstruction syndrome, swelling, pain in the lower back, knee and ankles

●○○ **Harmonizes and tonifies the Spleen and Stomach**

Nausea and vomiting, diarrhoea

●○○ **Drains damp-cold**

Abdominal cramps, leg cramps

●○○ **Alleviates cramping**

Leg cramps, abdominal cramps

●○○ **Relaxes the sinews**

Cramps, hardness, stiffness

Toxicity excessive use can damage teeth and bones**Dosage** 5–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Summerheat with thirst, muscle spasms → *Agastachis herba* (*huo xiang*) p. 278, *Amomi xanthioidis fructus* (*sha ren*) p. 284
- Blood deficiency, muscle spasms → *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix lactiflora* (*bai shao*) p. 776
- Weakness and atrophy of the legs, pain in the leg joints → *Angelicae pubescentis radix* (*du huo*) p. 350
- Damp-cold, abdominal pain, diarrhoea → *Evodiae fructus* (*wu zhu yu*) p. 383, *Foeniculi fructus* (*xiao hui xiang*) p. 398, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Dampness in the Stomach with diarrhoea, abdominal pain, joint pain → *Evodiae fructus* (*wu zhu yu*) p. 383, *Zingiberis rhizoma* (*gan jiang*) p. 408, *Perillae folium* (*zi su ye*) p. 40

Contraindications in cases of overwhelming external evil (heteropathy) such as wind-cold, wind-heat

Pregnancy use is allowed

Clematidis radix**Wei ling xian**

威灵仙

Family:	Ranunculaceae
Standard species:	<i>Clematis chinensis</i>
German:	chinesische Waldrebenwurzel
English:	Chinese clematis root, 'awesome spiritual immortal'

Temperature

●○○ warm

Taste

●○○ pungent

●○○ salty

Organ relationship

●●● Bladder

Direction of action

●○○ lifting

Site of action

Channels

Actions/Indications

●●● Disperses wind-dampness

Joint pain, painful obstruction disorder, especially in the arms

●●● Unblocks obstructions due to dampness

Painful obstruction disorder

●○○ Disperses obstructions due to wind

Joint pain, aching pain

●○○ Clears damp-heat

Swelling of the legs, difficulties walking

●●● Unblocks the channels and opens the orifices

Activates the channels, releases the exterior, pain, numbness, tingling, paraesthesias

●○○ Relieves pain

Painful obstruction, joint pain, painful swelling

●○○ Disperses damp-cold

Joint pain, painful obstruction syndrome

Physiological/pharmacological effects used to treat fish bones stuck in the throat. In doses up to 30 g, relaxes the neck muscles. Animal experiments have shown an increase in intestinal peristalsis; alcohol extract has an abortifacient effect, the water extract has been shown to increase myocardial perfusion. Contains, among others, saponins. The related western herb *Clematis herba* can be used to treat rheumatic pain, migraine, headaches and varicosities.

Toxicity overdose: rarely gastrointestinal bleeds. Topical application: skin reactions such as exanthemas, swelling, pruritus and pain.

Commentary *Asari herba* is more effective in combating pain, whereas *Clematidis radix* is more effective in unblocking the channels and treating numbness, tingling and paralysis.

Dosage 3–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Wind-dampness with painful joints in the arms → *Notopterygii rhizoma (qiang huo)* p. 38
- Wind-dampness with painful joints in the legs → *Achyranthis bidentatae radix (niu xi)* p. 522
- Feeling of a fish bone stuck in the throat → vinegar, brown sugar
- Epigastric pain → *Amomi xanthioidis fructus (sha ren)* p. 284
- Obstruction due to damp-cold, swelling of the legs, difficulties walking → *Achyranthis bidentatae radix (niu xi)* p. 522, *Notopterygii rhizoma (qiang huo)* p. 38, *Angelicae pubescentis radix (du huo)* p. 350, *Gentianae macrophyllae radix (qin jiao)* p. 362

Contraindications yin deficiency, blood deficiency, qi deficiency

Pregnancy use with caution

Cynanchi paniculatae radix

徐长卿

Xu chang pu

Family:	Asclepiadiaceae
Standard species:	<i>Cynanchum paniculatum</i>
Variation:	Pycnostelmae herba
German:	Seidenpflanzengewächs
English:	paniculate cynanchum, paniculate swallow-wort

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Liver

●○○ Stomach

Direction of action

●●○ ascending

Site of action

Channels

Actions/Indications●●○ **Expels wind**

Pain in the channels, pruritic exanthemas, joint pain

●●○ **Expels damp-wind**

Joint pain with swelling

●●○ **Moves and regulates the qi**

Pain, post-traumatic pain

●●○ **Moves blood**

Stagnation due to cold, blood stagnation, post-injury pain, postoperative problems, tumour pain

●○○ **Relieves pain**

Post-traumatic pain, postoperative problems, tumour pain, pain due to toxins: insect bite, snakebite

●●○ **Breaks up swelling**

Traumatic, postoperative or tumorous swelling, stagnation due to cold, swelling due to toxins: insect bite, snakebite

●●○ **Detoxifies and disinfects**

Swelling; pain due to toxins: insect bite, snakebite; sores, boils, furuncles, eczemas

●○○ **Alleviates itching**

Pruritic exanthemas due to wind

Physiological/pharmacological effects animal experiments have demonstrated analgesic, sedative effects, modern use to treat post-traumatic, postoperative and tumour pain.

Toxicity avoid overdosage, otherwise no known toxic properties

Dosage 3–10 g in a decoction

Cooking time 10 minutes



Combinations

- Wind-dampness painful obstruction → Clematidis radix (*wei ling xian*) p. 356, Acanthopanax cortex (*wu jia pi*) p. 150
- Pain in the lower back → Dipsaci radix (*xu duan*) p. 750, Eucomniae cortex (*du zhong*) p. 756
- Abdominal pain → Alpiniae officinari rhizoma (*gao liang jiang*) p. 390, Cyperi rhizoma (*xiang fu*) p. 494
- Pain following injuries, dysmenorrhoea → Persicae semen (*tao ren*) p. 564, Trogopteroni faeces (*wu ling zhi*) p. 150
- Toxic sores, i.e. due to snakebite (internal and external use) → Lobelia chinensis herba (*ban bian lian*) p. 318, Chrysanthemi flos (*ju hua*) p. 52
- Pruritus → Sophorae flavescens radix (*ku shen*) p. 186, Kochiae fructus (*di fu zi*) p. 316, Dictamni cortex (*bai xian pi*) p. 174

Pregnancy use is allowed

Erythrinae cortex**Hai tong pi**

海桐皮

Family: Fabaceae
 Standard species: *Erythrina variegata*
 German: Korallenbaumrinde
 English: erythrina bark, coral-bean bark

Temperature

●● neutral

Taste

●● bitter

●● pungent

Organ relationship

●●● Liver

●● Kidney

●● Spleen

Direction of action

●● deep

Site of action

Channels, skin, lower half of the body

Actions/Indications

●●● Dispers wind

Joint pain, especially in the legs, sciatica

●●● Clears damp-heat

Knee pain, inflammation of the knee joints

●●● Unblocks obstruction due to dampness

Knee pain, numbness in the back and in the knees

●●● Eczema, burns and ulcerations

Skin parasites; external use for skin lesions, pruritus

●●● Promotes urination

Superficial swelling due to dampness

●●● Relieves pain

Joint pain, sciatica, knee joint pain, toothache caused by caries (use as a gargle)

●●● Unblocks the channels

Stiffness, numbness, hip and joint pain

Physiological/pharmacological effects in vitro antibiotic**Commentary** similar to *Clematidis radix* (*wei ling xian*); Clematis has a more rapid and stronger dispersing effect**Dosage** 3–12 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Wind, cold and dampness obstruction, chronic joint pain, lumbar pain, knee pain → *Achyranthis bidentatae radix (niu xi)* p. 522, *Notopterygii rhizoma (qiang huo)* p. 38
- Painful joints, joint swelling (external use) → *Cinnamomi cassiae ramulus (gui zhi)* p. 26
- Itchy skin lesions (external use as an oil) → *Cnidii fructus (she chuang zi)* p. 740, *Hibisci mutabilis flos (fu jung hua)* p. 204
- Wind-dampness with joint pain, leg pain, sciatica → *Acanthopanax cortex (wu jia pi)* p. 348, *Coicis semen (yi yi ren)* p. 308, *Achyranthis bidentatae radix (niu xi)* p. 522
- Damp-heat with knee pain, heat in the knee joint → *Dioscoreae hypoglaucae rhizoma (bi xie)* p. 312, *Clematidis armandii caulis (chuan mu tong)* p. 306

Contraindication blood deficiency

Pregnancy use is allowed

Gentianae macrophyllae radix

秦艽

Qin jiao

Family:	Gentianaceae
Standard species:	<i>Gentiana macrophylla</i>
Variation:	Gentianae qinjiao radix
German:	großblättrige Enzianwurzel
English:	large gentian root, gentiana macrophylla root

Temperature

●○○ neutral

Taste

●○○ bitter

●○○ pungent

Organ relationship

●●○ Liver

●○○ Stomach

●●○ Gall bladder

Direction of action

●●○ descending, the pungent taste has a dispersing and exterior-releasing effect

Site of action

Channels, middle burner

Actions/Indications●●○ **Dispels wind-dampness**

Joint pain, cramping, hemiplegia

●●○ **Clears damp-heat**

Jaundice, nausea, upper abdominal symptoms

●○○ **Clears deficiency heat**

Kidney deficiency, tidal fever, sweating

●●○ **Unblocks obstructions due to dampness**

Joint pain, painful obstruction disorder

●○○ **Unblocks the bowels/laxative**

Moistens the Intestines, relieves constipation

●●○ **Drains damp**

Joint pain, paraesthesias, swelling

Physiological/pharmacological effects anti-inflammatory, sedating (use with care in combination with barbiturates and other sedatives, may impair driving ability). Contains alkaloids and gentianin. Animal experiments have shown gentianin to have an antihypertensive effect.

Toxicity nausea and vomiting may occur if administered in high doses

Dosage 3–12 g, standard 3 g

Cooking time 20 minutes



Combinations

- Painful obstruction → Anemarrhenae rhizoma (*zhi mu*) p. 120, Lonicerae caulis (*ren dong teng*) p. 214
- Obstructions due to wind, cold, dampness → Saposhnikoviae radix (*fang feng*) p. 42, Angelicae pubescentis radix (*du huo*) p. 350, Notopterygii rhizoma (*qiang huo*) p. 38
- Yin deficiency with afternoon fever, low-grade fever, chronic disease, tidal fevers → Artemisiae annuae herba (*qing hao*) p. 256, Lycii cortex (*di gu pi*) p. 260, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Blood deficiency, hemiplegia, spasms of the lower limbs → Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix lactiflora (*bai shao*) p. 776
- Damp-heat, jaundice → Artemisiae scopariae herba (*yin chen hao*) p. 302, Poria (*fu ling*) p. 334, Alismatis rhizoma (*ze xie*) p. 300, 928–930
- Damp-heat, jaundice, especially in children → Scutellariae radix (*huang qin*) p. 184, Atractylodis rhizoma (*cang zhu*) p. 286
- Dryness in the Intestines with constipation → Cannabis semen (*huo ma ren*) p. 96, Persicae semen (*tao ren*) p. 564
- Wind-dampness, joint pain, spasms, hemiplegia → Saposhnikoviae radix (*fang feng*) p. 42, Notopterygii rhizoma (*qiang huo*) p. 38, Angelicae pubescentis radix (*du huo*) p. 350, Mori ramulus (*sang zhi*) p. 364

Compatibility

- Promoted by Acori calami rhizoma (*shui chang pu*) p. 266
- Impaired by cow's milk

Contraindications Spleen deficiency and diarrhoea

Pregnancy use with caution

Mori ramulus**Sang zhi**

桑枝

Family: Moraceae
 Standard species: *Morus alba*
 German: Maulbeerzweige
 English: mulberry twig

Temperature

●●○ neutral

Taste

●●○ bitter

Organ relationship

●●● Liver

Direction of action

●○○ deep

Site of action

Channels

Actions/Indications●●● **Dispels wind-dampness**

Joint pain, spasms, painful obstruction syndrome, especially of the shoulders and arms

●●○ **Dispels wind**

Aching pains in the limbs

●●● **Unblocks obstructions due to wind**

Extremities: opens the channels, especially in the arms and shoulders

●●○ **Clears wind-heat**

Hot, painful joints

●●○ **Unblocks the channels**

Painful obstruction syndrome, joint pain, pain in the extremities

●○○ **Relieves pain**

Pain in the extremities

●○○ **Promotes urination**

Use in damp syndromes, swelling, blockages, decreased urination

●○○ **Disperses swelling**

Oedema, joint swelling, painful obstruction syndrome

Physiological/pharmacological effects immune-stimulating (blastogenesis), antineoplastic, antibiotic, antihypertensive, spasmolytic.**Commentary** use in all forms of painful obstruction (*bi*) syndrome with cold or heat signs.**Dosage** 3–30 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Painful obstruction due to wind-dampness → Clematidis radix (*wei ling xian*) p. 356
- Painful obstruction due to wind-dampness with joint pain, spasms, shoulder pain → Curcumae longae rhizoma (*jiang huang*) p. 536, Angelicae dahuricae radix (*bai zhi*) p. 22, Angelicae sinensis radix (*dang gui*) p. 768, Chuanxiong rhizoma (*chuan xiong*) p. 530, Astragali radix (*huang qi*) p. 706

Pregnancy use is allowed

Photiniae folium

Shi nan (ye)

石楠叶

Family: Rosaceae
 Standard species: *Photinia serrulata*
 German: Photiniablätter, Rosengewächs, Glanzmispel
 English: Chinese photinia leaf

Temperature

●○○ neutral

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●● Liver

●○○ Kidney

Direction of action

●○○ lifting

Site of action

Head and eyes, lower burner

Actions/Indications

●●● Dispels wind

Severe headaches, neuralgias, muscle pain, joint pain

●○○ Unblocks obstructions due to wind

Aching pain in the lower body, muscle pain, joint pain

●○○ Tonifies yang

Impotence, weakness of the hips, lumbar region and knees

Physiological/pharmacological effects in vitro antibiotic

Toxicity slightly toxic, do not use long term

Dosage 3–10 g, standard 6 g

Cooking time add towards the end, boil briefly and then allow to steep for 3 minutes



Combinations

- Wind symptoms with headache, neuralgias, joint pain → Chuanxiong rhizoma (*chuan xiong*) p. 530, Angelicae dahuricae radix (*bai zhi*) p. 22

Compatibility

- Promoted by Acanthopanax cortex (*wu jia pi*) p. 348
- Impaired by Cirsii herba (*xiao ji*) p. 590

Contraindication use with care in the absence of symptoms (Kidney deficiency), especially in women

Pregnancy use is allowed

Piperis caulis**Hai feng teng**

海风藤

Family:	Piperaceae
Standard species:	<i>Piper futokadsura</i>
Variation:	<i>Piperis futokadsura caulis</i> , <i>Piperis kadsurae caulis</i>
German:	Futokadsura-Pfeffer-Stängel
English:	kadsura stem, futokadsura stem

Temperature

●○○ warm tendency

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●○ Liver

●○○ Spleen

●○○ Stomach

Direction of action

●○○ ascending

Site of action

Channels

Actions/Indications●●○ **Expels damp-wind**

Painful obstruction syndrome, stiff painful joints, pain in the lower back, knee complaints, spasms in the muscles and sinews

●●○ **Removes wind obstruction**

Stiff painful joints, back pain, spasms in the limbs, pain following injuries

●●○ **Expels cold**

Epigastric pain, abdominal pain, diarrhoea

●●○ **Relieves pain**

Painful joints, pain in the lower back, knee complaints, cramping pain of the muscles and sinews, upper abdominal pain

●●○ **Unblocks the channels**

Stiff joints, pain in the muscles and sinews, painful obstruction syndrome

Physiological/pharmacological effects cardiovascular action: diminishes arterial resistance, increases perfusion of the coronary arteries and peripheral vessels, i.v. administration to treat coronary heart disease and cerebral thromboses, increases peripheral circulation and cardiac perfusion.

Dosage 6–15 g**Cooking time** 20 minutes



Combinations

- Painful joints, decreased movement, cramping of the muscles and sinews → Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Pain, cramping, numbness of the extremities due to wind-damp → Clematidis radix (*wei ling xian*) p. 356

Pregnancy use is allowed

Sigesbeckiae herba**Xi xian cao**

豨 薟 草

Family:	Asteraceae
Standard species:	<i>Sigesbeckia pubescens</i>
German:	Sigesbeckia-Kraut, Korbbblätter
English:	sigesbeckia

Temperature

●●○ cold

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●○ Liver

●●○ Kidney

●○○ Spleen

Direction of action

●●○ deep

Site of action

Channels, skin

Actions/Indications●●○ **Clears damp-heat**

Sores, pruritus, painful obstruction syndrome, painful joint swelling with burning sensation

●●○ **Dispels wind-dampness**

Muscle pain, weakness, facial nerve palsy, hemiplegia, numbness, weak legs and back, skin rashes, pruritus, varicella, sensation of heaviness

●●○ **Disperses obstructions due to dampness**

Weakness in the legs and back, pain in the extremities, painful swelling of the joints

●●● **Calms and anchors the spirit**

Irritability, insomnia, forgetfulness

●○○ **Cools heat**

Sores, skin rashes

●○○ **Sinks ascendant yang**

Ascendant Liver yang; headaches, vertigo

●○○ **Tonifies the Kidneys**

Weakness, stiffness of the knees and lower back, pain in the bones, numbness and tingling, paraesthesias, hemiplegia, paralysis

Physiological/pharmacological effects used to treat hypertension and malaria; animal experiments have shown immunosuppression, anti-inflammatory, anti-hypertensive, antibiotic.**Toxicity** side-effect: the bitter and cold nature of this herb may cause nausea and gastric discomfort.**Commentary** penetrates the deep tissues, finds and expels pathological wind.**Dosage** 6–30 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Wind-dampness with pain and soreness in the bones and sinews, numbness in the limbs → *Clematidis radix* (*wei ling xian*) p. 356
- Ascendant Liver fire with headache, vertigo, visual disturbances → *Prunellae spica* (*xia ku cao*) p. 140

Contraindications yin deficiency, blood deficiency, pregnant females and children; may interfere with normal development.

Pregnancy use is **forbidden**

Smilacis china rhizoma**Ba qia**

菝葜

Family:	Smilacaceae
Standard species:	<i>Smilax china</i>
German:	Chinawurzelstock, Stechwinde
English:	Chinaroot greenbrier rhizome

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ sour

Organ relationship

●●○ Liver

●○○ Heart

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Channels, skin

Actions/Indications

●○○ Expels wind

Joint pain, muscle pain

●○○ Drains dampness

Joint pain, muscle pain, swelling

●○○ Dispels swellings

Swelling of the limbs, joints and muscles

●●○ Dispels wind-dampness

Recurring periodic joint pain, intermittent muscle pain

●●○ Clears damp-heat

Sores, boils

Physiological/pharmacological effects contains saponins (smilacin), tannin, resin. Used to treat rheumatic disorders, gout, syphilis; according to recent research, can also be used in cancer therapy.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Pregnancy use is allowed

Trachelospermi caulis

络石藤

Luo shi teng

Family:	Apocynaceae
Standard species:	<i>Trachelospermum jasminoides</i>
Variation:	<i>Trachelospermi jasminoidis caulis</i>
German:	Sternjasmin-Stängel
English:	star jasmine stem, 'collateral stone vine'

Temperature

●●○ cold tendency

Taste

●●○ bitter

Organ relationship

●●○ Liver

●○○ Heart

●○○ Kidney

Direction of action

●○○ descending

Site of action

Channels

Actions/Indications●●○ **Expels damp-wind**

Pain, spasms in the muscles and sinews, painful obstruction syndrome, cramp-like pain with heat sensation

●○○ **Cools blood**

External and internal sores, abscesses, ulcerations

●●○ **Breaks up swelling**

Painful, swollen throat, ulcerations, red, hot, swollen abscesses

●●○ **Unblocks the channels**

Spasms in the muscles and sinews, painful obstruction syndrome, pain, cramps

Physiological/pharmacological effects in a decoction antibiotic (*Salmonella typhi*, *Staphylococcus aureus*, *Bacillus dysenteriae*); in low dosages, arctiin stimulates respiratory rate, and in higher doses it depresses respiration, lowers blood pressure and causes vasodilatation.

Toxicity animal experiments have demonstrated that one of the ingredients (arctiin) may provoke seizures and respiratory depression.

Dosage 6–15 g

Cooking time 20 minutes



Combinations

- Pain, spasms in the muscles and sinews with heat sensation → *Lonicerae caulis* (*ren dong teng*) p. 214
- Painful obstruction (combined with the remaining ingredients and alcohol and taken as a medicinal wine) → *Acanthopanax cortex* (*wu jia pi*) p. 348, *Achyranthis bidentatae radix* (*niu xi*) p. 522
- Pain and swelling in cases of damp-heat → *Moutan cortex* (*mu dan pi*) p. 164
- Abscess formation, especially of the breasts, toxic swelling → *Taraxaci herba* (*pu gong ying*) p. 250
- Superficial abscesses → *Trichosanthis radix* (*tian hua fen*) p. 142, *Olibanum* (*ru xiang*) p. 562, *Myrrhae* (*mo yao*) p. 560
- Painful, swollen throat → *Belamcandae rhizoma* (*she gan*) p. 188, *Platycodi radix* (*jie geng*) p. 636
- Painful obstruction syndrome, pain, spasms in the muscles and sinews → *Chaenomelis fructus* (*mu gua*) p. 354, *Taxilli herba* (*sang ji sheng*) p. 810, *Coicis semen* (*yi yi ren*) p. 308

Compatibility impaired by *Fritillariae bulbus* (*bei mu*) p. 648, *Acori rhizoma* (*chang pu*) p. 268

Pregnancy use is allowed

Xanthii fructus**Cang er zi**

苍耳子

Family:	Asteraceae
Standard species:	<i>Xanthium sibiricum</i>
German:	sibirische Spitzklettenfrüchte
English:	xanthium fruit, cockleburr fruit, 'deep green ear seeds'

Temperature

●○○ warm

Taste

●○○ sweet

●○○ bitter

Organ relationship

●●● Lung

●○○ Liver

Direction of action

●○○ ascending

Site of action

Surface/exterior, nose

Actions/Indications●●● **Drains dampness**

Joint pain, skin diseases, itchy rashes

●●● **Dispels wind-dampness**

Nasal congestion with a thick, purulent, sticky discharge, headache

●○○ **Unblocks obstructions due to dampness**

Joint pain, skin diseases

●○○ **Eczema, burns and ulcerations**

Sores, pruritic exanthemas

●○○ **Releases the exterior**

Headache radiating to the neck and upper back, blocked nose

●●● **Unblocks the channels**

Joint problems, skin diseases

Physiological/pharmacological effects in vitro antibiotic; animal studies have shown decrease in serum glucose therefore use with care in combination with anti-diabetic medications (danger of hypoglycaemia); used to treat chronic sinusitis, topical application (with sesame oil) for chronic rhinitis and intramuscular administration for back pain. Contains, among others, alkaloids, resin and vitamin C.

Toxicity boiling reduces toxicity. Overdose can lead to nausea, vomiting, diarrhoea, abdominal pain. Poisoning induced in animal experiments showed decreased reaction times, slowing down of movements, irregular breathing leading up to coma as well as hepatotoxicity and nephrotoxicity.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Headache, nasal congestion → Magnoliae flos (*xin yi*) p. 34
- Acute wind-heat, headache, nasal congestion → Magnoliae flos (*xin yi*) p. 34, Gypsum (*shi gao*) p. 130, Scutellariae radix (*huang qin*) p. 184
- Chronic wind-heat, headache, nasal congestion → Magnoliae flos (*xin yi*) p. 34, Lonicerae flos (*jin yin hua*) p. 216, Rubiae radix (*qian cao gen*) p. 606
- Allergic rhinitis, headache, nasal congestion → Magnoliae flos (*xin yi*) p. 34, Schisandrae fructus (*wu wei zi*) p. 850, Rosae laevigatae fructus (*jin ying zi*) p. 846
- Obstructions due to wind-damp with pain, paraesthesias → Clematidis radix (*wei ling xian*) p. 356, Chuanxiong rhizoma (*chuan xiong*) p. 530, Atractylodis rhizoma (*cang zhu*) p. 286
- Pruritus due to wind skin rashes or due to damp (internal and external use) → Tribuli fructus (*bai ji li*) p. 462

Contraindication blood deficiency

Pregnancy use with caution

Zaocys**Wu shao she**

乌梢蛇

Family: Colubridae
 Zoological name: *Zaocys dhummades*
 German: Zaocys (eine Natterart)
 English: zaocys, black-striped snake

Temperature

●●○ neutral

Taste

●●○ sweet

●○○ salty

Organ relationship

●●● Liver

●○○ Spleen

Direction of action

●●○ descending

Site of action

Channels

Actions/Indications●●● **Expels wind**

Numbness and weakness of the limbs, muscle spasms, convulsions, exanthemas, itchy skin rashes, urticaria, scabies

●●○ **Removes wind obstruction**

Cramps, pain; stiffness, muscle and tendon weakness, hemiplegia, facial nerve palsy

●●○ **Relieves pain**

Pain following wind-stroke

●●○ **Unblocks the channels**

Hemiplegia, muscular weakness, paraesthesias and pain after wind-stroke

●●○ **Extinguishes wind**

Spasms, tremor, seizures, convulsions, hemiplegia, facial nerve palsy, following wind-stroke

Physiological/pharmacological effects animal experiments have demonstrated anti-inflammatory, analgesic, sedative and anticonvulsive properties.

Toxicity overdose: muscle stiffness, respiratory depression, decreased physical activity.

Commentary compared to Bungarus, this herb is mild and non-toxic, and is frequently combined in a prescription.

Dosage 5–10 g as a decoction, 2–3 g as a powder

Cooking time 20 minutes



Combinations

- Convulsions, tendency to seizures, epileptic fits → Scolopendra (*wu gong*) p. 458, Scorpio (*quan xie*) p. 460
- Channel blockage → Pheretima (*di long*) p. 456

Contraindications use with care in yin and blood deficiency, ascending internal wind

Pregnancy use with care

IX

Herbs that warm the interior and expel cold

Overview

Aconiti kusnezoffii radix praeparata (<i>zhi cao wu</i>)	384
Aconiti radix praeparata (<i>zhi chuan wu</i>)	386
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>)	388
Alpiniae officinari rhizoma (<i>gao liang jiang</i>)	390
Caryophylli flos (<i>ding xiang</i>)	392
Cinnamomi cassiae cortex (<i>rou gui</i>)	394
Evodiae fructus (<i>wu zhu yu</i>)	396
Foeniculi fructus (<i>xiao hui xiang</i>)	398
Litsea fructus (<i>bi cheng qie</i>)	400
Piperis fructus (<i>hu jiao</i>)	402
Piperis longi fructus (<i>bi ba</i>)	404
Zanthoxyli fructus (<i>hua jiao</i>)	406
Zingiberis rhizoma (<i>gan jiang</i>)	408
Zingiberis rhizoma praeparatum (<i>pao jiang</i>)	410

Characteristics

Properties

These herbs warm the interior, expel cold, tonify yang and rescue devastated yang qi, warm the channels and organs and relieve pain.

Interior cold can be due to either exogenous cold or caused by Kidney yang deficiency resulting in Spleen and Heart yang deficiency.

Taste and Temperature

The substances in this category are, as a rule, very pungent and hot; the pungent taste expels cold, unblocks the channels, moves qi and invigorates blood. The hot temperature quality can directly expel cold, warm the interior and relieve pain and spasms.

Actions

The herbs have mostly an action on the Heart yang, Spleen yang and Kidney yang. Aconiti radix lateralis praeparata (*zhi fu zi*), which enters all 12 channels, is the most frequently used herb in this category. The thin, long accessory root is used as a medicinal; its main use is to disperse cold.

The main root Aconiti radix (*wu tou*) has no tonifying effect on Kidney yang; its main effect is to strongly drain damp-wind.

In both the literature and clinical settings, there are two standard species of Aconiti radix (*wu tou*):

- Aconiti carmichaeli radix (*chuan wu*)
- Aconiti kusnezoffii radix praeparata (*zhi cao wu*).

The latter is the variety occurring in the wild; it is more pungent, toxic and is seldom used. *Chuan wu* and *cao wu* can also be called *wu tou*.

Contraindications

These herbs must be used with care: the pungent taste and hot temperature consume yin and fluids. In cases of blood deficiency, use only in small dosages. Because of their blood-invigorating properties, do not use at all, and if so, with great care, in pregnancy or active bleeding.

Comparison between the individual herbs in this category

Expels cold and warms Kidney yang

Aconiti radix (<i>wu tou</i>)	●●●●●●●●
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>) p. 388	●●●●●●●○
Asari herba (<i>xi xin</i>) p. 24	●●●●●●○○
Cinnamomi cassiae cortex (<i>rou gui</i>) p. 394	●●●●●○○○
Caryophylli flos (<i>ding xiang</i>) p. 392	●●●●●○○○
Aquilariae lignum (<i>chen xiang</i>) p. 476	●●●●●○○○

Expels cold and warms the Spleen and Stomach

Zingiberis rhizoma (<i>gan jiang</i>) p. 408	●●●●●●●●
Zanthoxyli fructus (<i>hua jiao</i>) p. 612	●●●●●●●○
Piperis longi fructus (<i>bi ba</i>) p. 404	●●●●●●●○
Foeniculi fructus (<i>xiao hui xiang</i>) p. 398	●●●●●○○○
Alpiniae katsumadai semen (<i>cao dou kou</i>)	●●●●●○○○
Zingiberis rhizoma praeparatum (<i>pao jiang</i>) p. 410	●●●●●○○○

Summary

1. Expels cold, relieves pain

Aconiti radix lateralis praeparata (<i>zhi fu zi</i>) p. 388	→ warms the yang, tonifies the ministerial fire at the gate of vitality (<i>ming men</i>)
Aconiti radix praeparata (<i>zhi chuan wu</i>)	→ relieves severe pain
Aconiti kusnezoffii radix praeparata (<i>zhi cao wu</i>) p. 384	→ relieves severe pain
Cinnamomi cassiae cortex (<i>rou gui</i>) p. 394	→ warms Kidney yang, expels cold in the blood level
Zingiberis rhizoma (<i>gan jiang</i>) p. 408	→ warms the Spleen and Lung yang, stops bleeding

2. Expels cold, relieves pain, warms the middle burner

Evodiae fructus (<i>wu zhu yu</i>) p. 396	→ relieves sour regurgitation, jue yin headaches
Asari herba (<i>xi xin</i>) p. 24	→ expels cold, breaks up phlegm, opens the orifices
Alpiniae officinari rhizoma (<i>gao liang jiang</i>) p. 390	→ stops diarrhoea
Caryophylli flos (<i>ding xiang</i>) p. 392	→ relieves hiccough
Piperis fructus (<i>hu jiao</i>) p. 402	→ stops diarrhoea, antiparasitic
Piperis longi fructus (<i>bi ba</i>) p. 404	→ stops diarrhoea
Litsea fructus (<i>bi cheng qie</i>) p. 400	→ expels cold from the Bladder
Foeniculi fructus (<i>xiao hui xiang</i>) p. 398	→ hernias

Herbs from other categories to warm the interior

Artemisiae argyi folium (<i>ai ye</i>)	586
Cinnamomi cassiae ramulus (<i>gui zhi</i>)	26
Zingiberis rhizoma recens (<i>sheng jiang</i>)	46

Aconiti kusnezoffii radix praeparata

Zhi cao wu

草乌

Family:	Ranunculaceae
Standard species:	<i>Aconitum kusnezoffii</i>
Bulb of the standard species:	Chinese <i>cao wu tou</i> or <i>cao wu</i>
German:	präparierte wilde Eisenhut-Wurzel
English:	processed wild aconite root

Temperature

●●● hot

Taste

●●● pungent

●●○ bitter

●●● toxic

Organ relationship

●●○ Heart

●●○ Liver

●●○ Spleen

●●○ Kidney

Direction of action

●●○ ascending

Site of action

Channels

Actions/Indications

●●● Expels cold

Rheumatic complaints, *bi* syndrome, abdominal pain, headache, pain in the muscles and sinews, hernias

●●● Expels wind

Pain, *bi* syndrome, headache, muscle pain, joint pain, muscular cramps, wasting, hemiplegia

●●○ Transforms dampness

Rheumatic complaints, *bi* syndrome, damp-cold causing decrease in locomotion, muscular atrophy, swelling, cellulitis

●●○ Moves and regulates the qi

Abdominal pain, headache, pain in the muscles and sinews, spasms and pain due to qi or blood stagnation, or caused by damp-cold, wasting, shortness of breath, chest pain

●●● Relieves pain

Rheumatic complaints, *bi* syndrome, pain in the muscles and sinews, muscular pain, stifling sensation in the chest radiating towards the back, hernias

●●○ Breaks up swelling

Abscesses, ulcerations with swelling, cellulitis with hardness and swelling

●●○ Eczema, burns and ulcerations

Abscesses, lesions, injuries (external use)

Physiological/pharmacological effects contains, among others, aconite alkaloids; use with care in combination with anti-arrhythmic medications or in patients with a history of cardiovascular disease.

Commentary aconite is an important herb, the wild variety is rarely used; without special preparation, all aconite types are highly toxic. If carefully prepared in a pharmacy and, additionally, combined with other herbs, these plants can be administered to patients.

Dosage 1.5–3 g

Cooking time boil for 30–60 minutes, then add other herbs



Combinations

- Pain due to damp-cold (external use as an alcohol extract) → *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624, *Zingiberis rhizoma* (*gan jiang*) p. 408, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Angelicae dahuricae radix* (*bai zhi*) p. 22, *Cinnamomi cassiae cortex* (*rou gui*) p. 394
- Muscular spasms, decreased locomotion caused by damp-cold or blood stagnation → *Aconiti radix praeparata* (*zhi chuan wu*) p. 386, *Pheretima* (*di long*) p. 456, *Olibanum* (*ru xiang*) p. 562, *Myrrhae* (*mo yao*) p. 560
- Hernias due to cold → *Mel* (*feng mi*) p. 724
- Wasting due to wind and dampness → *Trogopterori faeces* (*wu ling zhi*) p. 150
- Shortness of breath, cold sensation and chest pain → *Halloysitum rubrum* (*chi shi zhi*) p. 832
- Angina pectoris, radiating to the back → *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388, *Zanthoxyli fructus* (*hua jiao*) p. 406, *Zingiberis rhizoma* (*gan jiang*) p. 408, *Halloysitum rubrum* (*chi shi zhi*) p. 832
- Abscesses, sores, ulcerations (combined with vinegar for external use) → *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624, *Fritillariae bulbus* (*bei mu*) p. 648, *Trichosanthis radix* (*tian hua fen*) p. 142
- Cellulitis (as a powder for external use) → *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624, *Pinelliae rhizoma* (*ban xia*) p. 82, *Euphorbiae fischerianae radix* (*lang du*)

Compatibility

- Impaired by *Fritillariae bulbus* (*bei mu*) p. 648, *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Pinelliae rhizoma* (*ban xia*) p. 82, *Bletillae tuber* (*bai ji*) p. 588
- The toxicity of the herb is mitigated by *Glycyrrhizae radix* (*gan cao*) p. 716, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46, *Mel* (*feng mi*) p. 724

Contraindication yin deficiency

Pregnancy use is **forbidden**

Toxicity wild aconite is the most toxic of all aconite varieties and thus has a narrow therapeutic dosage range; despite processing it should always be administered with other assistant herbs (see below). Side-effects may occur if incorrectly processed, if the raw herb is used, if the boiling time is too short or if the dosage is incorrect. Overdose: numbness and burning of the tongue and mouth cavity, dry mouth, nausea, vomiting, light-headedness, blurred vision, paraesthesias, cramping of the body and limbs, arrhythmias, ventricular tachycardia leading up to cardiac arrest.

Aconiti radix praeparata

制川乌

Zhi chuan wu

Family:	Ranunculaceae
Standard species:	<i>Aconitum carmichaeli</i>
Main root of the standard species:	Chinese <i>chuan wu tou</i> or <i>chuan wu</i>
German:	präparierte Eisenhut-Hauptwurzel
English:	processed Sichuan aconite main root

Temperature

●●● hot

Taste

●●● pungent

●●○ bitter

Organ relationship

●●○ Heart

●●○ Liver

●●○ Spleen

Direction of action

●●○ ascending

Site of action

Channels

Actions/Indications

●●● Expels cold

Rheumatic complaints, *bi* syndrome, abdominal pain, headache, pain in the muscles and tendons; also for external use

●●● Expels wind

Headache, abdominal pain, joint pain, pain in the sinews and bones

●●● Warms the channels

Headache, abdominal pain, joint pain, pain in the sinews and bones

●●○ Dislodges phlegm

Loss of consciousness, hemiplegia, deviation of the eyes and mouth, facial nerve palsy, phlegm in the throat

●●● Relieves pain

Rheumatic complaints, *bi* syndrome, headache, joint pain, musculoskeletal pain

●●○ Breaks up swelling

Swelling, abscesses, injuries, ulcerations (external use)

●●○ Eczema, burns and ulcerations

Abscesses, ulcerations (external use)

Physiological/pharmacological effects contains, among others, aconite alkaloids: analgesic, anti-inflammatory; extreme use with care in combination with antiarrhythmic medications or in patients with cardiovascular disease.

Toxicity highly toxic, use only after processing. Depending on the harvesting, the type of processing and boiling, toxic doses will range between 3 g and 30 g. Overdose: see the entry for *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388.

Dosage 1.5–4.5 g

Cooking time boil for 30–60 minutes, then add other herbs



Combinations

- Generalized joint pain, limited movement → Ephedrae herba (*ma huang*) p. 30, Paeoniae radix lactiflora (*bai shao*) p. 776 (as in the Aconite decoction *wu tou tang*)
- Muscular spasms, pain, limitation of movement caused by damp-cold with blood stasis → Aconiti kusnezoffii radix praeparata (*zhi cao wu*) p. 384, Pheretima (*di long*) p. 456, Olibanum (*nu xiang*) p. 562, Myrrhae (*mo yao*) p. 560
- Angina pectoris, pain radiating to the back → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Zanthoxyli fructus (*hua jiao*), Zingiberis rhizoma (*gan jiang*) p. 408, Halloysitum rubrum (*chi shi zhi*) p. 832
- Hernias due to cold → Foeniculi fructus (*xiao hui xiang*) p. 398, Mel (*feng mi*) p. 724
- Abscesses, ulcerations (combined with vinegar for external use) → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Fritillariae bulbus (*bei mu*) p. 648, Trichosanthis radix (*tian hua fen*) p. 142
- Swelling, ulcerations → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Pinelliae rhizoma (*ban xia*) p. 82

Compatibility

- Impaired by Fritillariae bulbus (*bei mu*) p. 648, Trichosanthis fructus et semen (*gua lou*) p. 662, Pinelliae rhizoma (*ban xia*) p. 82, Bletillae tuber (*bai ji*) p. 588
- The toxicity of the herb is mitigated by Glycyrrhizae radix (*gan cao*) p. 716, Zingiberis rhizoma recens (*sheng jiang*) p. 46, Mel (*feng mi*) p. 724

Contraindication yin deficiency

Pregnancy use is **forbidden**

Aconiti radix lateralis praeparata**Zhi fu zi**

附子

Family:	Ranunculaceae
Standard species:	<i>Aconitum carmichaelii</i>
German:	präparierte Nebenwurzel der Eisenhutwurzel
English:	processed aconite accessory root

Temperature

●●● hot

Taste

●●● pungent

●○○ toxic

Organ relationship

●○○ Heart

●○○ Spleen

●●● Kidney

Signal herb

Lower burner

Direction of action

●●● superficial

Site of action

Lower burner, deep, interior

Actions/Indications●●● **Revives the yang**

Profuse sweating, cold limbs, fainting, vomiting

●●● **Warms the yang**

Chills, cold limbs, abdominal pain, diarrhoea

●●● **Tonifies yang**

Diarrhoea, cold limbs, faint pulse, sweating, impotence, spermatorrhoea, oedemas, frequent or absent urination

●●● **Disperses cold**

Pain in the limbs, joint pain, nausea and vomiting, obstructions due to wind-cold, obstructions due to cold, spasms, severe pain, stiffness

●●● **Relieves pain**Joint pain, pain in the limbs, abdominal pain, painful obstruction (*bi*) syndrome●○○ **Corrects counterflow qi**

Nausea and vomiting, sweating, fainting

●●● **Dispels damp-cold**Painful obstruction (*bi*) syndrome, limb and joint pain, stiffness, spasms

Physiological/pharmacological effects the western herb (tincture) has a negative chronotropic action, causes arrhythmias, and has analgesic, antipyretic and local anaesthetic properties.

Toxicity toxic dosages 15–50 g. Aconite acts initially as a stimulant then depresses the CNS and nerve endings. Signs of poisoning: tingling in the mouth, of the fingers and toes, spreading to the entire body surface. Body temperature decreases, nausea and vomiting, diarrhoea, urinary incontinence. Use with care in patients taking anti-arrhythmic drugs and in patients with cardiovascular disease. Deadly dosages: irregular respiration, bradycardia leading up to complete arrhythmia. Severe pain. Death occurs within 6 hours due to heart failure or respiratory paralysis. Estimated lethal dose: 5–6 g of aconite nitrate.

Commentary this herb acts quickly; its effects can be very sudden and strong: ‘the sun rises and the fog disappears’.

Dosage 1–10 g, standard 3 g

Cooking time in order to reduce toxicity, boil separately for 30 minutes (the prepared form is already detoxified and can be boiled for 20 minutes with the other herbs)



Combinations

- Warm the Kidney and Spleen, tonify the yang, dispel cold → *Zingiberis rhizoma* (*gan jiang*) p. 408
- Deficiency of the jing qi, collapse of the yang qi, cold limbs, profuse sweating, weak respiration, coma, pale complexion → *Ginseng radix* (*ren shen*) p. 714
- Kidney yang deficiency with aversion to cold, weakness of the back, pain in the legs, impotence, increased urination → *Cinnamomi cassiae cortex* (*rou gui*) p. 394, *Rehmanniae radix praeparata* (*shu di huang*) p. 780
- Yang deficiency with spontaneous sweating, chills → *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Astragali radix* (*huang qi*) p. 706
- Wind-cold with yang deficiency → *Ephedrae herba* (*ma huang*) p. 30, *Asari herba* (*xi xin*) p. 24

Compatibility

- Impaired by *Scolopendra* (*wu gong*) p. 458, *Sojae semen praeparatum* (*dan dou chi*) p. 68
- Toxicity diminished by *Saposhnikoviae radix* (*fang feng*) p. 42, *Glycyrrhizae radix* (*gan cao*) p. 716, *Ginseng radix* (*ren shen*) p. 714, *Astragali radix* (*huang qi*) p. 706, *Phaseoli radiati semen* (*liu dou yi*) p. 226, *Allii macrostemi bulbus* (*xie bai*) p. 474, *Glycinis testa* (*liu dou yi*) p. 452, *Lonicerae flos* (*jin yin hua*) p. 216, *Zingiberis rhizoma* (*gan jiang*) p. 408
- Do not combine with *Fritillariae bulbus* (*bei mu*) p. 648, *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Bletillae tuber* (*bai ji*) p. 588, *Pinelliae rhizoma* (*ban xia*) p. 82, *Cynanchi stauntonii radix* (*bai qian*) p. 628

Contraindication yin deficiency

Pregnancy use with caution

Alpiniae officinari rhizoma

Gao liang jiang

高良姜

Family:	Zingiberaceae
Standard species:	<i>Alpinia officinarum</i>
Variation:	Galangae rhizoma
German:	Galgantwurzstock
English:	lesser galangal rhizome, galanga

Temperature

●○○ hot

Taste

●○○ pungent

Organ relationship

●○○ Spleen

●○○ Stomach

Direction of action

●○○ descending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Disperses cold

Epigastric or abdominal pain, nausea, belching, vomiting and diarrhoea

●○○ Relieves pain

Epigastric or abdominal pain, colicky pains in the upper abdomen, chronic gastritis, duodenal ulcers

●○○ Stops diarrhoea

Abdominal pain

Physiological/pharmacological effects spasmolytic, anti-inflammatory, anti-bacterial; treats dyspepsia, especially Roemheld's syndrome (gastrocardiac syndrome), loss of appetite, weak digestion and can also be used as a cooking spice.

Commentary in weak patients, possible side-effects can be dampened by the addition of *Codonopsis radix* (*dang shen*) p. 710 and *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708.

Dosage 1–8 g, standard 3 g

Cooking time 20 minutes



Combinations

- Cold in the Stomach with pain and vomiting → *Zingiberis rhizoma praeparatum* (*pao jiang*) p. 410, *Litsea fructus* (*bi cheng qie*) p. 400
- Cold in the Stomach with rebellious qi, vomiting of clear fluid → *Pinelliae rhizoma* (*ban xia*) p. 82, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Epigastric pain due to cold → *Cyperii rhizoma* (*xiang fu*) p. 494
- Stomach deficiency with hiccough → *Codonopsis radix* (*dang shen*) p. 710, *Poria* (*fu ling*) p. 334

Contraindications yin deficiency with heat and fire symptoms

Pregnancy use with caution

Caryophylli flos

丁香

Ding xiang

Family:	Myrtaceae
Standard species:	<i>Syzigium aromaticum</i> (<i>Eugenia caryophyllata</i> , <i>Caryophyllus aromaticus</i>)
German:	Gewürznelke, Kreidenelke
English:	clove flower bud, 'spike fragrance'

Temperature

●●● warm

Taste

●●● pungent

Organ relationship

●●○ Kidney

●●○ Spleen

●●○ Stomach

Direction of action

●●● descending

Site of action

Middle burner, lower burner

Actions/Indications●●● **Warms cold**

Cold in the middle with qi counterflow: dry heaves, nausea, hiccough, abdominal pain, diarrhoea. Kidney yang: impotence, vaginal discharge, weakness of the legs

●●○ **Transforms dampness**

Dry heaves, nausea, diarrhoea, lack of appetite, vaginal discharge

●●● **Descends counterflow qi**

Nausea, hiccough

●●● **Descends the qi**

Nausea, hiccough due cold in the Stomach

●●○ **Relieves pain**

Abdominal pain, painful obstruction in the channels (external use)

●●○ **Tonifies the Kidneys**

Impotence, vaginal discharge, weakness of the legs, coldness

●●○ **Tonifies and harmonizes the Spleen**

Dry heaves, nausea, diarrhoea, anorexia, shivering due cold deficiency of the Spleen

Physiological/pharmacological effects antiseptic, virostatic, local anaesthetic, spasmolytic, promotes digestion (increases bile and gastric juice secretion); in vitro antibiotic and antifungal; antiparasitic; effective against fungal skin infections, tinea. Clove oil (eugenol): treatment of inflammations of the mouth and throat, stops pain, used in dentistry as an antiseptic. Western naturopathic use as a decoction to treat flatulence, diarrhoea, dyspepsia (tannin content) and as a cooking ingredient.

Toxicity rarely, allergic reactions following internal or external use of eugenols. Possible side-effects: dizziness, palpitations, headache, skin irritation, lowered blood pressure, sweating.

Dosage 1.5–4.5 g**Cooking time** 3 minutes



Combinations

- Nausea, abdominal pain, cold in the Stomach → Pinelliae rhizoma (*ban xia*) p. 82
- Retching, diarrhoea, lack of appetite, cold deficiency of the Spleen and Stomach → Amomi xanthioidis fructus (*sha ren*) p. 284, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Impotence, vaginal discharge with Kidney yang deficiency → Cinnamomi cassiae cortex (*rou gui*) p. 394, Morindae radix (*ba ji tian*) p. 762, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Foeniculi fructus (*xiao hui xiang*) p. 398, Cistanchis herba (*rou cong rong*) p. 738

Compatibility limited by Curcumae radix (*yu jin*) p. 538

Contraindications febrile disorders, yin deficiency

Pregnancy use is allowed

Cinnamomi cassiae cortex

肉桂

Rou gui

Family: Lauraceae
 Standard species: *Cinnamomum cassia*
 German: Cassia-Zimtrinde
 English: cinnamon bark, inner bark of Saigon cinnamon

Temperature

●●● hot

Taste

●○○ pungent

●○○ sweet

Organ relationship

●●● Kidney

●●○ Spleen

●○○ Liver

Signal herb

Kidney channel

Direction of action

●●● deep

Site of action

Lower burner, deep, interior, blood

Actions/Indications●●● **Warms cold**

Abdominal pain, diarrhoea, no thirst, lack of sweating, especially in the lower burner

●●○ **Disperses cold**

Diarrhoea, lack of appetite, feeling of cold

●●● **Tonifies yang**

Impotence, spermatorrhoea, cold and weak legs and lumbar region, dribbling urine

●●● **Warms the yang**

Cold limbs, diarrhoea, lack of appetite, pale complexion, lack of sweating, faint pulse, infertility, amenorrhoea, dysmenorrhoea

●●○ **Tonifies qi**

Loss of appetite, diarrhoea, Spleen deficiency, qi deficiency, blood deficiency

●●○ **Relieves pain**

Abdominal or lumbar pain, cold and painful limbs

●○○ **Moves blood**

Amenorrhoea, dysmenorrhoea, infertility

Physiological/pharmacological effects antibacterial, antifungal, treats ulcers, promotes motility. Used to stimulate gastric juices, treat lack of appetite, dyspepsia, intestinal winds, feeling of distension, to add flavour, as a cooking spice and to temporarily relieve fatigue.

Toxicity incorrect prescribing: flushing, red eyes, dry mouth and bleeding. Overdose: nausea, vomiting, abdominal pain, dysuria, anuria, dizziness, red face, visual disturbances, numbness of the tongue, respiratory distress, dilatation of the blood vessels of the ear, convulsions. Toxicity is dependent on the volatile oil content. Skin and mucosal allergic reactions have been observed, do not use during pregnancy, increased respiratory rate, increased sweating, CNS sedation has been observed.

Dosage 1–3 g, standard 1 g

Cooking time add at the end of the cooking and allow to steep for 10 minutes



Combinations

- Kidney yang deficiency with cold and painful abdomen, lack of appetite, diarrhoea → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Zingiberis rhizoma (*gan jiang*) p. 408
- Kidney yang deficiency with cold limbs, impotence, dribbling urine, diarrhoea, lack of appetite → Rehmanniae radix praeparata (*shu di huang*) p. 780, Lycii fructus (*gou qi zi*) p. 800, Corni fructus (*shan zhu yu*) p. 822
- Kidney and Heart deficiency with palpitations, shortness of breath → Ginseng radix (*ren shen*) p. 714, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Kidney deficiency with painful urination, decreased urine → Phellodendri cortex (*huang bai*) p. 180, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Deficiency and cold of the Conception and Penetrating vessels with dysmenorrhoea, amenorrhoea → Angelicae sinensis radix (*dang gui*) p. 768, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Spleen yang deficiency with loss of appetite, diarrhoea → Dioscoreae rhizoma (*shan yao*) p. 712, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Psoraleae fructus (*bu gu zhi*) p. 764, Amomi fructus rotundus (*bai dou kou*) p. 282

Compatibility

- Promoted by Ginseng radix (*ren shen*) p. 714, Glycyrrhizae radix (*gan cao*) p. 716, Ophiopogonis radix (*mai men dong*) p. 802, Rhei rhizoma (*da huang*) p. 92, Scutellariae radix (*huang qin*) p. 184
- Impaired by fresh onions

Contraindications yin deficiency with heat and fire symptoms

Pregnancy use is **forbidden**

Evodiae fructus**Wu zhu yu**

吴茱萸

Family: Rutaceae
 Standard species: *Evodiae rutaecarpa*
 German: Stink-Eschenfrüchte
 English: evodia fruit

Temperature

●●● hot

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●● Stomach

●●○ Spleen

●●● Liver

●●○ Kidney

Signal herb

Liver

Direction of action

●●○ descending

Site of action

Stomach and Spleen, middle burner

Actions/Indications●●● **Warms cold**

Pain in the centre of the body, upper or lower abdomen, nausea, pale tongue body, faint pulse

●●● **Disperses cold**

Cold bulging (hernia) disorder in the Liver channel, cold phlegm in the Stomach channel, headache, epigastric pain, nausea, diarrhoea due to cold deficiency of the Spleen and Stomach, dysmenorrhoea

●●● **Relieves pain**

Pain in the upper abdomen, pain in the Liver channel, headache, especially of the vertex, colicky pains in the abdomen

●●○ **Corrects counterflow qi**

Liver and Stomach channel disorders, pain in the flanks, dry heaves, vomiting, belching, a wiry and fast pulse

●○○ **Disinfects and detoxifies**

Intestinal parasites

●○○ **Transforms cold phlegm**

Cold phlegm in the Liver and Stomach channels, diarrhoea due to cold phlegm in the middle burner

●●● **Directs qi downwards**

Sinks ascendant Liver qi due to cold in the Liver channel, migraine, hypertension

Physiological/pharmacological effects in vitro antibiotic, analgesic, stimulates the uterus, antihypertensive.

Toxicity do not use long term; very drying and can therefore damage the qi. Overdose can lead to dryness of the throat. High doses stimulate the CNS and may cause problems ranging from visual disturbances to hallucinations.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Cold in the middle and lower burner, epigastric pain, nausea, headache → *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Cold in the Stomach with abdominal pain, nausea, vomiting of bitter fluid → *Zingiberis rhizoma* (*gan jian*) p. 408, *Pinelliae rhizoma* (*ban xia*) p. 82
- Cold bulging disorder (hernia) → *Linderae radix* (*wu yao*) p. 498, *Foeniculi fructus* (*xiao hui xiang*) p. 398
- Liver and Stomach disharmony with nausea, epigastric pain, vomiting bitter fluid → *Coptidis rhizoma* (*huang lian*) p. 172
- Spleen and Kidney yang deficiency with daybreak (cock's crow) diarrhoea → *Schisandrae fructus* (*wu wei zi*) p. 850, *Psoraleae fructus* (*bu gu zhi*) p. 764
- Cold-damp leg qi → *Chaenomelis fructus* (*mu gua*) p. 354

Compatibility

- Impaired by *Salviae miltiorrhizae radix* (*dan shen*) p. 570
- Toxicity diminished by *Glycyrrhizae radix* (*gan cao*) p. 716
- Toxicity overcome by *Fluoritum* (*zi shi ying*) p. 420

Contraindication yin deficiency with heat and fire symptoms

Pregnancy use is **forbidden**

Foeniculi fructus

Xiao hui xiang

小茴香

Family: Apiaceae
 Standard species: *Foeniculum vulgare*
 German: Fenchelsamen
 English: fennel fruit

Temperature

●●● warm

Taste

●●○ pungent
 ●○○ aromatic

Organ relationship

●●● Liver
 ●●○ Kidney
 ●○○ Spleen
 ●○○ Stomach

Direction of action

●●○ descending

Site of action

Middle and lower burners, channels

Actions/Indications

●●○ Moves and regulates qi

Lower burner, Liver channel, hernias, stabbing pain in the lower abdomen, scrotal pain, increases appetite

●●● Relieves pain

Pain in the lower abdomen, pain in the Liver channel, painful obstruction due to cold

●●○ Warms cold

Obstruction in the lower burner, stabbing pain, cold sensation in the lower abdomen, belching, lack of appetite, digestive disturbances, pain in the abdomen

●●● Warms the channels

Obstruction in the Liver channel, cold obstruction in the lower burner, stabbing pain

Physiological/pharmacological effects fennel has expectorant, spasmolytic, appetite-stimulating actions, and can be used to treat mild gastrointestinal disorders, abdominal fullness, intestinal wind, cough and bronchitis, hernias and hydrocele. In animal experiments, inhibition of ciprofloxacin has been observed.

Toxicity in rare cases, allergic reactions have been observed after ingestion of fennel. Cross-reaction in patients allergic to celery has been reported.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Compatibility

- Sharp, localized abdominal pain made worse by cold → *Cinnamomi cassiae cortex* (*rou gui*) p. 394, *Linderae radix* (*wu yao*) p. 498
- Cold with pain in the abdomen, radiating to the scrotum, prolapse → *Litchi semen* (*li zhi he*) p. 502
- Cold in the Stomach → *Zingiberis rhizoma recens* (*sheng jiang*) p. 46, *Magnoliae cortex* (*hou po*) p. 292

Contraindication yin deficiency with heat and fire symptoms

Pregnancy use with caution

Litsea fructus**Bi cheng qi**

華澄茄

Family:	Lauraceae
Standard species:	<i>Litsea cubeba</i>
Variation:	Cubebae fructus
German:	Kubebenpfeffer, javanischer Pfeffer
English:	cubeb fruit

Temperature

●●● warm

Taste

●●○ pungent

Organ relationship

- Spleen
- Stomach
- Kidney
- Bladder

Direction of action

- descending
- ascending

Site of action

Middle and lower burner

Actions/Indications●●● **Tonifies and harmonizes the Spleen**

Warms the middle burner: stops pain, promotes digestion, treats gastrointestinal problems due to cold, dry heaves, nausea, hiccough

●●○ **Descends the qi**

Nausea, hiccough, epigastric pain

●○○ **Relieves pain**

Pain in epigastrium and abdomen due to cold, hernia-like pain

●○○ **Tonifies the Kidneys**

Dysuria, cloudy urine, cold in the lower burner

●●○ **Warms cold**

Dysuria, cold in the middle burner: dry heaves, nausea, abdominal pain, cold in the lower burner, cold obstruction in the lower abdomen with stabbing pain, hernias

●●○ **Drains damp-cold**

Dysuria, cloudy urine, scanty urine (special use in treating children)

●○○ **Promotes urination**

Dysuria

Physiological/pharmacological effects contains volatile oils, which may have an antiseptic effect in the urinary tract. This cooking ingredient was a common substitute in the 16th and 17th century in Europe for pepper; it is still used in Arabian and Indonesian cooking. In folk medicine, it retains its use in treatment of inflammatory or bacterial urinary tract infections, as an expectorant to treat chronic bronchitis, to treat headache (fainting remedy), forgetfulness and also as an aphrodisiac.

Toxicity ingestion of large amounts may lead to irritation of the urinary tract, renal and intestinal pain, difficult urination, vomiting, and diarrhoea.

Commentary the herb is pungent and thus has a dispersing and lifting effect.

Dosage 2–5 g

Cooking time 20 minutes



Combinations

- Hiccough, decreased appetite → *Zingiberis rhizoma recens* (*sheng jiang*) p. 46, *Massa medicata fermentata* (*shen qu*) p. 688
- Dry heaves, nausea → *Alpiniae officinari rhizoma* (*gao liang jiang*) p. 390, *Amomi fructus rotundus* (*bai dou kou*) p. 282
- Stabbing lower abdominal pain with hernia-like symptoms → *Evodiae fructus* (*wu zhu yu*) p. 383, *Cyperis rhizoma* (*xiang fu*) p. 494
- Dysuria → *Linderæ radix* (*wu yao*) p. 498

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Piperis fructus

胡椒

Hu jiao

Family:	Piperaceae
Standard species:	<i>Piper nigrum</i>
German:	schwarzer Pfeffer
English:	pepper

Temperature

●● hot

Taste

●●● pungent

Organ relationship

●● Stomach

●○ Large Intestine

Direction of action

●○ descending

Site of action

Middle burner

Actions/Indications

●●● Warms cold

Cold in the Stomach: nausea, diarrhoea, abdominal pain

●●● Expels cold

Feeling of cold

●○ Tonifies and harmonizes the Spleen

Diarrhoea, vomiting, nausea

Physiological/pharmacological effects the volatile oils have antimicrobial actions whilst piperine promotes bile secretion, promotes liver metabolism and also has an insecticidal effect. Piperins stimulate salivary and gastric juice secretion. Used mainly as a cooking ingredient.

Commentary topical use to treat childhood diarrhoea: grind up 1–2 peppercorns and put into the umbilicus, cover with gauze and change every 24 hours (warms the middle burner), repeat 2–3 times as needed. Topical application of the powdered herb to treat toothache. If more than 30 g daily dosage is prescribed, the herb must be boiled for more than 2 hours.

Dosage 1.5–4.5 g**Cooking time** 20 minutes



Combinations

- Diarrhoea, vomiting, nausea, abdominal pain due to cold in the Stomach →
Alpiniae officinarum rhizoma (*gao liang jiang*) p. 390

Contraindication yin deficiency due to heat signs

Pregnancy use with care

Piperis longi fructus

萆拔

Bi ba

Family: Piperaceae
 Standard species: *Piper longum*
 German: Früchte des langen Pfeffer
 English: long pepper fruit

Temperature

●● hot

Taste

●●● pungent

Organ relationship

●● Stomach

●● Large Intestine

Direction of action

●● descending

Site of action

Middle burner

Actions/Indications

●●● Warms cold

Cold in the Stomach: dry heaves, nausea, diarrhoea, belching, abdominal pain

●●● Expels cold

Abdominal pain, diarrhoea

●●● Tonifies and harmonizes the Spleen

Food stagnation, vomiting, nausea

●●● Relieves pain

Abdominal pain, toothache (topical use as a powder massaged into the gums)

Physiological/pharmacological effects antibiotic (*Staphylococcus aureus*, *Bacillus dysenteriae*, *Mycobacterium tuberculosis*, *Salmonella typhi*, *Bacillus cereus*), dilates the blood vessels and promotes feeling of warmth in the body and in the limbs.

Dosage 1.5–4.5 g**Cooking time** 20 minutes



Combinations

- Retching, nausea, diarrhoea, abdominal pain due to cold in the Stomach → *Alpiniae officinari rhizoma (gao liang jiang)* p. 390, *Magnoliae cortex (hou po)* p. 292, *Aucklandiae radix (mu xiang)* p. 480
- Toothache (topical use) → *Xanthii fructus (cang er zi)* p. 376
- Chronic diarrhoea due to cold deficiency → *Chebulae fructus (he zi)* p. 820, *Zingiberis rhizoma (gan jiang)* p. 408, *Cinnamomi cassiae cortex (rou gui)* p. 394
- Angina pectoris → *Santali albi lignum (tan xiang)*, *Borneol (bing pian)* p. 270, *Asari herba (xi xin)* p. 24

Contraindication heat due to deficiency or excess

Pregnancy use is allowed

Zanthoxyli fructus

椒目

Hua jiao

Family: Rutaceae
 Standard species: *Zanthoxylum simulans seu bungeanum*
 German: täuschende Stachelesche, Sechuan-Pfeffer
 English: fruit of the Szechuan pepper, Chinese prickly ash, zanthoxylum

Temperature

●●● hot

Taste

●●● pungent

Organ relationship

●●○ Spleen
 ●●○ Stomach
 ●○○ Kidney

Direction of action

●○○ descending

Site of action

Middle burner

Actions/Indications●●● **Warms cold**

Cold in the middle burner: cold sensation in the abdomen, abdominal pain, diarrhoea, dry heaves, nausea

●●● **Expels cold**

Cold sensation in the abdomen

●○○ **Relieves pain**

Abdominal pain

●○○ **Antiparasitic**

Intestinal parasites (tapeworm, roundworm)

●○○ **Dries damp-cold**

Diarrhoea, dry heaves, nausea, strong abdominal pain, abdominal cramps, urgent, frequent, watery diarrhoea

Physiological/pharmacological effects antiparasitic, mildly diuretic, analgesic, antibiotic, antidiarrhoea. For weaning purposes combine with brown sugar or take as a capsule (grind the herb, insert in capsules and take 400 g three times daily for 3–4 days); also used as a cooking ingredient.

Toxicity slightly toxic herb, use only short term. Antidote: Cannabis semen (*huo ma ren*) p. 96 in cold water.

Commentary also for external use as a single herb for local anaesthesia (wrapped in a cloth).

Dosage 1.5 g–6 g, standard 3 g

Cooking time 20 minutes



Combinations

- Severe abdominal or epigastric pain, cold sensation in the abdomen, discomfort, nausea due to yang deficiency with cold signs → Zingiberis rhizoma (*gan jiang*) p. 408, Ginseng radix (*ren shen*) p. 714
- Diarrhoea due to damp-cold → Atractylodis rhizoma (*cang zhu*) p. 286, Citri reticulatae pericarpium (*chen pi*) p. 488, Aucklandiae radix (*mu xiang*) p. 480
- Abdominal pain and nausea due to tapeworms, especially with cold deficiency → Mume fructus (*wu mei*) p. 838, Coptidis rhizoma (*huang lian*) p. 172
- Pruritus due to eczema (external use) → Sophorae flavescents radix (*ku shen*) p. 186, Kochiae fructus (*di fu zi*) p. 316

Compatibility

- Promoted by Armeniacae semen (*xing ren*) p. 664, salt
- Impaired by Trichosanthis fructus et semen (*gua lou*) p. 662
- Toxicity mitigated by Saposhnikoviae radix (*fang feng*) p. 42, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Realgar (*xiong huang*)
- Suppresses Tussilaginis farfarae (*kuan dong hua*) p. 678, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Contraindication heat due to yin deficiency

Pregnancy use with care

Zingiberis rhizoma**Gan jiang**

干姜

Family:	Zingiberaceae
Standard species:	<i>Zingiberis officinalis</i>
German:	Ingwerwurzelstock
English:	dried ginger rhizome

Temperature

●●● hot

Taste

●●● pungent

Organ relationship

- Spleen
- Stomach
- Kidney
- Heart
- Lung

Direction of action

●●● deep

Site of action

Spleen and Stomach, middle burner

Actions/Indications**●●● Warms the yang**

Cold limbs, very weak pulse, fainting, interior cold

●●● Disperses cold

Especially cold in the Spleen: vomiting and diarrhoea, feeling of cold in the abdomen, loss of appetite, nausea, pale tongue body with a moist, white tongue coating, abdominal cramps

●●● Dispels damp-cold

Spleen: vomiting, diarrhoea, nausea, feeling of cold. Lung: cough, thin white sputum

●●● Transforms cold phlegm

Cough, thin white sputum

●●○ Rescues devastated yang

Cold limbs, fainting, vanishing or faint pulse

●●○ Stops bleeding

Bleeding due to cold deficiency: uterine bleeding; chronic recurrent bleeding with cold, cold limbs, pale complexion

●●○ Relieves painAbdominal cramps, painful obstruction (*bi*) syndrome

Physiological/pharmacological effects promotes secretion of saliva and gastric juices and intestinal motility; has anti-emetic properties, promotes bile secretion, antibiotic, antifungal, antiparasitic, nematocytic, inhibits platelet aggregation (presumably through formation of thromboxane). Used to treat dyspepsia, loss of appetite, motion sickness, dry heaves, vomiting. Recent research suggests that may increase blood pressure.

Toxicity western medicine suggests that it should not be used to treat morning sickness of pregnancy.

Dosage 1–12 g, standard 3 g

Cooking time 20 minutes



Combinations

- Cold deficiency of the Spleen and Stomach, epigastric pain, nausea → Glycyrrhizae radix (*gan cao*) p. 716
- Cold deficiency of the Spleen and Stomach with nausea, vomiting, diarrhoea, cold limbs → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Cold in the Stomach with abdominal pain, nausea → Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730
- Cold phlegm with vomiting due to deficiency of the Spleen and Stomach → Pinelliae rhizoma (*ban xia*) p. 82, Ginseng radix (*ren shen*) p. 714
- Epigastric pain, tension, dysentery → Coptidis rhizoma (*huang lian*) p. 172
- Cold, fluid accumulation, epigastric pain and tension → Magnoliae cortex (*hou po*) p. 292
- Spleen deficiency with diarrhoea, bloody stools, uterine bleeding → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Cold phlegm in the Lung with cough and thin phlegm → Asari herba (*xi xin*) p. 24, Poria (*fu ling*) p. 334, Glycyrrhizae radix (*gan cao*) p. 716, Schisandrae fructus (*wu wei zi*) p. 850

Compatibility

- Promoted by Zanthoxyli semen (*jiao mu*)
- Impaired by Scutellariae radix (*huang qin*) p. 184, Coptidis rhizoma (*huang lian*) p. 172
- Reduces the toxicity of Pinelliae rhizoma (*ban xia*) p. 82, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Contraindications yin deficiency with heat and fire symptoms, bleeding with heat signs

Pregnancy use with caution

Zingiberis rhizoma praeparatum**Pao jiang**

炮姜

Family:	Zingiberaceae
Standard species:	<i>Zingiber officinale</i>
Variation:	<i>Zingiberis rhizoma praeparata</i>
German:	gerösteter Ingwerwurzelstock
English:	quick-fried ginger rhizome

Temperature

●●○ hot

Taste

●●○ bitter

●○○ pungent

Organ relationship

●●○ Heart

●●○ Spleen

●●○ Stomach

●○○ Lung

●●○ Large Intestine

Direction of action

●●○ descending

Site of action

Middle and lower burner, Spleen and Stomach, interior, blood

Actions/Indications●●● **Warms cold**

Cold in the middle: diarrhoea, poor digestion, pain

●●○ **Stops bleeding**

Cold deficiency: bleeding from the mouth, nosebleed, intestinal bleeding, uterine bleeding

●●○ **Relieves pain**

Pain in the lower or middle burner, pain due to cold

●●○ **Warms the yang**

Chills, cold limbs, no thirst, pale tongue body, pain, yang deficiency

Dosage 1–10 g, standard 3 g**Cooking time** 20 minutes



IX Herbs that warm the interior and expel cold

Contraindications yin deficiency with heat or fire symptoms, heat in the blood

Pregnancy use with caution

X

Substances that calm the spirit

Xa Substances that anchor and calm the spirit

Overview

Cinnabaris (<i>zhu sha</i>)	418
Fluoritum (<i>zi shi ying</i>)	420
Magnetitum (<i>ci shi</i>)	422
Margarita concha (<i>zhen zhu</i>)	424
Mastodi fossilium ossis (<i>long gu</i>)	426
Ostrea concha (<i>mu li</i>)	428
Succinum (<i>hu po</i>)	430

Xb Substances that nourish the Heart and calm the spirit

Overview

Albiziae cortex (<i>he huan pi</i>)	432
Albiziae flos (<i>he huan hua</i>)	434
Ganoderma (<i>ling zhi</i>)	436
Platycladi semen (<i>bai zi ren</i>)	438
Polygalae radix (<i>yuan zhi</i>)	440
Polygoni multiflori caulis (<i>ye jiao teng</i>)	442
Tritici fructus (<i>xiao mai</i>)	444
Ziziphi spinosae semen (<i>suan zao ren</i>)	446

Xc Substances that extinguish wind and calm the Liver

Overview

Bombyx batrycatus (<i>jiang can</i>)	448
Gastrodiae rhizoma (<i>tian ma</i>)	450
Glycinis testa (<i>lü dou yi</i>)	452
Haliotidis concha (<i>shi jue ming</i>)	454
Pheretima (<i>di long</i>)	456
Scolopendra (<i>wu gong</i>)	458
Scorpio (<i>quan xie</i>)	460
Tribuli fructus (<i>bai ji li</i>)	462
Uncariae ramulus cum unci (<i>gou teng</i>)	464

Characteristics

Properties

Herbs in this category:

- can treat an excess syndrome in the Heart. Characteristics of this syndrome are Heart overactivity with heat signs: nervousness, fright, restlessness, irritability, insomnia, emotional stress, spasms, epileptic seizures
- can also treat Heart blood and Heart yin deficiency leading to symptoms such as nervousness, palpitations, insomnia, anxiety attacks, spontaneous sweating, night-sweats, disturbed sleep
- descend ascendant Liver yang and treat deficient Liver yin: dizziness, light-headedness, giddiness, headache, blurred vision, irritability, red face, dry, bitter taste in the mouth, nausea, dry heaves
- pacify internal wind (ascendant Liver yang can transform into internal wind): tremor, spasms, seizures, paraesthesias of the limbs, dizziness, difficulties walking, loss of balance; if fire and phlegm are additionally present, this may lead to obstruction of the channels with loss of consciousness, hemiplegia, deviation of the mouth, hypertension, glaucoma, facial nerve paralysis.

Actions

The substances in groups Xa and Xb have an effect on the Heart (restlessness with anxiety, sleep disturbances, palpitations), on the Liver (irritability, insomnia, dream-disturbed sleep) and on the Kidney (panic attacks, fearfulness, anxiety).

Many of the medicinals are heavy mineral substances with a downward nature that sinks yang and fire and diminishes anxiety: Magnetitum (*ci shi*), Fluoritum (*zi shi ying*), Margarita concha (*zhen zhu*), Succinum (*hu po*), Mastodi fossilium ossis (*long gu*), Ostrea concha (*mu li*).

Animal products in this category open the channels, expel wind and relieve spasms: Pheretima (*di long*), Bombyx batrycatus (*jiang can*), Scorpio (*quan xie*), Scolopendra (*wu gong*) p. 458.

Taste and Temperature

- Cold and salty: reduces heat and fire, preserves yin, i.e. Ostrea concha (*mu li*), Margarita concha (*zhen zhu*), Magnetitum (*ci shi*), Platycladi semen (*bai zi ren*) p. 438.
- Sweet: tonifies and moisturizes, tonifies blood, moisturizes dryness, i.e. Platycladi semen (*bai zi ren*), Ziziphi spinosae semen (*suan zao ren*), Albiziae cortex (*he huan pi*), Polygoni multiflori caulis (*ye jiao teng*).

Comparison between the individual herbs in this category

Calms and anchors the spirit

Magnetitum (<i>ci shi</i>) p. 422	●●●●●●●●
Margarita concha (<i>zhen zhu</i>) p. 424	●●●●●○○○
Mastodi fossilium ossis (<i>long gu</i>) p. 426	●●●●●○○○
Succinum (<i>hu po</i>) p. 430	●●●●●○○○
Ostrea concha (<i>mu li</i>) p. 428	●●●●●○○○○

Nourishes the Heart, calms and anchors the spirit and improves sleep

Ziziphi spinosae semen (<i>suan zao ren</i>) p. 446	●●●●●●●●
Platycladi semen (<i>bai zi ren</i>) p. 438	●●●●●●●●
Polygoni multiflori caulis (<i>ye jiao teng</i>) p. 442	●●●●●●●●
Albiziae cortex (<i>he huan pi</i>) p. 432	●●●●●●●○
Lilii bulbosus (<i>bai he</i>) p. 796	●●●●●○○○
Poria (<i>fu ling</i>) p. 334	●●●●●○○○
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●○○○
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●●○○○

Descends Liver yang and calms and anchors the spirit

Haematitum (<i>dai zhe shi</i>) p. 80	●●●●●●●●
Haliotidis concha (<i>shi jue ming</i>) p. 454	●●●●●●●○
Mastodi fossilium ossis (<i>long gu</i>) p. 426	●●●●●●○○
Margarita concha (<i>zhen zhu</i>) p. 424	●●●●●●○○
Magnetitum (<i>ci shi</i>) p. 422	●●●●●○○○
Ostrea concha (<i>mu li</i>) p. 428	●●●●○○○○
Uncariae ramulus cum uncis (<i>gou teng</i>) p. 464	●●●●○○○○
Gastrodiae rhizoma (<i>tian ma</i>) p. 450	●●○○○○○○

Summary

1. Sedates the Heart, calms and anchors the spirit

Cinnabaris (<i>zhu sha</i>) p. 418	→ external: abscesses, ulcers
Magnetitum (<i>ci shi</i>) p. 422	→ anchors Liver yang, stops wheezing
Mastodi fossilium ossis (<i>long gu</i>) p. 426	→ anchors Liver yang, prevents fluid loss
Succinum (<i>hu po</i>) p. 430	→ convulsions, seizures due to hot phlegm blocking the Heart, promotes blood circulation, treats dysuria

2. Nourishes the Heart, calm and anchors the spirit

Ziziphi spinosae semen (<i>suan zao ren</i>) p. 446	→ nourishes the Spleen, Liver and Kidney, decreases symptoms of Shen deficiency, stops sweating
Platycladi semen (<i>bai zi ren</i>) p. 438	→ relieves excessive thinking which has led to a Shen deficiency, treats constipation
Polygonalae radix (<i>yuan zhi</i>) p. 440	→ removes phlegm blockage of the Heart
Albiziae flos (<i>he huan pi</i>) p. 432	→ relieves Liver qi stagnation, harmonizes the blood, reduces swelling
Polygoni multiflori caulis (<i>ye jiao teng</i>) p. 442	→ opens the channels and expels wind
Ganoderma (<i>ling zhi</i>) p. 436	→ stops coughing, harmonizes qi and blood
Tritici fructus (<i>xiao mai</i>) p. 444, 854	→ relieves irritability, promotes urination

3. Extinguishes Liver wind, clears heat in the Liver, relieves spasms

Uncariae ramulus cum uncis → descends Liver yang
(*gou teng*) p. 464

Gastrodiae rhizoma (*tian ma*) p. 450 → extinguishes Liver wind, stops spasms, unblocks the channels and collaterals

4. Extinguishes Liver wind, stops tonic-clonic seizures and spasms

Scorpio (*quan xie*) p. 460 → unblocks the channels and collaterals, relieves pain, draws out toxins, breaks up nodules, tremor, twitching

Scolopendra (*wu gong*) p. 458 → unblocks the channels and collaterals to relieve pain, draws out toxins, breaks up nodules, tonic-clonic seizures

Bombyx batrycatus (*jiang can*) p. 448 → eliminates phlegm, extinguishes wind-heat

Pheretima (*di long*) p. 456 → clears heat, unblocks the channels and collaterals, relieves wheezing, promotes urination

5. Soothes the Liver, descends yang

Haliotidis concha (*shi jue ming*) p. 454 → clears the eyes

Ostrea concha (*mu li*) p. 428 → softens hardness, nodes, secures jing

Haematitum (*dai zhe shi*) p. 80 → cools blood, stops bleeding, sinks counterflow qi in the Stomach

Bletillae rhizoma (*bai ji*) p. 588 → soothes Liver qi stagnation, expels wind to clear the eyes, relieves itching

Cassiae semen (*jue ming zi*) p. 146 → clears the eyes, relieves headaches

6. Sedates Liver yang, calms the spirit

Margarita concha (*zhen zhu*) p. 424 → promotes wound healing and tissue growth (topical application), cools heat in the Liver, clears the eyes

Herbs from other categories that calm the spirit

Acori graminei rhizoma (<i>shi chang pu</i>)	266
Ginseng radix (<i>ren shen</i>)	714
Jujubae fructus (<i>da zao</i>)	718
Lilii bulbosus (<i>bai he</i>)	796
Longanae arillus (<i>long yan rou</i>)	772
Margarita concha (<i>zhen zhu</i>)	424
Nelumbinis semen (<i>lian zi</i>)	842
Ophiopogonis radix (<i>mai men dong</i>)	802
Ostrea concha (<i>mu li</i>)	428
Salviae miltiorrhizae radix (<i>dan shen</i>)	570
Schisandrae fructus (<i>wu wei zi</i>)	850

Herbs from other categories that sedate the Liver and extinguish wind

Bovis calculus (<i>niu huang</i>)	154
Chrysanthemi flos (<i>ju hua</i>)	52
Cicadae periostracum (<i>chan tui</i>)	54
Paoniae radix lactiflora (<i>bai shao</i>)	776
Testudinis carapax (<i>gui ban</i>)	812
Trionycis carapax (<i>bie jia</i>)	814

Cinnabaris

Zhu sha

朱砂

Chemical name: Mercury sulphide, HgS
 German: Zinnober, Cinnabarit
 English: cinnabar, 'vermillion sand'

Temperature

●●○ cold tendency

Taste

●○○ sweet

Organ relationship

●●● Heart

Direction of action

●●● sinking

Site of action

Deep, interior

Actions/Indications

●●● Descends the yang

Heart yang: restlessness, nervousness, jitteriness, insomnia, epilepsy. Heart fire: high fever, coma, palpitations, anxiety, convulsions

●●● Calms and anchors the spirit

Jitteriness, anxiety, insomnia, palpitations

●○○ Disinfects and detoxifies

Boils, mouth ulcers, inflamed throat, infections, sores, aphthous lesions, snakebite

●○○ Dislodges phlegm

Wind, phlegm: vertigo, phlegm in the lungs, phlegm in the Heart; epilepsy, convulsions, loss of consciousness, fever

Toxicity do not use long term or in high doses. In order to avoid mercury poisoning, do not heat. Side-effects: nausea, vomiting, excess salivation, slowed pulse, greasy tongue coating. Acute overdose: CNS disturbances, nervousness, metal taste in the mouth, gingivitis, loss of appetite, abdominal pain, diarrhoea, tremor, disturbances of sexual function, hepatic or renal damage.

Warning because of its toxicity, this substance should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary only use in pill or powdered form

Dosage 0.3–1 g, standard 0.3 g

Cooking time do not boil, the powdered herb is taken together with the other herbs that have been prepared in decoction



Combinations

- Heart fire with mental restlessness → Coptidis rhizoma (*huang lian*) p. 172, Glycyrrhizae radix (*gan cao*) p. 716
- Heart fire due to blood deficiency → Coptidis rhizoma (*huang lian*) p. 172, Glycyrrhizae radix (*gan cao*) p. 716, Rehmanniae radix (*sheng di huang*) p. 168, Angelicae sinensis radix (*dang gui*) p. 768
- Blood deficiency with insomnia, palpitations, anxiety → Angelicae sinensis radix (*dang gui*) p. 768, Platycladi semen (*bai zi ren*) p. 438, Ziziphi spinosae semen (*suan zao ren*) p. 446
- Acute or chronic seizures in childhood → Bambusae concretio silicea (*tian zhu huang*) p. 644, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624
- Seizures → Magnetitum (*ci shi*) p. 422, Massa medicata fermentata (*shen qu*) p. 688

Compatibility

- Impaired by Magnetitum (*ci shi*) p. 422
- Limited by blood
- Toxicity diminished by Plantaginis semen (*che qian zi*) p. 328, Pyrrosiae folium (*shi wei*) p. 336, Gleditsiae spina (*zao jiao ci*) p. 630, Cassiae semen (*jue ming zi*) p. 146, Dianthi herba (*qu mai*) p. 310, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Sanguisorbae radix (*di yu*) p. 608, Mori fructus (*sang shen*) p. 774, Violae herba (*zi hua di ding*) p. 254, Mori folium (*sang ye*) p. 62, Lycii cortex (*di gu pi*) p. 260, and salt water.

Contraindications do not use long term, beware of mercury poisoning, do not heat!

Pregnancy use is **forbidden**

Fluoritum**Zi shi ying**

紫石英

Chemical name: calcium fluoride, CaF₂
 Variation: Amethystum
 German: Fluorit, Flussspat
 English: fluorite, 'purple stone radiance'

Temperature

●●○ warm

Taste

●●○ sweet

Organ relationship

●●● Heart

●●○ Liver

●○○ Lung

Direction of action

●●○ sinking

Site of action

Lower burner, deep, interior

Actions/Indications●●● **Anchors the yang**

Heart yang: insomnia, palpitations, restlessness, anxiety, spasms, convulsions

●●● **Calms and anchors the spirit**

Agitation, disorientation, convulsions, insomnia

●○○ **Warms cold**

Cough, respiratory complaints with copious sputum, cold deficiency, warms the uterus: heavy menstruation, infertility

●○○ **Corrects counterflow qi**

Cough, respiratory complaints with copious sputum

Dosage 6–15 g, standard 10 g**Cooking time** 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs, then boil for a further 20 minutes



Combinations

- Heart-blood deficiency or ascendant Liver yang causing palpitations, anxiety, insomnia, disorientation → Poria (*fu ling*) p. 334, Astragali radix (*huang qi*) p. 706, Angelicae sinensis radix (*dang gui*) p. 768
- Cold deficiency of the Lung with cough, wheezing, sputum accumulation; heavy uterine bleeding, infertility → Rehmanniae radix praeparata (*shu di huang*) p. 780, Asini corii colla (*e jiao*) p. 770, Juglandis semen (*hu tao ren*) p. 760
- Jing fright mania syndrome, palpitations, anxiety → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428

Compatibility

- Impaired by Coptidis rhizoma (*huang lian*) p. 172
- Limited by Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388 and alcohol

Contraindications Spleen and Stomach deficiency

Pregnancy use is allowed

Magnetitum

Ci shi

磁石

Chemical name: Magnetite, Fe_3O_4
 German: Magnetit, Magneteisenstein
 English: magnetite, 'magnetic stone'

Temperature

●●● cold

Taste

●○○ pungent

Organ relationship

●●○ Kidney

●●○ Liver

Direction of action

●●● sinking

Site of action

Deep, interior

Actions/Indications

●●● Anchors the yang

Ascendant Kidney or Liver yang: palpitations, anxiety, insomnia, epilepsy, tremor, convulsions

●●● Settles tremors and convulsions

Convulsions, epilepsy, tremors, spasm

●●● Calms and anchors the spirit

Restlessness, palpitations, insomnia, anxiety

●●○ Directs qi downwards

Shortness of breath, wheezing, asthma due to Kidney deficiency

●●○ Tonifies yin

Liver or Kidney yin deficiency: dizziness, visual disturbances, deafness, tinnitus, blurred vision, forgetfulness

Commentary this substance is difficult to digest in pill or powder form and should therefore not be administered long term. All metal substances may damage the Spleen and Stomach and should therefore be administered together with herbs that tonify the middle.

Dosage 15–30 g, standard 15 g

Cooking time 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs then boil for a further 20 minutes



Combinations

- Yin deficiency with ascendant yang, stupor, dizziness → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428
- Yin deficiency with ascendant yang, stupor, heaviness of the head, red face, palpitations → Achyranthis bidentatae radix (*niu xi*) p. 522, Eucomniae cortex (*du zhong*) p. 756, Haliotidis concha (*shi jue ming*) p. 454
- Tinnitus, diminished hearing acuity → Rehmanniae radix praeparata (*shu di huang*) p. 780, Corni fructus (*shan zhu yu*) p. 822, Schisandrae fructus (*wu wei zi*) p. 850
- Deficiency of the Kidney and Liver, impaired vision, cataracts, irritability → Cinnabaris (*zhu sha*) p. 418, Massa medicata fermentata (*shen qu*) p. 688
- Kidney and Liver yin deficiency, dizziness, impaired vision, tinnitus, deafness → Rehmanniae radix praeparata (*shu di huang*) p. 780, Evodiae fructus (*wu zhu yu*) p. 383, Schisandrae fructus (*wu wei zi*) p. 850

Compatibility

- Promoted by Bupleuri radix (*chai hu*) p. 50
- Impaired by Moutan cortex (*mu dan pi*) p. 164
- Diminishes the toxicity of Cinnabaris (*zhu sha*) p. 418, iron, gold

Pregnancy use is allowed

Margarita concha**Zhen zhu**

珍珠

Family:	Pteriidae
Standard species:	<i>Pteria margaritifera</i>
Variation:	Margarita conchaferae concha
German:	Schale der Permuschel
English:	pearl shell

Temperature

●●● cold

Taste

○○○ salty

○○○ sweet

Organ relationship

●●● Heart

●○○ Liver

Direction of action

●●● sinking

Site of action

Deep, interior

Actions/Indications●●● **Anchors the yang**

Heart yang: palpitations, tremor, convulsions, epilepsy, anxiety. Liver yang: cramping, epilepsy, vertigo, tinnitus, insomnia

●○○ **Tonifies and cools the Heart**

Palpitations, anxiety, fear, tremors

●○○ **Settles tremors and convulsions**

Convulsions, epilepsy, spasms

●○○ **Cools heat**

Heart: red eyes, painful swollen throat, blurred vision (external use as a powder)

●○○ **Eczema, burns and ulcerations**

Ulcers, open non-healing sores, mouth ulcers: external use as a powder

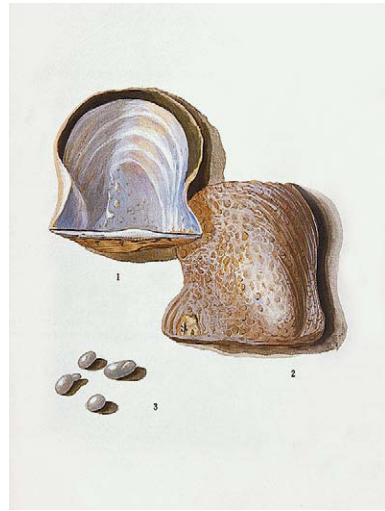
●●● **Calms and anchors the spirit**

Palpitations, anxiety, convulsions, spasms

Physiological/pharmacological effects newest research indicates that daily intake of the mineral in powder form by geriatric patients led to an improvement in memory, energy, concentration and boosted the immune system. Neutralizes gastric acids; acid regurgitation, painful peptic ulcers.

Dosage 15–30 g, standard 15 g

Cooking time 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs, then boil for a further 20 minutes



Combinations

- Ascendant Heart yang → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428, Cinnabaris (*zhu sha*) p. 418, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Bambusae concretio silicea (*tian zhu huang*) p. 644
- Liver heat → Succinum (*hu po*) p. 430, Haliotidis concha (*shi jue ming*) p. 454, Borneol (*bing pian*) p. 270
- Palpitations, anxiety, cramps, childhood seizures → Succinum (*hu po*) p. 430, Cinnabaris (*zhu sha*) p. 418, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624

Contraindication absence of heat or fire

Pregnancy use is allowed

Mastodi fossilium ossis

龙骨

Long gu

Variation: Draconis os, Mastodi ossum sive dentium fossilia
 German: fossile Tierknochen, 'Drachenknochen'
 English: dragon bone, fossilized vertebrae and bones (usually of mammalian origin)

Temperature

●●○ cool

Taste

●●○ sweet

Organ relationship

●●● Heart

●●● Liver

●●○ Kidney

Direction of action

●●○ sinking

Site of action

Deep, interior

Actions/Indications●●● **Anchors the yang**

Heart yang: agitation, restlessness, insomnia, mania, convulsions, palpitations, anxiety.

Liver yang: vertigo, tinnitus, headache, insomnia

●●● **Calms and anchors the spirit**

Irritability, agitation, insomnia, palpitation, nightsweats

●●● **Regulates and harmonizes the Liver**

Vertigo, visual impairment due to Liver yin deficiency

●●○ **Acts as an astringent and collects**

Spermatorrhoea, nightsweats, spontaneous sweating, vaginal discharge, uterine bleeding due to Kidney yin deficiency

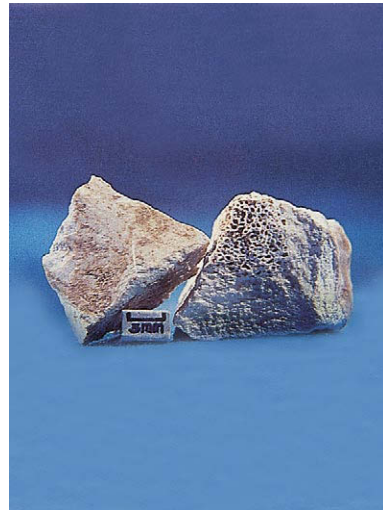
●●○ **Eczema, burns and ulcerations**

External use: non-healing, chronic lesions or ulcers

●●● **Pacifies internal wind**

Vertigo, tinnitus, hypertension

Toxicity inappropriate dosage can lead to burning, painful urination**Dosage** 15–30 g standard 15 g**Cooking time** 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs, then boil for an additional 20 minutes



Combinations

- Palpitations, forgetfulness, insomnia, dream-disturbed sleep → Polygalae radix (*yuán zhī*) p. 440, Ziziphi spinosae semen (*suān zāo rén*) p. 446
- Yin deficiency with ascendant yang, insomnia, irritability, confusion, blurred vision → Ostrea concha (*mú lì*) p. 428, Achyranthis bidentatae radix (*niú xī*) p. 522
- Yin deficiency with night sweats → Corni fructus (*shān zhū yú*) p. 822, Ostrea concha (*mú lì*) p. 428
- Kidney yang deficiency with spermatorrhoea, diarrhoea, vaginal discharge, heavy uterine bleeding → Cinnamomi cassiae ramulus (*guī zhī*) p. 26, Paeoniae radix lactiflora (*bái shāo*) p. 776
- Cold deficiency with lumbar pain, painful limbs, somnolence, fatigue → Cinnamomi cassiae ramulus (*guī zhī*) p. 26, Paeoniae radix lactiflora (*bái shāo*) p. 776
- Qi collapse, devastated yang with profuse sweating → Aconiti radix lateralis praeparata (*zhī fú zǐ*) p. 388, Ginseng radix (*rén shēn*) p. 714
- Kidney deficiency → Astragali semen (*shā yuán jī lì*) p. 732, Euryalis semen (*qiān shī*) p. 826
- Kidney yin deficiency with sweating, diarrhoea, leucorrhoea → Astragali radix (*huáng qí*) p. 706, Paeoniae radix lactiflora (*bái shāo*) p. 776, Aconiti radix lateralis praeparata (*zhī fú zǐ*) p. 388, Ginseng radix (*rén shēn*) p. 714, Ostrea concha (*mú lì*) p. 428

Compatibility

- Promoted by Ginseng radix (*rén shēn*) p. 714, Phaseoli radiati semen (*lǚ dòu*) p. 226
- Limited by Gypsum (*shī gāo*) p. 130, iron-containing pots, fish

Contraindications damp-heat, overwhelming (excess) pathogenic qi

Pregnancy use is allowed

Ostrea concha

牡蛎

Mu li

Family:	Ostreidae
Standard species:	<i>Ostrea gigas</i>
German:	Austernschale
English:	oyster shell

Temperature

●●○ cold tendency

Taste

●●● salty

Organ relationship

●●● Liver

●●● Kidney

●●○ Heart

Direction of action

●●● sinking

Site of action

Lower burner, deep, interior

Actions/Indications●●● **Anchors the yang**

Heart yang: agitation, palpitations, nervousness, fright mania, insomnia

●●● **Calms and anchors the spirit**

Restlessness, insomnia

●●● **Regulates and harmonizes the Liver**

Vertigo, visual impairment, cramping, headache, tinnitus, blurred vision

●●○ **Acts as an astringent and collects**

Kidney yin deficiency: periodic fever, nightsweats, uterine bleeding, leucorrhoea, spermatorrhoea, spontaneous sweating

●●○ **Disperses swelling**

Swellings of the neck, swelling in the breast (parotitis, mastitis), lymphatic swelling of the head, neck and inguinal regions

●●○ **Relieves pain**

Epigastric pain, gastric reflux, bitter taste in the mouth, absorbs gastric juice

●●○ **Breaks up accumulations and concretions**

Swollen cervical lymph nodes, enlarged thyroid, goitre, neoplasias, tumours

●●○ **Transforms cold phlegm**

Nightsweats, insomnia, irritability, schizophrenia, manic-depressive disorder, hepatic cirrhosis

Physiological/pharmacological effects newest research results: neutralizes gastric acid; gastric and duodenal ulcers.**Toxicity** overdose may cause dyspepsia and constipation.**Dosage** 10–30 g, standard 15 g**Cooking time** 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs then boil for a further 20 minutes



Combinations

- Yin deficiency with ascendant yang, headache, confusion, tinnitus, palpitations, insomnia, anxiety → Mastodi fossilium ossis (*long gu*) p. 426, Paeoniae radix lactiflora (*bai shao*) p. 776
- Spermatorrhoea → Mastodi fossilium ossis (*long gu*) p. 426, Paeoniae radix lactiflora (*bai shao*) p. 776, Euryalis semen (*qian shi*) p. 826, Nelumbinis nodus rhizomatis (*ou jie*) p. 596
- Heavy uterine bleeding, vaginal discharge → Mastodi fossilium ossis (*long gu*) p. 426, Paeoniae radix lactiflora (*bai shao*) p. 776, Asini corii colla (*e jiao*) p. 770
- Spontaneous sweating, nightsweats → Astragali radix (*huang qi*) p. 706, Tritici fructus (*xiao mai*) p. 444, 854
- Glandular swellings, cervical or occipital lymphatic swelling → Scrophulariae radix (*xuan shen*) p. 170, Prunellae spica (*xia ku cao*) p. 140, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650
- Flank pain, pain beneath the ribs → Bupleuri radix (*chai hu*) p. 50, Salviae miltiorrhizae radix (*dan shen*) p. 570, Paeoniae radix rubra (*chi shao yao*) p. 166

Compatibility

- Enhanced by Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Glycyrrhizae radix (*gan cao*) p. 716, Achyranthis bidentatae radix (*niu xi*) p. 522, Polygalae radix (*luan zhi*) p. 440, Cnidii fructus (*she chuang zi*) p. 740
- Impaired by Ephedrae herba (*ma huang*) p. 30, Evodiae fructus (*wu zhu yu*) p. 383, Magnoliae flos (*xin yi*) p. 34, Asari herba (*xi xin*) p. 24
- Mitigates the toxicity of Salmiacum

Contraindications damp-heat, excess external pathogenic qi that has not been released, febrile disease without sweating

Pregnancy use is allowed

Succinum

Hu po

琥珀

Mineralogical classification:

fossil resin from needle trees

German:

Bernstein

English:

amber

Temperature

●● neutral

Taste

●● sweet

Organ relationship

●● Heart

●● Bladder

●● Liver

Direction of action

●● sinking

Site of action

Head and eyes, lower burner

Actions/Indications

●●● Calms and anchors the spirit

Palpitations, insomnia, nervousness, tremor, fear, dreams, forgetfulness, seizures

●●● Sedates and cools the Heart

Palpitations, restlessness, palpitations with anxiety, insomnia, dream-disturbed sleep, forgetfulness

●●● Settles tremors and convulsions

Seizures, epilepsy, convulsions, childhood seizures

●●● Promotes urination

Rough, scanty urination, haematuria, painful urinary dribbling

●●● Dissipates swellings

Ulcers, boils, sores of the skin, painful swollen scrotum, painful swollen vulva, painful swellings

●●● Breaks up blood stagnation

Amenorrhoea, pain in the lower abdomen with palpable tumour due to blood stasis, cardiac complaints

●●● Eczema, burns and ulcerations

Ulcers, boils, sores of the skin

Physiological/pharmacological effects animal experiments have shown CNS suppression with delayed spontaneous movements and prolonged barbiturate effect (use with caution in combination with barbiturates and other sedative drugs, may impair driving ability).

Commentary use only in pill or powder form or external use. Amber is costly and has always been substituted by cheaper resins; synthetic polymers are now used.

Dosage 0.9–3 g, standard 1 g



Combinations

- Decreased urination, haematuria → Plantaginis semen (*che qian zi*) p. 328, Clematidis armandii caulis (*chuan mu tong*) p. 306
- Blood stasis, missed period, painful swelling → Sparganii rhizoma (*san leng*) p. 574, Myrrhae (*mo yao*) p. 560
- Palpitations with anxiety, forgetfulness, insomnia, emotional distress → Polygalae radix (*yuan zhi*) p. 440, Acori rhizoma (*chang pu*) p. 268, Ziziphi spinosae semen (*suan zao ren*) p. 446
- Childhood seizure disorder, insomnia → Cinnabaris (*zhu sha*) p. 418
- Convulsions → Uncariae ramulus cum uncis (*gou teng*) p. 464, Scorpio (*quan xie*) p. 460
- Coronary artery disease → Notoginseng radix (*san qi*) p. 600
- Painful urination symptoms, haematuria, rough urine, stones → Lygodii spora (*hai jin sha*) p. 320, Lysimachiae herba (*jin qian cao*) p. 322, Clematidis armandii caulis (*chuan mu tong*) p. 306

Contraindications do not decoct; yin deficiency, heat

Pregnancy use is allowed

Albiziae cortex**He huan pi**

合欢皮

Family:	Mimosaceae
Standard species:	<i>Albizia julibrissin</i>
German:	Seidenakazienrinde
English:	mimosa tree bark, 'collective happiness bark'

Temperature

●● neutral

Taste

●● sweet

Organ relationship

●● Heart

●● Liver

●● Spleen

●● Lung

Direction of action

●● sinking

Site of action

Deep, interior, skin

Actions/Indications

●● Calms and anchors the spirit

Insomnia, irritability, nervousness, agitation, anxiety

●● Tonifies blood

Agitation, fear, insomnia

●● Relieves pain

Post-traumatic swelling, swelling due to fractures and lesions, abscesses, sores

●● Dissipates swellings

Post-traumatic pain or swelling, painful swollen lesions, fractures

●● Injuries, haematomas and lesions

Swelling, fractures, lesions, sores, abscesses

●● Eczema, burns and ulcerations

Boils on the back and chest, purulent sputum, abscesses

●● Moves the qi

Spreads Liver qi: depression, insomnia, sadness, lassitude, diminished appetite

Physiological/pharmacological effects stimulates uterine contractions, sedative, hypnotic (use with caution in combination with barbiturates and other sedative drugs, may impair driving ability).

Toxicity animal studies have shown that very high dosages of one of the ingredients (albitocin) are lethal; possibly hepato- and nephrotoxic.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Insomnia, depression, irritability → *Salviae miltiorrhizae radix* (*dan shen*) p. 570, *Polygoni multiflori caulis* (*ye jiao teng*) p. 442, *Platycladi semen* (*bai zi ren*) p. 438, *Mastodi fossilium ossis* (*long gu*) p. 426
- Post-traumatic swelling, pain, degenerative diseases of the joints and muscles → *Olibanum* (*ru xiang*) p. 562, *Myrrhae* (*mo yao*) p. 560, *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Persicae semen* (*tao ren*) p. 564
- Damp-heat in the Lung with pulmonary abscesses, boils on the chest, purulent sputum → *Benincasae semen* (*dong gua zi*) p. 304, *Houttuyniae herba cum radice* (*yu xing cao*) p. 206, *Persicae semen* (*tao ren*) p. 564
- Concretions and abscesses → *Taraxaci herba* (*pu gong ying*) p. 250, *Gleditsiae spina* (*zao jiao ci*) p. 548

Pregnancy use is **forbidden**

Albiziae flos**He huan hua**

合欢花

Family: Mimosaceae
 Standard species: *Albizia julibrissin*
 German: Seidenakazienblüten
 English: mimosa tree flower

Temperature

●○ neutral

Taste

●○ bitter

●○ sweet

Organ relationship

●● Heart

●○ Liver

●○ Stomach

Direction of action

●○ sinking

Site of action

Deep, interior

Actions/Indications

●○ **Moves and regulates the qi**

Stomach qi: epigastric pain, sensation of clumping in the abdomen, belching, digestive disorders, feeling of pressure in the chest. Liver qi: upper abdominal symptoms, epigastric pain, anxiety, nervousness, restlessness

●● **Calms and anchors the spirit**

Agitation, anxiety, insomnia, restlessness

●○ **Tonifies blood**

Anxiety, insomnia, forgetfulness, irritability

●○ **Tonifies yin**

Insomnia, forgetfulness, irritability, agitation, panic attacks

Dosage 3–9 g, standard 5 g

Cooking time add the blossoms towards the end of the cooking period, boil briefly and allow to steep for 3 minutes



Pregnancy use is allowed

Xb Substances that nourish the heart and calm the spirit

Ganoderma

Ling zhi

灵芝

Family: Polyporaceae
 Standard species: *Ganoderma lucidum*, *G. sinensis*
 Variation: *reishi* (Japanese)
 German: Ganoderma
 English: ganoderma, 'spiritual mushroom'

Temperature

○○ neutral

Taste

○○ sweet

Organ relationship

○○ Heart

○○ Liver

○○ Lung

Direction of action

○○ descending

Site of action

Interior, Lung

Actions/Indications

○○○ Tonifies the Heart

Restless shen, insomnia, forgetfulness, fatigue, palpitations, fearfulness

○○○ Calms and anchors the spirit

Insomnia, palpitations, restlessness

○○○ Stops cough

Cough due to colds, cough with copious phlegm

○○○ Stops wheezing

Dyspnoea, asthma symptoms

○○○ Dislodges phlegm

Cough with copious sputum, asthma symptoms

○○○ Tonifies and supplements the qi

Heart and Spleen qi: insomnia, forgetfulness, lack of appetite, cold limbs. Lung qi: shortness of breath, cough, wheezing, transforms phlegm in asthma

○○○ Tonifies blood

Fatigue, lack of concentration, weakness of the lower back, irritability with dry mouth

Physiological/pharmacological effects immune stimulating and anti-neoplastic with increase of monocytes, lymphocytes, macrophages, cytokines, interleukins, tumour necrosing factor, interferon. Positive inotropic action, lowers blood pressure. Increases cardiac muscle resistance to hypoxia; antibiotic, hepatoprotective, antidiabetic, antitussive, sedative, analgesic, anti-asthmatic effects; modern use to treat neurasthenia, hyperlipidaemia, leucopenia, chronic hepatitis, hypertension, angina pectoris.

Toxicity rarely side-effects: vertigo, dry mouth and nose, nausea, epistaxis, constipation and also diarrhoea. Severe allergic reactions have been reported following injections of ganoderma.

Commentary the commercially available herb comes from farms; it is seldom found growing in the wild.

Dosage 3–15 g in a decoction; 1.5–3 g as a pill or powder

Cooking time 20 minutes



Combinations

- Insomnia → *Angelicae sinensis radix (dang gui)* p. 768, *Ziziphi spinosae semen (suan zao ren)* p. 446, *Platycladi semen (bai zi ren)* p. 438, *Longanae arillus (long yan rou)* p. 772
- Asthma, cough → *Codonopsis radix (dang shen)* p. 710, *Schisandrae fructus (wu wei zi)* p. 850, *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388, *Pinelliae rhizoma (ban xia)* p. 82
- Tonifies the qi and the blood → *Corni fructus (shan zhu yu)* p. 822, *Ginseng radix (ren shen)* p. 714, *Rehmanniae radix (sheng di huang)* p. 168

Pregnancy use is allowed

Platycladi semen**Bai zi ren**

柏子仁

Family: Cupressaceae
 Standard species: *Biota orientalis* or *Platycladus orientalis*
 German: Lebensbaumsamen, orientalische Thujasamen
 English: arborvitae seed, biota

Temperature

●●○ neutral

Taste

●●○ sweet

Organ relationship

●●● Heart

●●○ Liver

●○○ Kidney

●○○ Spleen

Direction of action

●●○ sinking

Site of action

Deep, interior

Actions/Indications●●● **Tonifies yin**

Heart yin: insomnia, palpitations, anxiety, restlessness, forgetfulness

●●○ **Anchors the yang**

Restlessness, insomnia, palpitations

●●○ **Unblocks the bowels/laxative**

Moistens the Intestines in cases of yin deficiency, fluid depletion in elderly patients or postpartum

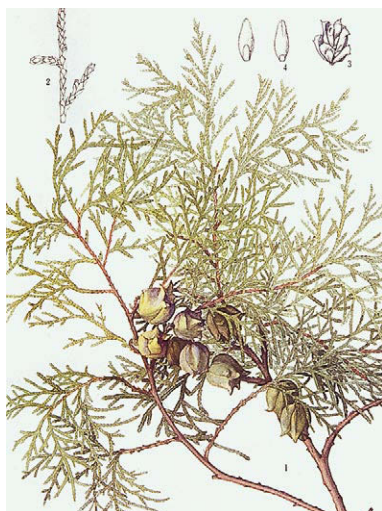
●○○ **Acts as an astringent and collects**

Kidney yin deficiency: nightsweats

●●○ **Tonifies blood**

Heart blood: insomnia, agitation, palpitations, irritability, panic attacks, increased sweating

Physiological/pharmacological effects moistens the intestinal tract and treats constipation. Contains saponins and oils.**Dosage** 10–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Heart yin deficiency with palpitations, insomnia → Polygalae radix (*yuan zhi*) p. 440
- Blood deficiency with constipation in elderly patients or postpartum → Cannabis semen (*huo ma ren*) p. 96, Juglandis semen (*hu tao ren*) p. 760
- Yin deficiency with nightsweat → Schisandrae fructus (*wu wei zi*) p. 850, Ostrea concha (*mu li*) p. 428

Compatibility

- Enhanced by Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Ostrea concha (*mu li*) p. 428
- Limited by Chrysanthemi flos (*ju hua*) p. 52, Massa medicata fermentata (*shen qu*) p. 688

Contraindications diarrhoea, copious phlegm

Pregnancy use is allowed

Polygalae radix**Yuan zhi**

远志

Family:	Polygalaceae
Standard species:	<i>Polygala tenuifolia</i>
German:	Kreuzblumenwurzel, Senegawurzel
English:	polygala, Chinese senega

Temperature

●○○ warm

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●○ Heart

●●○ Lung

●○○ Kidney

Direction of action

●○○ sinking

Site of action

Deep, interior, Lung

Actions/Indications●○○ **Anchors the yang**

Heart yang; palpitations, insomnia, restlessness, anxiety, disorientation, forgetfulness

●●○ **Dislodges phlegm**

Absences, loss of consciousness, disorientation, cramps, coughing with copious sputum

●○○ **Opens the orifices**

Seizures, disorientation, opens the Heart channel, opens the sensory orifices

●○○ **Disperses swellings**

Swellings, early stages of ulcerations (also for external use)

Physiological/pharmacological effects contains saponins, which have a secretolytic and expectorant action. Also has a diuretic action; use with care in combination with diuretic drugs as a synergistic effect on water and electrolyte metabolism may occur. Antibiotic effect, used to treat bronchitis. Animal experiments have demonstrated uterine stimulation (oral and i.v. administration), sedative effect. In vitro experiments have shown improvement of alcohol-induced impairment of learning and memory abilities.

Toxicity use with care in patients with gastric ulcers or gastritis. The saponin content may cause mild nausea. The related western herb *Polygala senega* may cause gastrointestinal inflammation if used long term. Overdose may lead to nausea, vomiting, gastric pain and diarrhoea.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Heart blood deficiency or stagnation of qi with irritability, disorientation, palpitations, insomnia, anxiety → Poria (*fu ling*) p. 334, Ziziphi spinosae semen (*suan zao ren*) p. 446
- Cold phlegm with wheezing, cough, viscous sputum → Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Pinelliae rhizoma (*ban xia*) p. 82, Armeniacae semen (*xing ren*) p. 664, Asteris radix (*zi wan*) p. 666
- Phlegm-obstruction of the orifices with disorientation, absence, palpitations → Curcumae radix (*yu jin*) p. 538, Acori rhizoma (*chang pu*) p. 268, Acori calami rhizoma (*shui chang pu*) p. 266, Poria (*fu ling*) p. 334
- Phlegm-obstruction of the Heart with seizures, convulsions → Scorpio (*quan xie*) p. 460, Gastrodiae rhizoma (*tian ma*) p. 450

Compatibility

- Enhanced by Poria (*fu ling*) p. 334, Mastodi fossilium ossis (*long gu*) p. 426, Malvae semen (*dong kui zi*) p. 324
- Limited by Margarita concha (*zhen zhu*) p. 424, Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use with caution

Polygoni multiflori caulis**Ye jiao teng**

夜交藤

Family:	Polygonaceae
Standard species:	<i>Polygonum multiflorum</i>
German:	vielblütiger Knöterichstängel
English:	fleeceflower caulis, 'vine to pass through the night'

Temperature

●○ neutral

Taste

●● sweet

●○ bitter

Organ relationship

●○ Heart

●○ Liver

Direction of action

●○ sinking

Site of action

Deep, interior, channels

Actions/Indications●○ **Stops itching**

External use: itching and rashes (baths)

●● **Anchors the yang**

Agitation, anxiety, insomnia

●○ **Unblocks the channels and opens the orifices**

Paraesthesias, numbness, blood deficiency, Liver deficiency, unblocks the channels

●○ **Tonifies blood**

Restlessness, irritability, insomnia, agitation, numbness, pain in the limbs

●○ **Relieves pain**

Diffuse pain, numbness, tingling due to blood deficiency

●● **Calms and anchors the spirit**

Agitation, irritability, insomnia

Dosage 15–30 g, standard 15 g**Cooking time** 20 minutes



Combinations

- Heart yin deficiency with insomnia, nightmares → Ziziphi spinosae semen (*suan zao ren*) p. 446, Platycladi semen (*bai zi ren*) p. 438
- Blood deficiency with paraesthesias, muscle weakness, tingling, soreness → Angelicae sinensis radix (*dang gui*) p. 768, Salviae miltiorrhizae radix (*dan shen*) p. 570, Spatholobi caulis et radix (*ji xue teng*) p. 576

Pregnancy use is allowed

Tritici fructus**Xiao mai**

小麦

Family:	Poaceae
Standard species:	<i>Triticum aestivum</i>
Variation:	Tritici aestivi levis semen
German:	Weizenkörner
English:	light wheat grain, 'little wheat'

Temperature

●● neutral

Taste

●● sweet

Organ relationship

●●● Heart

Direction of action

●● sinking

Site of action

Deep, interior

Actions/Indications

●●● Tonifies yin

Heart deficiency, agitation, anxiety, insomnia

●●● Anchors the yang

Restlessness, insomnia, palpitations

Dosage 15–30 g, standard 15 g**Cooking time** 20 minutes



Combinations

- Heart deficiency with agitation, anxiety, insomnia → *Glycyrrhizae radix (gan cao)* p. 716, *Ziziphi spinosae semen (suan zao ren)* p. 446

Pregnancy use is allowed

Zizyphi spinosae semen

酸枣仁

Suan zao ren

Family:	Ramnaceae
Standard species:	<i>Zizyphus spinosa</i>
German:	Stacheljubbensamen, wilde Dornkirschensamen
English:	sour jujube seed, sour date seed

Temperature

●●○ neutral

Taste

●●○ sweet

●●○ sour

Organ relationship

●●○ Heart

●●● Liver

●○○ Gall bladder

●○○ Spleen

Direction of action

●●● sinking

Site of action

Deep, interior

Actions/Indications

●●● Tonifies yin

Heart yin: insomnia, palpitations, fearfulness, sweating due to deficiency

●●○ Astringes and collects

Spontaneous sweating, night sweats

●○○ Anchors the yang

Insomnia, palpitations

●●○ Tonifies blood

Liver blood, Heart blood: restlessness, irritability, restless and dream-disturbed sleep

Physiological/pharmacological effects contains saponins, alkaloids, flavones, vitamin C. Has a sedative effect (use with care in combination with barbiturates and other sedative medications, may impair driving ability), decreases the effect of caffeine, hypnotic; in animal experiments negative chronotropic and positive inotropic effects on the heart, stimulates uterine contractions, analgesic, antipyretic. Used to treat hypertension, insomnia, irritability.

Dosage 10–30 g, standard 15 g**Cooking time** 20 minutes



Combinations

- Heart blood and Heart yin deficiency with irritability, insomnia, palpitations, panic attacks → *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix lactiflora (bai shao)* p. 776, *Polygoni multiflori radix (he shou wu)* p. 778
- Liver yin deficiency and heat or fire with irritability, insomnia → *Anemarrhenae rhizoma (zhi mu)* p. 120, *Poria (fu ling)* p. 334
- Spleen qi deficiency with Heart blood deficiency → *Codonopsis radix (dang shen)* p. 710, *Poria (fu ling)* p. 334, *Longanae arillus (long yan rou)* p. 772
- Spontaneous sweating, night sweats → *Schisandrae fructus (wu wei zi)* p. 850, *Angelicae sinensis radix (dang gui)* p. 768, *Ostrea concha (mu li)* p. 428, *Tritici fructus germinatus (fu xiao mai)*
- Heart yin deficiency with palpitations, insomnia → *Poria (fu ling)* p. 334, *Platycladi semen (bai zi ren)* p. 438, *Salviae miltiorrhizae radix (dan shen)* p. 570, *Rehmanniae radix praeparata (shu di huang)* p. 780

Compatibility impaired by *Stephaniae radix (fang ji)* p. 338

Contraindications severe diarrhoea, repletion heat

Pregnancy use with caution

Bombyx batrycatus**Jiang can**

僵蚕

Family:	Bombycidae
Standard species:	<i>Bombyx mori</i>
Variation:	Bombyx cum Batryte
German:	durch einen Pilz mumifizierte Seidenraupen
English:	silkworm body

Temperature

●○○ neutral

Taste

●●○ pungent

●○○ salty

Organ relationship

●●● Liver

●●○ Lung

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Head and eyes, skin, channels

Actions/Indications

●●● Extinguishes wind

Headache, pruritus, red, swollen and itchy eyes

●●○ Disperses wind-heat

Headache, red painful eyes, swollen throat, loss of voice, infectious diseases of childhood

●●○ Dispels wind-dampness

Swelling of the neck, lymph node swelling, parotitis

●○○ Transforms hot phlegm

Lymph node swelling, swelling of the neck, of the glands, twitching and spasms

●○○ Settles tremors and convulsions

Spasms, tremors, facial nerve palsy

●○○ Calms and anchors the spirit

Spasms, childhood seizures

●●○ Stops itching

Pruritus caused by external wind, itching rashes, irritability, insomnia

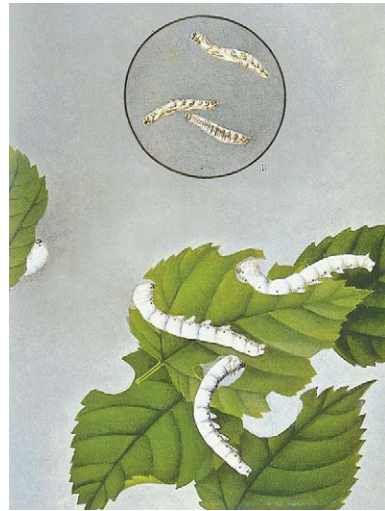
●●○ Unblocks the channels

Paraesthesias, spasm, facial nerve palsy

Physiological/pharmacological effects mild antibiotic effect, animal experiments have shown sedative action (an alcohol extract potentiates the effect of phenobarbital), anticonvulsive.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Hot phlegm with convulsions, seizures → *Coptidis rhizoma* (*huang lian*) p. 172, *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624
- Deficiency of the Spleen and Stomach with childhood seizure disorder, chronic diarrhoea → *Codonopsis radix* (*dang shen*) p. 710, *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Gastrodiae rhizoma* (*tian ma*) p. 450
- Epileptic seizures → *Cicadae periostracum* (*chan tui*) p. 54, *Scorpio* (*quan xie*) p. 460, *Scolopendra* (*wu gong*) p. 458
- Headache with red eyes → *Mori ramulus* (*sang zhi*) p. 364, *Chrysanthemi flos* (*ju hua*) p. 52, *Schizonepetae herba* (*jing jie*) p. 44
- Wind-heat with hoarseness, inflamed throat → *Platycodi radix* (*jie geng*) p. 636, *Glycyrrhizae radix* (*gan cao*) p. 716, *Menthae herba* (*bo he*) p. 60, *Mori ramulus* (*sang zhi*) p. 364, *Chrysanthemi flos* (*ju hua*) p. 52, *Scrophulariae radix* (*xuan shen*) p. 170, *Forsythiae fructus* (*lian qiao*) p. 200
- Phlegm nodes, lymph nodes, swelling of the glands → *Prunellae spica* (*xia ku cao*) p. 140, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650, *Ostrea concha* (*mu li*) p. 428
- Itchy skin with wind rashes → *Cicadae periostracum* (*chan tui*) p. 54, *Saposhnikovia radix* (*fang feng*) p. 42, *Moutan cortex* (*mu dan pi*) p. 164

Compatibility impaired by *Platycodi radix* (*jie geng*) p. 636, *Poria* (*fu ling*) p. 334, *Dioscoreae hypoglaucae rhizoma* (*bi xie*) p. 312, *Mantidis oötheca* (*sang piao xiao*) p. 836

Pregnancy use is allowed

Gastrodiae rhizoma**Tian ma**

天麻

Family:	Orchidaceae
Standard species:	<i>Gastrodia elata</i>
German:	Himmelshanfwurzelstock
English:	gastrodia rhizome, 'heavenly hemp'

Temperature

●●○ warm tendency

Taste

●●○ sweet

Organ relationship

●●● Liver

Direction of action

●●● sinking

Site of action

Deep, interior, head and eyes, channels

Actions/Indications

●●● Extinguishes wind

Headache, vertigo, hemiplegia, tingling of the limbs

●●● Clears wind-heat

Seizures, febrile disorders, opisthotonos, convulsions

●●● Calms and anchors the spirit

Headache, dizziness, agitation

●○○ Unblocks the channels and opens the orifices

Headache, dizziness, migraine, hemiplegia, hemiplegia due to wind-stroke or phlegm

●○○ Relieves pain

Headache, painful obstruction, loss of sensation, also due to cold deficiency

●●○ Settles tremors and convulsions

Epileptic seizures, opisthotonos, tetany, sequelae of stroke

●●○ Dislodges wind-phlegm

Seizures, paraesthesias, sensation of heaviness, pain of the extremities, facial nerve paralysis, spasms, epilepsy, hemiplegia, migraine, neuralgias, painful obstruction syndrome

Physiological/pharmacological effects anticonvulsant, sedative actions (use with caution in combination with barbiturates or other sedatives, may impair driving ability); decreases the likelihood of ischaemic heart disease and infarcts; used to treat hypertension, headache, neuralgias (i.e. trigeminal neuralgia). Contains alkaloids and vitamin A.

Toxicity side-effects (at dosages above 10 g): exanthemas, eczema, hair loss. Overdose: headaches, nausea, redness of the face, dizziness, delayed pupillary reactions, pressure in the chest.

Commentary because of its strong effect on different forms of wind, also known as 'sinking wind herb'.

Dosage 10–30 g, standard 15 g

Cooking time 20 minutes



Combinations

- Ascendant Liver yang with headache, confusion → Uncariae ramulus cum uncis (*gou teng*) p. 464, Scutellariae radix (*huang qin*) p. 184, Achyranthis bidentatae radix (*niu xi*) p. 522
- Ascendant Liver yang with seizures → Uncariae ramulus cum uncis (*gou teng*) p. 464, Scutellariae radix (*huang qin*) p. 184, Achyranthis bidentatae radix (*niu xi*) p. 522, Scorpio (*quan xie*) p. 460
- Childhood seizures → Ginseng radix (*ren shen*) p. 714, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Bombyx batrycatus (*jiang can*) p. 448
- Phlegm-damp with confusion, dizziness → Pinelliae rhizoma (*ban xia*) p. 82, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Tetany, opisthotonos → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Typhonii rhizoma praeparatum (*bai fu zi*) p. 640
- Paraesthesias, weakness of the limbs → Achyranthis bidentatae radix (*niu xi*) p. 522, Taxilli herba (*sang ji sheng*) p. 810
- Blood stasis, painful obstruction → Scorpio (*quan xie*) p. 460, Olibanum (*ru xiang*) p. 562
- Painful obstruction, dampness → Gentianae macrophyllae radix (*qin jiao*) p. 362, Notopterygii rhizoma (*qiang huo*) p. 38
- Wind in the Liver with vertigo, blurred vision → Uncariae ramulus cum uncis (*gou teng*) p. 464, Haliotidis concha (*shi jue ming*) p. 454
- Obstruction, cold, deficiency, painful obstruction, loss of sensation → Angelicae sinensis radix (*dang gui*) p. 768, Achyranthis bidentatae radix (*niu xi*) p. 522

Pregnancy use with caution

Glycinis testa**Lü dou yi**

稗豆衣

Family: Fabaceae
 Standard species: *Glycine max*
 German: Sojabohnenschale
 English: soybean skin

Temperature

●○ neutral

Taste

●●○ sweet

Organ relationship

●● Liver

●●○ Kidney

Direction of action

●●○ sinking

Site of action

Head and eyes, deep, interior

Actions/Indications

●○ **Nourishes blood**

Blood deficiency, ascendant Liver yang; headache, dizziness

●● **Anchors the yang**

Blood deficiency, yin deficiency: headaches, dizziness, visual disturbances

●○ **Extinguishes internal wind**

Vertigo, pressure in the head

●●○ **Acts as an astringent and collects**

Nightsweats

●●○ **Clears deficiency heat**

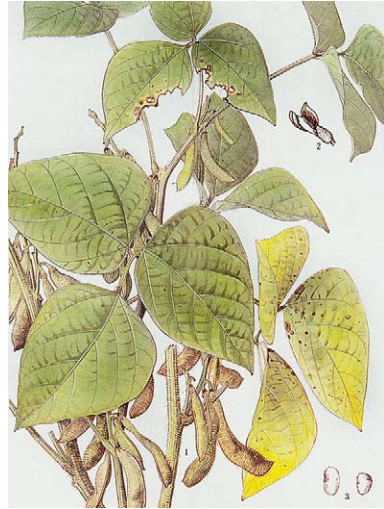
Nightsweats

●○ **Relieves pain**

Headache, trigeminal neuralgia, neuralgias due to blood deficiency

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Ascendant Liver yang due to Blood deficiency, headache, neuralgia, trigeminal neuralgia, dizziness, visual disturbances → Ligustri lucidi fructus (*nü zhen zi*) p. 794, Lycii cortex (*di gu pi*) p. 260, Chrysanthemi flos (*ju hua*) p. 52
- Deficiency of the true yin (Kidney yin) with deficiency heat, nightsweats → Lycii cortex (*di gu pi*) p. 260

Compatibility diminishes the toxicity of Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Pregnancy use allowed

Haliotidis concha**Shi jue ming**

石决明

Family: Halidotidae
 Standard species: *Haliotis diversicolor*
 German: Abalonschalen, Seeohrenschalen
 English: abalone shell, 'stone sense brightness'

Temperature

●●○ cool

Taste

●●● salty

Organ relationship

●●● Liver

●●○ Kidney

Direction of action

●●● sinking

Site of action

Lower burner deep, interior, eyes

Actions/Indications

●●● Anchors the yang

Ascendant Liver yang: headache, dizziness, visual impairment

●●● Cools heat

Red, painful, swollen eyes

●●○ Brightens the eyes

Redness of the eyes, photophobia, superficial visual obstruction, pterygium, optic nerve atrophy, glaucoma, cataract, conjunctivitis

●●● Pacifies internal wind

Headache, light-headedness, blurred vision, tingling in the fingers and toes, hypertension

Physiological/pharmacological effects neutralizes gastric acid, relieves acid reflux, gastric pain and bleeding ulcers.**Dosage** 10–30 g, standard 15 g**Cooking time** 60 minutes total; boil the crushed mineral for 40 minutes, add to the remaining pre-soaked herbs then boil for an additional 20 minutes



Combinations

- Yin deficiency, ascendant Liver yang with headache, dizziness → *Ostrea concha* (*mu li*) p. 428
- Ascendant Liver yang with headache, dizziness → *Prunellae spica* (*xia ku cao*) p. 140, *Uncariae ramulus cum uncis* (*gou teng*) p. 464
- Ascendant Liver yang with headache, dizziness, vertigo, yin deficiency → *Ostrea concha* (*mu li*) p. 428, *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Paeoniae radix lactiflora* (*bai shao*) p. 776
- Ascendant fire in the Liver with red, swollen, painful eyes → *Chrysanthemi flos* (*ju hua*) p. 52, *Mori folium* (*sang ye*) p. 62
- Liver and Kidney yin deficiency → *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Corni fructus* (*shan zhu yu*) p. 822
- Chronic progressive loss of vision, night blindness → *Cicadae periostracum* (*chan tui*) p. 54
- Wind-heat with eye disorders, pterygium → *Buddlejae flos* (*mi meng hua*) p. 192

Compatibility impaired by *Inulae flos* (*xuan fu hua*) p. 632

Contraindications deficiency of the Spleen and Stomach, absence of heat or excess symptoms

Pregnancy use is allowed

Pheretima**Di long**

地龙

Family:	Megascolecidae
Standard species:	<i>Pheretima aspergillum</i>
German:	Regenwurm
English:	earthworm, 'earth dragon'

Temperature

●○○ cold

Taste

●●○ salty

Organ relationship

●●○ Liver

○○○ Spleen

○○○ Stomach

○○○ Kidney

○○○ Lung

Direction of action

○○○ sinking

Site of action

Channels

Actions/Indications

●●○ Cools heat

Heat in the Liver; high fever, febrile convulsions, tremor, irritability, seizures

●●● Pacifies internal wind

Seizures, sequelae of wind-stroke, spasms and tremors

●●○ Disperses damp-wind

Painful obstruction of the limbs and joints, paraesthesias, sequelae of wind-stroke

●●○ Settles tremors and convulsions

Seizures, tremors, hemiplegia

●○○ Promotes urination

Painful bladder dysfunction, oedema

●○○ Alleviates wheezing

Dyspnoea, wheezing due to heat in the Lung

●●○ Unblocks the channels

Painful obstruction (*bi*) syndrome, spasms, facial nerve palsy, hemiplegia, pain

●●○ Relieves pain

Painful obstruction (*bi*) syndrome, painful and stiff limbs, painful spasms

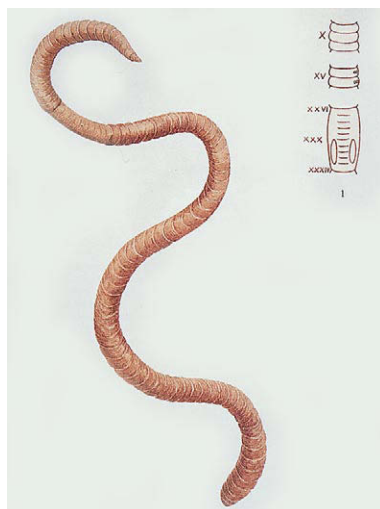
Physiological/pharmacological effects recent research shows effect in treatment of hypertension and schizophrenia. Anti-asthmatic, lowers blood pressure, stimulates uterine contraction, anticonvulsive, antipyretic.

Toxicity allergic reactions have been observed following injections of the herb.

Commentary the cold properties and salty taste sink Liver heat at the same time that they unblock the channels and move qi.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Warm diseases with high fever, convulsions, epileptic seizures → *Uncariae ramulus cum uncis (gou teng)* p. 464, *Bombyx batrycatus (jiang can)* p. 448
- Heat in the Lung with cough, wheezing → *Ephedrae herba (ma huang)* p. 30, *Armeniaca semen (xing ren)* p. 664, *Scutellariae radix (huang qin)* p. 184
- Cough and wheezing (use as a powder) → *Sepiae endoconcha (hai piao xiao)* p. 852, *Bambusae concretio silicea (tian zhu huang)* p. 644
- Painful obstruction, joint inflammation → *Mori ramulus (sang zhi)* p. 364, *Lonicerae caulis (ren dong teng)* p. 214, *Paeoniae radix rubra (chi shao yao)* p. 166
- Painful damp-wind obstructions, painful obstruction, paraesthesias, palsies, hemiplegia → *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388, *Arisaematis rhizoma praeparata (zhi tian nan xing)* p. 624
- Hemiplegia due to wind-stroke → *Astragali radix (huang qi)* p. 706, *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix rubra (chi shao yao)* p. 166
- Lumbar pain, post-traumatic pain in the legs → *Angelicae sinensis radix (dang gui)* p. 768, *Cinnamomi cassiae cortex (rou gui)* p. 394
- Ascendant Liver yang with hypertension, internal wind → *Salviae miltiorrhizae radix (dan shen)* p. 570, *Magnetitum (ci shi)* p. 422

Compatibility

- Limited by onions
- Impaired by salt

Contraindications deficiency of the Spleen and Stomach, absence of heat or excess symptoms

Pregnancy use with caution

Scolopendra

Wu gong

蜈蚣

Family:	Scolopendridae
Standard species:	<i>Scolopendra subspinipes</i>
German:	Hundertfüßler
English:	centipede, scolopendra

Temperature

●●○ warm

Taste

●●● pungent

Organ relationship

●●● Liver

Direction of action

●●○ sinking

Site of action

Deep, interior, exterior

Actions/Indications

●●● Extinguishes interior wind

Spasms and convulsions, epilepsy, tetany, childhood seizures, opisthotonos, stroke

●●● Settles tremors and convulsions

Convulsions, spasms, tremors

●●● Disinfects and detoxifies

Boils, non-healing lesions, sores, snakebite (topical application)

●●○ Disperses damp-wind

Ulcers, non-healing lesions, lymph node swelling, painful obstruction syndrome

●●○ Drains damp-heat

Non-healing lesions, sores

●○○ Expels wind

Seizures, tremors, pain, pain in the limbs, especially in the arms, headaches

●●● Relieves pain

Painful obstruction (*bi*) syndrome, spastic pain

●●○ Disperses cold

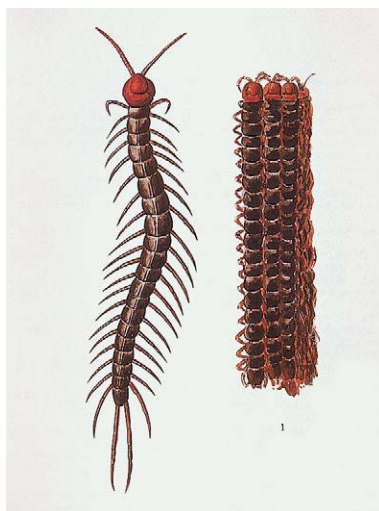
Strong spasms caused by interior cold, pain, painful obstruction (*bi*) syndrome

Physiological/pharmacological effects in vitro antifungal, antineoplastic, antibiotic. Low doses have a stimulating effect on the myocardium, while high dosages have an inhibitory effect.

Toxicity may cause allergic shock reactions. Overdose: nausea, vomiting, abdominal pain, diarrhoea, lethargy, palpitations, bradycardia, dyspnoea leading to hypotension and loss of consciousness. Can be used to treat diphtheria.

Dosage 1–3 g, standard 2 g

Cooking time 20 minutes



Combinations

- Internal wind with spasms, contractures, opisthotonos, acute or chronic seizures in childhood, tetany, facial nerve palsy → Scorpio (*quan xie*) p. 460, Bombyx batrycatus (*jiang can*) p. 448, Uncariae ramulus cum unci (*gou teng*) p. 464
- Snakebite, sores, lesions (use as a plaster mixed with beeswax) → Glycyrrhizae radix (*gan cao*) p. 716
- Ulcers on the feet, gangrene (external use) → black tea
- Painful obstruction, stubborn headaches → Gastrodiae rhizoma (*tian ma*) p. 450, Bombyx batrycatus (*jiang can*) p. 448, Chuanxiong rhizoma (*chuan xiong*) p. 530

Compatibility toxicity is mitigated by cooking salt, Mori cortex (*sang bai pi*) p. 674

Contraindication blood deficiency

Pregnancy use is **forbidden**

Scorpio

Quan xie

全蝎

Family:	Buthidae
Standard species:	<i>Scorpio martensii</i>
German:	Skorpion
English:	scorpion

Temperature

●○○ neutral

Taste

●○○ pungent

○○○ salty

○○○ toxic

Organ relationship

●●● Liver

Direction of action

●○○ sinking

Site of action

Deep, interior, surface/exterior, channels

Actions/Indications

●●● Extinguishes wind

Phlegm-wind: spasms, childhood seizures, epilepsy, hemiplegia due to wind-stroke, facial nerve palsy, severe headache

●●● Settles tremors and convulsions

Spasms, childhood seizures, tetany, tics, opisthotonos, epilepsy

●○○ Disperses swellings

Seizures due to phlegm

●○○ Disperses wind-damp

Headache, painful limbs, joint pain

●○○ Drains damp-heat

Sores, lesions, swellings (also for external use)

●●● Relieves pain

Spasmodic neuralgia, facial neuralgia, trigeminal neuralgia

●○○ Unblocks the channels

Pain, hemiplegia, chronic arthritis, bi syndrome, rheumatoid arthritis, spasms, early stages of deformations, joint stiffness, tremor

Physiological/pharmacological effects anticonvulsive, lowers blood pressure, positive inotropic and negative chronotropic effect on the heart; animal experiments have shown antineoplastic activity.**Toxicity** if used within the therapeutic range, there are no side-effects or toxicity observed. Overdose (30–60 g): vertigo, fever, sweating, salivation, runny nose and lacrimation, stiff tongue, nausea, seizures, dyspnoea, tachycardia, internal bleeding, pulmonary oedema and respiratory depression.**Dosage** 1–3 g, standard 2 g**Cooking time** 20 minutes



Combinations

- Muscle cramps, rigidity, twitching, opisthotonos, convulsions, epileptic seizures → Scolopendra (*wu gong*) p. 458, Bombyx batrycatus (*jiang can*) p. 448
- Seizures, convulsions, spasms with high fever → Isatidis folium (*da qing ye*) p. 162, Coptidis rhizoma (*huang lian*) p. 172
- Stiffness, spasms, rigidity, opisthotonos → Cicadae periostracum (*chan tui*) p. 54, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Cinnabaris (*zhu sha*) p. 418
- Facial nerve palsy due to wind-stroke → Bombyx batrycatus (*jiang can*) p. 448, Uncariae ramulus cum uncis (*gou teng*) p. 464, Gastrodiae rhizoma (*tian ma*) p. 450
- Sores, toxic swellings, lymph node swelling, glandular swellings (external use as a plaster mixed with beeswax) → Gardeniae fructus (*zhi zi*) p. 126
- Headache, painful obstruction syndrome of the entire body → Angelicae sinensis radix (*dang gui*) p. 768, Chuanxiong rhizoma (*chuan xiong*) p. 530, Angelicae dahuricae radix (*bai zhi*) p. 22
- Internal wind, hemiplegia, wind-stroke → Typhonii rhizoma praeparatum (*bai fu zi*) p. 640, Bombyx batrycatus (*jiang can*) p. 448

Contraindication blood deficiency leading to wind

Pregnancy use is **forbidden**

Tribuli fructus**Bai ji li**

白蒺藜

Family: Zygophyllaceae
 Standard species: *Tribulus terrestris*
 German: Burzeldornfrüchte
 English: caltrop fruit

Temperature

●●○ warm tendency

Taste

●●○ pungent
 ●○○ bitter

Organ relationship

●●● Liver
 ●○○ Lung

Direction of action

●●○ sinking, the pungent and warm qualities expel wind, therefore also has lifting actions

Site of action

Head and eyes, skin

Actions/Indications

●●○ **Anchors the yang**
 Dizziness, blurred vision, headache

●●○ **Expels wind**
 Itching, red, lacrimating eyes (allergy, chickenpox)

●●○ **Calms and anchors the spirit**
 Pressure beneath the ribcage, insufficient lactation, spreads the Liver qi

●●○ **Brightens the eyes**
 Red, lacrimating, swollen, painful eyes

●●○ **Clears wind-heat**
 Headache, dizziness, red, swollen, painful eyes

●○○ **Relieves pain**
 Pressure beneath the ribcage, aching pain, breast pain, insufficient lactation

●●● **Alleviates itching**
 Wind-heat: urticaria, eczema, atopic dermatitis, allergies, allergic rhinitis, varicella, rubella, measles. Internal wind with yin deficiency: itching in elderly patients due to stress, after menstruation, in chronic skin diseases and with changes in weather.

Physiological/pharmacological effects diuretic although there are no reported cases, use with caution in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism. Animal experiments have shown that it lowers blood pressure and may cause abortions.

Toxicity local application may cause irritation and itching. There is one reported case of anaphylactic reaction, but this does not necessarily imply that *Tribuli fructus* (*bai ji li*) has a higher allergenic potential than other herbs.

Dosage 6–12 g, standard 10 g

Cooking time 20 minutes



Combinations

- Ascendant Liver yang with headache, somnolence, dizziness → *Uncariae ramulus cum uncis (gou teng)* p. 464, *Achyranthis bidentatae radix (niu xi)* p. 522
- Ascendant Liver yang with dizziness, blurred vision → *Chrysanthemi flos (ju hua)* p. 52, *Paeoniae radix lactiflora (bai shao)* p. 776, *Glycinis testa (lü dou yi)* p. 452
- Liver qi stagnation with pain and swelling in the chest and flanks → *Citri reticulatae viride pericarpium (qing pi)* p. 490, *Cyperi rhizoma (xiang fu)* p. 494
- Heat-wind with pruritus → *Cicadae periostracum (chan tui)* p. 54, *Saposhnikoviae radix (fang feng)* p. 42, *Schizonepetae herba (jing jie)* p. 44
- Wind-heat in the Liver with painful, red, swollen eyes → *Cassiae semen (jue ming zi)* p. 146, *Chrysanthemi flos (ju hua)* p. 52, *Viticis fructus (man jing zi)* p. 72, *Celosiae semen (qing xiang zi)* p. 148

Compatibility promoted by *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388

Contraindication blood or qi deficiency

Pregnancy use is **forbidden**

Uncariae ramulus cum uncis

钩藤

Gou teng

Family:	Rubiaceae
Standard species:	<i>Uncaria rhynchophylla</i>
Variation:	Gambir
German:	Indischer Morgensternzweig, Klimmstrauchzweig
English:	gambir vine stems and thorns, 'hook vine'

Temperature

●●○ cold tendency

Taste

●●○ sweet

Organ relationship

●●● Liver

●●○ Pericardium

Direction of action

●●● sinking

Site of action

Deep, interior, head and eyes

Actions/Indications

●●○ Clears heat

Headache, irritability, red eyes, vertigo, fever; for excess and deficiency presentations

●●● Expels wind

Headache, dizziness

●●● Extinguishes internal wind

Headache, dizziness, tremor, seizures, irritability, eclampsia

●●● Calms and anchors the spirit

Irritability, seizures

●●● Settles tremors and convulsions

Tremors, seizures, numbness, childhood convulsions

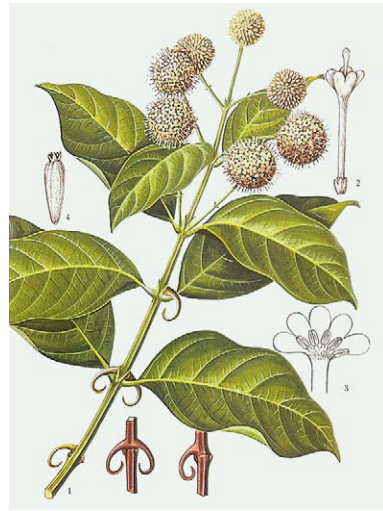
●●○ Anchors the yang

Headache, dizziness, seizures, red eyes

Physiological/pharmacological effects antihypertensive, anticonvulsive actions, inhibits uterine contractions. Inhibits caffeine effect on the CNS without increasing barbiturate effect on duration of sleep.

Dosage 6–15 g, standard 10 g

Cooking time 10 minutes



Combinations

- Epileptic seizures, convulsions, high fever → Scorpio (*quan xie*) p. 460
- Wind in the Liver with seizures, tremors, eclampsia → Gastrodiae rhizoma (*tian ma*) p. 450, Scorpio (*quan xie*) p. 460, Haliotidis concha (*shi jue ming*) p. 454
- Wind in the Liver with confusion, dizziness → Chrysanthemi flos (*ju hua*) p. 52, Haliotidis concha (*shi jue ming*) p. 454, Mori folium (*sang ye*) p. 62
- Ascendant Liver yang with red face, wiry pulse → Chrysanthemi flos (*ju hua*) p. 52, Haliotidis concha (*shi jue ming*) p. 454, Mori folium (*sang ye*) p. 62, Gypsum (*shi gao*) p. 130, Poria (*fu ling*) p. 334
- Heat in the Liver → Prunellae spica (*xia ku cao*) p. 140, Scutellariae radix (*huang qin*) p. 184

Contraindication absence of heat from excess or wind-heat

Pregnancy use is allowed

XI

Herbs that regulate the qi

Overview

Aesculi semen (<i>suo luo zi</i>)	470
Akebiae fructus (<i>ba yue zha</i>)	472
Allii macrostemi bulbus (<i>xie bai</i>)	474
Aquilariae lignum (<i>chen xiang</i>)	476
Arecae pericarpium (<i>da fu pi</i>)	478
Aucklandiae radix (<i>mu xiang</i>)	480
Aurantii fructus (<i>zhi ke</i>)	482
Aurantii fructus immaturus (<i>zhi shi</i>)	484
Aurantii semen (<i>ju he</i>)	486
Citri reticulatae pericarpium (<i>chen pi</i>)	488
Citri reticulatae viride pericarpium (<i>qing pi</i>)	490
Citri sarcodactylis fructus (<i>fo shou</i>)	492
Cyperi rhizoma (<i>xiang fu</i>)	494
Kaki diospyri calyx (<i>shi di</i>)	496
Linderae radix (<i>wu yao</i>)	498
Liquidambaris fructus (<i>lu lu tong</i>)	500
Litchi semen (<i>li zhi he</i>)	502
Nardostachys rhizoma (<i>gan song</i>)	504
Ponciri fructus (<i>gou ju</i>)	506
Rosae flos (<i>mei gui hua</i>)	508
Santali albi lignum (<i>tan xiang</i>)	510
Toosendan fructus (<i>chuan lian zi</i>)	512

Characteristics

Properties

These herbs can regulate, harmonize or disperse the flow of qi and are therefore appropriate to treat all forms of qi stagnation. Qi stagnation frequently arises due to emotional disturbances, stagnation of cold, heat and phlegm, accumulation of fluids or water or caused by food stagnation; it may also occur due to accidents or blood stasis.

Symptoms include a sensation of fullness, obstruction, a feeling of distension and, in severe cases, pain.

- Lung qi stagnation: breathlessness, stifling sensation in the chest, coughing, panting.
- Spleen qi stagnation: fullness, feeling of distension in the abdomen, lack of appetite, nausea, dry heaves, sour regurgitation, pain in the abdomen.
- Liver qi stagnation: pain and feeling of distension in the hypochondrium, irritability, depression, feeling of distension and pain in the breasts, dysmenorrhoea, disorders of menstruation, lower abdominal pain.
- Channel blockage: stiffness, feeling of heaviness, tingling, aching pain in the limbs.

Taste and Temperature

- Pungent and warm: the pungent taste is moving, warm activates the qi, and the total effect is one of promoting qi movement.

Contraindication

Use with care during pregnancy, in strong menstruation or bleeding. The pungent taste can lead to yin and fluid depletion.

Comparison between the individual herbs in this category

Regulates Spleen and Stomach qi

Aurantii fructus immaturus (<i>zhi shi</i>) p. 484	●●●●●●●●
Magnoliae cortex (<i>hou po</i>) p. 292	●●●●●●○○
Amomi xanthioidis fructus (<i>sha ren</i>) p. 284	●●●●●●○○
Aucklandiae radix (<i>mu xiang</i>) p. 480	●●●●●●○○
Cyperi rhizoma (<i>xiang fu</i>) p. 494	●●●●●○○○
Citri reticulatae pericarpium (<i>chen pi</i>) p. 488	●●●●●○○○
Aurantii fructus (<i>zhi ke</i>) p. 482	●●●●●○○○
Arecae pericarpium (<i>da fu pi</i>) p. 478	●●●●●○○○

Regulates Liver qi

Toosendan fructus (<i>chuan lian zi</i>) p. 512	●●●●●●●●
Citri reticulatae viride pericarpium (<i>qing pi</i>) p. 490	●●●●●●●○
Linderæ radix (<i>wu yao</i>) p. 498	●●●●●●○○
Aucklandiae radix (<i>mu xiang</i>) p. 480	●●●●●●○○
Rosae flos (<i>mei gui hua</i>) p. 508	●●●●●○○○
Cyperi rhizoma (<i>xiang fu</i>) p. 494	●●●●●○○○
Citri sarcodactylis fructus (<i>fo shou</i>) p. 492	●●●●●○○○

Overview of herbs from the citrus family

- Citri reticulatae pericarpium (*chen pi*)
- Aurantii semen (*ju he*)
- Citri reticulatae viride pericarpium (*qing pi*)
- Citri erythrocarpae pars rubra epicarpium (*ju hong*): bitter, pungent, warm, descending, drains dampness and phlegm, stops coughing, transforms significant phlegm accumulation
- Citri reticulatae fructus retinervis (*ju luo*, Aurantii vascular): sweet, bitter, neutral, regulates qi and blood flow in the channels and collaterals, transforms phlegm in chronic cough, regulates Liver qi flow in dysmenorrhoea and breast discomfort
- Citri reticulatae folium (*ju ye*): pungent, bitter, neutral; regulates Liver qi, softens nodes, feeling of distension in the breasts, mastopathy

Summary

1. Regulates qi, transforms phlegm

Citri reticulatae pericarpium (<i>chen pi</i>) p. 488	→ harmonizes Spleen and Stomach, dries dampness, transforms phlegm
Citri reticulatae viride pericarpium (<i>qing pi</i>) p. 490	→ regulates Liver qi, resolves qi stagnation and accumulation
Aurantii fructus immaturus (<i>zhi shi</i>) p. 484	→ resolves qi stagnation, accumulation, transforms phlegm and relieves feeling of bloating and fullness
Aurantii fructus (<i>zhi ke</i>) p. 482	→ regulates qi and distributes it in the middle burner
Citri fructus (<i>xiang yuan</i>)	→ harmonizes the qi of the Spleen, Stomach and Liver
Citri sarcodactylis fructus (<i>fo shou</i>) p. 492	→ resolves Liver qi stagnation, alleviates coughing with copious sputum
Arecae pericarpium (<i>da fu pi</i>) p. 478	→ promotes diuresis, relieves oedema

2. Regulates qi, relieves pain

Aucklandiae radix (<i>mu xiang</i>) p. 480	→ regulates the qi of the Spleen, Stomach and Large Intestine
Cyperi rhizoma (<i>xiang fu</i>) p. 494	→ regulates Liver qi and menstruation, frequently used in obstetrics and gynaecology
Linderæ radix (<i>wu yao</i>) p. 498	→ enters the lower abdomen, treats pain in the lower abdomen, frequent urination
Allii macrostemi bulbus (<i>xie bai</i>) p. 474	→ corrects counterflow, unblocks yang qi, treats painful obstruction syndrome of the chest (<i>xiong bi</i>)
Santali albi lignum (<i>tan xiang</i>) p. 510	→ relieves chest pain due to cold
Aquilariae lignum (<i>chen xiang</i>) p. 476	→ corrects counterflow Stomach and Lung qi, treats nausea, vomiting, coughing, dyspnoea
Toosendan fructus (<i>chuan lian zi</i>) p. 512	→ regulates Liver qi, use to treat pain due to heat, antiparasitic
Litchi semen (<i>li zhi he</i>) p. 502	→ painful hernias or pain in the abdomen due to cold
Akebiae fructus (<i>ba yue zha</i>) p. 472	→ relieves pain in the hypochondrium and treats hernias, unblocks stagnation, treats nodules
Nardostachys rhizoma (<i>gan song</i>) p. 504	→ harmonizes Liver qi, tonifies the Spleen

3. Sinks counterflow Stomach qi, relieves nausea and vomiting

Kaki diospyri calyx (<i>shi di</i>) p. 496	→ stops hiccough
--	------------------

Herbs from other categories that regulate qi

Amomi fructus rotundus (<i>bai dou kou</i>)	282
Amomi xanthioidis fructus (<i>sha ren</i>)	284
Arecae semen (<i>bing lang</i>)	478
Bupleuri radix (<i>chai hu</i>)	50
Chuanxiong rhizoma (<i>chuan xiong</i>)	530
Corydalidis rhizoma (<i>yan hu suo</i>)	532
Curcumae longae rhizoma (<i>jiang huang</i>)	536
Curcumae radix (<i>yu jin</i>)	538
Curcumae rhizoma (<i>e zhu</i>)	540
Foeniculi fructus (<i>xiao hui xiang</i>)	398
Magnoliae cortex (<i>hou po</i>)	292
Perillae folium (<i>zi su ye</i>)	40
Perillae fructus (<i>zi su zi</i>)	634
Raphani semen (<i>lai fu zi</i>)	692
Sinapis albae semen (<i>bai jie zi</i>)	638
Sparganii rhizoma (<i>san leng</i>)	574

Aesculi semen

Suo luo zi

婆罗子

Family: Hippocastanaceae
 Standard species: *Aesculus chinensis*
 German: chinesische Kastaniensamen
 English: horse chestnut

Temperature

●○○ warm

Taste

●○○ sweet

Organ relationship

●○○ Liver

●○○ Stomach

Direction of action

●○○ descending

Site of action

Middle burner, interior

Actions/Indications

●○○ Moves and regulates the qi

Stomach and Liver qi stagnation: tension in the epigastrium, hypochondrium, abdomen, breast distension, premenstrual syndrome

●○○ Descends the qi

Pain and distension in the epigastrium

●○○ Relieves pain

Pain and distension in the chest, epigastrium, hypochondrium, abdomen, breast pain, premenstrual syndrome

Physiological/pharmacological effects western use (horse chestnut extract): animal experiments found to inhibit exudations, vasoprotective, relieved oedema and tonified the veins due to an increase in venous return; research studies have shown an improvement in symptoms due to chronic venous insufficiency (pain and heaviness of the legs); can also be used to treat night-time calf cramps, pruritus and swelling of the lower legs.

Toxicity rarely side-effects: numbness in the throat, nausea, dry heaves, light-headedness, sweating. In the West, use of horse chestnut extract: irritation of the mucosa of the gastrointestinal tract is possible, renal function may be impaired and urticaria has been observed. Overdose: vomiting, diarrhoea, strong thirst, red face, dilatation of the pupils, visual disturbances and loss of consciousness.

Dosage 3–9 g

Cooking time 20 minutes



Combinations

- Pain and distension in the epigastrium, hypochondrium, abdomen → *Akebiae fructus* (*ba yue zha*) p. 472, *Citri sarcodactylis fructus* (*fo shou*) p. 492
- Breast pain, premenstrual syndrome → *Liquidambaris fructus* (*lu lu tong*) p. 500, *Cyperii rhizoma* (*xiang fu*) p. 494, *Curcumae radix* (*yu jin*) p. 538

Contraindication qi or yin deficiency

Pregnancy use is allowed

Akebiae fructus**Ba yue zha**

八月札

Family:	Lardizabalaceae
Standard species:	<i>Akebia trifoliata</i>
Variation:	<i>Akebia quinatae</i> fructus
German:	Akebiafrüchte, Osterluzeigewächs
English:	akebia, 'eight month sticker'

Temperature

○○ cold

Taste

○○ sweet

Organ relationship

●● Liver

○○ Spleen

○○ Stomach

Direction of action

○○ sinking

Site of action

Middle and lower burner

Actions/Indications

●● Moves and regulates the qi

Epigastric pain, pain in the intestines and beneath the ribs

●● Relieves pain

Epigastric and abdominal pain, hernias, pain in the Liver channel

○○ Moves blood

Blood stagnation, concretions, dysentery, hernias, lower abdominal pain

○○ Promotes urination

Stagnation in the lower burner

●● Regulates and harmonizes the Liver

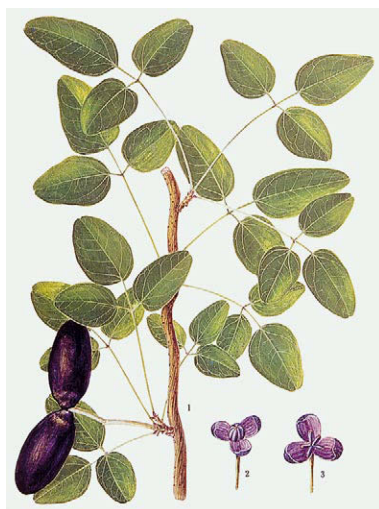
Pain in the channel and in the upper abdomen, hernia-like pain, pain radiating into the scrotum, renal stones

○○ Disperses clumps and concretions

Concretions, tumours, lumps, breast and intestinal tumours, swollen cervical lymph nodes

Physiological/pharmacological effects newest research shows that the herb is effective in the treatment of breast and gastrointestinal tumours as well as disorders of micturition.

Dosage 3–20 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Liver qi stagnation with pain in the hypochondrium, epigastrium, hernias → Cyperi rhizoma (*xiang fu*) p. 494, Aurantii fructus (*zhi ke*) p. 482, Toosendan fructus (*chuan lian zi*) p. 512, Corydalis rhizoma (*yan hu suo*) p. 532
- Fibrocystic breast diseases → Vespae nidus (*feng fang*) p. 886, Citri reticulatae viride pericarpium (*qing pi*) p. 490, Vaccariae semen (*wang bu liu xing*) p. 580

Contraindication yin deficiency

Pregnancy use with caution

Allii macrostemi bulbus**Xie bai**

薤白

Family:	Alliaceae
Standard species:	<i>Allium macrostemon</i> , <i>A. chinense</i>
German:	chinesische Schnittlauchknolle
English:	Chinese garlic, garlic chives

Temperature

●○○ warm

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●○ Lung

●○○ Large Intestine

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Digestive tract, upper burner

Actions/Indications

●●○ Warms cold

Chest pain, pain beneath the ribcage, diarrhoea, respiratory complaints, cough, wheezing, epigastric fullness, abdominal pain and distension, qi stagnations

●●○ Transforms cold phlegm

Cough, sputum, heart pain, chest pain, respiratory complaints

●○○ Directs qi downwards

Cough, sputum, respiratory complaints, wheezing, epigastric distension, stagnation of the Intestines and dysentery

●○○ Breaks up lumps

Phlegm in the chest, heart complaints, respiratory complaints, epigastric fullness, distension of the flanks and abdomen, digestive stagnation

●●○ Moves and regulates qi

Epigastric pain, distension, abdominal distension, pain, heart pain due to blood stagnation

●○○ Relieves pain

Stabbing pain in the chest and ribcage, heart pain, pain in the flanks and abdomen

Physiological/pharmacological effects antibiotic, lowers serum cholesterol and triglyceride levels; some ingredients have antihypertensive, diuretic and vasoconstrictive actions; volatile oils: inhibit platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors.

Toxicity large doses may lead to gastric irritation.

Dosage 5–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Damp-cold obstructions with chest pain → *Trichosanthis fructus et semen (gua lou)* p. 662, *Pinelliae rhizoma (ban xia)* p. 82
- Blood stasis, damp-cold obstructions with chest pain → *Salviae miltiorrhizae radix (dan shen)* p. 710, *Carthami flos (hong hua)* p. 528, *Trichosanthis fructus et semen (gua lou)* p. 662, *Pinelliae rhizoma (ban xia)* p. 82
- Obstructions with chest pain → *Trogopterori faeces (wu ling zhi)* p. 150
- Qi stagnation with dysentery, diarrhoea → *Bupleuri radix (chai hu)* p. 50, *Paeoniae radix lactiflora (bai shao)* p. 776
- Dysentery, diarrhoea, blood-tinged stool, slimy stool → *Phellodendri cortex (huang bai)* p. 180
- Obstructions in the chest with cardiac pain → *Trichosanthis fructus et semen (gua lou)* p. 662, *Corydalis rhizoma (yan hu suo)* p. 532
- Fullness in the Lung with chest pain, cough, sputum → *Trichosanthis fructus et semen (gua lou)* p. 662, *Aurantii fructus (zhi ke)* p. 482, *Cinnamomi cassiae ramulus (gui zhi)* p. 26

Contraindication qi deficiency

Pregnancy use with caution

Aquilariae lignum

Chen xiang

沉香

Family:	Thymeleaceae
Standard species:	<i>Aquilaria sinensis</i>
Variation:	<i>Aquilaria lignum</i>
German:	chinesisches Adlerholz, Aloeholz, Seidebastgewächs
English:	aquilaria wood, aloeswood, 'sinking fragrance'

Temperature

●●○ warm

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●○ Spleen

●●○ Stomach

●●○ Kidney

●●○ Lung

Direction of action

●●○ sinking

Site of action

Lower and middle burner

Actions/Indications

●●○ Moves and regulates qi

Distension, pain and pressure in the epigastrium and abdomen

●●○ Relieves pain

Pain, fullness in the chest and abdomen, qi stagnation

●●○ Directs qi downwards

Nausea, vomiting, belching, hiccoughs, difficult breathing, wheezing due to cold

●●○ Dispels cold

Pain, distension in the chest and abdomen, belching, breathing difficulties

●●○ Warms cold

Diarrhoea, dribbling urine, impotence

●●○ Tonifies yang

Dribbling urine, impotence, asthma-like symptoms, wheezing

Physiological/pharmacological effects antimicrobial; contains volatile oils, p-methoxybenzyl acetone, agaroterol.

Commentary *Aquilaria lignum* is known as aquilaria wood or aloeswood, not to be confused with aloe vera. The Chinese name *chen xiang* and the English name *sinking fragrance* both indicate the high density of the resinous wood, which is heavier than water. Observing how fast it sinks in water can thus test the quality of the herb. Aloeswood is a prized herb in Egypt and in the Middle East and is used in India, China and Japan as the main ingredient in incense sticks. The different types of fungus living on the tree alter the secretion of the highly aromatic resins. Genuine aloeswood is costly and is therefore often substituted by cheaper herbs such as Nagarmotha (*Cyperus scariosus*).

Dosage 1–3 g, standard 1 g

Cooking time 20 minutes



Combinations

- Pain in the lower abdomen, cold and distension in the abdomen, stifling sensation in the chest, wheezing, loss of appetite → *Linderæ radix (wu yao)* p. 498
- Stagnation of Lung qi or Kidney deficiency where the Kidneys cannot grasp the Lung qi, wheezing → *Raphani semen (lai fu zi)* p. 692
- Cold in the Stomach with hiccoughs, nausea, vomiting (also morning sickness) → *Perillae folium (zi su ye)* p. 40
- Cold deficiency of the Kidney with wheezing → *Psoraleae fructus (bu gu zhi)* p. 764, *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Phlegm in the Lung with wheezing, deficiency of the lower burner → *Perillae fructus (zi su zi)* p. 634, *Peucedani radix (qian hu)* p. 656, *Magnoliae cortex (hou po)* p. 292
- Qi deficiency with constipation → *Cistanchis herba (rou cong rong)* p. 738
- Cold excess in the lower burner with abdominal distension and pain → *Aucklandiae radix (mu xiang)* p. 480, *Linderæ radix (wu yao)* p. 498, *Arecae semen (bing lang)* p. 478
- Cold excess in the middle with belching, wheezing → *Perillae folium (zi su ye)* p. 40, *Citri reticulatae pericarpium (chen pi)* p. 488, *Pinelliae rhizoma (ban xia)* p. 82

Contraindications prolapse due to qi deficiency, fire from yin deficiency

Pregnancy use is allowed

Arecae pericarpium**Da fu pi**

大腹皮

Family:	Arecaceae
Standard species:	<i>Areca catechu</i>
German:	Betelnusschale
English:	betel husk, 'big abdomen peel'

Temperature

●○ warm tendency

Taste

●●○ pungent

Organ relationship

●○ Spleen

●●○ Stomach

●○ Large Intestine

●○ Small Intestine

Direction of action

●○ sinking

Site of action

Lower and middle burner, Stomach and Spleen, Intestines

Actions/Indications

●●○ Moves and regulates qi

Distension, pain and pressure in the epigastrium and abdomen, digestive disturbances, acid regurgitation, constipation

●●○ Breaks up lumps

Distended abdomen, constipation, fullness, loss of appetite, tension and pressure in the abdomen and flanks

●●○ Drains dampness

Fullness, lack of appetite, distended abdomen, ascites, oedema, weak digestion, digestive stagnation

●○ Directs qi downwards

Fullness, distended abdomen, constipation, fullness in the epigastrium and abdomen

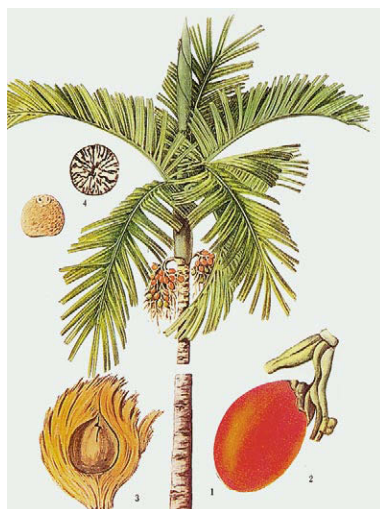
●○ Promotes urination

Ascites, oedema, lack of appetite, distended abdomen

Physiological/pharmacological effects animal experiments have shown teratogenic and toxic effects on fetal mice; strengthens intestinal peristalsis (as a decoction); extrapyramidal side-effects enhanced by combining betel nut with neuroleptic medications, especially depot neuroleptics.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Qi stagnation with dampness and epigastric pain and distension, abdominal distension, reduced intestinal motility → Magnoliae cortex (*hou po*) p. 292, Citri reticulatae pericarpium (*chen pi*) p. 488
- Mild oedema, facial swelling → Poria (*fu ling*) p. 334, Zingiberis rhizoma recens (*sheng jiang*) p. 46
- Dampness obstructions with oedema, ascites → Mori cortex (*sang bai pi*) p. 674, Lycii cortex (*di gu pi*) p. 260, Acanthopanax cortex (*wu jia pi*) p. 348
- Excess in the middle burner, qi stagnation with distension, pressure in the upper abdomen, lack of appetite → Agastachis herba (*huo xiang*) p. 278, Poria (*fu ling*) p. 334, Magnoliae cortex (*hou po*) p. 292, Armeniacae semen (*xing ren*) p. 664

Contraindication qi deficiency

Pregnancy use with caution

Aucklandiae radix

Mu xiang

木香

Family:	Asteraceae
Standard species:	<i>Inula racemosa</i> , <i>I. helenium</i> , <i>Aucklandia lappa</i> , <i>Saussurea lappa</i>
Variations:	<i>Inulae racemosae radix</i> , <i>Saussurea radix</i> , <i>Aucklandiae lappa radix</i>
German:	Alantwurzel
English:	aucklandia, saussurea, 'wood fragrance'

Temperature

●●○ warm

Taste

●●○ pungent

●○○ bitter

Organ relationship

●●● Spleen

●●○ Stomach

●○○ Lung

●○○ Large Intestine

Signal herb

●○○ Liver

●○○ Gall bladder

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications

●●● Moves and regulates qi

Feeling of food stagnating in the stomach, focal distension, lack of appetite, epigastric and abdominal pain, nausea and vomiting; Wood overcomes Earth pattern, colitis, duodenal ulcer, hepatitis

●●● Relieves pain

Pain in the flanks, epigastrium and abdomen, distension

●●○ Tonifies the qi

Diarrhoea, dysentery, tenesmus, abdominal pain

●○○ Dispels cold

Diarrhoea, abdominal pain which is not relieved by defecation

Physiological/pharmacological effects contains sesquiterpene. *Inula helenium* has a digestive, expectorant, bile-stimulating, appetite-inducing and diuretic effect and can also be used to treat diseases and complaints of the respiratory, digestive and urinary tracts.

Toxicity because it contains sesquiterpenolactone (saussureamine) and exocyclic methyl groups, allergic reactions may occur. *Inula helenium* can irritate the mucosa, cause allergies and contact dermatitis. Higher doses may lead to vomiting, diarrhoea, seizures and paralysis.

Dosage 1–10 g, standard 3 g

Cooking time add towards the end, boil briefly and allow to steep for 3 minutes



Combinations

- Damp-heat due to qi stagnation in the Stomach, Small and Large Intestine with epigastric and abdominal pain, distension, constipation, dysentery, diarrhoea (bloody or slimy) → *Arecae semen (bing lang)* p. 478, *Rhei rhizoma (da huang)* p. 92
- Damp-heat with distension in the flanks, flank pain, bitter taste in the mouth → *Bupleuri radix (chai hu)* p. 50, *Artemisiae scopariae herba (yin chen hao)* p. 302
- Qi stagnation with food stagnation, epigastric and abdominal pain, lack of appetite, nausea, vomiting, diarrhoea, tenesmus, dysentery → *Amomi fructus rotundus (bai dou kou)* p. 282
- Qi stagnation, feeling of food stagnating in the stomach, lack of appetite → *Agastachis herba (huo xiang)* p. 278, *Amomi fructus rotundus (bai dou kou)* p. 282
- Epigastric and abdominal pain, lack of appetite, distension → *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708
- Digestive problems, abdominal pain, distension, belching → *Citri reticulatae viride pericarpium (qing pi)* p. 490
- Dysentery, tenesmus, diarrhoea, abdominal distension → *Coptidis rhizoma (huang lian)* p. 172

Contraindications yin deficiency, dryness, Lung deficiency

Pregnancy use is allowed

Aurantii fructus**Zhi ke**

枳壳

Family:	Rutaceae
Standard species:	<i>Citrus aurantium</i>
Variation:	<i>Citrus fructus immaturus</i>
German:	Pomeranzenfrüchte
English:	bitter orange

Temperature

●●○ cold tendency

Taste

●●○ bitter

●○○ sour

Organ relationship

●●● Spleen

●●● Stomach

●○○ Lung

●○○ Liver

Direction of action

●○○ sinking

Site of action

Middle burner, Lung, Spleen and Stomach

Actions/Indications

●●○ Moves and regulates qi

Digestive problems, focal distension, foul-smelling belching, pain in the epigastrium and abdomen. Liver qi stagnation, moves the qi in the chest and hypochondrium, stifling sensation in the chest, irritability, depression

●○○ Raises the yang qi

Prolapses, gastric and uterine prolapse

●○○ Breaks up lumps

Stifling sensation in the chest, phlegm, cough, focal distension, concretions, tumours

●○○ Relieves pain

Pain in the chest, arm pain, back pain, pain in the flanks, upper abdomen and abdomen, nausea, vomiting

●○○ Directs qi downwards

Constipation, qi stagnation, abdominal pain

●○○ Unblocks the bowels/laxative

Constipation due to stagnation

Physiological/pharmacological effects increases blood pressure, decreases myocardial oxygen requirements, increases diuresis; one ingredient relaxes and dilates the bronchi; antineoplastic; animal experiments have shown that the herb inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors.

Toxicity gastrointestinal tract irritation; beware: peptic ulcer.

Commentary the herb's main action is to regulate the flow of qi in the Stomach and Lung and direct it downwards; however, it also tonifies the Spleen qi and has a lifting effect.

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Excess in the middle burner with upper abdominal pain, diarrhoea → Aucklandiae radix (*mu xiang*) p. 480, Arecae semen (*bing lang*) p. 478
- Deficiency of the Spleen and Stomach, digestive stagnation, distension in the epigastrium and abdomen, fullness → Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Qi and blood stagnation with abdominal pain → Paeoniae radix lactiflora (*bai shao*) p. 776
- Damp-heat with poor digestion or dysentery with diarrhoea, tenesmus → Rhei rhizoma (*da huang*) p. 92, Scutellariae radix (*huang qin*) p. 184
- Cold phlegm with stifling sensation of the chest, epigastric distension → Allii macrostemi bulbus (*xie bai*) p. 474, Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Accumulation of dampness, qi stagnation, fatigue, lack of appetite, fullness and distension of the epigastrium → Magnoliae cortex (*hou po*) p. 292, Pinelliae rhizoma (*ban xia*) p. 82, Coptidis rhizoma (*huang lian*) p. 172
- Convalescence after a febrile disease, body aches, distension of the epigastrium → Gardeniae fructus (*zhi zi*) p. 126
- Damp-cold, phlegm in the middle warmer with epigastric clumping → Citri reticulatae pericarpium (*chen pi*) p. 488, Zingiberis rhizoma (*gan jiang*) p. 408
- Damp-cold, phlegm in the middle with digestive weakness, nausea, fullness → Trichosanthis fructus et semen (*gua lou*) p. 662, Allii macrostemi bulbus (*xie bai*) p. 474, Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Magnoliae cortex (*hou po*) p. 172

Contraindications qi deficiency, cold deficiency of the Stomach

Pregnancy use with caution

Aurantii fructus immaturus**Zhi shi**

枳实

Family:	Rutaceae
Standard species:	<i>Citrus aurantium</i> , <i>C. sinensis</i>
Variation:	Aurantii fructus, Aurantii sive Citri immaturus fructus
German:	grüne (unreife) Pomeranze
English:	unripe bitter orange

Temperature

●●○ cold tendency

Taste

●●○ bitter

Organ relationship

●●○ Spleen

●●○ Stomach

Direction of action

●●○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●○ **Moves and regulates qi**

Digestive problems, focal distension, abdominal distension, pain in the upper abdomen, constipation, diarrhoea, loss of appetite, intestinal wind, dysentery, irritable bowel, pleurisy, pneumonia

●●○ **Dispels cold**

Pain in the abdomen and epigastrium, digestive problems, aching pains in the abdomen, diarrhoea

●●○ **Directs qi downwards**

Abdominal pain with constipation due to qi stagnation, focal distension, nausea, dry heaves

●●○ **Expels phlegm**

Focal distension, digestive problems, intestinal wind; also mental symptoms such as *bi* confusion, manic-depressive behaviour

●●○ **Breaks up lumps**

Focal distension, digestive problems, intestinal wind, abdominal pain, constipation, diarrhoea; extremely appropriate for all forms of accumulation including phlegm and qi, promotes digestion

Physiological/pharmacological effects in animal experiments shown to have a diuretic effect (although there are no case reports, use with caution in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism); stimulates smooth muscle of the uterus and intestines, increases peristalsis, increases myocardial contractile strength and raises blood pressure.

Toxicity may cause gastrointestinal irritation, use with care in patients with peptic ulcers.

Commentary strongly dispersing herb, use with caution.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Excess in the middle burner with upper abdominal pain, diarrhoea → Aucklandiae radix (*mu xiang*) p. 480, Arecae semen (*bing lang*) p. 478
- Spleen and Stomach deficiency, digestive stagnation, tension in the epigastrium and abdomen, fullness → *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708
- Blood and qi stagnation with abdominal pain → *Paeoniae radix lactiflora (bai shao)* p. 776
- Damp-heat with poor digestion or dysentery with diarrhoea, tenesmus → *Rhei rhizoma (da huang)* p. 92, *Scutellariae radix (huang qin)* p. 184
- Cold phlegm with stifling sensation in the chest, focal distension in the epigastrium → *Allii macrostemi bulbus (xie bai)* p. 474, *Cinnamomi cassiae ramulus (gui zhi)* p. 26
- Dampness accumulation, qi stagnation, fatigue, lack of appetite, focal distension of the epigastrium → *Magnoliae cortex (hou po)* p. 292, *Pinelliae rhizoma (ban xia)* p. 82, *Coptidis rhizoma (huang lian)* p. 172
- Convalescence following a febrile disease, body aches, focal distension → *Gardeniae fructus (zhi zi)* p. 126
- Damp-cold, phlegm in the middle burner with focal distension → *Citri reticulatae pericarpium (chen pi)* p. 488, *Zingiberis rhizoma (gan jiang)* p. 408
- Damp-cold, phlegm in the middle with weak digestion, nausea, fullness → *Trichosanthis fructus et semen (gua lou)* p. 662, *Allii macrostemi bulbus (xie bai)* p. 474, *Cinnamomi cassiae ramulus (gui zhi)* p. 26, *Magnoliae cortex (hou po)* p. 292

Contraindications cold deficiency of the Stomach, do not use in deficient or weak patients

Pregnancy use with caution

Aurantii semen**Ju he**

橘核

Family:	Rutaceae
Standard species:	<i>Citrus aurantium</i>
Variation:	Citri rubrum semen
German:	Pomeranzensamen
English:	bitter orange seeds

Temperature

●○ warm

Taste

●○ bitter

●○ pungent

Organ relationship

●● Liver

●○ Kidney

Direction of action

●○ sinking

Site of action

Lower burner

Actions/Indications

●● Moves and regulates qi

Lower abdominal pain, hernias, pain in the scrotum

●● Breaks up lumps

Swellings in the lower abdomen, swelling along the Liver channel, hernias

●● Relieves pain

Stabbing pain in the lower abdomen, hernias

●● Dispels cold

Cold accumulation in the Liver channel, cramping pain in the lower abdomen, dysmenorrhoea, amenorrhoea, hernias, hydrocele

Dosage 3–9 g, standard 3 g**Cooking time** 20 minutes



Contraindication qi deficiency

Pregnancy use with caution

Citri reticulatae pericarpium

Chen pi

陈皮

Family: Rutaceae
 Standard species: *Citrus reticulata*, *C. tangerina*, etc.
 Variation: Aurantii pericarpium
 German: Mandarinenschale
 English: tangerine peel, 'aged peel'

Temperature

●●○ warm

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●● Spleen

●●● Stomach

●●○ Lung

Direction of action

●●○ descending

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications

●●○ Moves and regulates qi

Focal distension in the epigastrium and abdomen, fullness, abdominal distension, nausea, belching, poor digestion, lack of appetite

●●○ Transforms cold phlegm

Cough with copious sputum, stifling sensation in the chest, chronic bronchitis, emphysema

●●○ Dries dampness

Upper abdominal symptoms, nausea, vomiting, fatigue, weakness, loss of appetite

●●○ Tonifies the qi

Weakness, poor digestion, diarrhoea, loss of appetite

●●○ Directs qi downwards

Nausea, vomiting, acid regurgitation

●●○ Dislodges phlegm

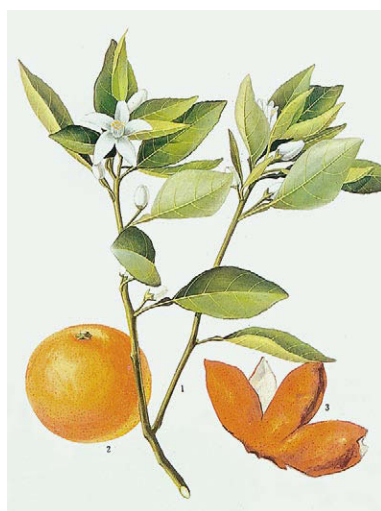
Phlegm, hot phlegm obstructing the shen, hallucinations, talking to oneself, depression, phobia, schizophrenia, mental disturbances accompanied by Liver qi stagnation

Physiological/pharmacological effects increases peristalsis; in animal experiments dilates the bronchi; used to treat mastitis, chronic bronchitis, cholelithiasis, used topically to treat burns.

Commentary long-term use may consume the yuan qi.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Abdominal distension, pain and fullness → *Aurantii fructus* (*zhi ke*) p. 482, *Linderae radix* (*wu yao*) p. 498
- Damp-cold stagnation in the middle with epigastric fullness, abdominal distension, fullness, acid regurgitation, fatigue, loose stools → *Magnoliae cortex* (*hou po*) p. 292, *Atractylodis rhizoma* (*cang zhu*) p. 286
- Obstruction due to damp-phlegm with stifling sensation in the chest, cough, white, copious, viscous sputum → *Pinelliae rhizoma* (*ban xia*) p. 82, *Poria* (*fu ling*) p. 334, *Magnoliae cortex* (*hou po*) p. 292
- Spleen deficiency with dampness and lack of appetite → *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708
- Stomach qi disharmony with vomiting, belching → *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Hot phlegm with nausea → *Bambusae caulis in taeniam* (*zhu ru*) p. 78, *Coptidis rhizoma* (*huang lian*) p. 172
- Liver qi stagnation with flank pain, breast pain, abdominal tension → *Citri reticulatae viride pericarpium* (*qing pi*) p. 490
- Wood overcomes Earth pattern with abdominal pain, diarrhoea → *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Saposhnikoviae radix* (*fang feng*) p. 42
- Deficiency of the Spleen and Stomach with weakness, fatigue, acid regurgitation, lack of appetite, poor digestion → *Codonopsis radix* (*dang shen*) p. 710, *Astragali radix* (*huang qi*) p. 706, *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708

Contraindications heat, heat excess, yin deficiency, dry cough, hot phlegm, haematemesis, bloody sputum

Pregnancy use is allowed

Citri reticulatae viride pericarpium

Qing pi

青皮

Family:	Rutaceae
Standard species:	<i>Citrus reticulata</i> , <i>C. tangerina</i> , etc.
Variation:	Aurantii immaturus pericarpium
German:	unreife Mandarinenschalen
English:	unripe tangerine peel, green tangerine peel

Temperature

●●● warm

Taste

●● bitter

●○○ pungent

Organ relationship

●●● Liver

●●● Gall bladder

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Moves and regulates qi

Liver stagnation: distension and pain in the flanks, breast pain, bulging disorder

●○○ Breaks up qi stagnation and obstruction

Food obstruction, focal distension of the epigastrium, postprandial obstruction, blood stasis due to qi stagnation

●○○ Relieves pain

Pain in the upper abdomen and flanks, bulging disorders, pain in the chest and breasts

●○○ Breaks up blood stagnation

Upper abdominal pain, food stagnation, abdominal masses

●○○ Drains damp

Nausea, vomiting, fever and chills

●○○ Transforms phlegm

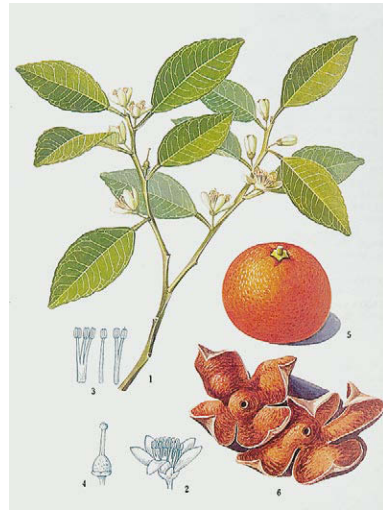
Phlegm in the chest, breast abscesses

Physiological/pharmacological effects according to recent research, can be used to treat hypotension; inhibits contractions in the gastric, intestinal and biliary smooth muscles; animal experiments shown to have antitussive, anti-asthmatic effects, expectorant; sympathomimetic properties.

Commentary long-term use or high dosages are not recommended.

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Liver and Stomach disharmony pattern with pain and tension in the chest and flanks → Bupleuri radix (*chai hu*) p. 50, Curcumae radix (*yu jin*) p. 538, Cyperi rhizoma (*xiang fu*) p. 494
- Liver excess with pain in the ribs, stabbing pain in the abdomen, aching pain in the abdomen → Foeniculi fructus (*xiao hui xiang*) p. 398, Evodiae fructus (*wu zhu yu*) p. 383, Toosendan fructus (*chuan lian zi*) p. 512
- Breast pain, swollen breasts → Cyperi rhizoma (*xiang fu*) p. 494, Vaccariae semen (*wang bu liu xing*) p. 580, Salviae miltiorrhizae radix (*dan shen*) p. 570
- Pain and distension in the epigastrium, digestive stagnation, food stagnation → Crataegi fructus (*shan zha*) p. 682, Hordei fructus germinatus (*mai ya*) p. 686, Massa medicata fermentata (*shen qu*) p. 688
- Breast abscesses → Vaccariae semen (*wang bu liu xing*) p. 580, Lonicerae flos (*jin yin hua*) p. 216, Taraxaci herba (*pu gong ying*) p. 250
- Fluid obstruction with cough, chest pain, flank pain → Sinapis albae semen (*bai jie zi*) p. 638
- Intestinal prolapse, scrotal swelling → Aurantii semen (*ju he*) p. 486, Foeniculi fructus (*xiao hui xiang*) p. 398, Toosendan fructus (*chuan lian zi*) p. 512
- Cold in the Liver with pain in the lower abdomen, radiating to the scrotum → Linderae radix (*wu yao*) p. 498, Aucklandiae radix (*mu xiang*) p. 480, Alpiniae officinari rhizoma (*gao liang jiang*) p. 390

Contraindications yin deficiency, qi deficiency

Pregnancy use allowed

Citri sarcodactylis fructus

Fo shou

佛手

Family:	Rutaceae
Standard species:	<i>Citrus medica</i> or <i>Citrus sarcodactylis</i> , <i>C. wilsonii</i>
Variation:	Citri shangyuan fructus (Xiangyuan)
German:	Zedratzitrone
English:	finger citron fruit, Buddha's hand

Temperature

●○○ warm tendency

Taste

●○○ bitter

○○○ pungent

Organ relationship

●●● Liver

●○○ Spleen

●○○ Stomach

●○○ Lung

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications

●●● Moves and regulates qi

Focal distension in the epigastrium, pain in the chest, flanks, hypochondrium, and on the ribcage, hiccough, belching, lack of appetite, Liver qi stagnation

●○○ Transforms phlegm

Cough with sputum, loss of appetite, vomiting, abdominal distension

●○○ Tonifies qi

Epigastric pain, abdominal distension, loss of appetite, vomiting

Physiological/pharmacological effects increases coronary artery perfusion, diminishes the risk of ischaemic heart disease, lowers blood pressure and prevents arrhythmias; in animal experiments inhibited gastrointestinal peristalsis, relieves cramps.

Dosage 2–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Liver qi stagnation with focal distension, pressure in the chest, flank pain, hiccough, belching, lack of appetite → Cyperi rhizoma (*xiang fu*) p. 494, Amomi fructus rotundus (*bai dou kou*) p. 282
- Phlegm in the Lung with cough and sputum → Pinelliae rhizoma (*ban xia*) p. 82, Poria (*fu ling*) p. 334, Zingiberis rhizoma recens (*sheng jiang*) p. 46

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use allowed

Cyperi rhizoma

Xiang fu

香附

Family: Cyperaceae
 Standard species: *Cyperus rotundus*
 German: Nussgraswurzelstock
 English: nut-grass rhizome, 'aromatic appendage'

Temperature

●●○ warm tendency

Taste

●●○ pungent
 ○○○ bitter
 ○○○ sweet

Organ relationship

●●● Liver
 ●●● Triple Burner

Direction of action

●●○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Moves and regulates qi

Pressure and focal distension in the abdomen, abdominal pain, dysmenorrhoea; qi distribution throughout the body. Liver qi stagnation: flank pain, stifling sensation in the chest, irritability, depression, menstrual disturbances, dysmenorrhoea, pain and distension of the breasts, infertility, menopausal syndrome, hypertension, insomnia, hepatitis, duodenal ulcers

●●○ Regulates and harmonizes the Liver

Abdominal discomfort, Liver and Spleen disharmony pattern, dysmenorrhoea, breast distension

●○○ Relieves pain

Pain in the epigastrium, abdomen and hypochondrium, dysmenorrhoea

●○○ Corrects counterflow qi

Pelvic pain, upper abdominal symptoms

●○○ Cools heat

Heat in the Liver caused by Liver qi stagnation: abdominal and hypochondriac pain, dysmenorrhoea, irritability

Physiological/pharmacological effects according to recent research, the oils have been found to contain oestrogen-like substances; animal experiments have shown contraction-stimulating effects on the uterus similar to that of *Angelicae sinensis radix* (*dang gui*); sedative, antibiotic, analgesic, positive inotropic and negative chronotropic effects on the heart. The related western herb *Cyperus articulatus* has an anti-emetic, digestive and sedative effect.

Commentary because of its qi-regulating properties, *Cyperi rhizoma* (*xiang fu*) is the herb of choice for all gynaecological complaints.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Pain and tension in the chest and flanks → *Bupleuri radix (chai hu)* p. 50, *Paeoniae radix lactiflora (bai shao)* p. 776
- Qi stagnation in the Liver and Spleen with pain and distension in the epigastrium and abdomen, digestive disturbances, nausea, diarrhoea → *Aucklandiae radix (mu xiang)* p. 480, *Citri sarcodactylis fructus (fo shou)* p. 492
- Qi obstruction in the Liver and Kidneys, cold in the lower burner, pain and distension in the lower burner, prolapse → *Linderae radix (wu yao)* p. 498, *Foeniculi fructus (xiao hui xiang)* p. 398
- Cold and qi stagnation with epigastric pain → *Zingiberis rhizoma preparatum (pao jiang)* p. 410
- Digestive complaints, pain and distension in the abdomen and flanks, nausea, vomiting, acid regurgitation → *Atractylodis rhizoma (cang zhu)* p. 286
- Nasal congestion, distension in the epigastrium and abdomen → *Perillae folium (zi su ye)* p. 40
- Qi and blood stagnation with irregular menstruation, dysmenorrhoea → *Angelicae sinensis radix (dang gui)* p. 768, *Chuanxiong rhizoma (chuan xiong)* p. 530
- Breast distension, breast tissue thickening, breast masses which swell up around the time of menstruation → *Bupleuri radix (chai hu)* p. 50, *Trichosanthis fructus et semen (gua lou)* p. 662

Compatibility promoted by *Chuanxiong rhizoma (chuan xiong)* p. 530, *Atractylodis rhizoma (cang zhu)* p. 286

Contraindications qi and yin deficiency, blood heat

Pregnancy use is **forbidden**

Kaki diospyri calyx

柿蒂

Shi di

Family:	Ebenaceae
Standard species:	<i>Diospyros kaki</i>
Variation:	Kaki calyx
German:	Kaki-Blütenkelch
English:	persimmon calyx, kaki

Temperature

●○○ neutral

Taste

●○○ bitter

Organ relationship

●●● Stomach

Direction of action

●●● descending

Site of action

Middle burner

Actions/Indications

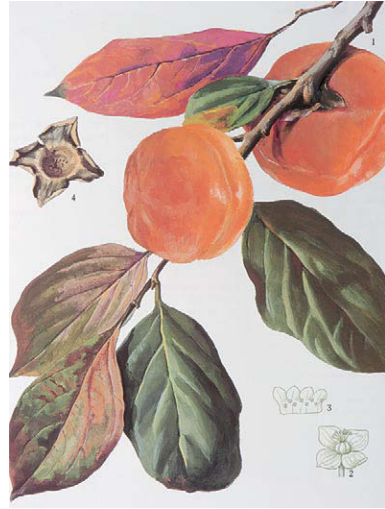
●●● Descends the qi

Belching, hiccough, sinks the Stomach qi

●●● Directs counterflow qi downwards

Belching, hiccough due to cold in the Stomach

Dosage 3–12 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Hiccoughs, nausea due to cold in the Stomach → *Caryophylli flos* (*ding xiang*) p. 392, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Dry heaves, nausea due Stomach heat → *Phragmitis rhizoma* (*lu gen*) p. 138, *Bambusae caulis in taeniam* (*zhu ru*) p. 78

Contraindications none

Pregnancy use is allowed

Linderae radix**Wu yao**

乌药

Family: Lauraceae
 Standard species: *Lindera strychnifolia*
 German: Fieberstrauchwurzel
 English: lindera root

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Spleen

●●○ Lung

●●○ Kidney

●●○ Bladder

●●○ Liver

Direction of action

●●○ sinking

Site of action

Stomach and Spleen, middle and lower burner

Actions/Indications●●○ **Moves and regulates qi**

Pain in the epigastrium and abdomen, stifling sensation in the chest, moves Liver qi in the Liver channel

●●○ **Relieves pain**

Pain in the epigastrium and abdomen, dysmenorrhoea

●○○ **Corrects counterflow qi**

Pain in the lower abdomen, bulging disorder

●●○ **Dispels cold**

Dysmenorrhoea, dribbling urine, enuresis, warms the Liver channel

●●○ **Warms cold**

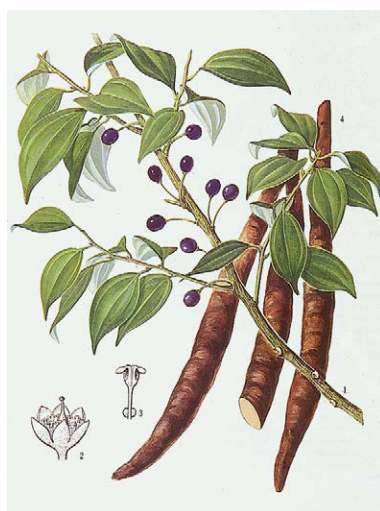
Discomfort and pain in the lower abdomen, enuresis

Physiological/pharmacological effects increases gastric acid production and has stimulating as well as inhibiting effects on intestinal smooth muscle; in animal experiments caused weight increase and shortened coagulation time.

Toxicity in Chinese references, long-term use in high dosages is not recommended; there are no clear-cut toxicological studies available.

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Stiffing sensation in the chest and flanks → *Allii macrostemi bulbus* (*xie bai*) p. 474, *Curcumae radix* (*yu jin*) p. 538
- Cold obstructions and qi stagnation with pain in the epigastrium and abdomen → *Aucklandiae radix* (*mu xiang*) p. 480, *Aurantii fructus* (*zhi ke*) p. 482
- Qi stagnation with dysmenorrhoea → *Aucklandiae radix* (*mu xiang*) p. 480, *Aurantii fructus* (*zhi ke*) p. 482, *Cyperi rhizoma* (*xiang fu*) p. 494
- Cold in the lower burner, abdominal pain, lower abdominal pain → *Cinnamomi cassiae cortex* (*rou gui*) p. 394
- Cold in the lower burner with hernias, lower abdominal pain, radiating into the testicles → *Foeniculi fructus* (*xiao hui xiang*) p. 398, *Alpiniae oxyphyllae fructus* (*yi zhi ren*) p. 730
- Spleen and Kidney deficiency with abdominal pain, vomiting, diarrhoea, hernias → *Evodiae fructus* (*wu zhu yu*) p. 383
- Menstrual disorders → *Angelicae sinensis radix* (*dang gui*) p. 768, *Cyperi rhizoma* (*xiang fu*) p. 494
- Wind with joint pain, paraesthesias of the limbs, headaches, dizziness → *Ephedrae herba* (*ma huang*) p. 330, *Bombyx batrycatus* (*jiang can*) p. 448
- Cold deficiency of the Kidney with frequent micturition, enuresis in children → *Alpiniae oxyphyllae fructus* (*yi zhi ren*) p. 730, *Dioscoreae rhizoma* (*shan yao*) p. 712
- Cold in the Bladder with dribbling urine, enuresis → *Dioscoreae rhizoma* (*shan yao*) p. 712, *Amomi fructus rotundus* (*bai dou kou*) p. 282

Contraindications blood deficiency, qi deficiency with internal heat

Pregnancy use is allowed

Liquidambaris fructus**Lu lu tong**

路路通

Family:	Hamamelidaceae
Standard species:	<i>Liquidambar formosana</i> , <i>L. tawiwianiana</i>
Variation:	<i>Liquidambaris formosanae fructus</i>
German:	Amberbaumfrüchte, Süßgummibaumfrüchte
English:	liquidambar fruit, sweetgum fruit, 'all roads open'

Temperature

●●○ neutral

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●● Liver

●●○ Stomach

Direction of action

○○○ deep

Site of action

Stomach and Spleen, middle burner, channels

Actions/Indications

●●● Moves and regulates qi

Pressure and focal distension in the abdomen, dysmenorrhoea, channel obstructions

●●○ Moves blood

Dysmenorrhoea, lower abdomen pain, constipation

●●○ Opens the orifices and unblocks the channels

Channel obstructions, painful obstruction syndrome, pain in the limbs, joint pain, lumbar pain and stiffness, painful and stiff knees

○○○ Expels wind-dampness

Painful obstruction syndrome, menstrual disorders

○○○ Drains damp-heat

Painful micturition, swelling, haemorrhoids, painful obstruction syndrome, oedema

○○○ Promotes urination

Oedema, painful bladder dysfunction

●●● Unblocks the channels

Painful obstruction (*bi*) syndrome, pain and stiffness

○○○ Promotes lactation

Fluids and qi movement after unblocking all channels and collaterals

Physiological/pharmacological effects used to treat allergies. Anti-inflammatory, diuretic, antibiotic; in animal experiments, hepatoprotective actions. Contains: cinnmate, vanillin, styrol.

Toxicity may cause palpitations.

Commentary liquidambar belongs to the Hamamelidaceae family and in ancient times was one of the most important incenses. The fragrant balsam, the so-called styrax or storax resin from the tree, together with frankincense and myrrh, were valued incenses used by the Greek Orthodox Church. It was used to treat scabies and respiratory complaints. *Liquidambaris fructus* enters and unblocks all channels.

Dosage 3–10 g, standard 4 g

Cooking time 20 minutes



Combinations

- Pain and distension in the abdomen, borborygmi → *Linderae radix (wu yao)* p. 498, *Aucklandiae radix (mu xiang)* p. 480, *Aurantii fructus (zhi ke)* p. 482
- Menstrual problems, irregular scanty menstruation → *Cyperi rhizoma (xiang fu)* p. 494
- Post-traumatic pain (decoct or external application) → *Paeoniae radix rubra (chi shao yao)* p. 166, *Salviae miltiorrhizae radix (dan shen)* p. 570
- Obstruction due to wind-dampness with joint pain → *Notopterygii rhizoma (qiang huo)* p. 38, *Angelicae pubescentis radix (du huo)* p. 350, *Spatholobi caulis et radix (ji xue teng)* p. 576
- Wind-dampness with painful obstruction syndrome, joint pain, pain in the limbs, cramps, bleeding, menstrual problems, haemorrhoids → *Angelicae sinensis radix (dang gui)* p. 768, *Chuanxiong rhizoma (chuan xiong)* p. 530, *Angelicae pubescentis radix (du huo)* p. 350, *Taxilli herba (sang ji sheng)* p. 810, *Cyperi rhizoma (xiang fu)* p. 494, *Leonuri herba (yi mu cao)* p. 554
- Oedema → *Poria (fu ling)* p. 334, *Mori cortex (sang bai pi)* p. 674
- Wind rashes → *Cicadae periostracum (chan tui)* p. 54, *Dictamnii cortex (bai xian pi)* p. 174
- Allergic rhinitis → *Xanthii fructus (cang er zi)* p. 376, *Magnoliae flos (xin yi)* p. 34

Contraindication do not use during pregnancy or in the postpartum period

Pregnancy use is **forbidden**

Litchi semen

Li zhi he

荔枝核

Family: Sapindaceae
 Standard species: *Litchi sinensis*
 German: Litchi-Samen
 English: lychee nut, lychee pip

Temperature

●○○ warm

Taste

●○○ sweet
 ●○○ astringent

Organ relationship

●●● Liver
 ●○○ Stomach

Direction of action

●○○ ascending

Site of action

Channels

Actions/Indications

●○○ Moves and regulates the qi

Stabbing lower abdominal pain, hernias, swelling, scrotal pain, redness, testicular swelling and pain

●○○ Expels cold

Lower abdominal pain, hernias, running piglet disorder (*ben tun*): pain arising from the lower abdomen spreading upwards to the epigastrium and the chest

●○○ Warms the channels

Especially the Liver channel: stabbing lower abdominal pain, hernias, swelling, scrotal pain, painful redness and swelling of the testicles

●○○ Relieves pain

Lower abdominal pain, hernias, testicular and scrotal pain, running piglet disorder

●○○ Moves blood

Premenstrual pain, pain postpartum, abdominal pain

Physiological/pharmacological effects animal experiments have demonstrated (in mice) decrease in serum glucose levels: use with care in combination with antidiabetic agents (danger of hypoglycaemia).

Dosage 9–15 g, ground

Cooking time 20 minutes



Combinations

- Stagnation due to cold in the Liver channel → Foeniculi fructus (*xiao hui xiang*) p. 398, Evodiae fructus (*wu zhu yu*) p. 383, Aurantii semen (*ju he*) p. 486
- Swelling, pain, redness of the testicles → Gentianae radix (*long dan cao*) p. 178, Gardeniae fructus (*zhi zi*) p. 126, Rhei rhizoma (*da huang*) p. 92, Toosendan fructus (*chuan lian zi*) p. 512
- Pain due to cold in the Liver channel → Foeniculi fructus (*xiao hui xiang*) p. 398, Crataegi fructus (*shan zha*) p. 682, Aurantii fructus immaturus (*zhi shi*) p. 484
- Epigastric pain caused by Liver qi stagnation → Aucklandiae radix (*mu xiang*) p. 480, Corydalis rhizoma (*yan hu suo*) p. 532
- Premenstrual pain, pain postpartum → Cyperi rhizoma (*xiang fu*) p. 494
- 'Running piglet syndrome' → Toosendan fructus (*chuan lian zi*) p. 512, Foeniculi fructus (*xiao hui xiang*) p. 398, Evodiae fructus (*wu zhu yu*) p. 383, Cinnamomi cassiae cortex (*rou gui*) p. 394

Contraindications absence of blockage caused by cold or dampness

Pregnancy use is allowed

Nardostachys rhizoma**Gan song**

甘松

Family: Valerianaceae
 Standard species: *Nardostachys chinensis*
 German: Nardostachys-Wurzel, Narde-Wurzelstock
 English: nardostachys root

Temperature

●●○ warm

Taste

●○○ sweet

●○○ pungent

Organ relationship

●●○ Spleen

●●○ Stomach

Direction of action

●○○ lifting

Site of action

Middle, middle burner

Actions/Indications

●●○ Moves and regulates qi

Epigastric pain, lack of appetite

●●○ Harmonizes and tonifies the Spleen

Upper abdominal symptoms, lack of appetite, counterflow qi, nausea, vomiting

●●○ Unblocks channels and collaterals

Pain in the upper abdomen

●●○ Relieves pain

Pain in the upper abdomen due to excess in the Spleen

●○○ Disperses cold

Epigastric pain due to cold, cold in the Stomach, lack of appetite, no thirst

Physiological/pharmacological effects according to latest research, used to treat arrhythmias.**Commentary** an ancient Asian plant, produces a valuable volatile oil. Historically used to treat nausea, abdominal pain, intestinal wind, liver diseases, jaundice and kidney diseases.**Dosage** 3–6 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Cold in the Stomach with abdominal pain, lack of appetite, no thirst → Toosendan fructus (*chuan lian zi*) p. 512, Aucklandiae radix (*mu xiang*) p. 480, Corydalis rhizoma (*yan hu suo*) p. 532

Contraindication qi deficiency

Pregnancy use is allowed

Ponciri fructus**Gou ju**

枸橘

Family: Rutaceae
 Standard species: *Poncirus trifoliata*
 German: Bitterorange
 English: immature fruit of the bitter orange

Temperature

●○○ cold tendency

Taste●●○ bitter
●○○ pungent**Organ relationship**●●● Liver
●○○ Stomach**Direction of action**

●○○ sinking

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications●●● **Moves and regulates qi**

Pressure and focal distension in the epigastrium, stabbing pain in the lower abdomen, hernias, lack of appetite

●○○ **Relieves pain**

Pain in the epigastrium and lower abdomen, aching, hernia-like pain

●●● **Breaks up accumulation**

Pain in the epigastrium, abdomen and flanks, dysmenorrhoea

●○○ **Directs qi downwards**

Lack of appetite, constipation, focal distension in the epigastrium

Physiological/pharmacological effects bitter orange peel is used to treat dyspepsia and lack of appetite.**Toxicity** the peel of the bitter orange contains furocoumarins, which have phototoxic properties and may cause skin allergies.**Dosage** 10–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Excess in the middle burner with epigastric pain, lower abdominal pain, hernias, swelling of the scrotum, constipation → Crataegi fructus (*shan zha*) p. 682, Massa medicata fermentata (*shen qu*) p. 688, Cyperi rhizoma (*xiang fu*) p. 494, Rhei rhizoma (*da huang*) p. 92, Raphani semen (*lai fu zi*) p. 692
- Liver excess pattern with breast stagnation, nodules → Taraxaci herba (*pu gong ying*) p. 250, Cervi cornu (*lu rong*) p. 734
- Qi stagnation in the lower burner with aching pain in the lower abdomen, hernias → Foeniculi fructus (*xiao hui xiang*) p. 398, Aurantii semen (*ju he*) p. 486, Toosendan fructus (*chuan lian zi*) p. 512

Contraindication absence of signs of excess

Pregnancy use with caution

Rosae flos

Mei gui hua

玫瑰花

Family: Rosaceae
 Standard species: *Rosa rugosa*
 German: chinesische Rosenblüten
 English: young flower of the Chinese rose

Temperature

●○○ warm

Taste

●○○ sweet

○○○ bitter

Organ relationship

●●● Liver

●○○ Spleen

○○○ Gall bladder

○○○ Triple Burner

Direction of action

○○○ lifting

Site of action

Middle, middle and lower burner

Actions/Indications

●○○ Moves and regulates qi

Pressure and focal distension in the breast, flanks and epigastrium, lack of appetite, dysmenorrhoea

○○○ Regulates blood

Dysmenorrhoea, blood stasis

●○○ Soothes and regulates the Liver

Pain in the epigastrium and flanks, belching, lack of appetite, menstrual disturbances, depressed mood

●○○ Harmonizes and tonifies the Liver

Moves blood and qi in the Liver, stagnant Liver qi with stifling chest sensation, epigastric discomfort, hypochondriac pain, irritability, lack of appetite, gynaecological disturbances

Physiological/pharmacological effects the related western plant *Rosae caninae flos* (dog or wild rose) was formerly used in a potion to relieve pain.

Toxicity used as an antidote for antimony poisoning.

Dosage 1–5 g, standard 3 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Liver qi stagnation with pain in the epigastrium and flanks → Cyperi rhizoma (*xiang fu*) p. 494, Toosendan fructus (*chuan lian zi*) p. 512
- Menstrual disturbances → Angelicae sinensis radix (*dang gui*) p. 768, Lycopi herba (*ze lan*) p. 556, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Slight menorrhagia → Leonuri herba (*yi mu cao*) p. 554
- Painful obstruction of blood following trauma → Spatholobi caulis et radix (*ji xue teng*) p. 576, Corydalidis rhizoma (*yan hu suo*) p. 532

Pregnancy use is allowed

Santali albi lignum

檀香

Tan xiang

Family: Santalaceae
 Standard species: *Santalum album*
 German: (weißes) Sandelholz, geschältes Kernholz des Sandelbaumes
 English: heartwood of sandalwood, santalum

Temperature

●●○ warm

Taste

●●○ pungent

●●○ aromatic

Organ relationship

●●○ Lung

●●○ Spleen

●●○ Stomach

Direction of action

●○○ ascending

Site of action

Upper burner, middle burner

Actions/Indications

●●● Moves and regulates the qi

Stifling sensation in the chest, tightness, abdominal blockage, angina pectoris

●●○ Relieves pain

Chest pain, abdominal pain, angina pectoris

●○○ Expels cold

Blockages and pain in the chest and abdomen

Physiological/pharmacological effects the volatile oil in sandalwood has a disinfecting action and can be used to treat urinary tract infections.

Toxicity the herb may cause allergic reactions such as pruritus, nausea, gastrointestinal complaints and haematuria. If used long term and in high doses, nephrotoxic effects; do not use in patients with disease of the kidney parenchyma.

Dosage 1.5–9 g, standard 6 g

Cooking time add at the end of cooking time, boiling diminishes the effect



Combinations

- Angina pectoris → *Salviae miltiorrhizae radix (dan shen)* p. 570, *Asari herba (xi xin)* p. 24
- Abdominal pain due to qi stagnation → *Amomi xanthioidis fructus (sha ren)* p. 284, *Amomi fructus rotundus (bai dou kou)* p. 282, *Caryophylli flos (ding xiang)* p. 392, *Linderae radix (wu yao)* p. 498, *Agastachis herba (huo xiang)* p. 278

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use with care

Toosendan fructus

Chuan lian zi

川楝子

Family:	Meliaceae
Standard species:	<i>Melia toosendan</i>
German:	chinesische Holunderfrüchte, Paternosterbaum-Früchte
English:	Sichuan pagoda tree fruit

Temperature

●●○ cold

Taste

●●● bitter

●○○ toxic

Organ relationship

●●● Liver

●○○ Pericardium

●○○ Small Intestine

●○○ Stomach

●○○ Bladder

Direction of action

●○○ descending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Moves and regulates qi

Pain in the abdomen, epigastrium and flanks, bulging (hernial) disorders, stagnant Liver qi: irritability, tension

●○○ Drains fire

Blazing fire; stabbing pain, pain in the head (migraine)

●○○ Dries dampness

Abdominal pain, upper abdominal discomfort

●●● Relieves pain

Pain in the abdomen, epigastrium and hypochondrium, pain due to intestinal parasites, headache (migraine)

●○○ Detoxifies and disinfects

Intestinal parasites, roundworms, tapeworms, dermatitis (external use)

●○○ Clears heat

Heat in the Liver, headache, red eyes, red tongue with yellow coating, hypochondriac discomfort, insomnia

●○○ Directs qi downwards

Ascendant Liver qi and Liver fire: irritability, pain, distension, insomnia, headache, red tongue body, red eyes

Physiological/pharmacological effects antibiotic, anthelmintic.

Toxicity do not use in high dosages, slightly toxic. Overdose (ingestion of 6–8 fresh fruits): dizziness, vomiting, diarrhoea, dyspnoea, arrhythmias, tremor, seizures, loss of consciousness. Early symptoms of toxicity: blurred vision, abdominal symptoms, spontaneous sweating, weakness and numbness of the extremities, stifling sensation in the chest.

Dosage 3–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Heat or fire in the Liver with epigastric and hypochondriac pain, pain associated with bulging (hernial) disorder, menstrual problems, irritability → *Corydalis rhizoma* (*yan hu suo*) p. 532
- Cold obstruction bulging disorders → *Foeniculi fructus* (*xiao hui xiang*) p. 398, *Evodiae fructus* (*wu zhu yu*) p. 383
- Pain due to intestinal parasites → *Arecae semen* (*bing lang*) p. 478
- Blazing fire with stabbing abdominal pain → *Corydalis rhizoma* (*yan hu suo*) p. 532, *Aucklandiae radix* (*mu xiang*) p. 480, *Foeniculi fructus* (*xiao hui xiang*) p. 398, *Citri reticulatae viride pericarpium* (*qing pi*) p. 176

Contraindications cold deficiency of the Spleen and Stomach; overdose may lead to nausea, vomiting, diarrhoea, dyspnoea and arrhythmias; because of its bitter taste and toxicity may damage Stomach yin

Pregnancy use is allowed

XII

Herbs that regulate the blood

XIIa Herbs that invigorate the blood

Overview

Achyranthis bidentatae radix (<i>niu xi</i>)	522
Artemisiae anomalae herba (<i>liu ji nu</i>)	524
Campsis flos (<i>ling xiao hua</i>)	526
Carthami flos (<i>hong hua</i>)	528
Chuanxiong rhizoma (<i>chuan xiong</i>)	530
Corydalis rhizoma (<i>yan hu suo</i>)	532
Croci stigma (<i>fan hong hua</i>)	534
Curcumae longae rhizoma (<i>jiang huang</i>)	536
Curcumae radix (<i>yu jin</i>)	538
Curcumae rhizoma (<i>e zhu</i>)	540
Daemonoropsis resina (<i>xue jie</i>)	542
Dalbergiae lignum (<i>jian xiang</i>)	544
Eupolyphaga (<i>tu bie chong</i>)	546
Gleditsiae spina (<i>zao jiao ci</i>)	548
Hirudo (<i>shui zhi</i>)	550
Illicis pubescentis radix (<i>mao dong qing</i>)	552
Leonuri herba (<i>yi mu cao</i>)	554
Lycopi herba (<i>ze lan</i>)	556
Manitis squama (<i>chuan shan jia</i>)	558
Myrrhae (<i>mo yao</i>)	560
Olibanum (<i>ru xiang</i>)	562
Persicae semen (<i>tao ren</i>)	564
Polygoni cuspidati rhizoma (<i>hu zhang</i>)	566
Pyritum (<i>zi ran tong</i>)	568
Salviae miltiorrhizae radix (<i>dan shen</i>)	570
Sappan lignum (<i>su mu</i>)	572
Sparganii rhizoma (<i>san leng</i>)	574
Spatholobi caulis et radix (<i>ji xue teng</i>)	576
Trogopterori faeces (<i>wu ling zhi</i>)	578
Vaccariae semen (<i>wang bu liu xing</i>)	580
Verbenae herba (<i>ma bian cao</i>)	582

Characteristics

Properties

These herbs are used to treat blood stasis:

- mild forms of stagnation: blood flows slowly and, without medical intervention, may lead to stasis
- severe forms of stagnation: complications due to phlegm, heat or cold with congealment, solid masses and stasis of blood circulation.

Contributing factors:

- heat: consumes fluids, leads to congealment of fluids, slowing down of blood flow
- cold: congeals blood, leads to a slowing down of blood flow
- qi stagnation: emotional stagnation; for example: due to increased stress, anxiety, depression, may lead to blood stagnation
- trauma, injuries, fractures: wind, dampness, cold lead to obstruction of the channels (*bi* syndrome) and to blood stagnation
- accumulation of fluids, phlegm, food, parasites lead to blood stasis
- qi and blood deficiency: lack of movement, decreased blood circulation.

Main symptoms: localized, stabbing pain, deep seated and colicky, worsening at night, in severe cases, accumulation, tissue hardening, tumours.

Frequent symptoms: dark face colour, purple lips and nails, dry skin, amenorrhoea, psychological problems, brittle nails and hair, purple tongue body with spots, wiry pulse.

Taste and Temperature

- Pungent, aromatic, slightly warm: pungent taste moves, the aromatic taste transforms phlegm and penetrates to deeper layers; the warm temperature accentuates the action of the aromatic properties. Examples of pungent and slightly warm herbs: Chuanxiong rhizoma (*chuan xiong*), Carthami flos (*hong hua*), Spatholobi caulis et radix (*ji xue teng*), Corydalidis rhizoma (*yan hu suo*), Trogopterori faeces (*wu ling zhi*), Curcumae rhizoma (*e zhu*), Olibanum (*ru xiang*)
- Pungent, bitter and slightly cold: pungent taste moves blood, bitter and cool clears fire, thus protecting blood from damage due to heat or fire. Examples of these herbs: Salviae miltiorrhizae radix (*dan shen*), Curcumae radix (*yu jin*), Curcumae radix (*yu jin*), Leonuri herba (*yi mu cao*), Paeoniae radix rubra (*chi shao yao*).
- Pungent, bitter and salty: pungent taste disperses, bitter and salty softens, breaks up and disperses blood accumulation, hard, tumorous accumulation, i.e. Sparganii rhizoma (*san leng*), Curcumae rhizoma (*e zhu*), Myrrhae (*mo yao*), Arcae concha (*wa leng zi*), Hirudo (*shui zhi*), Eupolyphaga (*tu bie chong*).

Actions

There are different degrees of moving blood and breaking up of blood stasis:

- Tonifies and moves blood: Chuanxiong rhizoma (*chuan xiong*), Salviae miltiorrhizae radix (*dan shen*), Rosae flos (*mei gui hua*), Corydalidis rhizoma (*yan hu suo*), Carthami flos (*hong hua*)
- Breaks up and disperses accumulation in blood stasis: Trogopterori faeces (*wu ling zhi*), Salviae miltiorrhizae radix (*dan shen*), Stellariae radix (*yin chai hu*), Lycopi herba (*ze lan*), Leonuri herba (*yi mu cao*)
- Unblocks the channels and collaterals, breaks up accumulation, chronic *bi* syndrome: Vaccariae semen (*wang bu liu xing*), Liquidambaris fructus (*lu lu tong*)
- Breaks up and disperses accumulation, stagnation, concretions, tumours: Persicae semen (*tao ren*), Olibanum (*ru xiang*), Myrrhae (*mo yao*), Sparganii rhizoma (*san leng*), Curcumae rhizoma (*e zhu*)
- Softens hardness, breaks up accumulation, blood stasis caused by stagnation of phlegm, dampness, cold, heat, toxins: Ostrea concha (*mu li*), Arcae concha (*wa leng zi*), Hirudo (*shui zhi*), Eupolyphaga (*tu bie chong*)

- Relieves pain: Corydalis rhizoma (*yan hu suo*), Chuanxiong rhizoma (*chuan xiong*), Trogopteroni faeces (*wu ling zhi*), Typhae pollen (*pu huang*)
- Topical application (lotion, salve or tincture) to treat traumatic injuries, blood stasis with pain, swelling, bleeding: Persicae semen (*tao ren*), Carthami flos (*hong hua*), Olibanum (*ru xiang*), Chuanxiong rhizoma (*chuan xiong*), Salviae miltiorrhizae radix (*dan shen*)
- *Bi* syndrome (wind, dampness, cold, heat) with stagnation of qi and blood flow: Chuanxiong rhizoma (*chuan xiong*), Achyranthis bidentatae radix (*niu xi*), Curcumae longae rhizoma (*jiang huang*)

Contraindications

Pregnancy, bleeding, heavy menstruation. Use with care in cases of blood stasis due to qi and Spleen deficiency.

Comparison between the individual herbs in this category

Moves blood and stops pain (warm herbs)

Olibanum (<i>ru xiang</i>) p. 562	●●●●●●●●
Myrrhae (<i>mo yao</i>) p. 560	●●●●●●●●
Notoginseng radix (<i>san qi</i>) p. 600	●●●●●●●●
Corydalis rhizoma (<i>yan hu suo</i>) p. 532	●●●●●●●●○
Chuanxiong rhizoma (<i>chuan xiong</i>) p. 530	●●●●●●●●○
Carthami flos (<i>hong hua</i>) p. 528	●●●●●●●●○
Typhae pollen (<i>pu huang</i>) p. 616	●●●●●●○○○
Trogopteroni faeces (<i>wu ling zhi</i>) p. 150	●●●●●●○○○
Curcumae longae rhizoma (<i>jiang huang</i>) p. 536	●●●●●●○○○
Achyranthis bidentatae radix (<i>niu xi</i>) p. 522	●●●●●●○○○
Rosae flos (<i>mei gui hua</i>) p. 508	●●●●●○○○○
Spatholobi caulis et radix (<i>ji xue teng</i>) p. 576	●●●●●○○○○
Lycopi herba (<i>ze lan</i>) p. 556	●●●●●○○○○

Breaks up blood stasis

Hirudo (<i>shui zhi</i>) p. 550	●●●●●●●●○
Eupolyphaga (<i>tu bie chong</i>) p. 546	●●●●●●●●○
Sparganii rhizoma (<i>san leng</i>) p. 574	●●●●●○○○○
Curcumae rhizoma (<i>e zhu</i>) p. 540	●●●●●○○○○
Olibanum (<i>ru xiang</i>) p. 562	●●●●●○○○○
Myrrhae (<i>mo yao</i>) p. 560	●●●●●○○○○
Persicae semen (<i>tao ren</i>) p. 564	●●●○○○○○○○

Unblocks the collaterals

Scolopendra (<i>wu gong</i>) p. 458	●●●●●●●●
Scorpio (<i>quan xie</i>) p. 460	●●●●●●●○
Pheretima (<i>di long</i>) p. 456	●●●●●○○○
Manitis squama (<i>chuan shan jia</i>) p. 558	●●●●●○○○
Angelicae sinensis radix (<i>dang gui</i>) p. 768 (most external root)	●●●●○○○○
Liquidambaris fructus (<i>lu lu tong</i>) p. 500	●●●●○○○○
Vaccariae semen (<i>wang bu liu xing</i>) p. 580	●●●●○○○○
Spatholobi caulis et radix (<i>ji xue teng</i>) p. 576	●●○○○○○○

Inigorates blood circulation (cool herbs)

Campsis flos (<i>ling xiao hua</i>) p. 526	●●●●●●●●
Curcumae radix (<i>yu jin</i>) p. 538	●●●●●●●●
Leonuri herba (<i>yi mu cao</i>) p. 554	●●●●●●○○
Paeoniae radix rubra (<i>chi shao yao</i>) p. 166	●●●●●●○○
Salviae miltiorrhizae radix (<i>dan shen</i>) p. 710	●●●●●●○○
Rubiae radix (<i>qian cao gen</i>) p. 606	●●●●●○○○
Moutan cortex (<i>mu dan pi</i>) p. 164	●●●●●○○○

Summary**1. Invigorates qi and blood circulation**

Chuanxiong rhizoma (<i>chuan xiong</i>) p. 530	→ invigorates blood, expels wind, relieves pain
Corydalis rhizoma (<i>yan hu suo</i>) p. 532	→ strongly invigorates qi and blood flow, effectively relieves pain in the entire body
Curcumae radix (<i>yu jin</i>) p. 538	→ softens the Liver, regulates Gall bladder, transforms, cools blood
Curcumae longae rhizoma (<i>jiang huang</i>) p. 536	→ breaks up and dispels blood stasis
Liquidambaris fructus (<i>lu lu tong</i>) p. 500	→ promotes urination, relieves pain

2. Invigorates blood circulation, relieves pain

Olibanum (<i>ru xiang</i>) p. 562	→ traumatic injuries with qi stagnation
Myrrhae (<i>mo yao</i>) p. 560	→ traumatic injuries with blood stasis
Trogloterori faeces (<i>wu ling zhi</i>) p. 150	→ breaks up blood stasis, relieves pain due to blood stasis, gynaecological diseases
Polygoni cuspidati rhizoma (<i>hu zhang</i>) p. 566	→ breaks up blood stasis, clears heat and toxins, drains damp-heat
Pyritum (<i>zi ran tong</i>)	→ breaks up blood stasis, for post-traumatic pain

3. Invigorates blood circulation, eliminates blood stasis

Salviae miltiorrhizae radix (<i>dan shen</i>) p. 570	→ cardiovascular disease, gynaecological disorders, accumulation, traumatic injuries, restlessness, shen disorders
Carthami flos (<i>hong hua</i>) p. 528	→ gynaecological problems, concretions, joint pain, skin diseases
Persicae semen (<i>tao ren</i>) p. 564	→ gynaecological problems, traumatic injuries, pulmonary and intestinal abscesses, chronic constipation
Leonuri herba (<i>yi mu cao</i>) p. 554	→ promotes urination, treats gynaecological disturbances
Lycopi herba (<i>ze lan</i>) p. 556	→ promotes urination
Achyranthis bidentatae radix (<i>niu xi</i>) p. 522	→ tonifies the Kidneys, moves blood
Verbenae herba (<i>ma bian cao</i>) p. 582	→ clears heat, draws out toxins, promotes diuresis, reduces swelling, malaria
Vespertilionis faeces (<i>ye ming sha</i>) p. 150	→ clears the Liver and benefits the eyes

4. Invigorates blood, unblocks the channels and collaterals

Manitis squama (<i>chuan shan jia</i>) p. 558	→ promotes lactation, breaks up concretions
Vaccariae semen (<i>wang bu liu xing</i>) p. 580	→ promotes lactation
Artemisiae anomalae herba (<i>liu ji nu</i>) p. 524	→ regulates menstruation
Sappan lignum (<i>su mu</i>) p. 572	→ gynaecological problems, disturbances following traumatic injuries
Spatholobi caulis et radix (<i>ji xue teng</i>) p. 576	→ invigorates blood circulation, tonifies blood, <i>bi</i> syndrome

5. Breaks up and eliminates blood stasis

Sparganii rhizoma (<i>san leng</i>) p. 574	→ breaks up blood stagnation
Curcumae rhizoma (<i>e zhu</i>) p. 540	→ breaks up qi stagnation
Hirudo (<i>shui zhi</i>) p. 550	→ breaks up blood stagnation
Eupolyphaga (<i>tu bie chong</i>) p. 546	→ chronic problems following traumatic injuries

Herbs from other categories that move blood and break up stasis

Angelicae sinensis radix (<i>dang gui</i>)	768
Cinnamomi cassiae ramulus (<i>gui zhi</i>)	26
Crataegi fructus (<i>shan zha</i>)	682
Moutan cortex (<i>mu dan pi</i>)	164
Notoginseng radix (<i>san qi</i>)	600
Paeoniae radix rubra (<i>chi shao yao</i>)	166
Rhei rhizoma (<i>da huang</i>)	92
Rubiae radix (<i>qian cao gen</i>)	606
Typhae pollen (<i>pu huang</i>)	616

XIIb Herbs that stop bleeding

Overview

Agrimoniae herba (<i>xian he cao</i>)	584
Artemisiae argyi folium (<i>ai ye</i>)	586
Bletillae tuber (<i>bai ji</i>)	588
Cirsii herba (<i>xiao ji</i>)	590
Cirsii japonici herba seu radix (<i>da ji</i>)	592
Crinis carbonisatus (<i>xue yu tang</i>)	594
Nelumbinis nodus rhizomatis (<i>ou jie</i>)	596
Nelumbinis receptaculum (<i>lian fang</i>)	598
Notoginseng radix (<i>san qi</i>)	600
Ophicalciturum (<i>hua rui shi</i>)	602
Platycladi cacumen (<i>ce bai ye</i>)	604
Rubiae radix (<i>qian cao gen</i>)	606
Sanguisorbae radix (<i>di yu</i>)	608
Sophorae flos (<i>huai hua mi</i>)	610
Sophorae fructus (<i>huai jiao</i>)	612
Terra flava usta (<i>zao xin tu</i>)	614
Typhae pollen (<i>pu huang</i>)	616

Characteristics

Properties and Actions

These herbs are used principally to stop acute bleeding without causing blood stasis; bleeding can be brought to a standstill at the same time that circulation is maintained. Bleeding due to obstruction or accumulation of blood, such as menorrhagia, can be treated using: Notoginseng radix (*san qi*), Rubiae radix (*qian cao gen*), Typhae pollen (*pu huang*), Crinis carbonisatus (*xue yu tang*).

Taste and Temperature

- Sour or astringent: restrains blood; these herbs are used symptomatically and in a first-aid context: Bletillae tuber (*bai ji*), Nelumbinis nodus rhizomatis (*ou jie*), Ophicalciturum (*hua rui shi*), Terra flava usta (*zao xin tu*)
- Cold and bitter: cools heat, bitter taste decreases fire: Cirsii japonici herba seu radix (*da ji*), Cirsii herba (*xiao ji*), Platycladi cacumen (*ce bai ye*), Sophorae flos (*huai hua mi*), Sanguisorbae radix (*di yu*), Imperatae rhizoma (*bai mao gen*)

Comparison between the individual herbs in this category

Stops bleeding in the Intestines

Notoginseng radix (<i>san qi</i>) p. 600	●●●●●●●●
Terra flava usta (<i>zao xin tu</i>) p. 614	●●●●●●●○
Sophorae flos (<i>huai hua mi</i>) p. 610	●●●●●○○○
Sanguisorbae radix (<i>di yu</i>) p. 608	●●●●●○○○
Nelumbinis nodus rhizomatis (<i>ou jie</i>) p. 596	●●●●●○○○

Stops bleeding in the urogenital tract

Cirsii japonici herba seu radix (<i>da ji</i>) p. 104	●●●●●●●●
Cirsii herba (<i>xiao ji</i>) p. 590	●●●●●●●○
Imperatae rhizoma (<i>bai mao gen</i>) p. 158	●●●●●●●○
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●●○

Stops uterine bleeding

Terra flava usta (<i>zao xin tu</i>) p. 614	●●●●●●●●
Sepiae endoconcha (<i>hai piao xiao</i>) p. 852	●●●●●●●●
Ecliptae herba (<i>han lian cao</i>) p. 790	●●●●●●●○
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●○○○
Asini corii colla (<i>e jiao</i>) p. 770	●●●●●○○○
Typhae pollen (<i>pu huang</i>) p. 616	●●●●●○○○

Summary

1. Cools blood, stops bleeding

Cirsii japonici herba seu radix (<i>da ji</i>) p. 104	→ stops bleeding, removes blood stasis, reduces swelling
Cirsii herba (<i>xiao ji</i>) p. 590	→ stops bleeding, relieves dysuria
Sanguisorbae radix (<i>di yu</i>) p. 608	→ stops bleeding in the lower burner
Imperatae rhizoma (<i>bai mao gen</i>) p. 158	→ clears heat in the Lung and Stomach, promotes urination
Sophorae flos (<i>huai hua mi</i>) p. 610	→ clears heat in the Liver, lowers blood pressure
Platycladi cacumen (<i>ce bai ye</i>) p. 604	→ dries dampness, stops cough

2. Stabilizes and restrains blood, stops bleeding

Agrimoniae herba (<i>xian he cao</i>) p. 584	→ antiparasitic
Bletillae tuber (<i>bai ji</i>) p. 588	→ stops bleeding in the Lung and Stomach, reduces swelling and promotes wound healing
Nelumbinis nodus rhizomatis (<i>ou jie</i>) p. 596	→ removes blood stasis (raw herb)

3. Promotes blood flow, eliminates blood stasis, stops bleeding

Crinis carbonisatus (<i>xue yu tang</i>) p. 594	→ promotes urination, appropriate to treat bloody dysuria
Notoginseng radix (<i>san qi</i>) p. 600	→ stops heavy bleeding, relieves pain
Rubiae radix (<i>qian cao gen</i>) p. 606	→ moves blood and regulates menstruation
Typhae pollen (<i>pu huang</i>) p. 616	→ promotes urination, breaks up blood stasis in the abdomen
Ophicalciturum (<i>hua rui shi</i>) p. 602	→ restrains and inhibits blood loss
Nelumbinis receptaculum (<i>lian fang</i>) p. 598	→ irregular menstruation, haematuria

4. Warms the body and stops bleeding

Artemisiae argyi folium (<i>ai ye</i>) p. 586	→ warms the channels, stops bleeding, disperses cold, relieves pain
Terra flava usta (<i>zao xin tu</i>) p. 614	→ warms the Spleen and thus stops bleeding, relieves nausea and vomiting

Herbs from other categories to stop bleeding

Asini corii colla (<i>e jiao</i>)	770
Dryopteridis rhizoma (<i>guan zhong</i>)	866
Ecliptae herba (<i>han lian cao</i>)	790
Equiseti hiemalis herba (<i>mu ze</i>)	58
Gardeniae fructus (<i>zhi zi</i>) (toasted)	126
Haematitum (<i>dai zhe shi</i>)	80
Indigo naturalis (<i>qing dai</i>)	160
Mastodi fossilium ossis (<i>long gu</i>)	426
Moutan cortex (<i>mu dan pi</i>)	164
Mume fructus (<i>wu mei</i>) (toasted)	838
Rehmanniae radix (<i>sheng di huang</i>)	168
Rhei rhizoma (<i>da huang</i>)	92
Schizonepetae herba (<i>jing jie</i>) (toasted)	44
Sepiae endoconcha (<i>hai piao xiao</i>)	852
Trogopteroni faeces (<i>wu ling zhi</i>)	150
Zingiberis rhizoma praeparatum (<i>pao jiang</i>)	410

Achyranthis bidentatae radix**Niu xi**

牛膝

Family:	Amarantaceae
Standard species:	<i>Achyranthes bidentata</i>
Variation:	Cyanthulae radix
German:	Ochsenkniewurzel
English:	achyranthes root, 'ox knee'

Temperature

●●○ neutral

Taste

●●○ bitter

●●○ sour

Organ relationship

●●● Liver

●●○ Kidney

Direction of action

●●○ sinking

Site of action

Lower burner

Actions/Indications

●●● Moves blood

Menstrual disturbances, amenorrhoea, dysmenorrhoea

●●○ Breaks up blood stasis

Haematomas, swellings following blunt trauma

●●● Strengthens sinews and bones

Pain in the loins and knees, weakness due to Kidney and Liver deficiency

●●○ Cools fire

Nosebleeds, bleeding gums, toothache, dizziness, headache, blurred vision (due to ascendant Liver yang)

●●○ Cools heat

Painful micturition, blood in urine, vaginal discharge

●●○ Tonifies and supports the yin

Tonifies Liver and Kidney yin, directs fire downward, ascendant Liver yang, bleeding due to fire, dizziness, headache, hypertension

●●○ Descends yang

Headache, dizziness, hypertension, strokes, menopause

Physiological/pharmacological effects analgesic, anti-inflammatory, mild and non-lasting antihypertensive effect, stimulates uterine contractions (increased risk of miscarriage), decreases fertility.

Dosage 3–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Blood stasis with delayed menstruation, amenorrhoea, dysmenorrhoea → Carthami flos (*hong hua*) p. 528, Angelicae sinensis radix (*dang gui*) p. 768, Cinnamomi cassiae cortex (*rou gui*) p. 394
- Blood stasis with disturbed, irregular menstruation, haematomas, injuries → Corydalis rhizoma (*yan hu suo*) p. 532, Carthami flos (*hong hua*) p. 528, Persicae semen (*tao ren*) p. 564, Angelicae sinensis radix (*dang gui*) p. 768
- Pain, swelling, ulcers of the teeth, gums, tongue → Gypsum (*shi gao*) p. 130
- Dysuria, painful micturition due to heat → Angelicae sinensis radix (*dang gui*) p. 768, Scutellariae radix (*huang qin*) p. 184
- Ascendant Liver yang with headache, dizziness, blurred vision → Uncariae ramulus cum uncis (*gou teng*) p. 464, Taxilli herba (*sang ji sheng*) p. 810
- Heat due to yin deficiency with pain and swelling of the gums → Rehmanniae radix (*sheng di huang*) p. 168
- Deficiency of the Liver and Kidney with loin pain, weakness of the lower extremities → Taxilli herba (*sang ji sheng*) p. 810, Eucommiae cortex (*du zhong*) p. 756, Cibotii rhizoma (*gou ji*) p. 736, Chaenomelis fructus (*mu gua*) p. 354
- Ascending fire due to yin deficiency with nosebleed, bleeding from the mouth and gums → Platycladi cacumen (*ce bai ye*) p. 604, Imperatae rhizoma (*bai mao gen*) p. 158, Cirsii herba (*xiao ji*) p. 590

Compatibility impaired by Cynanchi stauntonii radix (*bai qian*) p. 628, Sambuci nigri radix

Contraindications diarrhoea due to Spleen deficiency, qi deficiency, continuous bleeding following delivery

Pregnancy use is **forbidden**

Artemisiae anomalae herba

刘寄奴

Liu ji nu

Family: Asteraceae
 Standard species: *Artemisia anomala*
 German: Kraut der Artemisia anomala (Beifuss-Art)
 English: anomalous artemisia, anomala

Temperature

●●○ warm

Taste

●●● bitter

Organ relationship

●●○ Heart

●○○ Spleen

Direction of action

●○○ descending

Site of action

Lower burner, interior

Actions/Indications

●●○ Breaks up blood stagnation

Difficult, painful menstruation, also in the postpartum, amenorrhoea, abdominal pain

●●○ Resolves accumulations

Blood stasis, fractures, contusions, haematomas, sprains, hepatomegaly

●●○ Injuries, haematomas and wounds

Fractures, contusions, haematomas, stagnation, injuries, swelling

●●○ Relieves pain

Lower abdominal pain, postpartum, abdominal pain due to blood stasis, fractures, contusions, sprains, inflamed painful wounds (also for external use)

●○○ Unblocks the Intestines

Distension and pain in epigastrium and abdomen, digestive disorders

●○○ Unblocks the channels

Amenorrhoea, abdominal pain, postpartum pain, post-traumatic pain, stagnation, haematomas, swelling

Physiological/pharmacological effects antibiotic**Dosage** 3–15 g**Cooking time** 20 minutes



Combinations

- Traumatic injuries (can also be applied externally) → *Angelicae sinensis radix* (*dang gui*) p. 768, *Persicae semen* (*tao ren*) p. 564, *Carthami flos* (*hong hua*) p. 528
- External injuries with severe pain and blood stasis → *Corydalis rhizoma* (*yan hu suo*) p. 532, *Drynariae rhizoma* (*gu sui bu*) p. 752
- Hepatomegaly → *Bupleuri radix* (*chai hu*) p. 50, *Scutellariae radix* (*huang qin*) p. 184, *Gleditsiae spina* (*zao jiao ci*) p. 548, *Polygoni cuspidati rhizoma* (*hu zhang*) p. 566, *Bletillae tuber* (*bai ji*) p. 588, *Carthami flos* (*hong hua*) p. 528, *Alismatis rhizoma* (*ze xie*) p. 300, 928–930, *Arecae semen* (*bing lang*) p. 478, *Rubiae radix* (*qian cao gen*) p. 606
- Amenorrhoea, dysmenorrhoea → *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix rubra* (*chi shao yao*) p. 166
- Uterine bleeding with abdominal pain due to qi deficiency → *Astragali radix* (*huang qi*) p. 706, *Codonopsis radix* (*dang shen*) p. 710
- Distension, abdominal fullness, food stagnation → *Crataegi fructus* (*shan zha*) p. 682, *Hordei fructus germinatus* (*mai ya*) p. 686, *Gigeria galli endothelium comeum* (*ji nei jin*) p. 684, *Aurantii fructus immaturus* (*zhi shi*) p. 484, *Magnoliae cortex* (*hou po*) p. 292

Contraindications none

Pregnancy use is **forbidden**

Campsis flos

Ling xiao hua

凌霄花

Family: Bignoniaceae
 Standard species: *Campsis grandiflora*
 German: Trompetenblumen-Blüten
 English: campsis flower, trumpet creeper flower

Temperature

●○○ cold tendency

Taste

●○○ pungent

Organ relationship

●○○ Liver

●○○ Pericardium

Direction of action

●○○ ascending

Site of action

Lower burner, skin

Actions/Indications

●○○ Cools blood

Eczema, exanthemas

●○○ Dispels wind

Pruritic skin eruptions

●○○ Breaks up blood stasis

Dysmenorrhoea, postpartum complications, postpartum breast swelling

●○○ Dispels wind-dampness

Pruritic exanthemas, eczema, ulcers

●○○ Eczema, burns and ulcers

Pruritic skin rashes, eczema

●○○ Stops itching

Pruritic skin rashes, itching on the entire body, worsening with warmth

Dosage 3–9 g, standard 5 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Blood stasis with menstrual disturbances, dysmenorrhoea, postpartum pain → Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528, Paeoniae radix rubra (*chi shao yao*) p. 166
- Wind-dampness with itchy skin rashes, eczema → Sulfur (*liu huang*), Alumen (*ming fan*) p. 876, Coptidis rhizoma (*huang lian*) p. 172, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624

Contraindication deficiency

Pregnancy use is **forbidden**

Carthami flos**Hong hua**

红花

Family:	Asteraceae
Standard species:	<i>Carthamus tinctorius</i>
German:	Safflorblüten, wilder Safran, Färberdistel
English:	safflower, carthamus 'red flower'

Temperature

●○○ warm

Taste

●●○ pungent

Organ relationship

●●● Heart

●●● Liver

Direction of action

●○○ deep

Site of action

Lower burner, channels

Actions/Indications

●●● Moves blood

Menstrual disturbances, dysmenorrhoea, postpartum bleeding, abdominal pain, retained lochia, abdominal masses, limb pain, feeling of tension in the limbs

●●● Breaks up blood stasis

Wounds, painful skin diseases, carbuncles, erythemas, abdominal masses, amenorrhoea, infertility

●●○ Relieves pain

Abdominal pain, wounds, injuries, carbuncles, limb pain, dysmenorrhoea

●○○ Cools blood

Bleeding from all body orifices, poor wound healing, erythemas, furuncles, carbuncles

●○○ Eczema, burns and ulcers

Blood stasis: wounds, painful ulcers, carbuncles, erythemas

●●○ Injuries, haematomas and wounds

Oedema, swelling, pain (local and systemic use)

Physiological/pharmacological effects low doses have a positive inotropic effect, higher doses have a negative inotropic and chronotropic effect; animal experiments show inhibition of platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; increases uterine contractions; according to newest research, has been used to treat coronary heart disease and for swellings and haematomas due to trauma as well as cerebral thrombosis.

Toxicity do not exceed the recommended dosage, danger of bleeding.

Commentary used as a cheap substitute for saffron.

Dosage 3–10 g, standard 5 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Blood stasis, qi stagnation with pain in the the chest and abdomen → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Blood stasis with abdominal pain, retained lochia → Leonuri herba (*yi mu cao*) p. 554
- Pain following injury, swelling → Angelicae sinensis radix (*dang gui*) p. 768
- Pain, swelling, thrombosis, postoperative status, postpartum pain → Persicae semen (*tao ren*) p. 564, Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix lactiflora (*bai shao*) p. 776, Sparganii rhizoma (*san leng*) p. 574, Aucklandiae radix (*mu xiang*) p. 480
- Painful, red, swollen eyes → Rehmanniae radix (*sheng di huang*) p. 168, Paeoniae radix rubra (*chi shao yao*) p. 166, Forsythiae fructus (*lian qiao*) p. 200
- Carbuncles, concretions, toxic swellings → Arnebiae/Lithospermi radix (*zi cao*) p. 152
- Heat in the blood with poor wound healing, limb pain → Arctii fructus (*niu bang zi*) p. 48, Arnebiae/Lithospermi radix (*zi cao*) p. 152, Isatidis folium (*da qing ye*) p. 162, Forsythiae fructus (*lian qiao*) p. 200, Coptidis rhizoma (*huang lian*) p. 172, Puerariae radix (*ge gen*) p. 64

Contraindication severe bleeding following delivery

Pregnancy use is **forbidden**

Chuanxiong rhizoma**Chuan xiong**

川芎

Family:	Apiaceae
Standard species:	<i>Ligusticum chuanxiong</i> , <i>L. wallichii</i>
Variation:	Ligustici radix, Chuangxiong rhizoma
German:	Szechuangliebstockel-Würzelstock
English:	chuanxiong root, Szechuan lovage root, cnidium

Temperature

●●● warm

Taste

●●○ pungent

Organ relationship

- Liver
- Gall bladder
- Pericardium

Signal herb

Liver channel

Direction of action

●●● ascending

Site of action

Channels, head and eyes

Actions/Indications

●●● Moves blood

Blood stasis, dysmenorrhoea, amenorrhoea, haematomas, chemical burns

●●○ Moves and regulates qi

Pain in the flanks and hypochondrium

●●○ Dispels wind

Headache due to external wind, muddled consciousness, dizziness, skin diseases

●●● Relieves pain

Headache in the forehead/temples due to wind, heat, cold, deficiency, painful obstruction (*bi*) syndrome

●●○ Drains damp-wind

Painful obstruction syndrome of the joints

●●○ Dispels wind-heat

Headache

Physiological/pharmacological effects in vitro antibiotic and antifungal effect (dermal fungi); inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; sedative effect, dilates blood vessels, in low dosages stimulates contraction of smooth muscle, and in high doses, inhibitory effect; causes miscarriages, protective effect against radiation. The related western herb *Levisticum officinalis* (lovage) has weak diuretic and spasmolytic effects and can be used to treat inflammation of the urinary tract.

Toxicity overdose may lead to vomiting and dizziness.

Dosage 1–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Wind-cold with headache → Saposhnikoviae radix (*fang feng*) p. 42, Schizonepetae herba (*jing jie*) p. 44
- Wind-heat with headache → Angelicae dahuricae radix (*bai zhi*) p. 22, Asari herba (*xi xin*) p. 24
- Damp-wind with headache → Notopterygii rhizoma (*qiang huo*) p. 38, Bombyx batrycatus (*jiang can*) p. 448
- Damp-wind and qi stagnation, blood stasis in the channels with limb pain, joint pain and numbness → Angelicae sinensis radix (*dang gui*) p. 768, Angelicae pubescentis radix (*du huo*) p. 350
- Blood deficiency with menstrual disorders, dysmenorrhoea, amenorrhoea, delayed and scanty menstruation → Angelicae sinensis radix (*dang gui*) p. 768
- Postpartum blood stasis → Leonuri herba (*yi mu cao*) p. 554, Persicae semen (*tao ren*) p. 564
- Haematomas, injuries → Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560

Compatibility

- Promoted by Angelicae sinensis radix (*dang gui*) p. 768
- Limited by Coptidis rhizoma (*huang lian*) p. 172
- Impaired by Talcum (*hua shi*) p. 340, Corni fructus (*shan zhu yu*) p. 822, Astragali radix (*huang qi*) p. 706
- Do not use together with Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindications fire headaches with yin deficiency, severe retained lochia, headache due to ascendant Liver yang, qi deficiency, heavy menstrual bleeding

Pregnancy use is **forbidden**

Corydalis rhizoma**Yan hu suo**

延胡索

Family:	Papaveraceae
Standard species:	<i>Corydalis yanhusuo</i> , <i>C. ambigua</i> , <i>C. amurensis</i>
Variation:	<i>Corydalis tuber</i> , <i>Corydalis yanhusuo rhizoma</i>
German:	Lärchenspornwurzstock
English:	corydalis rhizome

Temperature

●●○ warm

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●● Liver

●●○ Spleen

●●○ Stomach

●●○ Lung

Direction of action

●●○ superficial

Site of action

Lower burner, channels

Actions/Indications

●●● Moves blood

Chest pain, abdominal pain, lower abdominal pain and following trauma, dysmenorrhoea

●●● Relieves pain

Blood- and qi-moving following injuries, dysmenorrhoea, chest pain, epigastric and abdominal pain, hernia-like pain

●●● Breaks up blood stasis

Dysmenorrhoea, pain following blunt trauma, injuries

●●○ Moves and regulates qi

Pain in the breast and flanks, epigastric and abdominal pain, hernia-like pain

Physiological/pharmacological effects in animal experiments, the individual components have been found to have analgesic, hypnotic, sedative, anti-ulcerative effects. Contains: alkaloids (corydalin, corybulbin; apomorphic type, berberine type).

Dosage 3–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood stasis with chest and abdominal pain → Trogopterori faeces (*wu ling zhi*) p. 150
- Blood stasis and qi stagnation with dysmenorrhoea → Cyperi rhizoma (*xiang fu*) p. 494
- Blood stasis with limb pain, headache → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Blood stasis with chest and abdominal pain, dysmenorrhoea following injury → Myrrhae (*mo yao*) p. 560, Olibanum (*ru xiang*) p. 562, Trogopterori faeces (*wu ling zhi*) p. 150
- Blood and qi obstructions due to cold with abdominal pain, hernias → Foeniculi fructus (*xiao hui xiang*) p. 398
- Dysmenorrhoea and pain in the limbs → Cinnamomi cassiae cortex (*rou gui*) p. 394
- Flank pain and pain in the upper right quadrant → Toosendan fructus (*chuan lian zi*) p. 512

Contraindication absence of excess signs

Pregnancy use is **forbidden**

Croci stigma

Fang hong hua

番红花

Family: Iridaceae
 Standard species: *Crocus sativus*
 German: Safran (Blütennarben des Krokus)
 English: saffron

Temperature

○○ cold

Taste

●○○ sweet

Organ relationship

○○ Heart

○○ Liver

Direction of action

○○ deep

Site of action

Lower burner, skin

Actions/Indications

○○○ Regulates blood

Menstrual problems, complications following delivery

○○○ Breaks up blood stagnation

Amenorrhoea, palpitations, anxiety attacks, aching sensation in the chest, mood swings

○○○ Cools blood

Very high fever, exanthemas

○○○ Benefits and nourishes the Heart

Insomnia, disturbed sleep, palpitations, anxiety attacks

Physiological/pharmacological effects small amounts stimulate gastric juice secretion, larger amounts cause contraction of the uterus.

Toxicity overdose or misuse in high dosages may lead to miscarriage or abortion; death may also occur (abortive dosage about 10 g, lethal dose 12–20 g). Poisoning: vomiting, uterine bleeding, intestinal colic, bloody diarrhoea, haematuria, extensive purpura, bleeding from the nose, lips and eyelids, fainting attacks, light-headedness, yellowness of the skin and mucosal membranes (due to apocarotenoid deposits) and CNS paralysis.

Commentary because this is a very expensive cooking ingredient, it is frequently substituted by the cheaper *Carthami flos* (*hong hua*) p. 528, which has a comparatively weaker effect.

Dosage 1.5–6 g

Cooking time cook twice separately and add to the rest of the decoction; can also be taken as a single herb



Combinations

- Amenorrhoea → Leonuri herba (*yi mu cao*) p. 554, Salviae miltiorrhizae radix (*dan shen*) p. 570
- Decreased lochia → Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix rubra (*chi shao yao*) p. 166
- Aching chest pain, mood swings → Curcumae radix (*yu jin*) p. 538
- Incomplete expression of measles rash → Arnebiae/Lithospermi radix (*zi cao*) p. 152, Paeoniae radix rubra (*chi shao yao*) p. 166

Contraindications none other than pregnancy

Pregnancy use is **forbidden**

Curcumae longae rhizoma

Jiang huang

姜黄

Family: Zingiberaceae
 Standard species: *Curcuma longa*, *C. rotunda*
 German: Gelbwurz-Wurzelstock, Curcumawurzel
 English: turmeric rhizome, 'ginger yellow'

Temperature

●●○ warm

Taste

●●○ pungent

●○● bitter

Organ relationship

●●○ Spleen

●●○ Stomach

●●○ Liver

Direction of action

●●○ superficial

●●○ sinking

Site of action

Middle burner, channels

Actions/Indications

●●○ Regulates blood

Amenorrhoea, dysmenorrhoea due to cold and blood stasis, pain in the chest and abdomen, stagnation in the chest and in the abdomen

●●○ Moves blood

Blood stasis in the chest, abdomen and lower abdomen

●●○ Moves and regulates qi

Pain in the epigastrium, abdomen and in the ribcage, irregular menstruation

●●○ Descends the qi

Epigastric pain, abdominal pain, qi stagnations

●●○ Dispels damp-wind

Muscle pain, joint pain, painful obstruction syndrome, especially in the shoulders

●●○ Breaks up blood stasis

Post-traumatic swelling and pain, stagnation in the chest and abdomen

●●○ Relieves pain

Muscle and joint pain, especially in the shoulder, pain in the epigastrium and hypochondrium, dysmenorrhoea

Physiological/pharmacological effects analgesic, antihepatotoxic, antihyperlipidaemic, anti-inflammatory; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; anti-oxidative (also anti-tumour), antifertile. Used in treating dyspepsia, intestinal wind, as a cooking spice and in dyeing. External use for septic wounds, purulent eye inflammations, inflamed skin lesions, bruises, insect bites, inflammation of the mucosa of the mouth.

Toxicity long-term use or overdose can lead to stomach discomfort. Do not use if biliary obstruction is present.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Blood stasis with dysmenorrhoea, postpartum pain → Cinnamomi cassiae cortex (*rou gui*) p. 394
- Blood stasis due to cold without pain, due to wind-cold: shoulder pain → Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Obstructions due to damp-wind with pain, shoulder pain → Notopterygii rhizoma (*qiang huo*) p. 38, Saposhnikoviae radix (*fang feng*) p. 42, Angelicae sinensis radix (*dang gui*) p. 768
- Distension, pain in the chest and flanks → Curcumae radix (*yu jin*) p. 538
- Heat excess of the Spleen and Stomach with pain in the ribcage, abdominal pain, menstrual disturbances → Carthami flos (*hong hua*) p. 528, Paeoniae radix lactiflora (*bai shao*) p. 776, Corydalis rhizoma (*yan hu suo*) p. 532
- Damp-wind with muscle pain, joint pain, shoulder pain → Notopterygii rhizoma (*qiang huo*) p. 38, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Erythrinae cortex (*hai tong pi*) p. 360

Contraindications all forms of deficiency, especially in the absence of signs of qi or blood stagnation

Pregnancy use is **forbidden**

Curcumae radix**Yu jin**

郁金

Family:	Zingiberaceae
Standard species:	<i>Curcuma longa</i> , <i>C. rotunda</i>
Variation:	Curcumarum tuber et radix
German:	Gelbwurzknohlen, Curcumaknohlen
English:	turmeric tuber, 'constrained metal'

Temperature

●●○ cold

Taste

●●○ pungent
 ●○○ bitter
 ●○○ aromatic

Organ relationship

●●○ Heart
 ●○○ Lung
 ●●● Liver

Direction of action

●○○ deep

Site of action

Deep, interior, channels, lower and middle burner

Actions/Indications

●●● Moves blood

Post-traumatic pain, feeling of clumping in the abdomen

●●○ Breaks up blood stasis

Pain and feeling of clumping in the abdomen

●●● Moves and regulates qi

Pain in the hypochondrium, chest and abdomen, dysmenorrhoea, Liver qi stagnation, depressed mood, premenstrual syndrome, hepatic and biliary disorders

●○○ Cools heat

Heat in the Heart: bleeding, hot phlegm, orifices, fearfulness, agitation, seizures, decreased consciousness

●○○ Cools blood

Bleeding

●○○ Drains damp-heat

Jaundice, headache, stifling sensation in the chest, lack of appetite, relieves biliary flow

Physiological/pharmacological effects antihepatotoxic, antihyperlipidaemic, increases gastric and biliary juice production; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; see also *Curcumae longae rhizoma* (*jiang huang*) p. 536. Newest research indicates effective in treatment of arteriosclerosis and hepatitis.

Dosage 3–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Pain in the flanks or abdomen during menstruation → Cyperi rhizoma (*xiang fu*) p. 494, Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix lactiflora (*bai shao*) p. 776
- Blood stasis due to Liver qi stagnation with flank pain, dysmenorrhoea → Bupleuri radix (*chai hu*) p. 50
- Blood stasis, blood heat or fire with subcutaneous bleeding, purple spots, nosebleeds → Moutan cortex (*mu dan pi*) p. 164, Achyranthis bidentatae radix (*niu xi*) p. 522
- Blood obstruction, blood heat with chest pain → Salviae miltiorrhizae radix (*dan shen*) p. 570
- Damp-heat with pain in the flanks, icterus, stifling sensation in the chest, decreased urine → Artemisiae scopariae herba (*yin chen hao*) p. 302, Gardeniae fructus (*zhi zi*) p. 126
- Phlegm obstruction with seizures → Alumen (*ming fan*) p. 876
- Dysuria, painful micturition, renal stones → Lysimachiae herba (*jin qian cao*) p. 322
- Infections due to dampness, feeling of clumping in the centre of the body, seizures → Acori calami rhizoma (*shui chang pu*) p. 266, Alumen (*ming fan*) p. 876
- Blood heat, Liver heat with bleeding from various orifices → Moutan cortex (*mu dan pi*) p. 164, Rehmanniae radix (*sheng di huang*) p. 168, Gardeniae fructus (*zhi zi*) p. 126

Compatibility do not use together with Caryophylli flos (*ding xiang*).

Contraindications lack of signs of qi or blood stagnation, yin deficiency following blood loss

Pregnancy use is **forbidden**

Curcumae rhizoma**E zhu**

莪术

Family:	Zingiberaceae
Standard species:	<i>Curcuma phaeocaulis</i>
Variation:	Curcuma Ezhu rhizoma
German:	Zitwerwurzelstock
English:	curcuma rhizome

Temperature

●●○ warm

Taste

●●○ pungent

●○○ bitter

Organ relationship

●●● Liver

●●○ Spleen

Direction of action

●○○ deep

Site of action

Lower and middle burner, Spleen and Stomach

Actions/Indications

●●● Breaks up blood stasis

Dysmenorrhoea, amenorrhoea, irregular menstruation, stasis in the pelvis, tumours of the abdomen and epigastrium

●●○ Moves and regulates qi

Pain in the abdomen, epigastrium and lower abdomen, dysmenorrhoea, food stagnation, intestinal wind

●●○ Relieves pain

Pain in the abdomen due to qi or blood stagnation, food stagnation

●●○ Breaks up lumps

Obstructions, especially in the pelvis, tumours, distended abdomen

●●● Breaks up and dissolves concretions

Abdominal tumours due to blood stasis

●●○ Regulates blood

Hepatosplenomegaly, hepatic cirrhosis, neoplasias, dysmenorrhoea

Physiological/pharmacological effects in vitro has shown antibiotic actions; animal experiments have demonstrated bile-stimulating, weak antacid, spasmolytic action with a slowing down of transit time in the intestine; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors. An extract made with alcohol has a strong antifungal action. An antineoplastic effect has been shown. Used in cancer therapy for improvement of intestinal peristalsis (intestinal wind) and for dyspepsia.

Dosage 3–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Food stagnation, abdominal fullness, pain → Aucklandiae radix (*mu xiang*) p. 480
- Deficiency of the Spleen and Stomach with food stagnation, abdominal distension and pain → Aucklandiae radix (*mu xiang*) p. 480, Astragali radix (*huang qi*) p. 706, Codonopsis radix (*dang shen*) p. 710
- Qi stagnation with fullness and pain of the chest, pain and distension of the abdomen → Citri reticulatae viride pericarpium (*qing pi*) p. 176
- Blood stasis, qi stagnation with disturbances of menstruation, dysmenorrhoea, amenorrhoea, abdominal concretions and tumours, depression, wiry pulse → Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix rubra (*chi shao yao*) p. 166, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Hepatosplenomegaly, palpable tumours in the epigastrium, abdominal tumours, tumours beneath the ribs, pain, distension → Sparganii rhizoma (*san leng*) p. 574
- Hepatosplenomegaly, abdominal tumours with heat → Sparganii rhizoma (*san leng*) p. 574

Compatibility promoted by alcohol, vinegar

Contraindications blood and qi deficiency, heavy menstrual bleeding, heavy retained lochia

Pregnancy use is **forbidden**

Daemonoropsis resina

血竭

Xue jie

Family:	Arecaceae
Standard species:	<i>Daemonorops draco</i>
Variation:	<i>Draconis sanguis</i> , <i>Draconis resina</i>
German:	Harz des Drachenblutbaumes
English:	dragon's blood (resinous secretion)

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ salty

Organ relationship

●●○ Heart

●●○ Liver

Direction of action

●○○ descending

Site of action

Skin, channels

Actions/Indications

●●○ Moves blood

Fractures, contusions, sprains

●●○ Breaks up blood stagnation

Swelling, acute and chronic pain, amenorrhoea, menstrual problems, external use to treat injuries

●●○ Relieves pain

Open injuries, internal injuries, blood stagnation with pain, menstrual problems, fractures, contusions, sprains

●●● Injuries, haematomas and wounds

Poorly healing bleeding wounds, promotes healing (external use, also as a single herb)

●●○ Stops bleeding

Bleeding due to external injuries (external use, also as a single herb), acute and chronic ulcerations, promotes new tissue formation

Physiological/pharmacological effects astringent, antibiotic (dermatophytes), fungicide.**Toxicity** avoid overdose, allergic reactions have been observed after administration and also after exposure to the powder: generalized pruritus, wheals, skin rashes, angioedema of the hands and feet.**Dosage** 1–1.5 g**Cooking time** available in pill form or as a powder, paste or plaster for external application



Combinations

- Pain and swelling following trauma, haemorrhage → *Olibanum (ru xiang)* p. 562, *Myrrhae (mo yao)* p. 560
- Amenorrhoea, dysmenorrhoea with pelvic tumours → *Myrrhae (mo yao)* p. 560, *Talcum (hua shi)* p. 340, *Moutan cortex (mu dan pi)* p. 164
- External injuries with strong pain → *Angelicae sinensis radix (dang gui)* p. 768, *Myrrhae (mo yao)* p. 560, *Paeoniae radix rubra (chi shao yao)* p. 166, *Angelicae dahuricae radix (bai zhi)* p. 22, *Cinnamomi cassiae cortex (rou gui)* p. 394
- Poorly healing ulcerations → *Typhae pollen (pu huang)* p. 616

Contraindications absence of signs of blood stagnation; during menstruation only use externally

Pregnancy use is **forbidden** (internal use)

Dalbergiae lignum

降香

Jian xiang

Family:	Fabaceae
Standard species:	<i>Dalbergia odorifera</i>
Variation:	<i>Dalbergiae odoriferae lignum</i> , <i>Acronychiae lignum</i>
German:	Gelber Palisander (Rosenholzart)
English:	dalbergia heartwood, scented rosewood

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●● Liver

●○○ Spleen

●●○ Heart

Direction of action

●○○ ascending

Site of action

Channels, middle burner

Actions/Indications

●●● Breaks up blood stagnation

Pain, bleeding caused by blood stasis, chest pain, hypochondrium, traumatic injuries, sport injuries (internal and external use), haematomas, thromboses

●●● Moves blood

Injuries, fractures, contusions, sprains (external use)

●●○ Moves and regulates the qi

Pain in the epigastrium, abdomen, thorax

●●○ Relieves pain

Injuries, fractures, contusions, sprains, abdominal pain, epigastric pain, chest pain

●●○ Stops bleeding

Internal injuries, lesions, fractures, contusions, external injuries, sport injuries, painful, inflamed, bleeding wounds

●●○ Tonifies and harmonizes the Spleen

Dry heaves, nausea, abdominal pain

●●○ Injuries, haematomas and wounds

Injuries, fractures, sprains, contusions, haematomas (internal and external use)

Physiological/pharmacological effects prolongs thrombin time, anti-inflammatory**Dosage** 3–6 g in a decoction, 1–2 g as a powder**Cooking time** 20 minutes



Combinations

- Pain in the thorax, hypochondrium due to blood stagnation, qi stagnation → Curcumae radix (*yu jin*) p. 538, Persicae semen (*tao ren*) p. 564, Trichosanthis fructus et semen (*gua lou*) p. 662
- Sport injuries, external injuries → Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560
- Angina pectoris → Salviae miltiorrhizae radix (*dan shen*) p. 570
- Dry heaves, nausea → Agastaches herba (*huo xiang*) p. 278, Aucklandiae radix (*mu xiang*) p. 480

Contraindications lack of signs of blood stagnation, bleeding due to fire or yin deficiency

Pregnancy use is allowed

Eupolyphaga

Tu bie chong

土鳖虫

Family: Blattidae
 Zoological name: *Eupolyphaga sinensis*, *Steleophaga planyi*
 Variation: Steleophaga
 German: Kakerlake
 English: ground beetle, wingless cockroach, eupolyphaga

Temperature

○○ cold

Taste

○○ salty

Organ relationship

●● Liver

○○ Heart

○○ Spleen

Direction of action

○○ deep

Site of action

Interior, channels

Actions/Indications

●● Breaks up blood stagnation

Amenorrhoea, abdominal pain in the postpartum, palpable abdominal tumours, following injuries, numb, swollen tongue

○○ Moves blood

Menstrual disturbance, tightness, hardness, haematomas, following accidents

○○ Breaks up and dissolves concretions

Myomas, neoplasias, palpable abdominal tumours

○○ Injuries, haematomas and wounds

Sequelae of accidents, injuries, contusions, fractures, promotes the healing of muscles and tendons

Physiological/pharmacological effects animal experiments have demonstrated inhibition of platelet aggregation, use with care in combination with anticoagulants or platelet aggregation inhibitors.

Toxicity extremely powerful herb to break up blood stagnation, may injure the qi: combine with tonifying herbs. Mildly toxic: bradycardia and allergic reactions may occur. Side-effects: fatigue, nausea, dizziness, irritation of the digestive tract. Topical use: contact dermatitis.

Dosage 3–10 g in a decoction, 1–1.5 g as a powder

Cooking time 20 minutes



Combinations

- Amenorrhoea, palpable masses → Rhei rhizoma (*da huang*) p. 92, Hirudo (*shui zhi*) p. 550, Tabanus (*meng chong*)
- Dysmenorrhoea, postpartum pain → Rhei rhizoma (*da huang*) p. 92, Persicae semen (*tao ren*) p. 564
- Palpable abdominal tumours → Sparganii rhizoma (*san leng*) p. 574, Moutan cortex (*mu dan pi*) p. 164
- Hepatomegaly with pain, soreness in the epigastrium → Curcumae radix (*yu jin*) p. 538, Noto Ginseng radix (*san qi*) p. 600, Gigeriae galli endothelium comeum (*ji nei jin*) p. 684
- Amenorrhoea, pain, palpable masses → Typhae pollen (*pu huang*) p. 616, Troglodyterii faeces (*wu ling zhi*) p. 150
- Injuries, fractures → Pyritum (*zi ran tong*) p. 568, Myrrhae (*mo yao*) p. 560, Olibanum (*ru xiang*) p. 562

Contraindication lack of signs of blood stasis

Pregnancy use is **forbidden**

Gleditsiae spina

Zao jiao ci

皂角刺

Family: Fabaceae
 Standard species: *Gleditsia sinensis*
 German: Seifenbohnenendornen, Schotenbaumdornen
 English: gleditsia thorn

Temperature

●○○ warm

Taste

●●○ pungent

Organ relationship

●●○ Liver

●○○ Stomach

Direction of action

●○○ ascending

Site of action

Skin

Actions/Indications

●○○ Moves blood

Oedema, swellings

●●○ Breaks up lumps

Swelling, early stages of swollen sores, suppuration

●○○ Drains damp-heat

Swelling, sores

●○○ Dispels damp-wind

Sores, psoriasis

●○○ Detoxifies and disinfects

Swelling, sores, suppuration, parasites, worms

●●○ Eczema, burns and sores

Swellings, early stages of sores, suppuration, psoriasis

Physiological/pharmacological effects the herb may build soluble and insoluble complexes with other substances, the uptake of other drugs may be inhibited.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Damp-heat with swelling, ulcers → *Lonicerae flos* (*jin yin hua*) p. 216, *Glycyrrhizae radix* (*gan cao*) p. 716
- Damp-heat with purulent sores → *Olibanum* (*ru xiang*) p. 562, *Astragali radix* (*huang qi*) p. 706
- Unopened abscesses, drain pus → *Angelicae dahuricae radix* (*bai zhi*) p. 22

Contraindication open sores

Pregnancy use is **forbidden**

Hirudo

Shui zhi

水蛭

Family: Hirudinidae
 Zoological name: *Whitmania pigra*, *Hirudo nipponica*
 German: Bluteigel
 English: leech

Temperature

●●○ neutral

Taste

●●○ salty
 ●○○ bitter

Organ relationship

●●● Liver
 ●○○ Bladder

Direction of action

●○○ deep

Site of action

Lower burner

Actions/Indications

●●● Breaks up blood stagnation

Amenorrhoea, accumulation in the abdomen, fixed immobile tumours

●●● Moves blood

Amenorrhoea due blood stagnation, tumorous hardening in the pelvis, haematomas, stasis, constipation, lower abdominal pain

●●○ Resolves accumulations

Tumours in the lower abdomen, accumulation, blood stagnation, haematomas, following trauma

●●○ Injuries, haematomas and wounds

Post-traumatic injuries (internal and external use)

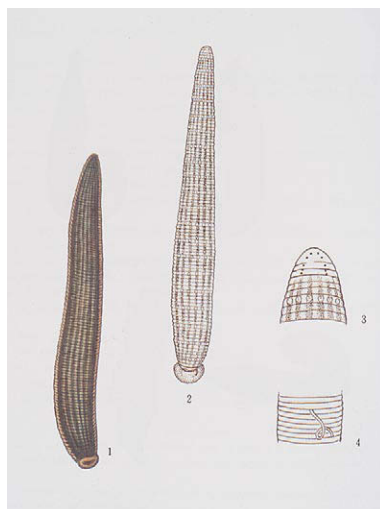
Physiological/pharmacological effects anticoagulant, use with care in combination with anticoagulants or platelet aggregation inhibitors, lowers cholesterol and lipid levels.

Toxicity mildly toxic; overdose: nausea, vomiting, metrorrhagia leading up to gastrointestinal bleeding, abdominal pain, haematuria and coma.

Commentary strongly breaks up blood stagnation and should therefore be used in combination with qi tonics to prevent damage to the qi. Processing reduces toxicity, improves the smell and patient compliance.

Dosage 3–6 g in a decoction, 0.3–0.6 g in pill or powder form

Cooking time 20 minutes



Combinations

- Amenorrhoea, tumours in the lower abdomen, blood stagnation → Persicae semen (*tao ren*) p. 564, Rhei rhizoma (*da huang*) p. 92, Tabanus (*meng chong*)
- Amenorrhoea, blood stagnation with deficiency → Ginseng radix (*ren shen*) p. 714, Rehmanniae radix praeparata (*shu di huang*) p. 780
- External injuries with severe pain, crushing injuries, pain in the chest and abdomen, anuria, constipation → Rhei rhizoma (*da huang*) p. 92, Pharbitidis semen (*qian niu zi*)
- Palpable, fixed abdominal masses → Sparganii rhizoma (*san leng*) p. 574, Curcuma rhizoma (*e zhu*) p. 540, Angelicae sinensis radix (*dang gui*) p. 768
- Pain, swelling due to injuries → Notoginseng radix (*san qi*) p. 600
- Palpable masses in the throat, such as oesophageal carcinoma → Sargassum (*hai zao*) p. 658

Compatibility impaired by cooking salt, calcium

Contraindication absence of signs of blood stagnation

Pregnancy use is **forbidden**

Ilicis pubescentis radix**Mao dong qing**

毛冬青

Family: Aquifoliaceae
 Standard species: *Ilex pubescens*
 German: Ilex-Wurzel (langstielige Stechpalme)
 English: hairy holly root

Temperature

●●○ cool

Taste

●●○ bitter
 ○○○ pungent
 ●○○ astringent

Organ relationship

●○○ Heart
 ●○○ Spleen
 ●○○ Lung

Direction of action

●○○ deep

Site of action

Channels

Actions/Indications●●○ **Moves blood**

Angina-like pain in the chest, hemiplegia caused by blood stagnation

●○○ **Unblocks the channels**

Chest pain, hemiplegia

●●○ **Cools heat**

Painful, swollen throat, heat in the Lung

●●○ **Detoxifies and disinfects**

Painful, swollen throat due to infections

Physiological/pharmacological effects antibiotic, anti-asthmatic, antitussive, expectorating, dilates blood vessels, improves coronary artery perfusion, anticoagulant (use with care in combination with anticoagulants or platelet aggregation inhibitors); animal experiments have demonstrated positive inotropic, anti-arrhythmic action.

Toxicity one study reported the following side-effects after administering the herb for 2 weeks: decreased appetite, nausea, dry throat, epigastric pain, discrete subdermal bleeding on the arms.

Dosage 15–30 g

Cooking time 20 minutes



Combinations

- Chest pain, hemiplegia, blood stagnation → *Salviae miltiorrhizae radix (dan shen)* p. 570, *Carthami flos (hong hua)* p. 528, *Persicae semen (tao ren)* p. 564
- Cough, heat in the Lung → *Scutellariae radix (huang qin)* p. 184, *Trichosanthis fructus et semen (gua lou)* p. 662
- Painful, swollen throat → *Lasiosphaera (ma bo)* p. 212

Contraindication cold deficiency

Pregnancy use is allowed

Leonuri herba**Yi mu cao**

益母草

Family:	Labiatae
Standard species:	<i>Leonurus heterophyllus</i>
German:	chinesisches Mutterkraut, Löwenschwanzkraut
English:	Chinese motherwort, leonurus, 'benefit mother herb'

Temperature

●●● cold tendency

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●● Pericardium

●●● Liver

●○○ Heart

●○○ Kidney

Direction of action

●○○ sinking

Site of action

Lower burner

Actions/Indications

●●● Regulates blood

Dysmenorrhoea, disorders of menstruation, postpartum pain, hypertension

●●● Moves blood

Tumours in the lower burner, infertility due to blood stasis

●●● Cools blood

Gynaecological complaints, pelvic inflammation, ovarian cysts, endometriosis, salpingitis, uterine myomas, menorrhagia

●●● Breaks up blood stasis

Gynaecological complaints, abdominal pain, tumours in the abdomen and pelvis

●●● Promotes urination

Scanty urine, acute or chronic fluid accumulation, oedema, blood in urine

●○○ Drains damp-heat

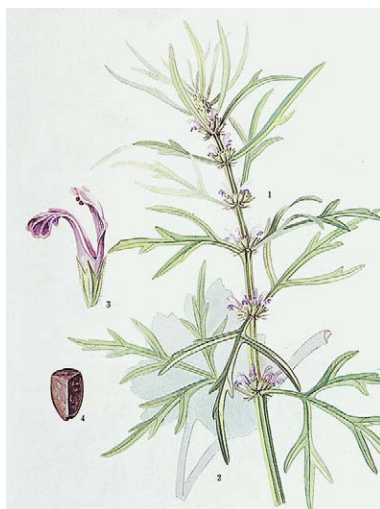
Painful bladder dysfunction, scanty red urine

Physiological/pharmacological effects stimulates the uterus, inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; used in high doses (up to 60 g) in the treatment of oedema in glomerulonephritis. According to newest research, the herb is used to improve uterine contraction following delivery. The related western herb *Leonurus cardiaca* is used to tonify the heart, to treat nervous heart disorders, anxiety, shortness of breath.

Toxicity spontaneous abortions have been observed in animal experiments.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Blood stasis with menstrual disturbances, decreased urination, pelvic discomfort and pain, infertility → *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Angelicae sinensis radix* (*dang gui*) p. 768, *Aucklandiae radix* (*mu xiang*) p. 480
- Blood stasis with dysmenorrhoea, postpartum pelvic pain → *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Angelicae sinensis radix* (*dang gui*) p. 768, *Aucklandiae radix* (*mu xiang*) p. 480, *Chuanxiong rhizoma* (*chuan xiong*) p. 530, *Cyperii rhizoma* (*xiang fu*) p. 494
- Blood stasis with oedema, oedema due to nephritis → *Imperatae rhizoma* (*bai mao gen*) p. 158
- Renal stones, blood in urine → *Polygonati rhizoma* (*huang jing*) p. 726, *Pyrosiae folium* (*shi wei*) p. 336, *Malvae semen* (*dong kui zi*) p. 324
- Damp-heat with scanty urine, oedema → *Poria* (*fu ling*) p. 334, *Imperatae rhizoma* (*bai mao gen*) p. 158, *Plantaginis semen* (*che qian zi*) p. 328, *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Mori cortex* (*sang bai pi*) p. 674

Contraindication blood or yin deficiency

Pregnancy use is **forbidden**

Lycopi herba

Ze lan

泽兰

Family: Labiatae
 Standard species: *Lycopus lucidus*, *Eupatori fortunei*
 German: Wolfstrappkraut
 English: lycopus, bugleweed, 'marsh orchid'

Temperature

●●○ warm tendency

Taste

●●○ pungent
 ○○ bitter
 ○○ aromatic

Organ relationship

●●● Liver
 ●●○ Spleen

Direction of action

○○ deep

Site of action

Lower burner

Actions/Indications

●●● Moves blood

Menstrual disorders, postpartum complaints

●●○ Breaks up blood stasis

Haematomas, inflamed injuries, sores

●●○ Breaks up obstructions

Menstrual disorders, blood stasis: haematomas, abscesses

●●○ Moves and regulates qi

Liver qi stagnation, menopause, menstrual problems, premenstrual syndrome, depression, hepatitis

●○○ Promotes urination

Scanty urine, painful bladder dysfunction, oedema, chronic urinary tract infections

○○○ Drains dampness

Oedema, disturbances of micturition

○○○ Eczema, burns and sores

Pain, swelling, traumatic injuries, abscesses, also for external use

Physiological/pharmacological effects mild diuretic effect, use with care in combination with other diuretics as a synergistic effect on fluid and electrolyte metabolism is possible; contains glycoside, flavonoids, saponins. The related western herb *Lycopi europaei herba* is available in prepared form to treat mild hyperthyroidism, cardiovascular problems related to the thyroid and premenstrual breast discomfort and swelling.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Amenorrhoea, dysmenorrhoea, post-traumatic pain → Chuanxiong rhizoma (*chuan xiong*) p. 530
- Swelling or pain due to trauma → Salviae miltiorrhizae radix (*dan shen*) p. 570
- Heat, oedema → Imperatae rhizoma (*bai mao gen*) p. 158
- Postpartum oedema → Stephaniae radix (*fang ji*) p. 338
- Abscesses, swelling, pain → Angelicae sinensis radix (*dang gui*) p. 768, Lonicerae flos (*jin yin hua*) p. 216, Glycyrrhizae radix (*gan cao*) p. 716
- Menstrual disorders, postpartum complaints, dysmenorrhoea → Angelicae sinensis radix (*dang gui*) p. 768, Salviae miltiorrhizae radix (*dan shen*) p. 570, Paeoniae radix lactiflora (*bai shao*) p. 776
- Injuries, haematomas, stasis, obstruction, inflammation → Chuanxiong rhizoma (*chuan xiong*) p. 530, Persicae semen (*tao ren*) p. 564, Carthami flos (*hong hua*) p. 528

Compatibility promoted by Stephaniae radix (*fang ji*) p. 338

Contraindication absence of blood stasis

Pregnancy use is **forbidden**

Manitis squama

Chuan shan jia

穿山甲

Family: Manidae
 Zoological name: *Manis pentadactyla*
 German: Schuppen des Gürteltiers
 English: pangolin scales

Temperature

○○○ cool

Taste

●○○ salty

Organ relationship

●○○ Liver

●○○ Stomach

Direction of action

●○○ deep

Site of action

Interior, channels

Actions/Indications

●●● Moves blood

Amenorrhoea, abdominal masses, dysmenorrhoea, decreased lactation

●●● Breaks up blood stagnation

Amenorrhoea, dysmenorrhoea

●●● Facilitates lactation

Decreased lactation

●●● Unblocks the channels

Amenorrhoea, dysmenorrhoea, decreased lactation, swelling, abscesses, aching in the limbs, joint pain, stiffness and spasms of the limbs

●○○ Drains dampness

Aching limbs, joint pain, muscle pain, stiffness and spasms of the limbs

●○○ Breaks up swelling

Abscesses, sores, nodes, hard swelling, purulent sores, ulcerations

●○○ Eczema, burns and ulcerations

Abscesses, sores, nodes, ulcerations, swelling (in early stages and to help ripen the sores, also used to treat mastitis), apply locally as a pack to treat mastitis

Physiological/pharmacological effects immune-stimulating (increases lymphocytes); animal experiments have demonstrated prolongation of blood coagulation, anti-inflammatory.

Toxicity allergic reactions have been reported: exanthemas, pruritus. In one single case, hepatic disorders were reported after a single dose of 15–20 g.

Commentary this herb can only be obtained if the animal is killed. Because armadillos are a protected species, substitute *Gleditsiae spina* (*zao jiao ci*) p. 548 to ripen sores, *Vaccariae semen* (*wang bu liu xing*) p. 580 to promote lactation, *Eupolyphaga* (*tu bie chong*) p. 546 or *Arcae concha* (*ua leng zi*) p. 642 to break up abdominal masses.

Dosage 3–9 g in a decoction

Cooking time 20 minutes



Combinations

- Amenorrhoea → Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Tumours, abdominal masses → Sparganii rhizoma (*san leng*) p. 574, Curcuma rhizoma (*e zhu*) p. 540
- Diminished or difficult lactation → Vaccariae semen (*wang bu liu xing*) p. 580
- Purulent sores → Astragali radix (*huang qi*) p. 706, Gleditsiae spina (*zao jiao ci*) p. 548, Angelicae sinensis radix (*dang gui*) p. 768
- Sores without pus → Angelicae dahuricae radix (*bai zhi*) p. 22, Taraxaci herba (*pu gong ying*) p. 250, Viola herba (*zi hua di ding*) p. 254
- Lymph node swelling, goitre, phlegm stagnation → Scrophulariae radix (*xuan shen*) p. 170, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Prunellae spica (*xia ku cao*) p. 140
- Aching joints or limbs, dampness in the channels → Angelicae sinensis radix (*dang gui*) p. 768, Notopterygii rhizoma (*qiang huo*) p. 38, Chuanxiong rhizoma (*chuan xiong*) p. 530, Saposhnikoviae radix (*fang feng*) p. 42

Contraindications open, oozing sores or boils

Pregnancy use is **forbidden**

Myrrhae**Mo yao**

Family:	Burseraceae
Standard species:	<i>Commiphora myrrha</i>
German:	Myrrhe, Gummiharz des Myrrhebaumes
English:	myrrh

Temperature

●●○ neutral

Taste

●●○ bitter
 ●○○ pungent
 ●○○ aromatic

Organ relationship

●●○ Liver

Direction of action

●○○ sinking

Site of action

Lower burner, channels

Actions/Indications

●●● Moves blood

Swelling due to blood stasis, pain, post-traumatic pain, pain in the chest, abdomen and pelvis, dysmenorrhoea, inflamed wounds

●●○ Relieves pain

Post-traumatic pain, pain in the pelvis, dysmenorrhoea, inflamed wounds, sores, swelling

●●○ Breaks up blood stasis

Pain in the chest, abdomen and pelvis, dysmenorrhoea, swelling, stagnation, blood stasis due to trauma

●●○ Breaks up lumps

Traumatic swelling, carbuncles, sores, swellings in the abdomen, tumours

●●○ Dispels damp-wind

Joint pain

●●○ Drains damp-heat

Poor wound healing, sores, carbuncles (also for external use)

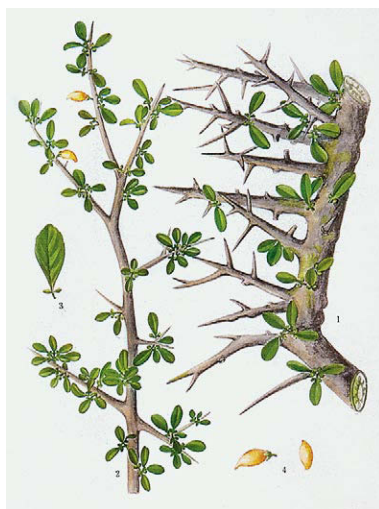
Physiological/pharmacological effects lowers cholesterol, analgesic, stimulates gastrointestinal motility, in vitro antifungal action (dermal fungi). Contains volatile oils from pine trees, lemon trees, cummin- and cinnamon-aldehyde, m-cresol, myrrholic acid, eugenol. In the West, myrrh is used only as a tincture; it has astringent and disinfectant properties, and promotes healing of wounds. Myrrh is applied topically to treat mild inflammation in the mouth and throat, pressure sores on the gums from wearing of dentures, to treat laryngitis, pharyngitis and tracheitis.

Toxicity may cause nausea and vomiting, overdose may cause damage to the stomach, use of pills or capsules is recommended.

Commentary in ancient times, myrrh and various myrrh species were, in addition to olibanum, prized incenses with medical properties. The ancient Egyptians used myrrh together with other incenses in preparing mummies.

Dosage 3–9 g, standard 5 g

Cooking time 20 minutes



Combinations

- Blood and qi obstruction with epigastric or abdominal pain → *Corydalis rhizoma* (*yan hu suo*) p. 532, *Trogloterori faeces* (*wu ling zhi*) p. 150, *Cyper rhizoma* (*xiang fu*) p. 494
- Blood stasis with chest and abdominal pain, amenorrhoea, dysmenorrhoea → *Carthami flos* (*hong hua*) p. 528

Contraindications heavy menstrual bleeding; use only if indicated (heat, dampness, blood stasis)

Pregnancy use is **forbidden**

Olibanum

Ru xiang

乳香

Family:	Burseraceae
Standard species:	<i>Boswellia carterii</i>
Variation:	Olibanum gummi, Mastix
German:	Weihrauch, Mastix
English:	frankincense, 'fragrant milk'

Temperature

●●○ warm

Taste

●●○ bitter
 ●○○ pungent
 ●○○ aromatic

Organ relationship

●●○ Heart
 ●●○ Liver
 ●○○ Spleen

Direction of action

●●○ ascending

Site of action

Lower burner, channels

Actions/Indications

●●● Moves blood

Swelling due to blood stasis, following injury, dysmenorrhoea, amenorrhoea, injuries, pain in the abdomen, pelvis, breasts and epigastrium, swelling

●●○ Moves and regulates the qi

Relaxes the limbs, muscles and sinews, joint and muscle stiffness, painful and swollen limbs

●●○ Relieves pain

Dysmenorrhoea, pain in the abdomen, pelvis, breasts and epigastrium, pain in the joints and extremities

●●○ Dispels damp-wind

Joint pain, pain in the extremities, spasms, stiffness

●●○ Injuries, haematomas and wounds

Traumatic swelling, haematomas, carbuncles, sores, wounds with blood stasis

●●○ Drains damp-heat

Sores, poorly healing wounds, swellings, carbuncles, traumatic injuries, inflammation of the gums, mouth and throat (also topical application)

●●○ Breaks up lumps

Carbuncles, sores, traumatic swelling, haematomas, blood stasis, painful swelling

Physiological/pharmacological effects previously used as a mild carminative. In vitro, boswellic acid has shown antimicrobial activity, it inhibits complement system and leukotriene synthesis. Contains balsams, triterpene and volatile oils, which may explain its use in treating respiratory complaints and promoting wound healing. Contains pinenes, lemonene, candine, camphores, p-camen, borneol, veronone, berbenol, dipentene, phellandrene, olibanol. Despite rumours, no THC (tetrahydrocannabinol) is released during burning of this resin.

Dosage 3–9 g, standard 5 g

Cooking time 20 minutes



Combinations

- Blood stasis with channel obstruction: post-traumatic pain → Myrrhae (*mo yao*) p. 560
- Blood stasis due to heat with dysmenorrhoea, amenorrhoea, pain in the abdomen or pelvis → Myrrhae (*mo yao*) p. 560, Cyperi rhizoma (*xiang fu*) p. 494, Corydalis rhizoma (*yan hu suo*) p. 532, Angelicae sinensis radix (*dang gui*) p. 768
- Pre-apoplectic states, spasms, stiffness or damp-cold with painful obstruction → Pheretima (*di long*) p. 456, Aconiti radix lateralis praeparata (*fu zi*) p. 388
- Flank pain, acute sprain → Achyranthis bidentatae radix (*niu xi*) p. 522

Contraindications absence of blood stasis, absence of heat or dampness signs

Pregnancy use is **forbidden**

Toxicity bitter taste, nausea and vomiting have been observed in patients with sensitive stomachs.

Commentary olibanum, true incense, is the golden aromatic resin of the bush-like incense tree *Boswellia carterii*, which grows especially in Saudi Arabia and Somalia. Olibanum (Arabic: *luban*) has been used for at least 4000 years and is a prized incense resin. Olibanum is *the* classical incense; its aroma is what we call ‘incense-like’. Olibanum resins were used in antiquity in cosmetics and perfumes. In Central Europe it is mainly known through the use by the Catholic Church. Mastic, the resin from the mastic tree *Pistacia lentisus*, is used in Greece in wine and ouzo production; it also plays an important role in Greek Orthodox church rites.

Persicae semen**Tao ren**

桃仁

Family:	Rosaceae
Standard species:	<i>Prunus persica</i> , <i>P. davidiana</i>
Variation:	Pruni persicae semen
German:	Pfirsichsamem
English:	peach kernel, persica

Temperature

●●○ neutral

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Heart

●●○ Liver

●○○ Large Intestine

●○○ Lung

Direction of action

●○○ deep

Site of action

Lower burner

Actions/Indications

●○○ Moves blood

Menstrual disturbances, haemorrhoids

●●○ Breaks up blood stasis

Pain in the abdomen, traumatic injuries, abscesses in the Lungs and Intestines, tumours in the pelvis (myomas, hyperaemia, swelling)

●○○ Unblocks the bowels/laxative

Constipation due to dryness

●○○ Breaks up lumps

Inflammation, sores, hyperaemia, swelling, boils, wounds, myomas, chest and pelvis

●●○ Eczema, burns and ulcers

Ulcers in the pelvis, Lungs and Intestines; swelling, wounds, inflammation, abscesses

●●○ Drains damp-heat

Inflammations, sores, cough, purulent sputum

Physiological/pharmacological effects promotes menstruation, causes miscarriages, anti-inflammatory, relieves allergies, cough, treats parasites. An alcohol extract of the herb has a mild anticoagulant effect, use with care in combination with anticoagulants and thrombocyte inhibitors. Contains amygdalin, emulsin.

Toxicity contains amygdalin which is moderately toxic; see note for Armeniacae semen (*xing ren*) p. 664.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Pain following injury, blood stasis with dysmenorrhoea, amenorrhoea, abdominal pain → Carthami flos (*hong hua*) p. 528, Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix rubra (*chi shao yao*) p. 166
- Pain, swelling, intestinal abscesses, constipation, trauma → Rhei rhizoma (*da huang*) p. 92, Natrii sulfas (*mang xiao*) p. 90
- Lung abscess → Coicis semen (*yi yi ren*) p. 308, Benincasae semen (*dong gua zi*) p. 304
- Qi deficiency and fluid depletion or stagnation with constipation → Armeniacae semen (*xing ren*) p. 664, Cannabis semen (*huo ma ren*) p. 96
- Blood stasis with heat, concretions, qi contractions, pelvic stasis, myomas, sores, thrombosis, swelling, neoplasias → Angelicae sinensis radix (*dang gui*) p. 768, Corydalis rhizoma (*yan hu suo*) p. 532, Carthami flos (*hong hua*) p. 528, Achyranthis bidentatae radix (*niu xi*) p. 522
- Damp-heat with inflammation, thoracic or pelvic ulcerations, cough, purulent sputum → Phragmitis rhizoma (*lu gen*) p. 138, Natrii sulfas (*mang xiao*) p. 90, Moutan cortex (*mu dan pi*) p. 164, Sargentodoxae caulis (*hong teng*) p. 236
- Dryness in the Large Intestine, constipation → Cannabis semen (*huo ma ren*) p. 96, Platycladi semen (*bai zi ren*) p. 438, Angelicae sinensis radix (*dang gui*) p. 768, Armeniacae semen (*xing ren*) p. 664

Compatibility promoted by Cyperi rhizoma (*xiang fu*) p. 494

Pregnancy use is **forbidden**

Polygoni cuspidati rhizoma

虎杖

Hu zhang

Family:	Polygonaceae
Standard species:	<i>Polygonum cuspidatum</i>
Variation:	Polygoni cuspidati radix
German:	Rhizom des Japan-Staudenknöterich (spitzblättriger Knöterich)
English:	bushy knotweed rhizome, giant knotweed

Temperature

●○○ cold

Taste

●●○ bitter

Organ relationship

- Liver
- Gall bladder
- Spleen
- Lung

Direction of action

●○○ descending

Site of action

Lower burner

Actions/Indications

●●○ Moves blood

Amenorrhoea, pain during menstruation, abdominal pain, sport injuries, injuries

●●○ Relieves pain

Traumatic injuries, sport injuries, pain during menstruation

●●○ Expels damp-wind

Rheumatic complaints, *bi* syndrome, pain in the channels, pain in the limbs, sport injuries

●●○ Drains damp-heat

Jaundice, gallstones, vaginal discharge, leucorrhoea, painful urination, cloudy urine

○○○ Transforms phlegm

Cough with yellow sputum

●●○ Cools heat

Skin infections, boils, furuncles, abscesses

●●○ Detoxifies and disinfects

Skin infections due to snakebite or toxins, inflamed wounds (internal and external use)

Physiological/pharmacological effects antibiotic, antipyretic, anti-inflammatory, analgesic, antidiabetic due to lowering of serum glucose levels: use with care in combination with antidiabetic agents (danger of hypoglycaemia), stops bleeding, hepatoprotective (lowers glutamic oxaloacetic transaminase/glutamic pyruvic transaminase), antineoplastic.

Toxicity mild side-effects: dry mouth, bitter taste in the mouth, nausea, vomiting, abdominal pain, diarrhoea.

Dosage 9–15 g

Cooking time 20 minutes



Combinations

- Pain during menstruation, blood stasis → Leonuri herba (*yi mu cao*) p. 554, Salviae miltiorrhizae radix (*dan shen*) p. 570
- Rheumatic complaints → Spatholobi caulis et radix (*ji xue teng*) p. 576
- Traumatic injuries, sport injuries → Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560, Carthami flos (*hong hua*) p. 528
- Post-traumatic pain → Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528
- Jaundice → Artemisiae scopariae herba (*yin chen hao*) p. 302, Lysimachiae herba (*jin qian cao*) p. 322
- Vaginal discharge → Coicis semen (*yi yi ren*) p. 308, Dioscoreae hypoglaucae rhizoma (*bi xie*) p. 312
- Gallstones → Aucklandiae radix (*mu xiang*) p. 480, Aurantii fructus (*zhi ke*) p. 482
- Gallstones or renal stones → Lysimachiae herba (*jin qian cao*) p. 322
- Toxic infectious diseases → Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200
- Burns → topical application of the unprepared raw herb mixed with sesame oil
- Cough with yellow sputum → Eriobotryae folium (*pi pa ye*) p. 670, Scutellariae radix (*huang qin*) p. 184, Lonicerae flos (*jin yin hua*) p. 216

Contraindications none except pregnancy

Pregnancy use is **forbidden**

Pyritum

Zi ran tong

自然铜

Family: sulfur mineral
 German: Pyrit, Katzengold, Eisenkies, Schwefelkies
 English: pyrite

Temperature

●○○ neutral

Taste

●○○ pungent

Organ relationship

●●● Liver

Direction of action

●○○ ascending

Site of action

Channels, muscle and sinews

Actions/Indications

●○○ Breaks up blood stagnation

External injuries, fractures, swelling

●○○ Relieves pain

Swelling, pain, inflammations, sprains, contusion, haematomas, fractures

●○○ Breaks up swelling

Injuries, inflammations, sprains, contusion, haematomas, fractures

●●● injuries, haematomas and wounds

Swelling, sprains, strains, contusion, haematomas, fractures, blood stagnation

Physiological/pharmacological effects promotes fracture and wound healing.

Commentary one of the most commonly used herbs in trauma medicine in China; internal and external use.

Dosage 10–15 g in a decoction, 0.3 g in powder or pill form

Cooking time 30–40 minutes as a decoction, most commonly as a powder or in pill form



Combinations

- Trauma, external injuries → Sappan lignum (*su mu*) p. 572, Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560, Daemonoropsis resina (*xue jie*) p. 542
- Fractures with severe pain and swelling → Angelicae sinensis radix (*dang gui*) p. 768, Notopterygii rhizoma (*qiang huo*) p. 38, Drynariae rhizoma (*gu sui bu*) p. 752, Olibanum (*ru xiang*) p. 562
- Pain due to blood stagnation → Alismatis rhizoma (*ze xie*) p. 300, 928–930, Paeoniae radix rubra (*chi shao yao*) p. 166
- Pain and swelling: external use as a wash or in pill form (Pill for Injuries: *Die da wan*) or as a decoction → Olibanum (*ru xiang*) p. 562, Myrrha (*mo yao*) p. 560

Contraindications blood deficiency, absence of signs of blood stagnation

Pregnancy use is allowed

Salviae miltiorrhizae radix

Dan shen

丹参

Family: Labiatae
 Standard species: *Salvia miltiorrhiza*
 German: Rotwurzelsalbei-Wurzel
 English: salvia root

Temperature

●●● cold tendency

Taste

●●○ bitter

Organ relationship

●●● Heart

●●● Pericardium

●●○ Liver

Direction of action

●●● sinking

Site of action

Deep, interior, lower burner

Actions/Indications

●●● Moves blood

Dysmenorrhoea, amenorrhoea, stagnation, blood stasis, pain in the epigastrium and hypochondrium

●●● Breaks up blood stasis

Tumours, bleeding, blood congealment (myomas)

●●○ Cools heat

Warm disease with exanthemas, ulcers

●●○ Cools blood

Ulcers, bleeding (postpartum bleeding), palpitations, insomnia

●●○ Calms and anchors the spirit

Heart and Kidney deficiency, palpitations, anxiety, insomnia, restlessness, irritability

●●○ Relieves pain

Dysmenorrhoea, epigastric and hypochondrial pain

Physiological/pharmaceutical effects animal experiments show that the herb inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; antihypertensive, antimicrobial, antipyretic, anti-inflammatory and hepatoprotective. Increases peripheral circulation, dilates vessels, sedative action. In vitro shown to have digoxin-like effect, even in the absence of case reports, use with care in combination with digitalis. Newest research shows use in treating angina pectoris and thrombangitis obliterans. The western related herb *Salvia officinalis* folium (sage) can be used topically to treat inflammation of the mouth and throat because of its astringent and anti-inflammatory effects; it can also be taken internally to treat dyspepsia and sweating.

Dosage 3–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Menstrual disturbances, retained lochia → Angelicae sinensis radix (*dang gui*) p. 768
- Blood stasis with pain and swelling → Olibanum (*ru xiang*) p. 562
- Blood heat due to stasis with painful menstruation, obstruction, concretions, stabbing pelvic pain → Persicae semen (*tao ren*) p. 564, Carthami flos (*hong hua*) p. 528, Moutan cortex (*mu dan pi*) p. 164, Angelicae sinensis radix (*dang gui*) p. 768, Leonuri herba (*yi mu cao*) p. 554
- Qi stagnation, blood stasis with chest pain, epigastric and abdominal pain → Santali albi lignum (*tan xiang*), Amomi xanthioidis fructus (*sha ren*) p. 284
- Febrile infections, high fever, irritability, subcutaneous bleeding, exanthemas, ulcers → Moutan cortex (*mu dan pi*) p. 164, Rehmanniae radix (*sheng di huang*) p. 168
- Febrile infections, exanthemas, rashes, ulcers → Lonicerae flos (*jin yin hua*) p. 216, Forsythiae fructus (*lian qiao*) p. 200
- Heart yang deficiency with palpitations, panic attacks, insomnia → Ziziphi spinosae semen (*suan zao ren*) p. 446, Platycladi semen (*bai zi ren*) p. 438
- Breast abscesses, wounds, swelling of the skin, abscesses, ulcers → Trichosanthis fructus et semen (*gua lou*) p. 662

Compatibility

- Do not use together with Veratri nigri radix et rhizoma (*li lu*) p. 76
- Limited by salt water

Contraindication do not use in the absence of blood stasis

Pregnancy use is **forbidden**

Sappan lignum**Su mu**

苏木

Family:	Caesalpiniaceae
Standard species:	<i>Caesalpinia sappan</i>
German:	Sappan-Holz, Japanholz, ostindisches Rotholz
English:	sappan wood

Temperature

●○ neutral

Taste

●●○ sweet

●○ salty

●○ pungent

Organ relationship

●○ Heart

●● Liver

●○ Spleen

Direction of action

●○ deep

Site of action

Channels, lower burner

Actions/Indications

●●○ Moves blood

Amenorrhoea, abdominal pain, postpartum pain, swelling and pain following injuries, fractures, contusions, haematomas

●●○ Breaks up blood stagnation

Amenorrhoea, postpartum pain, sprains

●●○ Breaks up swelling

Injuries, fractures, contusions, sprains, haematomas

●●○ Unblocks the channels

Pain in the lower abdomen, postpartum pain, pain following trauma, fractures, contusions, haematomas

●●○ Relieves pain

Pain in the lower abdomen, abdominal pain, chest pain, pain after injuries

●●○ Injuries, haematomas and wounds

Fractures, contusions, haematomas, sprains, injuries, swellings

●○ Stops bleeding

Heavy bleeding postpartum

Physiological/pharmacological effects anti-inflammatory, antibiotic; animal experiments have demonstrated positive inotropic, sedative, hypnotic, antineoplastic actions.

Commentary do not cook in an iron pot (strictly forbidden).

Dosage 3–10 g

Cooking time 20 minutes



Xilia Herbs that invigorate the blood

Combinations

- Internal and external injuries → Olibanum (*ru xiang*) p. 562, Myrrha (*mo yao*) p. 560, Daemonoropsis resina (*xue jie*) p. 542
- Abdominal pain, chest pain → Trichosanthis fructus et semen (*gua lou*) p. 662, Cirsii herba (*xiao ji*) p. 590, Santali albi lignum (*tan xiang*), Trogopterori faeces (*wu ling zhi*) p. 150, Carthami flos (*hong hua*) p. 528, Typhae pollen (*pu huang*) p. 616, Polygalae radix (*yuan zhi*) p. 440, Arecae semen (*bing lang*) p. 478
- Abdominal pain with qi and blood stasis → Curcumae rhizoma (*e zhu*) p. 540
- Swelling and pain due to injuries (external use) → Artemisiae anomalae herba (*liu ji nu*) p. 524, Liquidambaris fructus (*lu lu tong*) p. 500
- Heavy bleeding postpartum with light-headedness, dizziness, blurred vision, shortness of breath → Codonopsis radix (*dang shen*) p. 710, Ophiopogonis radix (*mai men dong*) p. 802

Contraindication heavy menstrual bleeding

Pregnancy use is **forbidden**

Sparganii rhizoma

San leng

三棱

Family:	Sparganiaceae
Standard species:	<i>Sparganium stoloniferum</i>
Variation:	Sparganii tuber, Scirpi rhizoma
German:	astiger Igelkolbenwurzelstock
English:	sparganium, burr reed rhizome, scirpus, 'three edges'

Temperature

●●○ neutral

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●● Liver

●●○ Spleen

Direction of action

●●○ deep

Site of action

Lower burner

Actions/Indications

●●● Breaks up blood stasis

Amenorrhoea, dysmenorrhoea, postpartum pain, abdominal tumours, pelvic obstruction, hyperaemia, thromboses

●●● Breaks up accumulation

Hepatosplenomegaly, hepatic cirrhosis, tumours

●●○ Moves and regulates qi

Abdominal pain, food stagnation, intestinal wind, bloated abdomen

●●○ Relieves pain

Pain due to stagnation

●●● Breaks up clumps

Pelvic pain and stagnation, abdominal complaints

●●● Breaks up and dissolves concretions

Tumours in the abdomen and pelvis, myomas

Physiological/pharmacological effects antineoplastic effect, stimulates smooth muscle, inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; combined with *Curcumae longae rhizoma* (*jiang huang*) p. 536 to treat cancer patients.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Blood stasis with amenorrhoea, postpartum abdominal pain, concretions, tumours → Curcumae rhizoma (*e zhu*) p. 540, Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528, Persicae semen (*tao ren*) p. 564
- Blood stasis with irregular menstruation, pelvic pain, thromboses → Curcumae rhizoma (*e zhu*) p. 540, Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528, Persicae semen (*tao ren*) p. 564, Curcumae radix (*yu jin*) p. 538
- Pain due to food stagnation → Aucklandiae radix (*mu xiang*) p. 480, Arecae semen (*bing lang*) p. 478, Citri reticulatae viride pericarpium (*qing pi*) p. 490, Massa medicata fermentata (*shen qu*) p. 688

Contraindication retained lochia

Pregnancy use is **forbidden**

Spatholobi caulis et radix

Ji xue teng

鸡血藤

Family:	Fabaceae
Standard species:	<i>Spatholobus suberectus</i>
Variation:	Jixueteng radix et caulis, Spatholobi caulis, Milletia caulis et radix
German:	Milletia-Wurzel und Stängel, Hülsenfrüchtler
English:	spatholobus root and vine, 'chicken blood vine'

Temperature

○○ warm

Taste

●● sweet

○○ bitter

Organ relationship

●● Liver

○○ Kidney

●● Heart

○○ Spleen

Direction of action

○○ sinking

Site of action

Channels

Actions/Indications

●●● Regulates blood

Dysmenorrhoea, amenorrhoea, abdominal pain

○○ Tonifies blood

Blood deficiency: dysmenorrhoea, amenorrhoea, numbness, weakness of the limbs

●●● Moves blood

Menstrual disturbances, pain in the pelvis and legs, paraesthesias, weakness of the extremities, paralysis and dizziness, also occurring after wind-stroke

●●● Opens the energy channels and senses

Weakness and numbness of the extremities, sequelae of wind-stroke, stiffness and cramping of the limbs, chronic arthritis, painful obstruction syndrome, neurovascular diseases

○○ Dispels damp-wind

Pain and stiffness of the extremities, numbness, joint pain, stiff joints

○○ Moves and regulates qi

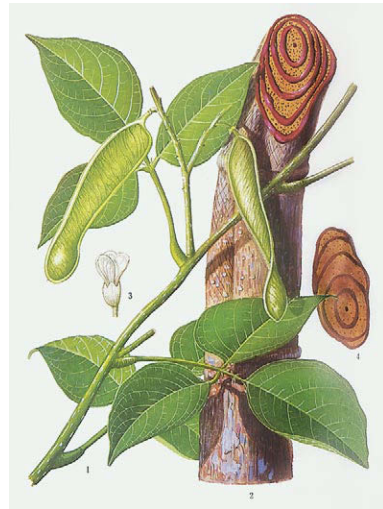
Unblocks the channels, weakness of the extremities, numbness, dizziness

Physiological/pharmacological effects animal experiments have shown sedative, antihypertensive and uterus-stimulating effects; used to treat leucopenia following chemo- or radiotherapy and in aplastic anaemia in combination with *Angelicae sinensis* radix (*dang gui*) p. 768, *Rehmanniae* radix praeparata (*shu di huang*) p. 780, *Paeoniae* radix lactiflora (*bai shao*) p. 776.

Commentary frequently replaced by *Sargentodoxae* caulis (*hong teng*), a herb whose effects are not equivalent to those of *Spatholobi* caulis et radix (*ji xue teng*); substitution is thus not recommended.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Blood deficiency with irregular menstruation, amenorrhoea, abdominal pain → *Rehmanniae radix preparata* (*shu di huang*) p. 780, *Chuanxiong rhizoma* (*chuan xiong*) p. 530, *Angelicae sinensis radix* (*dang gui*) p. 768
- Obstruction due to damp-wind combined with blood deficiency with chronic pain, numbness, paraesthesias of the joints and extremities → *Angelicae sinensis radix* (*dang gui*) p. 768, *Achyranthis bidentatae radix* (*niu xi*) p. 522
- Weakness and numbness of the extremities, paralysis, vertigo in pre-apoplectic states, wind-stroke → *Salviae miltiorrhizae radix* (*dan shen*) p. 570, *Eucommiae cortex* (*du zhong*) p. 756
- Leucopenia following radiotherapy or chemotherapy → *Angelicae sinensis radix* (*dang gui*) p. 768, *Rehmanniae radix preparata* (*shu di huang*) p. 780, *Paeoniae radix lactiflora* (*bai shao*) p. 776

Contraindication yin deficiency heat

Pregnancy use is **forbidden**

Trogloterori faeces**Wu ling zhi**

五灵脂

Family:	Petauristidae
Zoological name:	Trogloterori faeces
Variation:	Pteropi excrementum
German:	Flughörnchenexkremete
English:	flying squirrel faeces, pteropus

Temperature

●●○ warm

Taste

○○○ bitter

●○○ sweet

Organ relationship

●●● Liver

○○○ Spleen

Direction of action

○○○ sinking

Site of action

Lower burner, channels

Actions/Indications

●●○ Moves blood

Pain, menstrual disturbances, postpartum complaints, amenorrhoea, dysmenorrhoea, epigastric pain

●●○ Relieves pain

Pain, postpartum abdominal pain, pain due to stasis, epigastric pain

●●○ Breaks up blood stasis

Amenorrhoea, dysmenorrhoea, pain, postpartum abdominal pain, epigastric pain, uterine bleeding, retained lochia with blood stasis

○○○ Restrains blood

Blood stasis, bleeding, uterine bleeding

○○○ Tonifies and regulates the middle burner

Childhood nutritional impairment

Physiological/pharmacological effects antibiotic (dermatophytes, *Mycobacterium tuberculosis*), relieves smooth muscle spasm, used to treat viral hepatitis, infertility due to endometrial hyperplasia.

Dosage 3–9 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Menstrual disturbances, dysmenorrhoea due to blood stasis → *Corydalis rhizoma* (*yan hu suo*) p. 532, *Leonuri herba* (*yi mu cao*) p. 554
- Retained lochia, abdominal pain → *Typhae pollen* (*pu huang*) p. 616
- Stabbing pain in the chest and epigastrium due to blood stasis → *Typhae pollen* (*pu huang*) p. 616
- Pain in the middle and lower burner caused by cold due to blood deficiency and stasis → *Zingiberis rhizoma praeparatum* (*pao jiang*) p. 410
- Childhood nutritional impairment → *Quisqualis fructus* (*shi jun zi*) p. 868, *Picrorhizae rhizoma* (*hu huang lian*) p. 172
- Epigastric pain → *Cyperis rhizoma* (*xiang fu*) p. 494
- Heavy uterine bleeding due to blood stasis → *Asini corii colla* (*e jiao*) p. 770, *Angelicae sinensis radix* (*dang gui*) p. 768

Compatibility impaired by *Ginseng radix* (*ren shen*) p. 714

Contraindication Spleen qi deficiency

Pregnancy use is **forbidden**

Vaccariae semen

Wang bu liu xing

王不留行

Family: Caryophyllaceae
 Standard species: *Vaccaria segetalis*
 German: Vaccaria-Samen
 English: vaccaria seeds

Temperature

●●○ neutral

Taste

●●○ bitter

Organ relationship

●●● Liver
 ●○○ Stomach

Direction of action

●○○ ascending

Site of action

Lower burner, channels

Actions/Indications

●●● Moves blood

Irregular menstruation, insufficient lactation, amenorrhoea, cerebrovascular insufficiency, neurological disturbances

●●○ Unblocks the channels

Painful obstruction (*bi*) syndrome, chronic pain, stiffness, paraesthesias of the limbs, migraine

●○○ Moves and regulates qi

Pain, migraine, numbness of the limbs

●○○ Induces labour

Weak contractions

●○○ Facilitates lactation

Insufficient lactation

●○○ Breaks up clumps

Painful swellings, breast or testicular swelling

Physiological/pharmacological effects in animal experiments shown to stimulate uterine contractions. Newest research: the roasted and powdered herb can be mixed with sesame oil and used to treat herpes zoster (avoiding open sores).

Toxicity one case of photosensitivity after long-term use has been reported.

Commentary vaccaria seeds are used in ear acupuncture.

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Irregular menstruation → *Angelicae sinensis radix (dang gui)* p. 768, *Chuanxiong rhizoma (chuan xiong)* p. 530, *Persicae semen (tao ren)* p. 564, *Carthami flos (hong hua)* p. 528
- Insufficient lactation → *Manitis squama (chuan shan jia)*, *Tetrapanacis medulla (tong cao)* p. 342
- Breast abscesses → *Manitis squama (chuan shan jia)* p. 558
- Breast abscess → *Taraxaci herba (pu gong ying)* p. 250
- Mumps with orchitis → *Toosendan fructus (chuan lian zi)* p. 512, *Isatidis radix (ban lan gen)* p. 210

Pregnancy use is **forbidden**

Verbenae herba

Ma bian cao

马鞭草

Family: Verbenaceae
 Standard species: *Verbena officinalis*
 German: Eisenkraut
 English: verbena, European verbena, 'horse whip herb'

Temperature

●●○ cold tendency

Taste

●●● bitter

Organ relationship

●●● Liver

●●○ Spleen

Direction of action

●●○ deep

Site of action

Lower burner, deep, interior

Actions/Indications

●●○ Moves blood

Dysmenorrhoea, tension, injuries, joint pain, oedemas

●●● Breaks up and dissolves concretions

Tumours, myomas, muscle pain

●●○ Cools blood

Oedema, scanty dark urine, parasites

●●○ Drains damp-heat

Painful bladder dysfunction, blood in urine, oedema of the legs, joint pain

●●○ Breaks up blockages

Swelling, oedemas, ascites, joint pain, dysmenorrhoea

●●● Breaks up blood stasis

Myomas, amenorrhoea, dysmenorrhoea, tumours

●●○ Promotes urination

Oedema, ascites, swelling

Physiological/pharmacological effects has weak anti-oedema, cytotoxic and antineoplastic actions. Contains verbenaline, which has an antitussive effect, promotes lactation and secretion. Animal experiments have shown antiphlogistic, analgesic effects (alcohol extract), stops bleeding. Contains iridoglycosides, tannins, vitamin A.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Blood stasis, heat excess, concretions, qi contractions, neoplasias, myomas, myalgias, injuries → Carthami flos (*hong hua*) p. 528, Leonuri herba (*yi mu cao*) p. 554, Cyperi rhizoma (*xiang fu*) p. 494, Sparganii rhizoma (*san leng*) p. 574, Curcumae rhizoma (*e zhu*) p. 540
- Blood heat and damp-heat with swelling, dark urine, oedema → Achyranthis bidentatae radix (*niu xi*) p. 522, Chaenomelis fructus (*mu gua*) p. 354, Plantaginis semen (*che qian zi*) p. 328

Pregnancy use is **forbidden**

Agrimoniae herba**Xian he cao**

仙鶴草

Family: Rosaceae
 Standard species: *Agrimonia pilosa*
 German: Odermennigkraut, Fingerkraut
 English: agrimony, 'immortal crane herb'

Temperature

●○○ cool

Taste

●●● bitter

Organ relationship

●●● Liver

●●● Lung

●○○ Spleen

Direction of action

●○○ deep

Site of action

Deep, interior, upper burner

Actions/Indications●●● **Restrains blood**

Bleeding from all orifices, bleeding wounds

●●● **Stops bleeding**

Haematemesis, coughing up blood, nosebleed, gum bleeding, blood in urine, uterine bleeding

●●● **Cools blood**

Bleeding, bleeding wounds

●○○ **Disinfects and detoxifies**

Administered rectally to treat diarrhoea, intestinal parasites

Physiological/pharmacological effects astringent, stops bleeding; used to treat gastroenteritis, liver and gall bladder diseases, inflammation of the mouth and throat, topically applied to treat superficial skin inflammations (varicose ulcers); as a powder to stop bleeding during operation and following injuries. Contains: saponins, tannins, vitamin K (use with care in combination with anticoagulant drugs).

Toxicity can cause nausea and vomiting, flush and palpitations.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Heavy uterine bleeding, blood in the stools, pain in the upper abdomen, abdominal pain, duodenal ulcer → *Sepiae endoconcha* (*hai piao xiao*) p. 852
- Blood in the stools → *Sophorae flos* (*huai hua mi*) p. 610
- Bloody urine → *Imperatae rhizoma* (*bai mao gen*) p. 158
- Nosebleeds → *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596
- Blood heat, bleeding from the orifices, wounds → *Ecliptae herba* (*han lian cao*) p. 790, *Rubiae radix* (*qian cao gen*) p. 606, *Platycladi cacumen* (*ce bai ye*) p. 604, *Cirsii japonici herba seu radix* (*da ji*) p. 592, *Cirsii herba* (*xiao ji*) p. 590

Contraindications nausea and vomiting

Pregnancy use is allowed

Artemisiae argyi folium

艾叶

Ai ye

Family: Asteraceae
 Standard species: *Artemisia argyi*
 German: Beifußblätter
 English: mugwort leaf, artemisia

Temperature

●● warm

Taste

●● bitter

○○ pungent

Organ relationship

●● Spleen

●● Liver

○○ Kidney

Direction of action

●○○ deep

Site of action

Lower burner, uterus

Actions/Indications●●● **Warms the channels**

Stops bleeding, especially uterine bleeding due to deficiency of cold, restless fetus due to deficiency of cold, abdominal pain, dysmenorrhoea, coldness and pain in the lower abdomen

●●● **Stops bleeding**

Uterine bleeding, bleeding during pregnancy, heavy menstrual bleeding, epistaxis, bloody sputum, haematemesis

●●● **Dispels cold**

Bleeding, especially uterine bleeding due to cold or deficiency, infertility, restless fetus, pain in the middle and lower abdomen, dysmenorrhoea

●●● **Relieves pain**

Pain in the middle and lower abdomen, dysmenorrhoea, pain due to cold deficiency

●○○ **Drains dampness**

Internal and external use to treat eczema, pruritus; cough, wheezing, phlegm

●●● **Restless fetus**

Premature labour due to cold deficiency

●●● **Warms the uterus**

Heavy and prolonged menstrual bleeding due to cold deficiency, lower abdominal pain, infertility, premature labour, restless fetus

●○○ **Alleviates itching**

Internal and external use to treat eczema, itching caused by damp-cold

Physiological/pharmacological effects stops bleeding, antibiotic actions have been shown in vitro (*Staphylococcus*, *Shigella*, *Streptococcus*, *Salmonella typhi et paratyphi*).

Toxicity high dosages may result in side-effects such as dry mouth, nausea, vomiting, gastric problems, diarrhoea and dizziness. Overdose (20–30 g) leads to the above symptoms within 1–4 hours; if the dose is repeated, then hallucinations, paraesthesias, spasms or convulsions and hepatomegaly may occur. Dry freezing or charring decreases the toxic effects. Extremely high doses may provoke bleeding during pregnancy and cause abortion.

Commentary used in moxibustion, important in gynaecology in the treatment of damp-cold and treatment of pain due to cold.

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Prolonged menstrual bleeding → *Zingiberis rhizoma* (*gan jiang*) p. 408
- Nosebleed, haematemesis → *Rehmanniae radix* (*sheng di huang*) p. 168, *Platycladi cacumen* (*ce bai ye*) p. 604
- Abdominal pain due to cold deficiency → *Cyperis rhizoma* (*xiang fu*) p. 494
- Severe cold deficiency of the uterus → *Evodiae fructus* (*wu zhu yu*) p. 383
- Eczema → *Kochiae fructus* (*di fu zi*) p. 316, *Dictamni cortex* (*bai xian pi*) p. 174
- Heavy menstrual bleeding, restless fetus, premature labour → *Asini corii colla* (*e jiao*) p. 770, *Angelicae sinensis radix* (*dang gui*) p. 768, *Paeoniae radix lactiflora* (*bai shao*) p. 776

Contraindication use with care in yin deficiency heat

Pregnancy use is allowed

Bletillae tuber

白芨

Bai ji

Family:	Orchidaceae
Standard species:	<i>Bletilla striata</i>
Variation:	<i>Bletilla rhizoma</i>
German:	Bletilla-Knolle, Orchideengewächs
English:	bletilla rhizome

Temperature

●●○ cold tendency

Taste

●●○ bitter

●○○ sweet

Organ relationship

●○○ Liver

●●○ Lung

●○○ Stomach

Direction of action

●○○ deep

Site of action

Skin

Actions/Indications●●● **Restrains blood**

Bloody vomiting, bloody sputum, nosebleed

●●● **Stops bleeding**

Traumatic injuries, bleeding wounds

●●○ **Cools blood**

Bleeding wounds, wounds, bloody sputum, nosebleed

●○○ **Cools heat**

Ulcers, chapped skin on the hands and feet, pulmonary ulcerations

●○○ **Drains damp-heat**

Poorly healing, bloody ulcers, pulmonary ulcerations due to bronchitis or emphysema

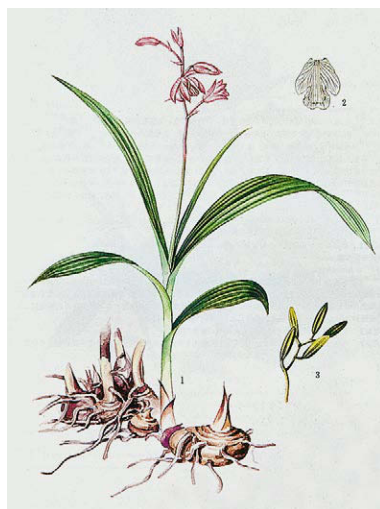
●○○ **Eczema, burns and ulcers**

Chronic, poorly healing, bleeding or pulmonary ulcerations

Physiological/pharmacological effects stops bleeding, promotes wound healing; used to treat bleeding ulcers, tuberculosis, bronchiectasis, burns. Contains: glucose, oil, balsam.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Yin deficiency with bloody sputum → *Stemona* radix (*bai bu*) p. 676
- Cough, bloody sputum → *Eriobotrya* folium (*pi pa ye*) p. 670
- Lung abscess, emphysema, bronchitis, bloody sputum → *Fritillariae thunbergii* bulbus (*zhe bei mu*) p. 650
- Blood heat with bloody sputum, nosebleed, bleeding wounds → *Asini corii colla* (*e jiao*) p. 770, *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596, *Rehmanniae radix* (*sheng di huang*) p. 168
- Bleeding wounds, fissures, scrapes, ulcers → *Olibanum* (*ru xiang*) p. 562, *Lonicerae flos* (*jin yin hua*) p. 216, *Fritillariae thunbergii* bulbus (*zhe bei mu*) p. 650, *Trichosanthis radix* (*tian hua fen*) p. 142
- Bloody wounds, fissures, chapped skin on the hands and feet (topical use) → *Gypsum* (*shi gao*) p. 130

Compatibility

- Promoted by *Fluoritum* (*zi shi ying*) p. 420
- Limited by *Armeniacae semen* (*xing ren*) p. 664, *Pruni semen* (*yu li ren*) p. 98
- Do not use together with *Aconiti radix lateralis praeparata* (*fu zi*) p. 388

Contraindications early stages of lung abscesses, heat in the Lung and Stomach

Pregnancy use is allowed

Cirsii herba**Xiao ji**

小蘗

Family:	Asteraceae
Standard species:	<i>Cirsium setosum</i> (<i>Cephalanoplos setosum</i>)
Variation:	Cephalanopli herba
German:	Cephalanoplos-Kraut
English:	small thistle, field thistle, cephalanoplos

Temperature

●●○ cool

Taste

●●○ sweet

Organ relationship

●●○ Liver

●●○ Spleen

Direction of action

●●○ deep

Site of action

Lower burner

Actions/Indications●●○ **Restrains blood**

Bleeding from the orifices, nosebleed, haematemesis, blood in urine, blood in the stools, uterine bleeding

●●○ **Cools blood**

Bleeding from the orifices, nosebleed, haematemesis, blood in urine, blood in the stools, uterine bleeding

●●○ **Stops bleeding**

Bleeding from the orifices, nosebleed, haematemesis, blood in urine, blood in the stools, uterine bleeding

●●○ **Drains damp-heat**

Swelling, ulcers, hepatitis, nephritis, cystitis, pyelonephritis, hyperlipidaemia

●○○ **Dissolves swelling**

Ulcers, inflammations, hepatitis, nephritis, hypertension

●○○ **Eczema, burns and ulcers**

Swelling, ulcers, sores, carbuncles (external application)

Commentary pharmacologically related to *Cirsii japonici herba seu radix (da ji)* and frequently used in combination with this herb.**Dosage** 9–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Bleeding from the orifices → Typhae pollen (*pu huang*) p. 616, Cirsii japonici herba seu radix (*da ji*) p. 592
- Haemorrhage due to fire → Cirsii japonici herba seu radix (*da ji*) p. 592
- Hypertension → Plantaginis semen (*che qian zi*) p. 328, Cirsii japonici herba seu radix (*da ji*) p. 592

Contraindication cold deficiency of the middle burner

Pregnancy use is allowed

Cirsii japonici herba seu radix

大薊

Da ji

Family:	Asteraceae
Standard species:	<i>Cirsium japonicum</i>
Variation:	Cirsii herba
German:	japanisches Distelkraut
English:	Japanese cirsium, Japanese thistle, 'big thistle'

Temperature

●●○ cool

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●○ Liver

●○○ Spleen

●○○ Heart

Direction of action

●●○ descending

Site of action

Lower burner, interior

Actions/Indications

●●○ Cools blood

Bleeding due to blood heat or fire, haemoptysis, epistaxis, metrorrhagia, haematuria

●●● Stops bleeding

Nosebleed, bloody vomiting, blood in the stools, haematuria, uterine bleeding

●●○ Breaks up swelling

Boils, sores, swelling (drink the juice of the herb or apply topically as a paste)

●○○ Breaks up blood stagnation

Sores, swelling with stubborn pus

●●○ Eczema, burns and ulcerations

Swelling, abscesses (toxic and in cases of blood stagnation), intestinal abscesses, lung abscesses

●●○ Clears jaundice

Damp-heat in the Liver and Gall bladder

●●○ Drains damp-heat

Swelling, sores, boils, jaundice

●●○ Sinks hypertension

Hypertension due to heat or fire in the Liver

Physiological/pharmacological effects haemostatic due to shortening of bleeding time (used to treat cases of haematuria, bleeding gastric or duodenal ulcer); mild antihypertensive action; reduces oedema in nephritis. Topical use as a paste to treat post-traumatic bleeding or intramuscular nodes.

Toxicity side-effects such as nausea and vomiting or other gastric disorders may occur. Contains vitamin K, which may inhibit anticoagulants, therefore combine with care.

Commentary extremely effective to relieve bloody vomiting, haemoptysis or haematuria.

Dosage 9–15 g

Cooking time 20 minutes



Combinations

- Bloody vomiting → *Rehmanniae radix* (*sheng di huang*) p. 168, *Zingiberis rhizoma* (*gan jiang*) p. 408
- Haematuria, menstrual bleeding → *Typhae pollen* (*pu huang*) p. 616, *Cirsii herba* (*xiao ji*) p. 590, *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596
- Internal abscesses, especially intestinal → *Achyranthis bidentatae radix* (*niu xi*) p. 522, *Sanguisorbae radix* (*di yu*) p. 608, *Lonicerae flos* (*jin yin hua*) p. 216
- Jaundice → *Artemisiae scopariae herba* (*yin chen hao*) p. 302, *Polygoni cuspidati rhizoma* (*hu zhang*) p. 566
- Hypertension due to heat or fire in the Liver → *Plantaginis semen* (*che qian zi*) p. 328 as a daily beverage, or with *Prunellae spica* (*xia ku cao*) p. 140, *Sigesbeckiae herba* (*xi xian cao*) p. 370

Contraindications cold deficiency with Spleen and Stomach, use with care in the absence of blood stasis

Pregnancy use with care

Crinis carbonisatus

血余炭

Xue yu tang

Family:	Hominidae
Standard species:	Homo sapiens
German:	verkohltes Menschenhaar
English:	charred human hair

Temperature

●● neutral

Taste

●● bitter

Organ relationship

- Liver
- Stomach
- Heart
- Kidney

Direction of action

●● deep

Site of action

Interior, lower burner

Actions/Indications●●● **Stops bleeding**

Bleeding of all types such as nosebleed, bloody vomiting, bloody sputum, haematuria, increased uterine bleeding

●●● **Breaks up blood stagnation**

Bleeding of all kinds

●●● **Tonifies and nourishes the yin**

Deficiency with scanty or no urine, deficient heat accompanied by haematuria

●●● **Promotes urination**

Painful urination, dribbling urine, haematuria

●●● **Eczema, burns and ulcerations**

External use: sores or burns in early stages of ulceration

Physiological/pharmacological effects haemostatic, antibiotic (*Staphylococcus aureus*, *Salmonella typhi*, *Bacillus dysenteriae*).**Toxicity** allergic reactions have been observed, ranging from exanthemas on the limbs up to nausea and vomiting.**Commentary** stops all types of bleeding without provoking blood stagnation therefore appropriate for internal and external use; topical use to treat poorly healing wounds.**Dosage** 4.5–9 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Bleeding gums → local application of a powder of the single herb
- Nosebleed → local application of the powder and freshly pressed juice of *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596
- Bloody vomiting → *Ophicalciturum* (*hua rui shi*) p. 602, *Notoginseng radix* (*san qi*) p. 600
- Bloody dysuria → *Cirsii herba* (*xiao ji*) p. 590, *Imperatae rhizoma* (*bai mao gen*) p. 158, *Clematidis armandii caulis* (*chuan mu tong*) p. 306
- Strong bleeding with deficiency → *Angelicae sinensis radix* (*dang gui*) p. 768, *Leonuri herba* (*yi mu cao*) p. 554
- Burning urination → *Talcum* (*hua shi*) p. 340, *Plantaginis semen* (*che qian zi*) p. 328
- Nephrolithiasis → *Plantaginis herba* (*che qian cao*), *Lygodii spora* (*hai jin sha*) p. 320, *Gigeria galli endothelium corneum* (*ji nei jin*) p. 684, *Lysimachiae herba* (*jin qian cao*) p. 322

Contraindications Stomach deficiency

Pregnancy use is allowed

Nelumbinis nodus rhizomatis

藕节

Ou jie

Family: Nelumbonaceae
 Standard species: *Nelumbo nucifera*
 Variation: *Loti nodus rhizomatis*
 German: Nodien des Lotoswurzelstock
 English: node of the lotus rhizome

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●●○ Liver

●○○ Lung

●○○ Stomach

Direction of action

●○○ ascending

Site of action

Upper burner

Actions/Indications●○○ **Restrains blood**

Bleeding with heat in the Lung or in the Stomach, haematemesis, coughing up blood, nosebleed

●○○ **Stops bleeding**

Bleeding

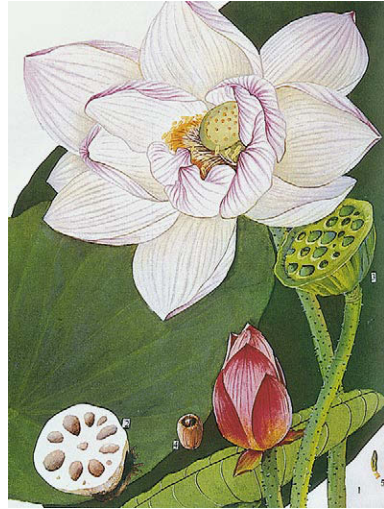
●○○ **Breaks up blood stasis**

Dissolves obstructions, astringes

●○○ **Cools blood**

Haematemesis, nosebleed, bloody sputum, coughing up blood

Physiological/pharmacological effects contains: asparagin, tannin.**Commentary** gently regulates blood stasis, has a mild effect on stopping bleeding.**Dosage** 9–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood heat: bloody vomiting, nosebleed → Bletillae tuber (*bai ji*) p. 588, Rubiae radix (*qian cao gen*) p. 606
- Heat in the Lung with bloody sputum, cough → Rehmanniae radix (*sheng di huang*) p. 168, Asini corii colla (*e jiao*) p. 770, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650

Pregnancy use is allowed

Nelumbinis receptaculum

蓮房

Lian fang

Family:	Nelumbonaceae
Standard species:	<i>Nelumbo nucifera</i>
German:	Lotus-Blütenboden
English:	lotus receptacle, lotus peduncle

Temperature

●○○ warm

Taste

●●○ bitter

●●○ astringent

Organ relationship

●●○ Liver

●●○ Spleen

●○○ Kidney

Direction of action

●○○ deep

Site of action

Middle burner, lower burner

Actions/Indications

●○○ Breaks up blood stagnation

Strong uterine bleeding (restrains blood), retained placenta, haemorrhoids, increased lochia

●○○ Stops bleeding

Bleeding of all kinds, heavy menstrual bleeding, haematuria, bleeding haemorrhoids

●○○ Restrains blood

Heavy menstrual bleeding, haematuria, bleeding haemorrhoids

●○○ Drains damp

Childhood diarrhoea, eczemas, exanthemas

●○○ Cools summerheat

Diarrhoea

Physiological/pharmacological effects haemostatic (the charred herb has a stronger action than the fresh one).**Commentary** compare with herbs obtained from other parts of the plant such as: *Nelumbinis semen* (*lian zi*) p. 842, *Nelumbinis folium* (*he ye*) p. 134, *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596, *Nelumbinis plumula* (*lian xin*) p. 842.**Dosage** 5–10 g, standard 6 g**Cooking time** 20 minutes



Combination heavy menstrual bleeding, haematuria → Leonuri herba (*yi mu cao*)
p. 554

Contraindications none

Pregnancy use is allowed

Notoginseng radix

三七

San qi

Family:	Araliaceae
Standard species:	<i>Panax notoginseng</i>
Variation:	Pseudoginseng radix
German:	Notoginseng-Wurzel
English:	notoginseng root, pseudoginseng root

Temperature

●○○ warm

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●○ Liver

●○○ Stomach

Direction of action

●○○ descending

Site of action

Channels

Actions/Indications●●● **Restrains blood**

Haematemesis, haemoptysis, epistaxis, heavy menstrual bleeding, strong bleeding postpartum, bleeding due to external injury, blood in the stools, haematuria

●●● **Stops bleeding**

Internal and external bleeding, nosebleed, haematemesis, blood in the stools, haematuria

●●○ **Injuries, haematomas and wounds**

External injuries, especially those accompanied by infections

●●○ **Breaks up blood stagnation**

Swelling, haematomas, injuries, internal bleeding, fractures, contusion, sprains

●●○ **Breaks up swelling**

Blood stagnation, fractures, contusion, traumatic injuries

●●○ **Relieves pain**

Traumatic injuries, swelling following fractures, contusion, sprains, thoracic pain, abdominal pain, joint pain

Physiological/pharmacological effects haemostatic (decreases prothrombin time), inhibits platelet aggregation, immune-stimulating, stimulates and depresses the CNS; use with care in combination with anticoagulants or platelet aggregation inhibitors (interactions have not yet been reported).

Toxicity in rare cases: nausea, vomiting, haemorrhages, epistaxis, bleeding gums and menorrhagia may occur, these symptoms disappear if treatment is discontinued. Oesophagitis and retrosternal pain have been reported. Single doses of 5 g may lead to atrioventricular block. Allergic reactions (exanthemas) following administration of powder or pills.

Commentary this herb can stop bleeding without provoking blood stagnation; because it is expensive, it is mostly available as a powder or pill.

Dosage 3–9 g in a decoction, 1–1.5 g as a powder/pill up to 3× daily

Cooking time 20 minutes



Combinations

- Bloody vomiting, haemoptysis, nosebleed → Bletillae tuber (*bai ji*) p. 588
- Nosebleed, haematemesis, haematuria → Ophicalciturum (*hua rui shi*) p. 602, Crinis carbonisatus (*xue yu tang*) p. 594
- Heavy menstrual bleeding, strong bleeding postpartum → Four Substance Decoction (*Si wu tang*): Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix lactiflora (*bai shao*) p. 776, Rehmanniae radix (*sheng di huang*) p. 168, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Open sores, external use → Olibanum (*ru xiang*) p. 562, Myrrhae (*mo yao*) p. 560

Pregnancy use with care

Ophicalciturum**Hua rui shi**

花蕊石

Family: Mineral
 Variation: Dolomitum
 German: Ophicalcit
 English: ophicalcite

Temperature

●○○ neutral

Taste

●●○ sour
 ●●○ astringent

Organ relationship

●●● Liver

Direction of action

●○○ descending

Site of action

Channels, digestive tract

Actions/Indications

●●○ Breaks up blood stagnation

Haemoptysis, haematemesis

●●○ Restrains blood

Haematemesis, gastrointestinal bleeding, post-traumatic bleeding

●●○ Stops bleeding

Wounds, traumatic injuries, haematemesis, cough with bloody sputum: internal and external use

Physiological/pharmacological effects animal experiments have demonstrated that the herb stops bleeding.**Commentary** the herb is a naturally occurring mineral found in evaporites, and consisting mainly of calcium carbonate.**Dosage** 9–15 g in a decoction, 1–1.5 g as a powder**Cooking time** 30–40 minutes



Combinations

- Internal and external bleeding → Notoginseng radix (*san qi*) p. 600, Crinis carbonisatus (*xue yu tang*) p. 594
- Bloody sputum → Bletillae tuber (*bai ji*) p. 588

Contraindication absence of heat or excess signs

Pregnancy use is **forbidden**

Platycladi cacumen

侧柏叶

Ce bai ye

Family:	Cupressaceae
Standard species:	<i>Platycladus orientalis</i>
Variation:	Biotae folium et ramulus, Biotae cacumen
German:	Spitzen der Blätter und beblätterten Zweige des Lebensbaumes
English:	oriental arborvitae leafy twig, Chinese arborvitae biota

Temperature

●○○ cool

Taste

●●○ bitter

●○○ astringent

Organ relationship

●○○ Lung

●○○ Liver

●○○ Large Intestine

Direction of action

●●○ deep

Site of action

Interior

Actions/Indications

●●○ Cools blood

Bleeding of all kinds, bloody sputum, nosebleed, blood in the stools, haematuria, heavy menstrual bleeding

●●○ Stops bleeding

Internal bleeding such as bloody vomiting, bloody sputum, heavy menstrual bleeding, haematuria, external bleeding due to trauma, bleeding due to deficiency or cold, bleeding gums, dysenteric bleeding

●●○ Dislodges phelgm

Accumulation of hot phlegm

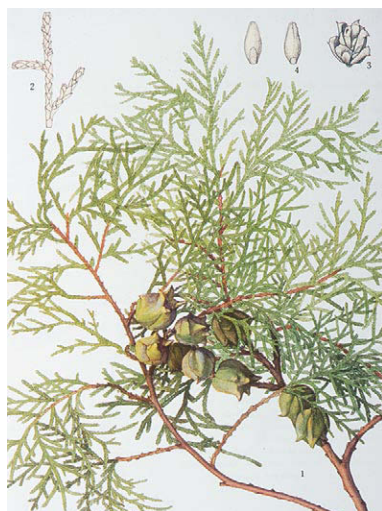
●○○ Stops cough

Stomach heat with cough, phlegm accumulations, blood-tinged sputum

●○○ Eczema, burns and ulcerations

External use in early stages of burns, hair loss

Physiological/pharmacological effects haemostatic, antibiotic; animal experiments have demonstrated antitussive, expectorative, sedative and antihypertensive actions.**Toxicity** overdose or long-term use may lead to dizziness, nausea and lack of appetite.**Commentary** the herb may provoke diarrhoea in the presence of cold Spleen deficiency; in cases of bleeding due to blood stagnation, dispersion may be difficult.**Dosage** 6–15 g, standard 9 g**Cooking time** 20 minutes



Combinations

- Haematemesis, epistaxis, haematuria → *Cirsii japonici herba seu radix* (*da ji*), *Imperatae rhizoma* (*bai mao gen*) p. 158
- Heavy menstrual bleeding → *Paeoniae radix lactiflora* (*bai shao*) p. 776
- Bleeding of all kinds, unstoppable bleeding → *Agrimoniae herba* (*xian he cao*) p. 584, *Typhae pollen* (*pu huang*) p. 616, *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596, *Rehmanniae radix* (*sheng di huang*) p. 168
- Strong uterine bleeding → *Typhae pollen* (*pu huang*) p. 616
- Bleeding due to cold deficiency → *Artemisiae argyi folium* (*ai ye*) p. 586, *Zingiberis rhizoma* (*gan jiang*) p. 408
- Chronic cough with heat → *Jujubae fructus* (*da zao*) p. 718

Contraindications cold Spleen deficiency, use with care in bleeding due to blood stasis

Pregnancy use is allowed

Rubiae radix**Qian cao gen**

茜草根

Family:	Rubiaceae
Standard species:	<i>Rubia cordifolia</i>
German:	ostindische Krappwurzel, Färberröte
English:	madder root, rubia root

Temperature

●●● cold

Taste

●●● bitter

Organ relationship

●●● Liver

●○○ Heart

Direction of action

●●● deep

Site of action

Deep, interior

Actions/Indications●●● **Restrains blood**

Bleeding, spontaneous bleeding, haematemesis, nosebleed, bloody sputum, blood in the stools, bloody urine

●●● **Cools blood**

Bleeding due to blood heat

●●● **Stops bleeding**

Bleeding, bleeding due to blood heat

●○○ **Breaks up blood stasis**

Irregular menstruation, retained placenta, swelling, early stages of ulcers, post-traumatic pain, joint pain, bruises, sprains

Physiological/pharmacological effects animal experiments show haemostyptic action, antibiotic, antitussive, relieves cramps, stimulates leucocytes and stimulates the uterus following delivery. Contains: anthrazine derivatives rubiadine, purpurine, alizarine.

Toxicity *Rubia cordifolia* is chemically related to *Rubia tinctoria*; the latter is prohibited in Germany because of its rubiadine and lucidine content (both anthracene derivatives). These substances are carcinogenic and mutagenic. To date there are no case reports of side-effects for the use of the Chinese medicinal made from *Rubia cordifolia*. However, it is recommended that the herb should be used only for short periods.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Bloody dysentery → *Coptidis rhizoma* (*huang lian*) p. 172, *Scutellariae radix* (*huang qin*) p. 184
- Qi deficiency: heavy uterine bleeding → *Sepiae endoconcha* (*hai piao xiao*) p. 852, *Astragali radix* (*huang qi*) p. 706
- Heat or fire: nosebleed, bleeding → *Rehmanniae radix* (*sheng di huang*) p. 168, *Bletilae tuber* (*bai ji*) p. 588
- Blood heat with amenorrhoea → *Codonopsis radix* (*dang shen*) p. 710
- Blood heat with spontaneous bleeding, bleeding of all types → *Gardeniae fructus* (*zhi zi*) p. 126, *Rehmanniae radix* (*sheng di huang*) p. 168, *Sanguisorbae radix* (*di yu*) p. 608
- Bloody vaginal discharge → *Mastodi fossilium ossis* (*long gu*) p. 426
- Post-traumatic blood stasis → *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Lycopi herba* (*ze lan*) p. 556
- Heat in the Liver with delayed menstruation, early stages of ulcers → *Persicae semen* (*tao ren*) p. 564, *Angelicae sinensis radix* (*dang gui*) p. 768, *Carthami flos* (*hong hua*) p. 528, *Paeoniae radix rubra* (*chi shao yao*) p. 166, *Moutan cortex* (*mu dan pi*) p. 164

Contraindications cold deficiency of the middle burner, absence of heat or excess signs

Pregnancy use with caution

Sanguisorbae radix

地榆

Di yu

Family: Rosaceae
 Standard species: *Sanguisorba officinalis*
 German: Wiesenknopfwurzel, Blutkrautwurzel
 English: sanguisorba, burnet-bloodwort root

Temperature

●●○ cold tendency

Taste

●●○ bitter

●○○ sour

Organ relationship

●●● Liver

●●○ Large Intestine

●●○ Stomach

Direction of action

●●○ sinking

Site of action

Skin, lower burner

Actions/Indications**●●● Restrains blood**

Blood in the stool, haematuria, bleeding haemorrhoids, excessive uterine bleeding, menorrhagia

●●● Stops bleeding

Blood in the stool, bloody dysenteric disorders, bleeding, uterine bleeding, haematemesis, nosebleed

●●○ Drains damp-heat

Bloody dysenteric disorders, blood in the stool, intestinal bleeding, skin lesions, colitis

●●○ Cools blood

Bleeding, sores

●●○ Clears fire

Bleeding haemorrhoids, blood in the stool, intestinal bleeding, burns, extensive skin lesions

●●○ Eczema, burns and ulcers

Burns, extensive skin lesions, sores (also external application)

Physiological/pharmacological effects in vitro antibacterial, antifungal actions (dermal fungi), used to treat eczemas. The herb may prevent the uptake of ciprofloxacin; instruct patients to leave several hours between ingestion of the antibiotic and the herb. The related western herb *Sanguisorba herba* (herb) has historically been ascribed astringing properties and an ability to stop bleeding.

Toxicity in animal experiments: very high dosages caused an increase of fat content of hepatocytes.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Heat in the lower burner: bleeding haemorrhoids, blood in the stool, haematuria → Sophorae flos (*huai hua mi*) p. 610
- Damp-heat in the lower burner: bleeding → Rubiae radix (*qian cao gen*) p. 606
- Damp-heat: skin injuries, eczema (topical application as a plaster) → Phellodendri cortex (*huang bai*) p. 180
- Damp-heat: vaginal discharge. Blood in the stool, bleeding dysenteric disorders, haemorrhoids → Mume fructus (*wu mei*) p. 838

Compatibility

- Impaired by Ophiopogonis radix (*mai men dong*) p. 802
- Diminishes the toxicity of Cinnabaris (*zhu sha*) p. 418, Sulfur (*liu huang*) p. 884

Contraindications cold or blood deficiency, suspected stasis, obstruction

Pregnancy use is allowed

Sophorae flos

Huai hua mi

槐花米

Family:	Fabaceae
Standard species:	<i>Sophora japonica</i>
Variation:	Sophorae japonicae flos immaturus
German:	Schnurbaumb Blüten, Pagodenbaumb Blüten
English:	sophora flower, pagoda tree flower

Temperature

●●○ cold tendency

Taste

●●○ bitter

Organ relationship

●●● Liver

●●○ Large Intestine

Direction of action

●●○ sinking

Site of action

Skin, lower burner

Actions/Indications

●●○ Cools blood

Blood in the stool, haematuria, excessive uterine bleeding, bleeding haemorrhoids

●●● Restrains blood

Bleeding from the lower orifices, bloody sputum, nosebleed

●●● Stops bleeding

Blood in the stool

●●○ Cools heat

Heat in the Liver: reddened eyes, dizziness

●●○ Descends the yang

Reddened eyes, dizziness, headache, hypertension

●●○ Drains damp-heat

Intestinal bleeding, haemorrhoids, bleeding dysenteric disorders

Physiological/pharmacological effects stops haemorrhoidal bleeding, anti-hypertensive action. Single ingredients have the following actions: decrease of capillary permeability and Arthus reaction, anti-inflammatory, improves coronary circulation, relaxation of bronchial and intestinal muscles, inhibits platelet aggregation. Contains rutin, quercetin.

Toxicity there is one case report of anaphylaxis in a child.

Dosage 10–15 g, standard 10 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Blood in the stools, haematuria, uterine bleeding, nosebleed → *Platycladi cacumen* (*ce bai ye*) p. 604
- Wind in the Intestines with bloody stools → *Schizonepetae herba* (*jing jie*) p. 44, *Aurantii fructus* (*zhi ke*) p. 482
- Ascendant Liver yang with muddled consciousness, insomnia → *Sigesbeckiae herba* (*xi xian cao*) p. 370
- Heat in the lower burner with blood in the stools, haematuria, bleeding haemorrhoids → *Agrimoniae herba* (*xian he cao*) p. 584, *Imperatae rhizoma* (*bai mao gen*) p. 158, *Platycladi cacumen* (*ce bai ye*) p. 604

Contraindications cold deficiency of the Spleen and Stomach, absence of signs of heat or excess

Pregnancy use is allowed

Sophorae fructus

槐角

Huai jiao

Family:	Fabaceae
Standard species:	<i>Sophora japonica</i>
Variation:	<i>Sophorae flavescens</i> semen
German:	Pagodenbaumfrüchte, Schnurbaumfrüchte
English:	sophora fruit

Temperature

●●○ cold

Taste

●●○ bitter

Organ relationship

●●○ Liver

●●○ Large Intestine

●●○ Gall bladder

Direction of action

●●○ descending

Site of action

Interior

Actions/Indications

●●○ Cools fire

Heat or fire in the Intestines: bleeding haemorrhoids, blood in the stools, intestinal inflammations. Heat in the Liver: reddened eyes, light-headedness, headache, dizziness, hypertension

●●○ Stops bleeding

Blood in the stools, bleeding haemorrhoids

●○○ Harmonizes and tonifies the Liver

Cools and drains heat from the Liver: reddened eyes, light-headedness, headache, dizziness

●●○ Clears the eyes and head

Reddened eyes, headache, dizziness, hypertension

●●○ Sinks hypertension

Ascendant Liver fire: light-headedness, headache, hypertension

●●○ Descends the yang

Reddened eyes, light-headedness

Physiological/pharmacological effects stops bleeding, antihypertensive.**Toxicity** the danger of abortion is mentioned in the classic texts.**Commentary** compared with *Sophorae flos*, the fruit has a weaker stop bleeding effect but is superior in clearing heat or fire.**Dosage** 9–15 g**Cooking time** 20 minutes



Combinations

- Bleeding, inflamed haemorrhoids, bleeding painful swollen abscesses → Sanguisorbae radix (*di yu*) p. 608, Scutellariae radix (*huang qin*) p. 184, Angelicae sinensis radix (*dang gui*) p. 768,
- Ascendant Liver fire with hypertension, reddened eyes, headache and vertigo → Scutellariae radix (*huang qin*) p. 184, Cassiae semen (*jue ming zi*) p. 146, Prunellae spica (*xia ku cao*) p. 140

Contraindication cold deficiency in the Spleen and Stomach

Pregnancy use is **forbidden**

Terra flava usta

炆心土

Zao xin tu

Family: Mineral
 German: gebrannte gelbe Lehmerde
 English: oven earth, 'ignited yellow earth'

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Spleen

●●○ Stomach

Direction of action

●●○ descending

Site of action

Middle burner

Actions/Indications●●○ **Tonifies and harmonizes the Spleen**

Deficiency and cold in the middle burner: cold limbs, pale tongue body, diarrhoea

●●○ **Warms cold**

Warms the blood, bleeding due to deficiency and cold of the Spleen and Stomach, cold limbs, pale tongue body, diarrhoea

●●○ **Restrains blood**

Bleeding due to cold deficiency: haematemesis, epistaxis, bloody stools or bleeding after defecation

●●○ **Stops bleeding**

Bleeding, especially from the gastrointestinal tract

●●○ **Relieves nausea**

Dry heaves, nausea, morning sickness

●●○ **Directs counterflow qi downwards**

Dry heaves, nausea, hyperemesis gravidarum

●●○ **Stops diarrhoea**

Diarrhoea due to Spleen deficiency

●○○ **Eczema, burns and ulcerations**

Sores, swelling, erysipelas, ulcerations (external use)

Physiological/pharmacological effects antiemetic.

Commentary the burnt earth is taken from the centre of the oven where it has been exposed – often for many years – to fire and embers; this medicinal contains aluminium silicate, aluminium and iron oxides.

Dosage 15–30 g

Cooking time 30–40 minutes, in a decoction wrapped in a muslin cloth



Combinations

- Haematemesis, epistaxis → Mel (*feng mi*) p. 724
- Bloody stools → Zingiberis rhizoma (*gan jiang*) p. 408, Asini corii colla (*e jiao*) p. 770, Scutellariae radix (*huang qin*) p. 184
- Chronic bloody stools in cold deficiency → Cinnamomi cassiae cortex (*rou gui*) p. 394, Artemisiae argyi folium (*ai ye*) p. 586, Angelicae sinensis radix (*dang gui*) p. 768
- Morning sickness due to cold deficiency → Zingiberis rhizoma (*gan jiang*) p. 408, Bambusae caulis in taeniam (*zhu ru*) p. 78
- Diarrhoea due to Spleen deficiency → Halloysitum rubrum (*chi shi zhi*) p. 832
- Nausea, vomiting, morning sickness → Pinelliae rhizoma (*ban xia*) p. 82, Zingiberis rhizoma (*gan jiang*) p. 408
- Morning sickness → Agastachis herba (*huo xiang*) p. 278, Bambusae caulis in taeniam (*zhu ru*) p. 78, Zingiberis rhizoma recens (*sheng jiang*) p. 46

Contraindications heat in yin deficiency, absence of cold or yang deficiency signs

Pregnancy use is allowed

Typhae pollen

Pu huang

蒲黄

Family: Typhaceae
 Standard species: *Typha angustifolia*
 German: Rundkolbenpollen, Rohrkolbenpollen
 English: cattail pollen, bulrush

Temperature

●●○ neutral

Taste

●●○ sweet

○○○ pungent

Organ relationship

●●● Liver

●●○ Pericardium

○○○ Heart

○○○ Spleen

Direction of action

○○○ deep

Site of action

Lower burner, deep, interior

Actions/Indications

●●● Restrains blood

Bleeding from all orifices, severe uterine bleeding, bleeding wounds, menstrual problems, dysmenorrhoea, abdominal pain following delivery

●●● Stops bleeding

Astringent: vomiting blood, nosebleed, haematuria, blood in the stool, bloody sputum, subcutaneous and internal bleeding

●○○ Cools blood

Bleeding due to blood heat

●●○ Moves blood

Obstructions

●●○ Breaks up blood stasis

Chest pain, dysmenorrhoea, postpartum pain

○○○ Promotes urination

Disorders of micturition, stasis in the lower burner

Physiological/pharmacological effects haemostyptic; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; lowers lipid levels, anti-inflammatory. Recent studies report treatment of angina pectoris; animal experiments show uterine stimulation following delivery.

Toxicity animal experiments have shown allergic reactions (pigs), as well as a decrease in leucocytes and erythrocytes (mice).

Dosage 6–12g, standard 6 g

Cooking time boil for 20 minutes wrapped in a muslin cloth



Combinations

- Damp-heat in the Bladder with haematuria, painful micturition, chronic bloody stools due to deficiency of the Spleen and Kidney → *Cirsii herba* (*xiao ji*) p. 590
- Abdominal pain, aching pain, severe retained lochia → *Zingiberis rhizoma* (*gan jiang*) p. 408
- Blood stasis with chest and abdominal pain, menstrual disturbances, retained lochia → *Trogopterori faeces* (*wu ling zhi*) p. 150
- External bleeding following injury (external application) → *Sepiae endoconcha* (*hai piao xiao*) p. 852
- Wounds with pain, swelling (external application) → *Mel* (*feng mi*) p. 724
- Blood heat, bleeding → *Agrimoniae herba* (*xian he cao*) p. 584, *Rubiae radix* (*qian cao gen*) p. 606, *Ecliptae herba* (*han lian cao*) p. 790, *Platycladi cacumen* (*ce bai ye*) p. 604

Pregnancy use is **forbidden**

XIII

Herbs that transform phlegm and stop coughing

XIIIa Herbs that transform cold phlegm

Overview

Arisaematis rhizoma praeparata (<i>zhi tian nan xing</i>)	624
Centipedae herba (<i>e bu shi cao</i>)	626
Cynanchi stauntonii radix (<i>bai qian</i>)	628
Gleditsiae fructus (<i>zao jiao</i>)	630
Inulae flos (<i>xuan fu hua</i>)	632
Perillae fructus (<i>zi su zi</i>)	634
Platycodi radix (<i>jie geng</i>)	636
Sinapis albae semen (<i>bai jie zi</i>)	638
Typhonii rhizoma praeparatum (<i>bai fu zi</i>)	640

XIIIb Herbs that cool and transform hot phlegm

Overview

Arcae concha (<i>wa leng zi</i>)	642
Bambusae concretio silicea (<i>tian zhu huang</i>)	644
Eckloniae thallus (<i>kun bu</i>)	646
Fritillariae bulbus (<i>bei mu</i>)	648
Fritillariae thunbergii bulbus (<i>zhe bei mu</i>)	650
Meretricis/Cyclinae concha (<i>hai ge ke</i>)	652
Micae lapis aureus (<i>jin meng shin</i>)	654
Peucedani radix (<i>qian hu</i>)	656
Sargassum (<i>hai zao</i>)	658
Sterculiae scaphigerae semen (<i>pang da hai</i>)	660
Trichosanthis fructus et semen (<i>gua lou</i>)	662

XIIIc Herbs that stop coughing

Overview

Armeniacaе semen (<i>xing ren</i>)	664
Asteris radix (<i>zi wan</i>)	666
Daturae albae flos (<i>yang jin hua</i>)	668
Eriobotryae folium (<i>pi pa ye</i>)	670
Lepidii/Descurainiae semen (<i>ting li zi</i>)	672
Mori cortex (<i>sang bai pi</i>)	674
Stemonae radix (<i>bai bu</i>)	676
Tussilaginis farfarae (<i>kuan dong hua</i>)	678

Characteristics

Properties

The herbs in this section can be prescribed in the following phlegm situations:

- when cold fluids and water condense
- heat consumes fluids and water
- qi stagnation slows down or completely stops the transportation of fluid and water, resulting in accumulations that may eventually condense into phlegm.

Qi circulates phlegm throughout the entire body, leading to the creation of visible phlegm (frequently in the Lung); this leads to symptoms such as coughing, wheezing, asthma; or invisible phlegm with symptoms such as nausea, dry heaves, lack of appetite (Stomach), counterflow qi, blockage of the sensory orifices leading to dizziness, light-headedness, tinnitus, feeling of heaviness in the head; palpitations, restlessness, sweating, depression, delirium, mania, windstroke, epilepsy (Heart); blockage of qi and blood circulation leading to local symptoms along the channels and collaterals.

Over a long period of time, and together with other pathogenic factors, accumulation, concretions and even tumours may result:

- Lung, Small and Large Intestine: stops coughing, expels phlegm: Platycodi radix (*jie geng*), Fritillariae cirrhosae bulbus (*chuan bei mu*), Eriobotryae folium (*pi pa ye*), Peucedani radix (*qian hu*), Cynanchi stauntonii radix (*bai qian*), Asteris radix (*zi wan*), Tussilaginis farfarae (*kuan dong hua*)
- Heart, Liver, Gall bladder, Stomach, Bladder with invisible phlegm in these organs: Bambusae caulis in taeniam (*zhu ru*), Aurantii fructus immaturus (*zhi shi*), Micae lapis aureus (*jin meng shin*), Sargassum (*hai zao*), Eckloniae thallus (*kun bu*), Meretricis/Cyclinae concha (*hai ge ke*).

Taste and Temperature

- Pungent and bitter: pungent taste has an ascending nature, breaks up gum-like phlegm; bitter has a descending, drying nature, and eliminates phlegm.
- Salty: softens hardness, frequently used to disperse invisible phlegm in the treatment of accumulation and hardness (lymphadenitis, hardened lymph nodes, tumours); for example: Fritillariae bulbus (*bei mu*), Sargassum (*hai zao*), Eckloniae thallus (*kun bu*), Arcae concha (*wa leng zi*), Micae lapis aureus (*jin meng shin*).
- Cold: to treat hot phlegm that is thick, green and gum-like and that cannot be expectorated, mental confusion, red tongue body with a yellow sticky coating, fast and slippery pulse, use Bambusae concretion silicea (*tian zhu huang*), Mori cortex (*sang bai pi*), Fritillariae cirrhosae bulbus (*chuan bei mu*), Trichosanthis fructus et semen (*gua lou*).

- Warm: to treat cold phlegm with profuse watery, white sputum, use Pinelliae rhizoma (*ban xia*), Armeniacae semen (*xing ren*), Perillae fructus (*zi su zi*), Arisaematis rhizoma praeparata (*zhi tian nan xing*), Typhonii rhizoma praeparatum (*bai fu zi*), Sinapis albae semen (*bai jie zi*).

Comparison between the individual herbs in this category

Herbs that alleviate cough

Mori cortex (<i>sang bai pi</i>) p. 674	●●●●●●●●
Fritillariae bulbus (<i>bei mu</i>) p. 648	●●●●●●●○
Armeniacae semen (<i>xing ren</i>) p. 664	●●●●●●●○
Platycodi radix (<i>jie geng</i>) p. 636	●●●●●●●○
Eriobotryae folium (<i>pi pa ye</i>) p. 670	●●●●●●●○
Peucedani radix (<i>qian hu</i>) p. 656	●●●●●●●○
Cynanchi stauntonii radix (<i>bai qian</i>) p. 628	●●●●●●●○
Tussilaginis farfarae (<i>kuan dong hua</i>) p. 678	●●●●●●●○
Asteris radix (<i>zi wan</i>) p. 666	●●●●●○○○
Stemonae radix (<i>bai bu</i>) p. 676	●●●●●○○○
Mori folium (<i>sang ye</i>) p. 62	●●●●●○○○

Herbs that descend Lung qi and alleviate wheezing

Lepidii/Descurainiae semen (<i>ting li zi</i>) p. 672	●●●●●●●●
Gypsum (<i>shi gao</i>) p. 130	●●●●●●●●
Mori cortex (<i>sang bai pi</i>) p. 674	●●●●●●●○
Perillae fructus (<i>zi su zi</i>) p. 634	●●●●●●●○
Inulae flos (<i>xuan fu hua</i>) p. 632	●●●●●●●○
Aurantii fructus immaturus (<i>zhi shi</i>) p. 484	●●●●●●●○
Pinelliae rhizoma (<i>ban xia</i>) p. 82	●●●●●○○○
Cynanchi stauntonii radix (<i>bai qian</i>) p. 628	●●●●●○○○
Armeniacae semen (<i>xing ren</i>) p. 664	●●●●●○○○

Warm herbs that transform phlegm and alleviate cough

Sinapis albae semen (<i>bai jie zi</i>) p. 638	●●●●●●●●
Inulae flos (<i>xuan fu hua</i>) p. 632	●●●●●●●○
Perillae fructus (<i>zi su zi</i>) p. 634	●●●●●●●○
Arisaematis rhizoma praeparata (<i>zhi tian nan xing</i>)	●●●●●●●○
Pinelliae rhizoma (<i>ban xia</i>) p. 82	●●●●●○○○
Cynanchi stauntonii radix (<i>bai qian</i>) p. 628	●●●●●○○○
Asteris radix (<i>zi wan</i>) p. 666	●●●●●○○○
Armeniacae semen (<i>xing ren</i>) p. 664	●●●●●○○○

Cold herbs that transform phlegm and alleviate cough

Lepidii/Descurainiae semen (<i>ting li zi</i>) p. 672	●●●●●●●●
Fritillariae bulbus (<i>bei mu</i>) p. 648	●●●●●●○○
Trichosanthis fructus et semen (<i>gua lou</i>) p. 662	●●●●●●○○
Bambusae concretio silicea (<i>tian zhu huang</i>) p. 644	●●●●●○○○
Bambusae caulis in taeniam (<i>zhu ru</i>) p. 78	●●●●●○○○
Eriobotryae folium (<i>pi pa ye</i>) p. 670	●●●●●○○○

Herbs that transform viscous phlegm

Arcae concha (<i>wa leng zi</i>) p. 642	●●●●●●●●
Meretricis/Cyclinae concha (<i>hai ge ke</i>) p. 652	●●●●●●○○
Trichosanthis fructus et semen (<i>gua lou</i>) p. 662	●●●●●○○○
Eriobotryae folium (<i>pi pa ye</i>) p. 670	●●●●●○○○
Fritillariae bulbus (<i>bei mu</i>) p. 648	●●●●●○○○

Herbs that transform phlegm and soften hardness

Arcae concha (<i>wa leng zi</i>) p. 642	●●●●●●●●
Ostrea concha (<i>mu li</i>) p. 428	●●●●●●○○
Sargassum (<i>hai zao</i>) p. 658	●●●●●○○○
Eckloniae thallus (<i>kun bu</i>) p. 646	●●●●●○○○
Prunellae spica (<i>xia ku cao</i>) p. 140	●●●●●○○○
Scrophulariae radix (<i>xuan shen</i>) p. 170	●●●●●○○○
Fritillariae bulbus (<i>bei mu</i>) p. 648	●●●●●○○○

Herbs that dislodge insubstantial wind-phlegm

Typhonii rhizoma praeparatum (<i>bai fu zi</i>) p. 640	●●●●●●●●
Sinapis albae semen (<i>bai jie zi</i>) p. 638	●●●●●●○○
Arisaematis rhizoma praeparata (<i>zhi tian nan xing</i>) p. 624	●●●●●○○○
Gastrodiae rhizoma (<i>tian ma</i>) p. 450	●●●●●○○○
Pinelliae rhizoma (<i>ban xia</i>) p. 82	●●●●●○○○
Bambusae concretio silicea (<i>tian zhu huang</i>) p. 644	●●●●●○○○
Bombyx batrycatus (<i>jiang can</i>) p. 448	●●●●●○○○

Herbs that dislodge insubstantial phlegm and open the orifices

Typhonii rhizoma praeparatum (<i>bai fu zi</i>) p. 640	●●●●●●●●
Sinapis albae semen (<i>bai jie zi</i>) p. 638	●●●●●●●●
Gleditsiae fructus (<i>zao jiao</i>) p. 630	●●●●●●●●
Micae lapis aureus (<i>jin meng shin</i>) p. 652	●●●●●●●●
Curcumae radix (<i>yu jin</i>) p. 538	●●●●●●○○
Bambusae caulis in taeniam (<i>zhu ru</i>) p. 78	●●●●●○○○
Acori rhizoma (<i>chang pu</i>) p. 268	●●●●●○○○
Polygalae radix (<i>luan zhi</i>) p. 440	●●●●●○○○

Summary

1. Dries dampness, resolves phlegm

Pinelliae rhizoma (<i>ban xia</i>) p. 82	→ alleviates nausea, vomiting
Arisaematis rhizoma praeparata (<i>zhi tian nan xing</i>) p. 624	→ disperses wind, relieves spasms
Typhonii rhizoma praeparatum (<i>bai fu zi</i>) p. 640	→ resolves toxicity, dissipates nodules
Sinapis albae semen (<i>bai jie zi</i>) p. 638	→ warms the Lung and thus transforms phlegm, distributes the qi, unblocks the channels, relieves pain
Gleditsiae fructus (<i>zao jiao</i>) p. 630	→ opens the orifices, dissipates clumps and concretions
Gleditsiae spina (<i>zao jiao ci</i>) p. 548	→ draws out toxins, pushes pus out, improves blood circulation, reduces swelling

2. Transforms phlegm, alleviates coughing

Platycodi radix (<i>jie geng</i>) p. 636	→ disseminates Lung qi, soothes the throat, pushes pus out
Inulae flos (<i>xuan fu hua</i>) p. 632	→ descends Lung and Stomach qi
Peucedani radix (<i>qian hu</i>) p. 656	→ dispels wind-heat
Cynanchi stauntonii radix (<i>bai qian</i>) p. 628	→ soothes the Lung, dispels wind-cold
Fritillariae bulbus (<i>bei mu</i>) p. 648	→ alleviates chronic coughing, moistens the Lung
Fritillariae thunbergii bulbus (<i>zhe bei mu</i>) p. 650	→ draws out toxins, cools heat, unblocks stagnation

3. Clears heat, transforms phlegm

Trichosanthis fructus et semen (<i>gua lou</i>) p. 662	→ regulates Lung qi, unbinds the chest, lubricates the Intestines
Bambusae concretio silicea (<i>tian zhu huang</i>) p. 644	→ stops spasms
Bambusae caulis in taeniam (<i>zhu ru</i>) p. 78	→ cools heat, resolves phlegm in the Lung and Stomach
Meretricis/Cyclinae concha (<i>hai ge ke</i>) p. 652	→ softens hardness, neutralizes gastric acid
Micae lapis aureus (<i>jin meng shin</i>) p. 652	→ transforms viscous phlegm, anchors the Liver, stops tremor
Sargassum (<i>hai zao</i>) p. 658	→ softens hardness and nodules
Eckloniae thallus (<i>kun bu</i>) p. 646	→ softens hardness and nodules

4. Tonifies the Lung

Sterculiae scaphigeriae semen (<i>pang da hai</i>) p. 660	→ clears and disseminates Lung qi, lubricates the Intestines, strengthens the voice
---	---

5. Alleviates coughing and wheezing

Armeniacae semen (<i>xing ren</i>) p. 664	→ calms wheezing, moistens the Lung and the Intestines
Stemonae radix (<i>bai bu</i>) p. 676	→ antiparasitic
Asteris radix (<i>zi wan</i>) p. 676	→ moistens dryness, breaks up phlegm
Tussilaginis farfarae (<i>kuan dong hua</i>) p. 678	→ moistens dryness, breaks up phlegm
Perillae fructus (<i>zi su zi</i>) p. 634	→ descends Lung qi, transforms phlegm, alleviates wheezing
Eriobotryae folium (<i>pi pa ye</i>) p. 670	→ descends Stomach qi, transforms phlegm
Ginkgo semen (<i>bai guo</i>) p. 828	→ calms wheezing, secures jing

6. Descends Lung qi, alleviates wheezing, increases urination, decreases swelling

Mori cortex (<i>sang bai pi</i>) p. 674	→ drains heat from the Lungs
Lepidii/Descurainiae semen (<i>ting li zi</i>) p. 672	→ drains stagnant water (oedema) from the chest

Herbs from other categories to transform phlegm and alleviate coughing and wheezing

Adenophorae radix (<i>nan sha shen</i>)	782
Asari herba (<i>xi xin</i>)	24
Chebulae fructus (<i>he zi</i>)	820
Citri reticulatae pericarpium (<i>chen pi</i>)	488
Ephedrae herba (<i>ma huang</i>)	30
Gecko (<i>ge jie</i>)	758
Glycyrrhizae radix (<i>gan cao</i>)	716
Juglandis semen (<i>hu tao ren</i>)	760
Mume fructus (<i>wu mei</i>)	838
Polygalae radix (<i>yuan zhi</i>)	440
Raphani semen (<i>lai fu zi</i>)	692
Schisandrae fructus (<i>wu wei zi</i>)	850
Zingiberis rhizoma (<i>gan jiang</i>)	408

Arisaematis rhizoma praeparata

天南星

Zhi tian nan xing

Family: Araceae
 Standard species: *Arisaema erubescens*
 German: Feuerkolbenwurzelstock
 English: arisaema rhizome, jack-in-the-pulpit

Temperature

●●○ warm

Taste

●●○ bitter
 ●○○ pungent

Organ relationship

●●● Lung
 ●●○ Liver
 ●●○ Spleen

Direction of action

●○○ ascending

Site of action

Deep, interior, channels

Actions/Indications●●● **Transforms cold phlegm**

Stubborn, chronic phlegm, cough

●●○ **Dries dampness**

Phlegm, stifling feeling in the chest

●●○ **Pacifies internal wind**

Facial paralysis, sequelae of wind-stroke, hemiplegia, pareses, paralysis, seizures, opisthotonos

●●○ **Relieves spasms**

Spasms, tics, tonic-clonic seizures

●●○ **Drains damp-wind**

Swelling, joint pain, pain in the extremities

●●○ **Disperses swelling**

Also used externally: ulcers, sores, carbuncles, traumatic swelling

●●○ **Dislodges wind-phlegm**

Seizures, paraesthesias, heaviness and pain in the limbs, facial nerve paralysis, spasms, epilepsy, hemiplegia, migraine, neuralgia, arthritis

Physiological/pharmacological effects anticonvulsive and sedative action, use carefully in combination with barbiturates or other sedatives, may affect driving ability; in vitro antineoplastic effects and used in cancer patients. The fresh herb (*tian nan xing*) contains alkaloids which strongly irritate skin and mucous membranes and have a toxic effect. Toxicity is decreased by drying and preparing the herb and by boiling.

Toxicity the unprocessed, raw herb can cause irritation of the mouth, which can be so severe as to cause necrosis, scratchy throat, swelling and numbness of the tongue and lips, increased salivation, loss of voice. Boiling the herb with ginger decreases toxicity while *Saposhnikovia radix (fang feng)* p. 42 decreases the anaesthetic effect. In the event that tongue numbness occurs after taking the herb internally, sugar is an effective antidote. The raw herb should only be used externally.

Dosage 2–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Obstruction due to damp-phlegm: sputum that is difficult to expectorate, stifling sensation in the chest, cough → Pinelliae rhizoma (*ban xia*) p. 82, Citri reticulatae pericarpium (*chen pi*) p. 488, Aurantii fructus (*zhi ke*) p. 482
- Heat in the Lung with sticky yellow sputum, cough → Scutellariae radix (*huang qin*) p. 184, Trichosanthis fructus et semen (*gua lou*) p. 662
- Wind-phlegm with muddled consciousness, dizziness, spasticity, seizures → Gastrodiae rhizoma (*tian ma*) p. 450
- Painful obstruction due to wind-dampness → Atractylodis rhizoma (*cang zhu*) p. 286
- Wind-dampness, internal wind: spasms, seizures, epilepsy, hemiplegia, paresis, paralysis → Pinelliae rhizoma (*ban xia*) p. 82, Gastrodiae rhizoma (*tian ma*) p. 450, Zingiberis rhizoma (*gan jiang*) p. 408, Typhonii rhizoma praeparatum (*bai fu zi*) p. 640, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Saposhnikoviae radix (*fang feng*) p. 42, Notopterygii rhizoma (*qiang huo*) p. 38, Angelicae dahuricae radix (*bai zhi*) p. 22

Compatibility

- Impaired by Illici fructus (*ta hui xiang*)
- Limited by Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Zingiberis rhizoma (*gan jiang*) p. 408, Zingiberis rhizoma recens (*sheng jiang*) p. 46
- Toxicity diminished by Saposhnikoviae radix (*fang feng*) p. 42, boiling
- Mitigates the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindications yin deficiency, dry cough, Lung dryness

Pregnancy use is **forbidden**

Centipediae herba**E bu shi cao**

鹅不食草

Family:	Asteraceae
Standard species:	<i>Centipeda minima</i>
German:	Centipedenkraut
English:	small centipeda herb, 'herb not eaten by geese'

Temperature

●○○ warm

Taste

●●○ pungent

Organ relationship

●●● Lung

●○○ Liver

●○○ Spleen

Direction of action

●○○ sinking

Site of action

Lung, nose

Actions/Indications

●●○ Dislodges phlegm

Cough with copious sputum, nasal congestion

●●○ Stops coughing

Barking cough, cough with copious sputum

●○○ Disperses swelling

Nasal congestion, ulcers, external use, infections due to insect bites, snakebite

●●○ Detoxifies and disinfects

Infected wounds, ulcers, swelling due to insect bites, snakebite (external application)

●○○ Disperses cold

Barking cough, cough, Lung qi obstruction due to cold

Toxicity may cause irritation of the gastric mucosa in patients with delicate stomachs. This side-effect can be countered by the administration of *Bletillae tuber* (*bai ji*) p. 588, *Fritillariae bulbus* (*bei mu*) p. 648 or other gastric-protecting herbs.

Dosage 2–6 g, standard 2 g

Cooking time 20 minutes



Combinations

- Nasal congestion → Magnoliae flos (*xin yi*) p. 34, Xanthii fructus (*cang er zi*) p. 376
- Nasal congestion, increased nasal secretions (topical use) → Asari herba (*xi xin*) p. 24, Angelicae dahuricae radix (*bai zhi*) p. 22, Magnoliae flos (*xin yi*) p. 34

Contraindications yin deficiency, patients with gastric or duodenal ulcers

Pregnancy use is allowed

Cynanchi stauntonii radix**Bai qian**

白前

Family:	Asclepiadeceae
Standard species:	<i>Cynanchum stauntonii</i>
Variation:	Cynanchi baiqian radix et rhizoma
German:	Schwalbenwurz-Wurzel
English:	cynanchum root and rhizome

Temperature

●●○ warm tendency

Taste

●●○ pungent

●○○ sweet

Organ relationship

●●● Lung

Direction of action

●●○ sinking

Site of action

Lung

Actions/Indications

●●○ Directs qi downwards

Cough with copious sputum, cough with copious phlegm, pulmonary obstruction, Lung qi stagnation, wheezing, panting

●●○ Dispels cold

Cough with copious sputum, wheezing

●●○ Dislodges phlegm

Wheezing, cough with copious phlegm

●●○ Stops coughing

Cough, wheezing, sputum

●●○ Stops wheezing

Wheezing due to excess cold, Lung qi stagnation

Physiological/pharmacological effects expectorant action due to saponins.**Toxicity** may lead to irritation of the gastrointestinal tract, nausea and vomiting. Use with caution in patients with peptic or bleeding ulcers; dry roasting with honey decreases the gastric side-effects.**Commentary** frequently used together with Peucedani radix (*qian hu*) p. 656.**Dosage** 2–10 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Damp-phlegm, Lung obstruction with cough, wheezing, phlegm that is difficult to expectorate, respiratory complaints → Asteris radix (*zi wan*) p. 666, Pinelliae rhizoma (*ban xia*) p. 82
- Chronic productive cough → Mori cortex (*sang bai pi*) p. 674
- Non-productive cough, bloody sputum, consumptive lung processes → Stemonae radix (*bai bu*) p. 676
- Wind-cold, phlegm obstruction: cough → Platycodi radix (*jie geng*) p. 636, Schizonepetae herba (*jing jie*) p. 44
- Dampness, oedema → Atractylodis rhizoma (*cang zhu*) p. 286

Contraindications qi deficiency, Kidney deficiency preventing the Lung from descending

Pregnancy use is allowed

Gleditsiae fructus**Zao jia**

皂角

Family:	Fabaceae
Standard species:	<i>Gleditsia sinensis</i>
Variation:	<i>Gleditsia abnormalis fructus</i>
German:	Seifenbohnenfrüchte, Schotenbaumfrüchte
English:	gleditsia fruit, honeylocust fruit

Temperature

●●○ warm

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●● Lung

●●○ Large Intestine

Direction of action

●●○ sinking

Site of action

Lung, channels

Actions/Indications●●● **Transforms cold phlegm**

Difficult breathing, cough, wheezing, copious sticky sputum, phlegm in the channels: loss of consciousness, epilepsy, facial paresis

●●○ **Drains dampness**

Swelling, ulcers, difficulties breathing

●●○ **Opens the orifices**

Loss of consciousness, seizures

●●○ **Unblocks the bowels/laxative**

Used in suppository form to treat constipation

●●○ **Detoxifies and disinfects**

Used in suppository form to treat roundworms

●●○ **Disperses swelling**

Lumps, ulcers (external use)

Physiological/pharmacological effects the herbs may build soluble and insoluble complexes with other substances, therefore use with care in combination with other drugs whose uptake may be inhibited; promotes gastric juice and bronchial secretions, expectorant, in vitro antibiotic action. Contains triterpensaponins.

Toxicity overdose or long-term use can cause nausea and diarrhoea, irritability, weak limbs, epigastric fullness, CNS and respiratory depression; should only be used to treat acute cases.

Commentary mainly used in pill or powder form.

Dosage 2–6 g, standard 3 g

Cooking time 20 minutes



Combinations

- Thick, viscous sputum that is difficult to expectorate, chronic bronchitis, cough, wheezing, stifling sensation in the chest → Ephedrae herba (*ma huang*) p. 30
- Sudden loss of consciousness, lockjaw, respiratory difficulties, pale face (in powder form can be inhaled through the nose) → Asari herba (*xi xin*) p. 24
- Abscess, inflammations, early stages of ulcers → Lonicerae flos (*jin yin hua*) p. 216
- Open sores, ulcers, purulent discharge → Angelicae dahuricae radix (*bai zhi*) p. 22
- Constipation (together with Mel (*feng mi*) p. 724 in a suppository) → Asari herba (*xi xin*) p. 24
- Cold phlegm: cough, difficult breathing, viscous sputum → Pinelliae rhizoma (*ban xia*) p. 82, Raphani semen (*lai fu zi*) p. 692
- Epileptic seizures, sudden fainting (in powder form inhaled through the nose) → Asari herba (*xi xin*) p. 24, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Pinelliae rhizoma (*ban xia*) p. 82, Menthae herba (*bo he*) p. 60

Compatibility

- Promoted by Platycladi semen (*bai zi ren*) p. 438
- Impaired by Ophiopogonis radix (*mai men dong*) p. 802
- Limited by Ginseng radix (*ren shen*) p. 714, Sophorae flavescens radix (*ku shen*) p. 186
- Mitigates the toxicity of Cinnabaris (*zhu sha*) p. 418, Sulfur (*liu huang*), Salmiacum

Contraindications bloody vomiting, deficiency symptoms

Pregnancy use is **forbidden**

Inulae flos

Xuan fu hua

旋覆花

Family: Asteraceae
 Standard species: *Inula japonica*
 German: Alantblüten
 English: inula flower, 'rotated, upturned flower'

Temperature

●○○ warm tendency

Taste

●○○ bitter
 ●○○ pungent

Organ relationship

●●● Lung
 ●○○ Large Intestine
 ●●● Liver
 ●●● Stomach
 ●○○ Spleen

Direction of action

●●● sinking

Site of action

Lung, upper burner

Actions/Indications

●○○ Dislodges phlegm
 Cough, wheezing, copious sputum

●●● Directs qi downwards

Wheezing, respiratory difficulties, asthma, copious sputum, cough

●○○ Stops wheezing

Copious sputum, counterflow qi

●○○ Corrects counterflow qi

Wheezing, cough, stomach qi: hiccough, belching, nausea

●○○ Warms cold

Deficiency cold in the Stomach: hiccough, belching

Physiological/pharmacological effects anti-asthmatic, antitussive, diuretic (use with care in combination with other diuretics as a synergistic effect on fluid and electrolyte metabolism is possible), antibiotic; some ingredients stimulate smooth muscle contraction (peristalsis).

Toxicity allergic skin reactions and diarrhoea have been reported following ingestion of the herb; animal experiments have shown that overdose leads to increased respiratory rate, agitation, tremor and convulsions (following injection).

Dosage 3–12 g, standard 5 g

Cooking time wrap blossoms in a muslin cloth, add to the decoction, boil briefly and allow to steep for 3 minutes



Combinations

- Cold phlegm with cough, wheezing → Pinelliae rhizoma (*ban xia*) p. 82, Asari herba (*xi xin*) p. 24
- Hot phlegm with cough, wheezing → Platycodi radix (*jie geng*) p. 636, Mori cortex (*sang bai pi*) p. 674, Rhei rhizoma (*da huang*) p. 92
- Accumulation of fluids, vomiting, cough, wheezing, epigastric distension → Pinelliae rhizoma (*ban xia*) p. 82
- Qi excess: cough, wheezing, sputum → Mori cortex (*sang bai pi*) p. 674, Citri reticulatae pericarpium (*chen pi*) p. 488, Pinelliae rhizoma (*ban xia*) p. 82
- Hiccough, belching → Haematitum (*dai zhe shi*) p. 80, Pinelliae rhizoma (*ban xia*) p. 82, Zingiberis rhizoma recens (*sheng jiang*) p. 46

Contraindications yin deficiency, bloody sputum, wind-heat, dryness

Pregnancy use is allowed

Perillae fructus**Zi su zi**

紫苏子

Family	Labiatae
Standard species:	<i>Perilla frutescens</i>
German:	Schwarznesselfrüchte
English:	purple perilla fruit, perilla seed

Temperature

●●○ warm

Taste

●●○ pungent

●○○ aromatic

Organ relationship

●●● Lung

●○○ Large Intestine

Direction of action

●●● sinking

Site of action

Lung

Actions/Indications

●●○ Dislodges phlegm

Cough, wheezing, counterflow, slimy sputum, difficult breathing

●●○ Transforms cold phlegm

Cough, wheezing; copious, slimy, pale sputum

●●● Directs qi downwards

Cough, wheezing, slimy sputum, difficult breathing, stifling sensation in the chest

●●○ Stops wheezing

Cough, wheezing, slimy sputum

●●○ Stops coughing

Cough, wheezing, slimy sputum

●○○ Unblocks the bowels/laxative

Moistens the Intestines, constipation

Dosage 5–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Coughing, wheezing, thick, viscous sputum → *Fritillariae thunbergii* bulbus (*zhe bei mu*) p. 650
- Obstruction due to cold phlegm: cough, wheezing → *Peucedani radix* (*qian hu*) p. 656, *Magnoliae cortex* (*hou po*) p. 292, *Pinelliae rhizoma* (*ban xia*) p. 82, *Citri reticulatae pericarpium* (*chen pi*) p. 488
- Ascending qi, phlegm: cough, wheezing → *Pinelliae rhizoma* (*ban xia*) p. 82, *Cynanchi stauntonii radix* (*bai qian*) p. 628
- Dryness in the Intestines with constipation, cough, rebellious Lung qi → *Cannabis semen* (*huo ma ren*) p. 96, *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Armeniacae semen* (*xing ren*) p. 664

Contraindication chronic diarrhoea

Pregnancy use is allowed

Platycodi radix**Jie geng**

桔梗

Family: Campanulaceae
 Standard species: *Platycodon grandiflorum*
 German: Seifenbohnenfrüchte, Schotenbaumfrüchte
 English: platycodon root, balloon flower root

Temperature

○○ warm tendency

Taste

●●○ pungent

○○○ bitter

Organ relationship

●●● Lung

○○○ Large Intestine

○○○ Stomach

Signal herb

Lung channel

Direction of action

●○○ ascending

Site of action

Upper burner

Actions/Indications**●●○ Qi moving and regulating**

Allows the Lung to unfold, cough, breathing difficulties, wind-cold, wind-heat

●●○ Stops coughing

Bronchitis, colds

○○○ Raises the qi

Constipation, disturbances of micturition, oedema, water accumulation

●●● Dislodges phlegm

Phlegm in the Lungs, with cough, wind-cold, wind-heat, abscesses in the lungs

●●○ Dispels wind-damp

Cough with phlegm, loss of voice

●●○ Dispels wind-heat

Swelling of the throat, yellow sputum, cough

●●○ Drains damp-heat

Pulmonary ulcerations, purulent bronchitis, pneumonia, abscesses, purulent sputum, tonsillitis, laryngitis, pharyngitis

●●○ Eczema, burns and ulcers

Pulmonary ulceration

●●○ Astringent

Unbinds and restrains the Intestines

Physiological/pharmacological effects has a calming effect on the respiratory tracts and promotes expectoration: in vitro antimycotic effect (dermal fungal infections). The saponin component has an expectorating action, inhibits gastric secretion, heals ulcers, and has analgesic, anti-allergic, antipyretic, antiphlogistic and weak antibacterial properties. Has a haemolytic effect only if administered parenterally and should therefore not be injected.

Commentary the herb is frequently combined with *Armeniacae semen* (*xing ren*) p. 664, *Platycodi radix* (*jie geng*) has an ascending action and disperses Lung qi whilst *Armeniacae semen* (*xing ren*) descends the Lung qi; an excellent expectorant.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Wind-heat with hoarseness, throat pain, swelling of the throat → Glycyrrhizae radix (*gan cao*) p. 716
- Wind-heat with cough → Mori folium (*sang ye*) p. 62, Chrysanthemi flos (*ju hua*) p. 52
- Wind-heat with cough, hoarseness, throat swelling, yellow sputum → Peucedani radix (*qian hu*) p. 656, Arctii fructus (*niu bang zi*) p. 48, Chrysanthemi flos (*ju hua*) p. 52, Belamcandae rhizoma (*she gan*) p. 188
- Wind-heat in the upper burner: throat inflammation, tonsillitis → Arctii fructus (*niu bang zi*) p. 48, Bombyx batrycatus (*jiang can*) p. 448, Glycyrrhizae radix (*gan cao*) p. 716
- Wind-cold with cough, clear sputum → Perillae folium (*zi su ye*) p. 40, Armeniacae semen (*xing ren*) p. 664
- Damp-phlegm or wind-cold with cough → Pinelliae rhizoma (*ban xia*) p. 82
- Lung abscesses → Trichosanthis fructus et semen (*gua lou*) p. 662, Coicis semen (*yi yi ren*) p. 308
- Open abscesses, sores, pus → Angelicae dahuricae radix (*bai zhi*) p. 22
- Damp-heat in the Lung: purulent bronchitis, ulcerations, purulent sputum → Coicis semen (*yi yi ren*) p. 308, Benincasae semen (*dong gua zi*) p. 304, Persicae semen (*tao ren*) p. 564, Phragmitis rhizoma (*lu gen*) p. 138, Houத்துyniae herba cum radice (*yu xing cao*) p. 206

Compatibility

- Limited by Bletillae tuber (*bai ji*) p. 588, Gentianae macrophyllae radix (*qin jiao*) p. 362
- Impaired by pork meat

Contraindications bloody sputum, deficiency symptoms

Pregnancy use is allowed

Sinapis albae semen**Bai jie zi**

白芥子

Family:	Apiaceae
Standard species:	<i>Brassica juncea</i> , <i>Sinapis alba</i>
German:	weißer Senfsamen
English:	white mustard seed

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Lung

●○○ Stomach

Direction of action

●○○ sinking

Site of action

Lung, channels

Actions/Indications●●○ **Transforms cold phlegm**

Thin white sputum, wheezing, cough, stifling sensation in the chest, respiratory complaints

●●○ **Dislodges phlegm-wind**

Cramps, paraesthesias, heaviness and pain in the limbs, facial nerve paralysis, spasms, epilepsy, hemiplegia, migraine, neuralgia, arthritis

●○○ **Moves and regulates qi**

Descends the Lung qi: cough, difficult breathing. Qi movement in the channels: nodules, swelling, pain

●○○ **Breaks up clumps**

Swelling, nodules, phlegm in the channels, joint pain, pain in the extremities

●○○ **Dissolves swelling**

Pain in the extremities, joint pain, swelling, ulcers due to cold phlegm, nodules, pain

●●○ **Dislodges phlegm**

Wheezing, cough, copious thin white sputum

Physiological/pharmacological effects bacteriostatic, causes skin irritation and inflammation (can be added to warm baths at 35–40°C): in vitro antifungal action. Used to treat cough, bronchitis, colds, rheumatic diseases, external application for respiratory tract infections, chronic degenerative joint diseases and soft-tissue rheumatic disease. In folk medicine used externally as a mustard plaster to cause hyperaemia of the skin.

Toxicity because of its strong irritating properties, do not use topically in patients with sensitive skin. If taken in large amounts, the seeds may provoke gastrointestinal symptoms. Long-term ingestion carries the danger of nerve damage, whilst long-term topical application may lead to skin damage. The seeds may cause sensitization. Do not use in children less than 6 years of age.

Dosage 3–9 g, standard 5 g

Cooking time 20 minutes



Combinations

- Cold phlegm: cough, copious clear sputum, aching pain in the chest, stifling sensation in the chest → *Perillae fructus* (*zi su zi*) p. 634, *Raphani semen* (*lai fu zi*) p. 692
- Phlegm-damp, channel obstruction, painful joints, concretions, swellings → *Cinnamomi cassiae cortex* (*rou gui*) p. 394, *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Myrrhae* (*mo yao*) p. 560, *Aucklandiae radix* (*mu xiang*) p. 480, *Glycyrrhizae radix* (*gan cao*) p. 716, *Cervi cornu* (*lu rong*) p. 734

Contraindications cough due to deficiency, yin deficiency with heat signs

Pregnancy use is allowed

Typhonii rhizoma praeparatum

Bai fu zi (Yubaifu)

白附子

Family: Araceae
 Standard species: *Typhonium giganteum*
 German: Typhoniumwurzelstock
 English: prepared typhonium rhizome

Temperature

●●● warm

Taste

●●○ pungent
 ○○ sweet
 ○○ toxic

Organ relationship

●●● Stomach
 ●●○ Liver

Direction of action

●●○ superficial

Site of action

Channels, head and eyes

Actions/Indications

●●● Pacifies internal wind

Pareses, hemiplegia, sequelae of wind-stroke, facial paresis

●●● Expels pathogenic wind

Sequelae of wind-stroke, loss of consciousness, pareses, dizziness, headache

●●○ Dispels damp-cold

Headache, numbness, pareses

●●○ Transforms cold phlegm

Phlegm obstruction in the channels, pareses, sequelae of wind-stroke, numbness, hemiplegia

●●○ Relieves spasms

Seizures, sequelae of wind-stroke

●●○ Dislodges phlegm-wind

Cramps, paraesthesias, heaviness and pain in the limbs, facial nerve paralysis, spasms, epilepsy, hemiplegia, migraine, neuralgia, arthritis

●●○ Unblocks the channels

Hemiplegia, numbness, spasms

Physiological/pharmacological effects

antibiotic.

Toxicity boiling diminishes the herb's toxicity at the same time as increasing its therapeutic effects; do not use long term or exceed the recommended dosage.

Dosage 3–5 g, standard 3 g

Cooking time 20 minutes



图 11 独活类 Yehoshium alpinum Engl. (原文部位)
1. 原植物 2. 根茎 3. 块根 4. 块根

Combinations

- Wind-phlegm with spasms, convulsion, epileptic fits → Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Pinelliae rhizoma (*ban xia*) p. 82, Gastrodiae rhizoma (*tian ma*) p. 450
- Ascendant wind-phlegm with headache → Angelicae dahuricae radix (*bai zhi*) p. 22, Chuanxiong rhizoma (*chuan xiong*) p. 530
- Pre-apoplectic states, wind-stroke, channel obstruction due to phlegm → Bombyx batrycatus (*jiang can*) p. 448, Scorpio (*quan xie*) p. 460
- Cold-damp: headache, pareses, paraesthesias → Angelicae dahuricae radix (*bai zhi*) p. 22, Gastrodiae rhizoma (*tian ma*) p. 450, Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Compatibility

- Toxicity diminished through heating
- Promoted by heating

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is **forbidden**

Addendum Aconiti coreani radix praeparata (*guanbaifu*) is used in some regions of China as *bai fu zi*. The drug is recognizable in that it is pungent (although *bai* in *bai fu zi* means 'white')

Arcae concha**Wa leng zi**

瓦楞子

Family: Arcidae
 Standard species: *Arca subcrenata*, *A. inflata*
 German: Arca-Muschel
 English: ark shell, cockleshell

Temperature

●●○ neutral

Taste

●●○ salty

●○○ sweet

Organ relationship

●●○ Liver

●○○ Spleen

●○○ Stomach

●○○ Lung

Direction of action

●●○ sinking

Site of action

Upper and middle burner, Spleen and Stomach

Actions/Indications**●●● Breaks up clumps**

Neck swelling, fixed nodes, abdominal masses

●●● Disperses swelling

Neck swelling, nodes, abdominal masses, tumours

●●● Breaks up and dissolves concretions

Fixed, hard nodes, abdominal masses, tumours

●●○ Dislodges phlegm

Phlegm, tumours, nodes, phlegm nodules

●●○ Moves blood

Abdominal masses, nodes, gastric ulcer, blood stasis with vomiting

●○○ Relieves pain

Gastric ulcers with epigastric pain, blood stasis, vomiting

Physiological/pharmacological effects recent studies report use as a powder mixed with *Glycyrrhizae radix* (*gan cao*) to treat gastric and duodenal ulcers. In some cases, oedema, haematuria and recurrent urinary tract infections were observed.

Dosage 9–15 g, standard 10 g

Cooking time 60 minutes, the crushed shells should be pre-cooked for 40 minutes then added to the remaining pre-soaked herbs and boiled together for an additional 20 minutes



Combinations

- Concretions, swelling of the neck, nodules, neck lymph node swelling → Sparganii rhizoma (*san leng*) p. 574, Curcumae rhizoma (*e zhu*) p. 540, Persicae semen (*tao ren*) p. 564
- Phlegm nodules, lymph node swelling → Sargassum (*hai zao*) p. 658, Eckloniae thallus (*kun bu*) p. 646
- Abdominal tumours, concretions, neoplasias → Sparganii rhizoma (*san leng*) p. 574, Curcumae rhizoma (*e zhu*) p. 540
- Epigastric pain with acid regurgitation → Glycyrrhizae radix (*gan cao*) p. 716

Pregnancy use is allowed

Bambusae concretio silicea

天竹黄

Tian zhu wang

Family:	Gramineae
Standard species:	<i>Bambusa textilis</i>
German:	Bambuskiesel
English:	bamboo sugar, siliceous secretions of bamboo

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Heart

●●○ Liver

●○○ Gall bladder

Direction of action

●○○ sinking

Site of action

Upper burner, channels

Actions/Indications

●●○ Cools heat

Heart: seizures, tonic-clonic convulsions due to hot phlegm in the channels, tonic-clonic seizures in children

●○○ Transforms hot phlegm

Lung: yellow viscous phlegm. Heart: seizures, loss of consciousness, wind-stroke, epilepsy, childhood convulsions

●●○ Dislodges phlegm-wind

Cramps, paraesthesias, heaviness and pain in the limbs, facial nerve paralysis, spasms, epilepsy, hemiplegia, migraine, neuralgia, arthritis

●○○ Unblocks the channels

Hemiplegia, numbness, spasms

●●○ Relieves spasm

Seizures, tonic-clonic convulsions, wind-stroke, epilepsy

Commentary frequently used to treat children, high fevers, seizures, panting, cough, thick sputum, pneumonia and bronchitis**Dosage** 3–12 g, standard 8 g**Cooking time** 60 minutes, the crushed mineral should be pre-cooked for 40 minutes then added to the remaining pre-soaked herbs and boiled together for an additional 20 minutes



Combinations

- Hot phlegm: cough, phlegm that is difficult to expectorate → *Pinelliae rhizoma* (*ban xia*) p. 82
- Convulsions, seizures, spasticity, delirium, loss of consciousness, cough, respiratory complaints due to wind, heat and phlegm, childhood convulsions → *Bombyx batrycatus* (*jiang can*) p. 448
- Pre-apoplectic states, phlegm, coma, heat → *Acori rhizoma* (*chang pu*) p. 268
- Phlegm obstruction with wind-stroke, fainting, spasms → *Cinnabaris* (*zhu sha*) p. 418, *Curcumae radix* (*yu jin*) p. 538, *Coptidis rhizoma* (*huang lian*) p. 172, *Bombyx batrycatus* (*jiang can*) p. 448

Pregnancy use is allowed

Eckloniae thallus**Kun bu**

昆布

Family:	Araliaceae
Standard species:	<i>Ecklonia kurome</i>
German:	Stüßtang
English:	kelp

Temperature

●●○ cold

Taste

●●○ salty

Organ relationship

- Liver
- Spleen
- Stomach
- Lung
- Kidney

Direction of action

●●○ deep

Site of action

Throat and neck, middle burner

Actions/Indications●●○ **Transforms hot phlegm**

Node formation, lymphadenitis, inflammatory swelling, glandular swellings, goitre

●●● **Softens lumps**

Goitre, swelling, concretions, oedema, leg oedema, hepatosplenomegaly, hepatic cirrhosis, tumours

●●● **Disperses swelling**

Oedema, neck swelling

Physiological/pharmacological effects lowers blood pressure in vitro, in animal experiments lowers glucose levels (use with care in combination with anti-diabetic drugs, danger of inducing hypoglycaemia), lowers serum lipid levels; used to treat hypothyroidism, but also ameliorates symptoms of hyperthyroidism. Recent research studies show that the ingredient laminin inhibits smooth muscle. Historically used in surgery and gynaecology as dilators.

Toxicity doses of more than 150 µg iodine per day may induce or worsen hyperthyroidism. In rare cases, allergic reactions may occur.

Commentary frequently combined with Sargassum (*hai zao*) p. 658 to treat goitre and hardened lymph nodes.

Dosage 3–15 g, standard 8 g

Cooking time 20 minutes



Combinations

- Goitre, phlegm, concretions, adenoid growths, lymph node swelling → Sargassum (*hai zao*) p. 658

Contraindication deficiency of the Spleen and Stomach

Pregnancy use is allowed

Fritillariae bulbus

川贝母

Bei mu

Family:	Liliaceae
Standard species:	<i>Fritillaria cirrhosa</i>
Variation:	<i>Fritillariae roylei</i> bulbus
German:	Szechuan-Schachblumenzwiebel
English:	Sichuan fritillaria bulb, 'shell mother from Sichuan'

Temperature

●●○ cold tendency

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●● Lung

●○○ Heart

●○○ Triple Burner

Direction of action

●●○ deep

Site of action

Lung, throat and neck

Actions/Indications●●○ **Dislodges phlegm**

Chronic cough with little sputum, dry cough, coughing up blood, qi stagnation: decreased appetite, stifling sensation in the chest and epigastrium

●●○ **Softens hardness**

Lymph node swellings, abscesses, ulcerations, nodes

●○○ **Generates fluids**

Cough, bronchitis (chronic or acute), pneumonia, asthma, tuberculosis

●●○ **Transforms hot phlegm**

Cough with scanty, yellow, viscous sputum

●●○ **Stops coughing**

Chronic cough, dry cough, cough with scanty sputum

●○○ **Cools heat**

Inflammation: ulcers on the neck, breast ulcers, chest ulcers, abscesses

●●○ **Breaks up clumps**

Ulcers, abscesses, lymph node swelling, open wounds in the upper half of the body

●○○ **Eczema, burns and ulcers**

Ulcers on the neck, breast ulcers, chest ulcers, abscesses

Physiological/pharmacological effects antitussive, expectorant, antihypertensive, spasmolytic, relaxes muscles.**Toxicity** the raw herb may have toxic properties; there are a few reports of neurological side-effects occurring in children.**Commentary** *Fritillariae thunbergii* bulbus (*zhe bei mu*) p. 650 is more effective in transforming hot phlegm.**Dosage** 3–12 g, standard 6 g**Cooking time** do not boil, the finely crushed herb should be mixed into the prepared decoction; this increases the effectiveness of this expensive herb



Combinations

- Lung yin deficiency with heat or fire symptoms: cough, scanty sputum, difficult to expectorate → *Anemarrhenae rhizoma (zhi mu)* p. 120
- Lung deficiency: chronic cough, scanty sputum, dry throat → *Ophiopogonis radix (mai men dong)* p. 802, *Asparagi radix (tian men dong)* p. 784
- Cough, wheezing with copious sputum → *Armeniacae semen (xing ren)* p. 664
- Chronic cough, fatigue, coughing up blood, stifling sensation in the chest, lack of appetite → *Eriobotryae folium (pi pa ye)* p. 670, *Ophiopogonis radix (mai men dong)* p. 802, *Polygonati odorati rhizoma (yu zhu)* p. 806
- Painful obstruction of the chest with palpitations, insomnia → *Polygalae radix (yuan zhi)* p. 440, *Poria (fu ling)* p. 334, *Trichosanthis fructus et semen (gua lou)* p. 662

Compatibility

- Do not combine with *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Limited by *Gentianae macrophyllae radix (qin jiao)* p. 362, *Illici fructus (ta hui xiang)*
- Promoted by *Magnoliae cortex (hou po)* p. 292, *Cynanchi stauntonii radix (bai qian)* p. 628
- Impaired by *Persicae semen (tao ren)* p. 564

Contraindications deficiency of the Spleen and Stomach, cough due to damp-cold

Pregnancy use is allowed

Fritillariae thunbergii bulbus **Zhe bei mu**

浙贝母

Family: Liliaceae
 Standard species: *Fritillaria thunbergii*
 German: Schachblumenzwiebel
 English: Zhejiang fritillaria bulb, Thunberg fritillaria bulb

Temperature

○○ cold

Taste

●● bitter

Organ relationship

●● Lung

○○ Triple Burner

○○ Stomach

○○ Liver

Direction of action

●● sinking

Site of action

Lung, throat and neck

Actions/Indications

●● Dislodges phlegm

Cough with scanty, yellow, viscous sputum, ulcers on the neck, swellings, breast ulcers, chest ulcers

●● Transforms hot phlegm

Cough with scanty, yellow, viscous sputum, ulcers on the neck, swellings, breast ulcers, chest ulcers

●● Stops coughing

Cough with signs of inflammation, sputum

●● Cools heat

Ulcers on the neck, breast ulcers, chest ulcers, pulmonary inflammation, yellow viscous sputum

●● Breaks up clumps

Lymph node swelling of the neck, ulcers on the neck, breast ulcers, abscesses

○○ Eczema, burns and ulcers

Ulcers on the neck, breast ulcers and in the lungs

Physiological/pharmacological effects antitussive; low dosages relax bronchial muscles, higher dosages increase contractions; used to treat gastric ulcers; some of the components cause mydriasis.

Toxicity the raw herb may have toxic properties; animal experiments have shown that certain ingredients lower respiratory rate, cause papillary dilatation (mydriasis) and may cause CNS symptoms ranging from tremor to coma.

Dosage 5–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Wind-heat; cough, dry mouth, scratchy throat, thick yellow sputum → Forsythiae fructus (*lian qiao*) p. 200, Arctii fructus (*niu bang zi*) p. 48
- Phlegm-fire: pain, swelling, abscess, glandular swellings → Scrophulariae radix (*xuan shen*) p. 170, Ostrea concha (*mu li*) p. 428, Prunellae spica (*xia ku cao*) p. 140
- Thyroid nodes → Prunellae spica (*xia ku cao*) p. 140, Sargassum (*hai zao*) p. 658, Curcumae rhizoma (*e zhu*) p. 540
- Epigastric pain, acid regurgitation → Sepiae endoconcha (*hai piao xiao*) p. 852
- Abscesses, toxic swelling, redness, pain → Lonicerae flos (*jin yin hua*) p. 216, Taraxaci herba (*pu gong ying*) p. 250, Chrysanthemi flos (*ju hua*) p. 52
- Lung abscesses → Coicis semen (*yi yi ren*) p. 308, Benincasae semen (*dong gua zi*) p. 304, Houttuyniae herba cum radice (*yu xing cao*) p. 206

Compatibility

- Do not combine with Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Limited by Gentianae macrophyllae radix (*qin jiao*) p. 362, Illicii fructus (*ta hui xiang*)
- Promoted by Magnoliae cortex (*hou po*) p. 292, Cynanchi stauntonii radix (*bai qian*) p. 628
- Impaired by Persicae semen (*tao ren*) p. 564

Contraindications deficiency of the Spleen and Stomach, cough due to damp-cold

Pregnancy use is allowed

Meretricis/Cyclinae concha

海蛤壳

Hai ge ke

Family:	Veneridae
Standard species:	<i>Meretrix meretrix</i> , <i>Cyclina sinensis</i>
German:	Venusmuschelschale
English:	clamshell

Temperature

●○○ neutral

Taste

●●○ salty

●○○ bitter

Organ relationship

●●○ Lung

●○○ Heart

●○○ Kidney

●●○ Stomach

Direction of action

●●○ sinking

Site of action

Upper burner

Actions/Indications

●○○ Cools heat

Chest and flank pain, cough, sputum

●○○ Directs qi downwards

Breathing difficulties, cough, thick viscous sputum

●●○ Dislodges phlegm

Thick, yellow viscous sputum

●●○ Softens lumps

Yellow, viscous sputum, neck swelling, goitre, sores, nodules, lymphadenitis, myomas

●○○ Promotes urination

Painful bladder dysfunction

●●○ Breaks up clumps

Goitre, neck swelling, lymphadenitis, adenomatous growths, nodules, hardening, myomas

●○○ Relieves pain

Epigastric pain, acid regurgitation, gastric acidity, gastric and duodenal ulcers

●●○ Stops coughing

Dry cough, scanty sputum, dry nose and throat, acute and chronic bronchitis, pneumonia, whooping cough, laryngitis, pharyngitis

●○○ Tonifies and nourishes yin

Dry cough with scanty sputum, dry mucosal membranes

Dosage 6–15 g, standard 10 g**Cooking time** 60 minutes; the crushed shells should be pre-cooked for 40 minutes then added to the remaining pre-soaked herbs and boiled together for an additional 20 minutes



Combinations

- Goitre, lymph node swelling, glandular swellings, concretions, nodules on the neck
→ Sargassum (*hai zao*) p. 658, Eckloniae thallus (*kun bu*) p. 646, Ostrea concha (*mu li*) p. 428
- Painful dysuria → Malvae semen (*dong kui zi*) p. 324, Clematidis armandii caulis (*chuan mu tong*) p. 306
- Vaginal discharge → Phellodendri cortex (*huang bai*) p. 180
- Heat in the lower burner: pain in the chest and flanks, cough, thick yellow sputum, wheezing → Indigo naturalis (*qing dai*) p. 160, Trichosanthis fructus et semen (*gua lou*) p. 662, Peucedani radix (*qian hu*) p. 656, Stemonae radix (*bai bu*) p. 676

Contraindications deficiency of the Spleen and Stomach, cold

Pregnancy use is allowed

Micae lapis aureus**Jin meng shi**

青礞石

Family:	Mineral, Vermiculite
Variation:	Micae seu Chloriti lapis
German:	Vermiculit (Silikat-Mineral)
English:	vermiculite schist

Temperature

●○ neutral

Taste

●● salty

●○ sweet

Organ relationship

●○ Lung

●● Liver

●○ Stomach

Direction of action

●○ descending

Site of action

Interior, Lung

Actions/Indications

●● Dislodges phlegm

Phlegm in the Lung that is difficult to expectorate, cough, dyspnoea due to phlegm accumulation in the upper and middle burner, phlegm accumulation in the Stomach, Small and Large Intestine

●● Descends the qi

Lung qi: cough, wheezing. Liver qi: spasms

●● Harmonizes and tonifies the Liver

Nervous tics, spasms, seizures, manic behaviour, palpitations

●● Calms and anchors the Spirit

Seizures, palpitations, restlessness, manic behaviour, panic attacks, very high fever, delirium, loss of consciousness, constipation

●● Extinguishes wind

Seizures, convulsions, epileptic fits

Dosage 9–15 g in a decoction, 1.5–3 g as a powder

Cooking time 30–40 minutes (wrapped in a muslin cloth), mostly used in powder form



Combinations

- Chronic cough with phlegm → Rhei rhizoma (*da huang*) p. 92, Scutellariae radix (*huang qin*) p. 184, Aquilariae lignum (*chen xiang*) p. 476
- Spasms, cramping, convulsions → powdered Micae lapis aureus with juice made from Menthae herba (*bo he*) p. 60 and Mel (*feng mi*) p. 724
- Food stagnation → Aurantii fructus immaturus (*zhi shi*) p. 484

Contraindications do not use in children, in patients with qi and blood deficiency, weak digestion

Pregnancy use is **forbidden**

Peucedani radix

前胡

Qian hu

Family: Apiaceae
 Standard species: *Peucedanum praeruptorum*
 German: Haarstrangwurzel
 English: peucedanum root, hogfennel root, 'before barbarians'

Temperature

●●○ cold tendency

Taste

●●○ pungent

●●○ bitter

Organ relationship

●●● Lung

●○○ Spleen

Direction of action

●●○ sinking

Site of action

Lung

Actions/Indications

●●○ Directs qi downwards

Difficult breathing, wheezing, sputum that is difficult to expectorate, cough with phlegm

●●● Transforms hot phlegm

Viscous, yellow sputum that is difficult to expectorate

●●○ Dislodges phlegm

Wheezing, cough with sputum

●○○ Disperses wind-cold

Wind-cold: cough, sputum, wheezing

●○○ Disperses wind-heat

Wind-heat: cough, profuse sputum

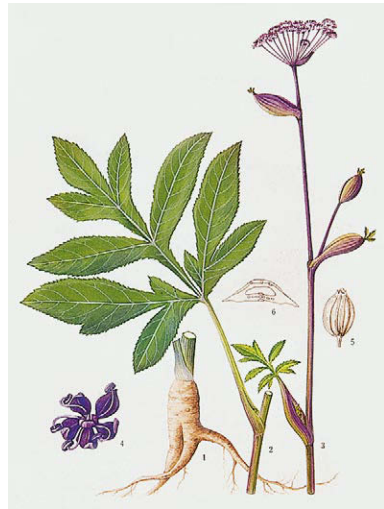
Physiological/pharmacological effects expectorant; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; antibiotic, increases coronary artery perfusion and decreases oxygen consumption by the heart muscles, used also to treat gastric ulcers.

Toxicity contains furocoumarins which may provoke photosensitivity.

Commentary frequently used in combination with *Cynanchi stauntonii radix (bai qian)* p. 628 to treat cough, wheezing, thick white or yellow-green sputum.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Lung heat: cough, viscous sputum, stifling sensation in the chest, irritability → Mori cortex (*sang bai pi*) p. 674
- Lung excess: cough → *Cynanchi stauntonii radix (bai qian)* p. 628
- Wind-heat: cough, runny nose, headache, fever → *Platycodi radix (jie geng)* p. 636, *Menthae herba (bo he)* p. 60, *Arctii fructus (niu bang zi)* p. 48
- Lung qi fails to descend: thick phlegm, difficult breathing, cough, sputum → Mori cortex (*sang bai pi*) p. 674, *Perillae fructus (zi su zi)* p. 634, *Armeniaca semen (xing ren)* p. 664

Compatibility

- Promoted by *Pinelliae rhizoma (ban xia)* p. 82
- Impaired by *Gleditsiae fructus (zao jiao)* p. 630
- Limited by *Veratri nigri radix et rhizoma (li lu)* p. 76

Contraindications fire as a result of yin deficiency, massive cold symptoms

Pregnancy use is allowed

Sargassum**Hai zao**

海藻

Family:	Sargassaceae
Standard species:	<i>Sargassum pallidum</i>
Variation:	Sargassi herba
German:	Meerlinsen
English:	sargassum, seaweed

Temperature

●●○ cold

Taste

●●○ salty

●○○ bitter

Organ relationship

●●● Liver

●●○ Stomach

○○○ Lung

○○○ Kidney

Direction of action

●●○ deep

Site of action

Neck and throat

Actions/Indications

○○○ Cools heat

Hot phlegm nodules, lymph node swellings, ulcers

●●○ Dislodges phlegm

Phlegm accumulation, concretions: goitre, lymph-node swelling, glandular swellings, adenomatous growths

●●○ Transforms hot phlegm

Swelling, hardenings, nodules, goitre, lymphadenitis, glandular swelling

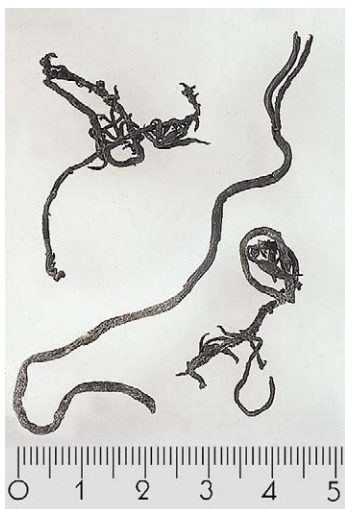
●●● Softens hardness

Goitre, lymphadenitis, glandular swellings

●●○ Breaks up clumps

Goitre, lymphadenitis, glandular swellings, swelling in the lower burner, painful, hard abdomen

Physiological/pharmacological effects can be used to treat both hypo- and hyperthyroidism. Has anticoagulant and antifungal properties. Contains iodine.**Toxicity** doses of more than 150 µg iodine per day may induce or worsen hyperthyroidism. In rare cases, allergic reactions may occur.**Commentary** frequently combined with *Ecklonia* thallus (*kun bu*) p. 646 in the treatment of goitre, lymph node swellings.**Dosage** 3–15 g, standard 8 g**Cooking time** 20 minutes



Combinations

- Phlegm, concretions, goitre, swelling, parotitis, adenomatous growths → Bombyx batrycatus (*jiang can*) p. 448, Prunellae spica (*xia ku cao*) p. 140, Scrophulariae radix (*xuan shen*) p. 170, Eckloniae thallus (*kun bu*) p. 646
- Goitre, lymph node swelling, glandular swellings → Glycyrrhizae radix (*gan cao*) p. 716

Compatibility according to classic references, the herb is incompatible with Glycyrrhizae radix (*gan cao*) p. 716

Contraindication cold deficiency of the Spleen and Stomach

Pregnancy use is allowed

Sterculiae scaphigerae semen

胖大海

Pang da hai

Family:	Sterculiaceae
Standard species:	<i>Sterculia lychnophora</i>
Variation:	Scaphigerae fructus, Sterculae lychnophorae semen
German:	Sterculiensamen, Stinkbaumsamen
English:	sterculia seed, 'big fat seed'

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●● Lung

●○○ Large Intestine

Direction of action

●○○ sinking

Site of action

Neck and throat, Lung

Actions/Indications

●●○ Moves and regulates qi

Pain in the chest, throat pain, tightness in the chest

●●○ Moistens dryness

Dry throat, cough, loss of voice, hoarseness

●●○ Transforms hot phlegm

Cough with yellow, viscous sputum

●○○ Cools heat

Throat pain, hoarseness, loss of voice, headache, constipation, reddened eyes

●○○ Promotes rashes

For external use: exanthemas

●○○ Unblocks the bowels/laxative

Dryness in the Large Intestine: constipation, headache, reddened eyes

Physiological/pharmacological effects can be used to treat acute tonsillitis.

An osmotic laxative which increases intestinal peristalsis, antihypertensive.

Toxicity overdose may cause loss of balance and respiratory depression.**Dosage** 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Hot phlegm with hoarseness, cough → Platycodi radix (*jie geng*) p. 636, Cicadae periostracum (*chan tui*) p. 54
- Lung qi deficiency with heat: hoarseness, painful red throat → Scrophulariae radix (*xuan shen*) p. 170
- Wind-heat in the Lung with hoarseness → Acori rhizoma (*chang pu*) p. 268, Menthae herba (*bo he*) p. 60
- Wind-heat in the Lung: hoarseness, loss of voice, throat pain, cough, phlegm → Platycodi radix (*jie geng*) p. 636, Glycyrrhizae radix (*gan cao*) p. 716, Cicadae periostracum (*chan tui*) p. 54, Menthae herba (*bo he*) p. 60

Pregnancy use is allowed

Trichosanthis fructus et semen

瓜 蒞

Gua lou

Family: Cucurbitaceae
 Standard species: *Trichosanthes kirilowii*
 German: Schlangenkürbisfrüchte
 English: trichosanthes fruit

Temperature

●●○ cold

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●● Lung

●●○ Stomach

●●○ Large Intestine

Direction of action

●●○ sinking

Site of action

Upper and lower burner

Actions/Indications

●●○ Cools heat

Cough with copious sputum, purulent and yellow sputum

●●○ Transforms hot phlegm

Viscous, yellow sputum, purulent sputum, pulmonary abscesses

●○○ Stops coughing

Cough with viscous sputum

●●○ Moves and regulates qi

Qi flow in the chest, obstructions, nodules, stifling sensation, pain, phlegm accumulation, cardiac pain

●●● Disperses obstructions

Accumulation, swelling, stagnation in the chest, pulmonary discomfort, cardiac pain

●○○ Unblocks the bowels/laxative

Seeds: constipation, Lung heat with dry mouth, thirst, irritability; dryness in the Intestines

Physiological/pharmacological effects the fruits have in vitro antibiotic and antineoplastic effects and, according to recent research reports, can be used to treat coronary heart disease and angina pectoris. The seeds have a laxative effect. Contains saponins and resins.

Toxicity contains furocoumarins, which may provoke photosensitivity.

Commentary the fruits have stronger cool heat and phlegm-transforming actions whereas the seeds have a stronger effect on moistening and regulating the bowels.

Dosage 10–20 g, standard 10 g

Cooking time 20 minutes



Combinations

- Wind-heat: dry cough, dry throat, thick, viscous sputum which cannot be expectorated → *Fritillariae bulbus (bei mu)* p. 648, *Platycodi radix (jie geng)* p. 636, *Citri reticulatae pericarpium (chen pi)* p. 488, *Anemarrhenae rhizoma (zhi mu)* p. 120
- Painful chest obstruction: cough → *Allii macrostemi bulbus (xie bai)* p. 474, *Pinelliae rhizoma (ban xia)* p. 82
- Early stages of breast abscesses → *Taraxaci herba (pu gong ying)* p. 250, *Olibanum (ru xiang)* p. 562
- Stagnation, stasis in the upper burner, qi stagnation, stabbing pain in the chest, cardiac pain, angina pectoris, breast pain → *Allii macrostemi bulbus (xie bai)* p. 474, *Pinelliae rhizoma (ban xia)* p. 82
- Constipation → *Cannabis semen (huo ma ren)* p. 96, *Persicae semen (tao ren)* p. 564, *Platycladi semen (bai zi ren)* p. 438
- Phlegm: cough, chest pain, sputum that is difficult to expectorate → *Pinelliae rhizoma (ban xia)* p. 82, *Coptidis rhizoma (huang lian)* p. 172
- Intestinal abscesses → *Taraxaci herba (pu gong ying)* p. 250
- Breast abscesses → *Lonicerae flos (jin yin hua)* p. 216
- Lung abscesses → *Houttuyniae herba cum radice (yu xing cao)* p. 206, *Platycodi radix (jie geng)* p. 636

Compatibility

- Do not use together with *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Impaired by *Zingiberis rhizoma (gan jiang)* p. 408
- Limited by *Achyranthis bidentatae radix (niu xi)* p. 522

Contraindication cold deficiency of the Spleen and Stomach with cold phlegm

Pregnancy use is allowed

Armeniacaе semen**Xing ren**

杏仁

Family:	Rosaceae
Standard species:	<i>Prunus armeniaca</i>
Variation:	Armeniacaе amarae semen
German:	bittere or armenische Aprikosensamen
English:	apricot seed, apricot kernel

Temperature

●●○ warm

Taste

●●○ bitter

●○○ sweet

Organ relationship

●●● Lung

●●● Large Intestine

Direction of action

●●○ sinking

Site of action

Upper burner, nose

Actions/Indications

●●● Stops coughing

Excessive cough, difficult breathing, dry cough, asthma

●●● Stops wheezing

Difficult breathing, asthma

●○○ Transforms phlegm

Stifling sensation in the chest, shortness of breath, stuffy nose

●●○ Moistens dryness

Dry cough, constipation

●●○ Unblocks the bowels/laxative

Constipation in elderly patients and postpartum

Physiological/pharmacological effects antihypertensive, antitussive, anti-asthmatic, antineoplastic; the herb is used to treat chronic bronchitis. Contains the glycoside amygdalin, which is used as a cytostatic agent.

Toxicity high doses can lead to dizziness, nausea, vomiting, headache leading up to dyspnoea, seizures, arrhythmias, dilated pupils and coma. The lethal dose starts at about 50–60 kernels for adults and 10 for children; care should be taken in the treatment of children. Boiling, removal of the skin surrounding the kernel, and addition of sugar all decrease the herb's toxicity. In the event of overdose or poisoning, administer charcoal and induce vomiting with ipecacuanha syrup.

Commentary frequently combined with Platycodi radix (*jie geng*) p. 636. Armeniacaе semen (*xing ren*) descends the Lung qi whilst Platycodi radix (*jie geng*) has a dispersing action and is effective in eliminating phlegm and relieving coughing.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Wind-heat with dry, non-productive cough → *Perillae folium* (*zi su ye*) p. 40, *Mori folium* (*sang ye*) p. 62
- Lung heat, dryness, dry cough → *Ophiopogonis radix* (*mai men dong*) p. 802
- Excess with cough and wheezing and Lung heat → *Ephedrae herba* (*ma huang*) p. 30, *Gypsum* (*shi gao*) p. 130
- Excess in the Lung with cough and wheezing → *Ephedrae herba* (*ma huang*) p. 30, *Glycyrrhizae radix* (*gan cao*) p. 716, *Fritillariae bulbus* (*bei mu*) p. 648, *Peucedani radix* (*qian hu*) p. 656
- Dryness in the Intestines, qi deficiency, constipation, constipation in elderly patients or postpartum → *Cannabis semen* (*huo ma ren*) p. 96, *Angelicae sinensis radix* (*dang gui*) p. 768, *Persicae semen* (*tao ren*) p. 564, *Rehmanniae radix* (*sheng di huang*) p. 168, *Aurantii fructus* (*zhi ke*) p. 482

Compatibility

- Promoted by boiling
- Impaired by *Scutellariae radix* (*huang qin*) p. 184, *Astragali radix* (*huang qi*) p. 706, *Puerariae radix* (*ge gen*) p. 64
- Toxicity mitigated by boiling, removal of skin around the kernel, sugar

Contraindication diarrhoea

Pregnancy use is allowed

Asteris radix**Zi wan**

紫菀

Family:	Asteraceae
Standard species:	<i>Aster tataricus</i>
German:	Asternwuzel
English:	purple aster root

Temperature

●○○ warm

Taste

●○○ pungent

●○○ bitter

Organ relationship

●●● Lung

Direction of action

●●○ sinking

Site of action

Lung

Actions/Indications

●●○ Transforms cold phlegm

Sputum that is difficult to expectorate, bloody phlegm, cold deficiency in elderly patients

●●○ Stops coughing

Chronic cough, cough in elderly patients, moistens the Lung, cough due to deficiency

●●○ Directs qi downwards

Counterflow, chronic cough, dry cough, clearing throat, no sputum, sinking the Lung qi

●○○ Disperses cold

Clearing throat, sputum that is difficult to expectorate, chronic cough in elderly patients

●○○ Moistens dryness

Dry, chronic cough

Physiological/pharmacological effects animal experiments have shown anti-neoplastic, antibiotic and expectorant effects.**Toxicity** high doses or long-term use is not recommended.**Commentary** frequently combined with *Tussilaginif farfarae* (*kuan dong hua*) p. 678 and *Stemonae radix* (*bai bu*) p. 676. *Asteris radix* (*zi wan*) has the strongest property of transforming phlegm, *Tussilaginif farfarae* (*kuan dong hua*) is most effective in stopping cough, and *Stemonae radix* (*bai bu*) is superior in treating chronic cough.**Dosage** 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Cough, wheezing, profuse sputum → *Tussilaginifolia* (*kuan dong hua*) p. 678
- Acute or chronic cough, bloody sputum → *Stemonae radix* (*bai bu*) p. 676
- Cough with phlegm, wheezing, spontaneous sweating → *Schisandrae fructus* (*wu wei zi*) p. 850
- Chronic cough, heat, purulent sputum → *Asparagi radix* (*tian men dong*) p. 784, *Scutellariae radix* (*huang qin*) p. 184, *Mori cortex* (*sang bai pi*) p. 674
- Lung deficiency with chronic cough, bloody sputum → *Anemarrhenae rhizoma* (*zhi mu*) p. 120, *Fritillariae bulbus* (*bei mu*) p. 648
- Lung yin deficiency: cough → *Tussilaginifolia* (*kuan dong hua*) p. 678, *Fritillariae bulbus* (*bei mu*) p. 648, *Ophiopogonis radix* (*mai men dong*) p. 802, *Asini corii colla* (*e jiao*) p. 770, *Cynanchi stauntonii radix* (*bai qian*) p. 628, *Glycyrrhizae radix* (*gan cao*) p. 716, *Platycodi radix* (*jie geng*) p. 636

Compatibility

- Promoted by *Tussilaginifolia* (*kuan dong hua*) p. 678
- Impaired by *Chuanxiong rhizoma* (*chuan xiong*) p. 530, *Polygalae radix* (*yuan zhi*) p. 440, *Dianthi herba* (*qu mai*) p. 310
- Limited by *Artemisiae scopariae herba* (*yin chen hao*) p. 302

Contraindications fire as a result of yin deficiency, excess heat

Pregnancy use is allowed

Daturae albae flos**Yang jin hua**

洋金花

Family:	Solanaceae
Standard species:	<i>Datura metel</i> , <i>D. alba</i>
German:	Metelapfelblüten, Stechapfelart
English:	thorn apple flower

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●● Lung

●●○ Spleen

●○○ Liver

Direction of action

●●○ sinking

Site of action

Lung, upper burner

Actions/Indications●●○ **Stops coughing**

Asthma-like symptoms, wheezing

●●● **Stops wheezing**

Asthma

●●○ **Disperses damp-cold**

Asthma-like symptoms, wheezing

●●○ **Transforms phlegm**

Asthma-like symptoms, wheezing

●○○ **Relieves pain**

Pain in the epigastrium and stomach

Physiological/pharmacological effects contains alkaloids, which have atropine-like effects on the muscle of the bronchi. The related western herb *Daturae stramonii folium* (thorn apple leaves) is no longer used, but was formerly used to treat Parkinson-like symptoms, agitated paralysis and as smoke treatment for asthma because of its atropine-like effects.

Toxicity poisonous plant, do not use in children, long term or without careful monitoring. All parts of the thorn apple, especially the seeds and leaves, contain the tropan alkaloids L-hyoscyamine, L-scopolamine (hyoscyne) and atropine. These alkaloids have strong psychoactive, anticholinergic effects that produce dose-dependent mood changes. Overdose may lead to death due to respiratory depression.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Commentary the dried flowers can be smoked as cigarettes. Can also be used as a local anaesthetic prior to surgery.

Dosage 0.3 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Contraindication do not administer to children

Pregnancy use with caution

Eriobotryae folium**Pi pa ye**

枇杷叶

Family: Rosaceae
 Standard species: *Eriobotria japonica*
 German: Wollmispelblätter, Loquatblätter
 English: loquat leaf

Temperature

●● neutral, cool

Taste

●● bitter

Organ relationship

●● Lung
 ●● Stomach

Direction of action

●● sinking

Site of action

Lung, Spleen and Stomach, middle burner

Actions/Indications

●● Dislodges phlegm

Noisy breathing, wheezing, phlegm accumulation

●● Directs qi downwards

Counterflow, cough, wheezing. Stomach qi: dry heaves, vomiting, belching, hiccough, Ménière's disease, migraine

●● Cools heat

Pulmonary inflammation: cough, respiratory disorders, yellow phlegm

●● Harmonizes and strengthens the Spleen and Stomach

Tonifies the Stomach, descends counterflow, dry heaves, vomiting, belching, hiccough, acute gastritis, hepatitis, morning sickness, depression, anorexia

●● Stops coughing

Cough with sputum, noisy breathing

●● Generates fluids

Dry cough, dry nose and throat, chest pain, scanty sputum, red and dry tongue body with scanty yellow coating, acute or chronic bronchitis, upper respiratory tract infections, whooping cough, laryngitis, pharyngitis

●● Cools blood

Skin diseases, acne

Physiological/pharmacological effects antibiotic, antitussive, is used as an expectorant in the treatment of chronic bronchitis.

Toxicity the hairs on the leaves cause irritation and should be removed prior to use; alternatively, wrap the leaves in a muslin cloth prior to boiling.

Dosage 3–12 g, standard 6 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Lung heat: non-productive cough or cough with sputum which is difficult to expectorate, chest pain, dry throat → Armeniacae semen (*xing ren*) p. 664, Mori cortex (*sang bai pi*) p. 674
- Injury to the fluids after febrile illness, irritability, dry heaves → Phragmitis rhizoma (*lu gen*) p. 138
- Stomach heat with vomiting, belching → Scutellariae radix (*huang qin*) p. 184, Cyperi rhizoma (*xiang fu*) p. 494
- Heat with haematemesis → Imperatae rhizoma (*bai mao gen*) p. 158
- Damp-heat in the middle: thirst, belching, vomiting → Phragmitis rhizoma (*lu gen*) p. 138, Ophiopogonis radix (*mai men dong*) p. 802, Trichosanthis radix (*tian hua fen*) p. 142, Pinelliae rhizoma (*ban xia*) p. 82, Imperatae rhizoma (*bai mao gen*) p. 158, Bambusae caulis in taeniam (*zhu ru*) p. 78

Contraindications vomiting, belching due to cold in the Stomach, cough due to wind-cold

Pregnancy use is allowed

Lepidii/Descurainiae semen

葶苈子

Ting li zi

Family:	Brassicaceae
Standard species:	<i>Lepidium apetalum</i> , <i>Descurainia sophia</i>
Variation:	Drabae semen
German:	Felsenblümchen
English:	lepidium seed, descurainia seed

Temperature

●●○ very cold

Taste

○○○ pungent

●○○ bitter

Organ relationship

●●● Lung

●●○ Bladder

Direction of action

●●● downwards

Site of action

Lung

Actions/Indications

●●○ Directs qi downwards

Severe asthma, coughing with a gurgling sound in the throat, fullness of the chest

●●○ Drains the lungs, reduces phlegm

Phlegm accumulation in the chest, wheezing or cough with copious sputum

●●○ Alleviates wheezing

Copious sputum, gurgling sound in the throat, fluid accumulation in the chest

●●● Promotes urination

Oedema, facial oedema, fluid accumulation in the chest, ascites, disturbances of micturition

●●○ Dispels heat

Phlegm accumulation in the chest, decreased urination

Physiological/pharmacological effects positive inotropic and negative chronotropic effects on the heart. Modern use to treat heart failure with dyspnoea and oedema (combined with other medications); diuretic. Use with care in combination with diuretics (water and electrolyte loss).

Toxicity use with great care because of the herb's drastic effects. In deficient patients, administer together with qi tonifying herbs.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Cough, fullness of the chest with phlegm obstruction → Mori cortex (*sang bai pi*) p. 674, Inulae flos (*xuan fu hua*) p. 632
- Facial oedema, orbital oedema, oedema, fluid accumulation in the chest → Stephaniae radix (*fang ji*) p. 338, Rhei rhizoma (*da huang*) p. 92

Contraindications Lung qi deficiency, oedema due to Spleen qi deficiency

Pregnancy use is **forbidden**

Mori cortex**Sang bai pi**

桑白皮

Family:	Moraceae
Standard species:	<i>Morus alba</i>
German:	Maulbeerwurzelrinde
English:	bark of mulberry root, 'mulberry white bark'

Temperature

●○○ cold

Taste

●○○ sweet

Organ relationship

●○○ Lung

●○○ Spleen

●○○ Liver

Direction of action

●○○ sinking

Site of action

Lung, lower burner

Actions/Indications●○○ **Stops coughing**

Excessive, loud cough

●○○ **Stops wheezing**

Shortness of breath, loud wheezing in excess heat pattern

●○○ **Disperses heat**

Pulmonary inflammation, fever, cough, wheezing

●○○ **Drains damp-heat**

Facial swelling, scanty dark urine, oedema, swelling of the limbs, slippery pulse

●○○ **Disperses swelling**

Facial swelling, limb swelling

●○○ **Promotes urination**

Rough urination, swelling, oedema, fluid accumulation, scanty dark urine

Physiological/pharmacological effects mild diuretic effect, use with care in combination with other diuretics as a synergistic effect on fluid and electrolyte metabolism is possible; antihypertensive, analgesic, antibiotic, antitussive, sedative and anti-inflammatory. Used to treat hypertension.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Hot phlegm: cough, viscous sputum, fever, irritability, thirst, Lung obstruction → Lycii cortex (*di gu pi*) p. 260, Glycyrrhizae radix (*gan cao*) p. 716, Scutellariae radix (*huang qin*) p. 184
- Damp-heat: swollen face, oedema, scanty urine → Arecae pericarpium (*da fu pi*) p. 478, Poria (*fu ling*) p. 334, Coicis semen (*yi yi ren*) p. 308, Alismatis rhizoma (*ze xie*) p. 300, 928–930, Plantaginis semen (*che qian zi*) p. 328

Compatibility

- Promoted by Dipsaci radix (*xu duan*) p. 750, Cinnamomi cassiae cortex (*rou gui*) p. 394, Cannabis semen (*huo ma ren*) p. 96
- Mitigates the toxicity of Scolopendra (*wu gong*) p. 458

Contraindications absence of heat signs, Lung deficiency, cough due to wind-cold, excessive urination

Pregnancy use is allowed

Stemonae radix

百部

Bai bu

Family:	Stemonaceae
Standard species:	<i>Stemona sessilifolia</i>
German:	Stemonawurzel
English:	stemona root

Temperature

●○○ neutral

Taste

●○○ sweet

●○○ bitter

Organ relationship

●●● Lung

Direction of action

●○○ sinking

Site of action

Lung

Actions/Indications

●●● Moistens dryness

Paroxysmal cough, dry cough, cough with scanty sputum, chronic cough, cough due to yin deficiency

●○○ Stops coughing

Cough due to yin deficiency, moistens the Lung, paroxysmal coughing, chronic cough

●○○ Detoxifies and disinfects

External and internal parasites, intestinal worms, external application soaked in 70% alcohol: fleas, lice, parasites, trichomonas

●○○ Antiparasitic

External and internal parasites, worms, trichomonas

Physiological/pharmacological effects antiparasitic, has shown antibiotic actions in vitro. Recent studies have found an effect on the respiratory centre; used to treat pertussis. Contains alkaloids, which in vitro have been shown to have a mild effect on the respiratory centres in the brain and thus stop coughing.

Toxicity very high dosages may lead to respiratory depression.

Commentary frequently combined with *Asteris radix (zi wan)* p. 666 and *Tussilaginis farfarae (kuan dong hua)* p. 678. *Asteris radix (zi wan)* has a strong phlegm-transforming effect, *Tussilaginis farfarae (kuan dong hua)* decreases coughing whilst *Stemonae radix (bai bu)* is most effective in treating chronic cough.

Dosage 3–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Lung heat, injury to the qi, yin deficiency: cough → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792
- Lung obstruction: chronic cough, wheezing → Cynanchi stauntonii radix (*bai qian*) p. 628
- Hot phlegm with cough, chest pain → Fritillariae bulbus (*bei mu*) p. 648
- Lung dryness, yin deficiency: cough, paroxysmal cough, chronic cough → Asteris radix (*zi wan*) p. 666, Tussilaginis farfarae (*kuan dong hua*) p. 678, Bletillae tuber (*bai ji*) p. 588, Scutellariae radix (*huang qin*) p. 706
- Internal and external parasites (fleas, lice) (external use) → Sophorae flavescents radix (*ku shen*) p. 186

Contraindications Spleen and Stomach deficiency, diarrhoea

Pregnancy use is allowed

Tussilaginis farfarae**Kuan dong hua**

款冬花

Family:	Asteraceae
Standard species:	<i>Tussilago farfara</i>
Variation:	Farfarae flos
German:	Huflattichblüten
English:	coltsfoot flower, 'welcome winter flower'

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●● Lung

Direction of action

●●● sinking

Site of action

Lung

Actions/Indications

●○○ Descends the qi

Cough, wheezing, difficult breathing, swelling of the neck

●●● Stops coughing

Cough, chronic cough, cough in elderly patients, cough due to cold deficiency of the Lung

●○○ Stops wheezing

Difficult, noisy breathing, swelling of the neck

●○○ Transforms cold phlegm

Phlegm in the throat, pulmonary phlegm

●○○ Tonifies and nourishes the yin

Dry cough, bronchitis, whooping cough, respiratory tract infections

Physiological/pharmacological effects suppresses the urge to cough (mucilaginous), expectorant, antibacterial (contains pyrrolizidine alkaloids). Used to treat bronchial asthma. The related western herb *Farfarae folium* is used to treat bronchitis, asthma, colds, flu, inflammations of the mouth and throat.

Toxicity high doses can lead to loss of consciousness and apnoea. Side-effects include nausea, irritability and insomnia. Contains pyrrolizidine alkaloids, which have antibacterial, carcinogenic and hepatotoxic properties; it is recommended that *Farfarae folium* should not be used for more than 4–6 weeks a year. Pyrrolizidine alkaloid content should be measured; in some countries, the maximum content allowed by the authorities means an automatic prohibition of the herb. The herb should not be administered to toddlers, pregnant and lactating women.

Commentary frequently combined with *Asteris radix (zi wan)* p. 666 and *Stemona radix (bai bu)* p. 676.

Dosage 3–10 g, standard 6 g

Cooking time add the blossoms at the end, boil briefly and allow to steep for 3 minutes



Combinations

- Phlegm obstruction with coughing, wheezing → Armeniacae semen (*xing ren*) p. 664
- Fluid accumulation with cough, wheezing → Schisandrae fructus (*wu wei zi*) p. 850, Pinelliae rhizoma (*ban xia*) p. 82
- Yin deficiency: dry cough, bloody sputum → Lilii bulbus (*bai he*) p. 796
- Cold deficiency of the Lung: chronic cough in elderly patients → Asteris radix (*zi wan*) p. 666

Compatibility

- Promoted by Armeniacae semen (*xing ren*) p. 664
- Impaired by Scrophulariae radix (*xuan shen*) p. 170, Gleditsiae fructus (*zao jiao*) p. 630
- Limited by Fritillariae bulbus (*bei mu*) p. 648, Ephedrae herba (*ma huang*) p. 30, Magnoliae flos (*xin yi*) p. 34, Astragali radix (*huang qi*) p. 706, Forsythiae fructus (*lian qiao*) p. 200, Celosiae semen (*qing xiang zi*) p. 148

Contraindication heat symptoms with bloody purulent sputum

Pregnancy use is **forbidden**

XIV

Herbs that promote digestion

Overview

Crataegi fructus (<i>shan zha</i>)	682
Gigeriae galli endothelium corneum (<i>ji nei jin</i>)	684
Hordei fructus germinatus (<i>mai ya</i>)	686
Massa medicata fermentata (<i>shen qu</i>)	688
Oryzae fructus germinatus (<i>gu ya</i>)	690
Raphani semen (<i>lai fu zi</i>)	692

Characteristics

Properties

These herbs promote digestion and reduce or dissolve accumulation of food. They are used to treat the following situations:

- in children, when the Spleen and Stomach are still immature and incompletely developed
- in patients with weakened constitution or in chronic diseases, during convalescence
- in geriatric patients; digestion is usually slowed down in older persons
- changes in lifestyle (e.g. during travel); relative food intolerances may develop easily.

Accumulation of Spleen and Stomach qi leads to symptoms such as sensation of fullness, belching, nausea, dry heaves, halitosis, aching pain in the abdomen, constipation or diarrhoea, thick white or yellow tongue coating, fast and slippery pulse.

Taste and Temperature

- Sweet and sometimes slightly pungent, sour or salty
- Slightly warming; promotes digestion

Comparison between the individual herbs in this category

Promotes digestion, especially of wheat, rice and fruits

Gigeriae galli endothelium corneum (<i>ji nei jin</i>) p. 684	●●●●●●●●
Raphani semen (<i>lai fu zi</i>) p. 692	●●●●●●○○
Hordei fructus germinatus (<i>mai ya</i>) p. 686	●●●●●○○○
Oryzae fructus germinatus (<i>gu ya</i>) p. 690	●●●○○○○○

Promotes digestion, especially of grains and reduces the side-effects of alcohol consumption

Gigeriae galli endothelium corneum (*ji nei jin*) ●●●●●●●●
p. 684

Massa medicata fermentata (*shen qu*) p. 688 ●●●●●●●●○○

Oryzae fructus germinatus (*gu ya*) p. 690 ●●●●●●○○○○

Promotes digestion of meats and fatty foods

Crataegi fructus (*shan zha*) p. 682 ●●●●●●●●

Gigeriae galli endothelium corneum (*ji nei jin*) ●●●●●●●●○○
p. 684

Summary

Breaks up food stagnation, tonifies the Stomach

Crataegi fructus (*shan zha*) p. 682 → promotes digestion of meat, breaks up blood stagnation

Massa medicata fermentata (*shen qu*) p. 688 → breaks up food that is difficult to digest, protects the Stomach

Hordei fructus germinatus (*mai ya*) p. 686 → promotes digestion of starches and carbohydrates, stops lactation

Raphani semen (*lai fu zi*) p. 692 → relieves sensation of fullness and distension, descends Lung qi, expels phlegm

Gigeriae galli endothelium corneum (*ji nei jin*) p. 684 → strongly promotes digestion, secures essence, expels stones

Herbs from other categories that promote digestion

Arecae semen (<i>bing lang</i>)	478
Aurantii fructus immaturus (<i>zhi shi</i>)	484
Camelliae sinensis folium (<i>cha ye</i>)	122
Citri reticulatae pericarpium (<i>chen pi</i>)	488
Chaenomelis fructus (<i>mu gua</i>)	354
Citri reticulatae viride pericarpium (<i>qing pi</i>)	176
Curcumae rhizoma (<i>e zhu</i>)	540
Magnoliae cortex (<i>hou po</i>)	292

Crataegi fructus**Shan zha**

山楂

Family:	Rosaceae
Standard species:	<i>Crataegus pinnatifida</i>
German:	Fiederweißdronbeeren
English:	hawthorn fruit, crataegus

Temperature

- warm tendency
- neutral

Taste

- sour
- sweet

Organ relationship

- Spleen
- Stomach
- Liver

Direction of action

- sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications**●●● Reduces stagnation**

Digestive obstruction from eating greasy foods, abdominal pain, diarrhoea

●●● Relieves food stagnation

Promotes digestion of meat, fats, milk, decreases cholesterol levels

●●● Harmonizes and tonifies the Spleen

Digestive disturbances, abdominal pain

●○○ Moves blood

Early stages of chest pain (heart pain), postpartum abdominal pain, pain in the lower abdomen, hernias

●○○ Regulates blood

Pain in the chest and lower abdomen, lowers blood pressure and cholesterol levels

●●● Breaks up accumulation

Abdominal distension, pain, digestive disturbances, blood stasis

●○○ Astringes

Chronic diarrhoea and dysentery, abdominal pain, vaginal discharge

Physiological/pharmacological effects anti-arteriosclerotic, lowers cholesterol, positive inotropic effect (use with care in combination with digoxin-containing drugs), dilates blood vessels, decreases oxygen consumption of the heart muscles, antihypertensive, increases gastric acid production, antibiotic. Recent studies have demonstrated antibacterial effect. Used to treat hypertension, coronary heart disease, hypercholesterolaemia, acute dysentery. The related western herb *Crataegus laevigata* is used for heart and circulatory complaints and has been shown to dilate blood vessels and lower blood pressure. *Crataegus folium* is used in the treatment of heart failure, coronary heart disease, mild bradycardias and to promote vasodilatation. Historically, *Crataegus laevigata* has been used to treat flank pain, colic, diarrhoea, renal stones, heavy menstrual flow; tonifies the heart and circulation. Contains vitamin C.

Toxicity may stimulate gastric juice production and therefore use with care in patients with a history of peptic ulcers or gastritis. Do not use long term, may affect the flow of Stomach and Spleen qi.

Dosage 6–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Food stagnation, consumption of meat and greasy foods, diarrhoea, abdominal pain → *Hordei fructus germinatus (mai ya)* p. 686, *Massa medicata fermentata (shen qu)* p. 688
- Abdominal pain, retained lochia, blood stasis → *Angelicae sinensis radix (dang gui)* p. 768, *Chuanxiong rhizoma (chuan xiong)* p. 530, *Leonuri herba (yi mu cao)* p. 554
- Searing pain in the lower abdomen, hernias, pain or swelling of the testicles, testicular hernia → *Aurantii semen (ju he)* p. 486, *Foeniculi fructus (xiao hui xiang)* p. 398
- Blood stasis, bleeding → *Typhae pollen (pu huang)* p. 616, *Rubiae radix (qian cao gen)* p. 606
- Childhood nutritional impairment due to insufficient lactation → *Hordei fructus germinatus (mai ya)* p. 686, *Massa medicata fermentata (shen qu)* p. 688
- Epigastric and abdominal distension → *Aurantii fructus immaturus (zhi shi)* p. 484
- Abdominal distension or pain, diarrhoea, dysentery (carbonize all ingredients) → *Aucklandiae radix (mu xiang)* p. 480, *Myristicae semen (rou dou kou)* p. 840, *Lablab semen album (bian dou)* p. 720
- Stifling sensation in the chest, blood stasis in the Heart channel → *Salviae miltiorrhizae radix (dan shen)* p. 570

Contraindications use with caution in cases of Spleen and Stomach deficiency with absence of signs of food stagnation, acid regurgitation

Pregnancy use is allowed

Gigeriae galli endothelium corneum

鸡内金

Ji nei jin

Family:	Phasianidae
Zoological name:	<i>Gallus domesticus</i>
Variation:	Galli endothelium corneum, Galli corium stomachicum
German:	Hühnermagenendothel
English:	gizzard lining, 'chicken inner gold'

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

- Spleen
- Stomach
- Small Intestine
- Bladder

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●○○ Breaks up accumulation

Loss of appetite, stools with undigested food, childhood nutritional impairment, poor digestion, abdominal distension

●●● Relieves food stagnation

Strongly promotes digestion of meat and fats, cereals, fruits, used to treat the aftermath of excessive alcohol consumption

●○○ Secures the essence

Frequent urination, enuresis, spermatorrhoea

●○○ Astringes

Enuresis, frequent urination

●○○ Breaks up and dissolves concretions

Stones: renal stones, gall bladder stones, painful bladder dysfunction

Physiological/pharmacological effects increases gastric juice secretion. Contains vitamins B₁ and B₂.

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Food stagnation, indigestion, fullness and distension of the epigastrium and abdomen, childhood nutritional impairment → *Hordei fructus germinatus* (*mai ya*) p. 686, *Crataegi fructus* (*shan zha*) p. 682
- Spleen deficiency with lack of appetite, diarrhoea → *Hordei fructus germinatus* (*mai ya*) p. 686, *Crataegi fructus* (*shan zha*) p. 682, *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Codonopsis radix* (*dang shen*) p. 710, *Dioscoreae rhizoma* (*shan yao*) p. 712, *Lablab semen album* (*bian dou*) p. 720
- Epigastric pain in chronic hepatitis → *Salviae miltiorrhizae radix* (*dan shen*) p. 710
- Deficiency of the lower burner, enuresis in children, polyuria in adults → *Mantidis oötheca* (*sang piao xiao*) p. 836, *Ostrea concha* (*mu li*) p. 428, *Mastodi fossilium ossis* (*long gu*) p. 426
- Kidney deficiency with spermatorrhoea → *Cuscutae semen* (*tu si zi*) p. 746
- Renal or gall bladder stones → *Lysimachiae herba* (*jin qian cao*) p. 322

Pregnancy use is allowed

Hordei fructus germinatus

麦芽

Mai ya

Family:	Gramineae
Standard species:	<i>Hordeum vulgare</i>
German:	gekeimte Gerstenkörner
English:	barley sprout, malt

Temperature

- neutral
- warm

Taste

- sweet
- salty

Organ relationship

- Spleen
- Stomach
- Liver

Signal herb

Liver channel

Direction of action

- sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

- Harmonizes and tonifies the Spleen and Stomach

Food stagnation, pain and distension in the epigastrium, loss of appetite, childhood nutritional impairment

- Relieves food stagnation

Caused by cereals and fruit

- Breaks up accumulation

Fullness and distension in the epigastrium, food stagnation, stagnation of undigested food

- Stops lactation

Painful breast distension, weaning from the breast

- Moves and regulates qi

Liver qi: distension and pain in the epigastrium, belching, loss of appetite

- Harmonizes and tonifies the qi

Tonifies the qi of the middle burner, food stagnation, loss of appetite

Physiological/pharmacological effects promotes digestion, lowers blood glucose levels, use with care in combination with antidiabetic drugs (danger of inducing hypoglycaemia); recent studies show that it is effective in treating acute hepatitis. *Hordei fructus* promotes metabolism and lowers cholesterol levels: can be used in the recovery phase of gastrointestinal problems such as diarrhoea, gastritis, inflammatory bowel diseases. Contains amylase, maltose, glucose and vitamin B.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Food stagnation, accumulation of undigested food → *Massa medicata fermentata (shen qu)* p. 688
- Spleen deficiency: indigestion → *Zingiberis rhizoma (gan jiang)* p. 408
- Poor digestion, abdominal distension → *Crataegi fructus (shan zha)* p. 682, *Massa medicata fermentata (shen qu)* p. 688
- Spleen deficiency: lack of appetite, fatigue → *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708, *Codonopsis radix (dang shen)* p. 710
- Swollen, painful breasts after weaning → *Massa medicata fermentata (shen qu)* p. 688

Pregnancy use is allowed

Massa medicata fermentata

神曲

Shen qu

Variation: Massa fermentata
 German: fermentierte Medizinalmischung
 English: medicated leaven, 'divine fermented mass'

Temperature

●○○ warm

Taste

●○○ sweet

●○○ pungent

Organ relationship

●●● Spleen

●●● Stomach

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●○ **Reduces stagnation**

Abdominal fullness, food stagnation, abdominal pain

●●○ **Harmonizes and tonifies the middle burner**

Epigastric distension, abdominal fullness, promotes digestion of other herbs, especially minerals

●●○ **Relieves food stagnation**

Promotes digestion of cereals, used after excessive alcohol consumption, improves absorption of minerals in the decoction

●○○ **Moves and regulates qi**

Promotes digestion, fullness, abdominal pain

●○○ **Stops lactation**

Take 6 g together with wine until lactation ceases

Physiological/pharmacological effects promotes digestion, contains numerous enzymes that digest starches and carbohydrates.

Commentary Massa medicata fermentata (*shen qu*) is a non-standardized mixture of fermented medicinals such as Armeniacae semen (*xing ren*) p. 664, Phaseoli semen (*chi xiao dou*) p. 326, Artemisiae annuae herba (*qing hao*) p. 256, Xanthii herba (*cang er cao*), etc.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Food stagnation, qi deficiency → *Atractylodes macrocephala* rhizoma (*bai zhu*) p. 708
- Food stagnation, abdominal pain → *Aucklandia radix* (*mu xiang*) p. 480, *Amomi xanthioidis fructus* (*sha ren*) p. 284
- Cold obstruction, epigastric and abdominal distension, lack of appetite, feeling of fullness → *Aurantii fructus* (*zhi ke*) p. 482
- Childhood nutritional impairment, food stagnation, abdominal distension → *Arecae semen* (*bing lang*) p. 478
- Food stagnation, distension and pain in the abdomen → *Crataegi fructus* (*shan zha*) p. 682, *Hordei fructus germinatus* (*mai ya*) p. 686

Contraindication Stomach fire

Pregnancy use is **forbidden**

Oryzae fructus germinatus

谷芽

Gu ya

Family:	Gramineae
Standard species:	<i>Oryza sativa</i>
Variation:	<i>Setariae germinatus fructus</i>
German:	gekeimte Reiskörner
English:	rice sprout

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●●● Spleen

●●● Stomach

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●● **Harmonizes and tonifies the Spleen and Stomach**

Food stagnation, focal distension in the epigastrium, loss of appetite, epigastric distension

●○○ **Reduces stagnation**

Food stagnation, stagnation of undigested food

●○○ **Harmonizes and tonifies the qi**

Deficient qi of the middle burner, focal distension, loss of appetite

●●● **Relieves food stagnation**

Cereals, fruits, not appropriate to treat excessive alcohol consumption

Physiological/pharmacological effects promotes digestion: contains many enzymes that digest starches and carbohydrates; contains amylase, vitamin B. *Oryzae fructus* is used in the convalescent phases of digestive disease, for gastric problems and diarrhoea.

Dosage 10–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Food stagnation, sensation of distension in the chest and abdomen → Citri reticulatae pericarpium (*chen pi*) p. 488, Amomi xanthioidis fructus (*sha ren*) p. 284
- Spleen deficiency: lack of appetite, pressure in the abdomen and epigastrium, indigestion → Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708

Contraindication during lactation

Pregnancy use is allowed

Raphani semen**Lai fu zi**

菜菔子

Family:	Apiaceae
Standard species:	<i>Raphanus sativus</i>
German:	Rettichsamem
English:	radish seed

Temperature

●●○ neutral

Taste

●●○ pungent

●○○ sweet

Organ relationship

●●● Spleen

●●● Stomach

●●○ Lung

Direction of action

●●○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●○ **Reduces stagnation**

Fullness, nausea, vomiting, abdominal pain

●○○ **Harmonizes and tonifies the Spleen**

Food stagnation, focal distension in the epigastrium, diarrhoea, abdominal pain

●●○ **Descends the qi**

Phlegm, cough, wheezing, chronic disease, hypertension

●○○ **Dislodges phlegm**

Phlegm in the chest, chronic cough

●●● **Relieves food stagnation**

Following consumption of cereals, fruits

●○○ **Dislodges phlegm**

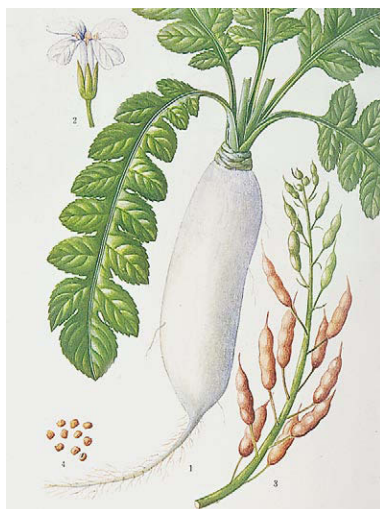
Chronic productive cough, wheezing, hypertension

Physiological/pharmacological effects in vitro antifungal effect; antihypertensive; contains raphanin which has an antibiotic effect. Raphani radix can be used to treat upper respiratory tract catarrh and dyspepsia due to biliary dyskinesia.

Toxicity do not use long term, may consume the qi.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Stagnation of Stomach qi and of the Intestines with abdominal distension, acid regurgitation, belching, diarrhoea → Crataegi fructus (*shan zha*) p. 682, Massa medicata fermentata (*shen qu*) p. 688, Citri reticulatae pericarpium (*chen pi*) p. 488, Hordei fructus germinatus (*mai ya*) p. 686
- Food stagnation, focal distension of the epigastrium, belching, lack of appetite → Aurantii fructus (*zhi ke*) p. 482
- Food stagnation, focal distension in the epigastrium, dry heaves → Pinelliae rhizoma (*ban xia*) p. 82
- Damp-phlegm with cough and wheezing → Pinelliae rhizoma (*ban xia*) p. 82
- Chronic productive cough → Armeniacae semen (*xing ren*) p. 664
- Severe phlegm congestion: chronic cough, wheezing → Perillae fructus (*zi su zi*) p. 634, Sinapis albae semen (*bai jie zi*) p. 638
- Blood stasis with abdominal pain, retained lochia → Angelicae sinensis radix (*dang gui*) p. 768, Chuanxiong rhizoma (*chuan xiong*) p. 530, Leonuri herba (*yi mu cao*) p. 554
- Blood stasis with bleeding → Typhae pollen (*pu huang*) p. 616, Rubiae radix (*qian cao gen*) p. 606
- Stabbing pain in the lower abdomen, hernias → Aurantii semen (*ju he*) p. 486, Foeniculi fructus (*xiao hui xiang*) p. 398

Compatibility do not combine with Ginseng radix (*ren shen*) p. 714

Contraindication qi deficiency

Pregnancy use is allowed

XV

Tonifying herbs

These herbs are used when the zheng qi (orthopathy or upright qi) is weakened; for example during recovery from illness, during childhood or in old age. The herbs have the quality to tonify (*bu*), nourish, supplement and strengthen.

The zheng qi consists of:

- jing or essence: a collection of energies that are responsible for growth, reproduction and pregnancy
- yin: fluids, the material aspect of the various organs
- blood: represents all fluids, including blood, breast milk
- yang: the active, specific energy of the various organs
- qi: the individual, specific, active energy, vital dynamism, the energy needed for all active expressions of living.

XVa Herbs that tonify the qi

Overview

Astragali radix (<i>huang qi</i>)	706
Atractylodis macrocephalae rhizoma (<i>bai zhu</i>)	708
Codonopsis radix (<i>dang shen</i>)	710
Dioscoreae rhizoma (<i>shan yao</i>)	712
Ginseng radix (<i>ren shen</i>)	714
Glycyrrhizae radix (<i>gan cao</i>)	716
Jujubae fructus (<i>da zao</i>)	718
Lablab semen album (<i>bian dou</i>)	720
Maltose (<i>yi tang</i>)	722
Mel (<i>feng mi</i>)	724
Polygonati rhizoma (<i>huang jing</i>)	726
Pseudostellariae radix (<i>hai er shen</i>)	728

Characteristics

Properties

Qi is the refined portion of the essence; it invigorates the organs, nourishes, moves, protects against external pathogens and should circulate in a harmonious fashion. The herbs in this category can be used to treat qi deficiency; for example, to treat a general constitutional weakness in childhood, in elderly patients, in chronically ill patients and those who are convalescing.

Organ-specific use

- Stomach and Spleen qi deficiency: lack of appetite, abdominal distension, loose stools, diarrhoea, tiredness, heavy limbs.
- Lung qi deficiency: breathlessness, low voice, pale complexion, sweats easily, cold aversion.
- Heart qi deficiency: palpitations, restlessness, feeling of distension in the chest, sweating, arrhythmias.
- Kidney qi deficiency: weak constitution, developmental delay, asthma-like symptoms, spermatorrhoea, oedema, enuresis, incontinence, weakness in the lower back and legs.

Taste and Temperature

- Sweetness: nourishes, moistens and harmonizes; has a neutral temperature and tonifies yin, yang, qi and blood; tonifies the Spleen and Stomach, the centre of qi production; works in one area and does not move elsewhere, gently buffers the taste of other herbs.
- Slightly warm: qi must remain in motion; these herbs enter the Spleen and Lung, the Spleen is the origin of qi whereas the Lung distributes qi throughout the body.
- Bitter: dries and drains dampness, strengthens the Spleen and Stomach.

Comparison between the individual herbs in this category

Tonifies Spleen qi

Ginseng radix (<i>ren shen</i>) p. 714	●●●●●●●●
Astragali radix (<i>huang qi</i>) p. 706	●●●●●●○○
Codonopsis radix (<i>dang shen</i>) p. 710	●●●●●○○○
Atractylodis macrocephalae rhizoma (<i>bai zhu</i>) p. 708	●●●●●○○○○
Pseudostellariae radix (<i>hai er shen</i>) p. 728	●●●●●○○○○
Dioscoreae rhizoma (<i>shan yao</i>) p. 712	●●●●○○○○○
Polygonati rhizoma (<i>huang jing</i>) p. 726	●●●●○○○○○
Lablab semen album (<i>bian dou</i>) p. 720	●●●○○○○○○
Poria (<i>fu ling</i>) p. 334	●●●○○○○○○
Glycyrrhizae radix (<i>gan cao</i>) p. 716	●●●○○○○○○
Maltose (<i>yi tang</i>) p. 722	●●○○○○○○○
Jujubae fructus (<i>da zao</i>) p. 718	●●○○○○○○○
Mel (<i>feng mi</i>) p. 724	●●○○○○○○○

Tonifies Lung qi

Ginseng radix (<i>ren shen</i>) p. 714	●●●●●●●●
Astragali radix (<i>huang qi</i>) p. 706	●●●●●●○○
Codonopsis radix (<i>dang shen</i>) p. 710	●●●●●○○○
Cordyceps sinensis (<i>dong chong xia cao</i>) p. 742	●●●●○○○○○
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●○○○○○
Lilii bulbosus (<i>bai he</i>) p. 796	●●●●○○○○○
Glehniae radix (<i>bei sha shen</i>) p. 792	●●●●○○○○○

Summary

1. Tonifies Spleen and Lung qi

Astragali radix (<i>huang qi</i>) p. 706	→ raises the yang qi, consolidates wei qi, distributes water and decreases oedema, promotes healing of ulcerations and furuncles
Codonopsis radix (<i>dang shen</i>) p. 710	→ similar to ginseng, but weaker
Ginseng radix (<i>ren shen</i>) p. 714	→ most powerful yuan (original or primal) qi tonic, generates fluids, used in emergencies to treat collapse
Panacis quinquefolii radix (<i>xi yang shen</i>) p. 804	→ similar to ginseng, but cold and stronger fluid-generating properties
Pseudostellariae radix (<i>hai er shen</i>) p. 728	→ similar to ginseng, but weaker, appropriate to treat weak patients who cannot digest strong tonics

2. Tonifies Spleen and Stomach qi

Atractylodis macrocephalae rhizoma (<i>bai zhu</i>) p. 708	→ dries dampness, distributes water, stops sweating, stabilizes the fetus
Dioscoreae rhizoma (<i>shan yao</i>) p. 712	→ nourishes the yin, nourishes the Lung and Kidney
Lablab semen album (<i>bian dou</i>) p. 720	→ drains dampness

3. Tonifies and harmonizes Spleen and Stomach qi

Glycyrrhizae radix (<i>gan cao</i>) p. 716	→ tonifies Heart qi, nourishes the Lung, cools heat, detoxifies
Mel (<i>feng mi</i>) p. 724	→ nourishes the Lung, Large and Small Intestine, cools heat and draws out toxins
Jujubae fructus (<i>da zao</i>) p. 718	→ tonifies blood
Maltose (<i>yi tang</i>) p. 722	→ reduces pain, alleviates coughing

XVb Herbs that tonify the yang

Overview

Alpiniae oxyphyllae fructus (<i>yi zhi ren</i>)	730
Astragali semen (<i>sha yuan ji li</i>)	732
Cervi cornu (<i>lu rong</i>)	734
Cibotii rhizoma (<i>gou ji</i>)	736
Cistanchis herba (<i>rou cong rong</i>)	738
Cnidii fructus (<i>she chuang zi</i>)	740
Cordyceps sinensis (<i>dong chong xia cao</i>)	742
Curculiginis rhizoma (<i>xian mao</i>)	744
Cuscutae semen (<i>tu si zi</i>)	746
Cynomorii caulis (<i>suo yang</i>)	748
Dipsaci radix (<i>xu duan</i>)	750
Drynariae rhizoma (<i>gu sui bu</i>)	752

Epimedii herba (<i>yin yang huo</i>)	754
Eucomniae cortex (<i>du zhong</i>)	756
Gecko (<i>ge jie</i>)	758
Juglandis semen (<i>hu tao ren</i>)	760
Morindae radix (<i>ba ji tian</i>)	762
Psoraleae fructus (<i>bu gu zhi</i>)	764
Trigonellae semen (<i>hu lu ba</i>)	766

Characteristics

Properties

The Kidney yang is the root of the yang energy and the herbs in this section exert their effect in this area. They are used to treat chronic diseases, in patients with significantly weak constitution or old people.

- Deficiency of Kidney yang: cold and weakness in the lower back, cold sensitivity, frequent urination, infertility, amenorrhoea, irregular menstruation, impotence, enuresis, poor physical development in children, dementia.
- Weakened Kidney yang cannot warm the Spleen yang: diarrhoea, poor digestion.
- Deficient Heart yang: palpitations, restlessness, breathlessness, oedema.

Taste and Temperature

- Sweet and warm: tonifies the yang, stabilizes and secures essence; Kidney yang and Liver yin and Liver blood/yin arise from essence. Herbs that tonify these areas are: Epimedii herba (*yin yang huo*), Morindae radix (*ba ji tian*), Eucomniae cortex (*du zhong*), Cibotii rhizoma (*gou ji*), Dipsaci radix (*xu duan*), Cuscutae semen (*tu si zi*).

Comparison between the individual herbs in this category

Tonifies the yang and the essence

Psoraleae fructus (<i>bu gu zhi</i>) p. 764	●●●●●●●●
Epimedii herba (<i>yin yang huo</i>) p. 754	●●●●●●●●
Morindae radix (<i>ba ji tian</i>) p. 762	●●●●●●○○
Cnidii fructus (<i>she chuang zi</i>) p. 740	●●●●●●○○
Cinnamomi cassiae cortex (<i>rou gui</i>) p. 394	●●●●●●○○
Cynomorii caulis (<i>suo yang</i>) p. 748	●●●●●●○○
Astragali semen (<i>sha yuan ji li</i>) p. 732	●●●●●○○○
Cistanchis herba (<i>rou cong rong</i>) p. 738	●●●●●○○○

Tonifies the Kidneys and stabilizes the Bladder

Psoraleae fructus (<i>bu gu zhi</i>) p. 764	●●●●●●●●
Alpiniae oxyphyllae fructus (<i>yi zhi ren</i>) p. 730	●●●●●●●○
Mantidis oöthea (<i>sang piao xiao</i>) p. 836	●●●●●●●○
Astragali semen (<i>sha yuan ji li</i>) p. 732	●●●●●○●●
Cuscutae semen (<i>tu si zi</i>) p. 746	●●●●●○●●

Tonifies the Kidneys and calms the fetus

Eucomniae cortex (<i>du zhong</i>) p. 756	●●●●●●●●
Dipsaci radix (<i>xu duan</i>) p. 750	●●●●●●●○
Cuscutae semen (<i>tu si zi</i>) p. 746	●●●●●●●○
Taxilli herba (<i>sang ji sheng</i>) p. 810	●●●●●●●○
Asini corii colla (<i>e jiao</i>) p. 770	●●●●●●●○

Summary**1. Tonifies Kidney yang**

Cervi cornu (<i>lu rong</i>) p. 734	→ strongest Kidney yang tonic, generates blood and jing/Essence, strengthens bones and sinews
---------------------------------------	---

2. Tonifies Kidneys and Lung, relieves coughing and wheezing

Cordyceps sinensis (<i>dong chong xia cao</i>) p. 742	→ tonifies Kidney yang and nourishes Lung yin
Gecko (<i>ge jie</i>) p. 758	→ stops wheezing
Juglandis semen (<i>hu tao ren</i>) p. 760	→ strengthens the lower back, lubricates the Intestines, relieves constipation

3. Tonifies the Kidney yang to treat infertility

Cistanchis herba (<i>rou cong rong</i>) p. 738	→ lubricates the Intestines, relieves constipation, generates blood and jing/Essence
Curculiginis rhizoma (<i>xian mao</i>) p. 744	→ disperses wind, dampness, cold, do not use long term
Cynomorii caulis (<i>suo yang</i>) p. 748	→ lubricates the Intestines, relieves constipation
Epimedii herba (<i>yin yang huo</i>) p. 754	→ disperses wind, dampness, cold, increases libido, do not use long term
Morindae radix (<i>ba ji tian</i>) p. 762	→ disperses wind, dampness, cold

4. Tonifies Kidney and Liver, strengthens bones and sinews

Cibotii rhizoma (<i>gou ji</i>) p. 736	→ disperses wind and dampness, prevents fluid loss
Dipsaci radix (<i>xu duan</i>) p. 750	→ stabilizes pregnancy, heals bones and sinews
Drynariae rhizoma (<i>gu sui bu</i>) p. 752	→ heals bones and sinews
Eucomniae cortex (<i>du zhong</i>) p. 756	→ stabilizes pregnancy, descends ascendant Liver yang
Trigonellae semen (<i>hu lu ba</i>)	→ warms Kidney yang, treats hernias due to cold, disperses wind, dampness, cold

5. Warms the Spleen, tonifies Kidney yang in the treatment of diarrhoea

Alpiniae oxyphyllae fructus (<i>yi zhi ren</i>) p. 730	→ warms the Spleen, protects fluids
Psoraleae fructus (<i>bu gu zhi</i>) p. 764	→ warms Kidney yang

6. Tonifies Liver and Kidney, secures essence

Astragali semen (<i>sha yuan ji li</i>) p. 732	→ secures jing, benefits the eyes
Cuscutae semen (<i>tu si zi</i>) p. 746	→ secures jing, benefits the eyes, stops diarrhea

XVc Herbs that tonify the blood

Overview

Angelicae sinensis radix (<i>dang gui</i>)	768
Asini corii colla (<i>e jiao</i>)	770
Longanae arillus (<i>long yan rou</i>)	772
Mori fructus (<i>sang shen</i>)	774
Paoniae radix lactiflora (<i>bai shao</i>)	776
Polygoni multiflori radix (<i>he shou wu</i>)	778
Rehmanniae radix praeparata (<i>shu di huang</i>)	780

Characteristics

Properties

These herbs are used to treat blood deficiency due to weak constitution, chronic illnesses, anaemia, disturbances of menstruation, low blood pressure, or blood loss postpartum or during an operation.

Main symptoms: dry eyes, blurred vision, muscle or joint stiffness, numbness or paraesthesias in the muscles, dry itchy skin, menstrual disturbances, tiredness, palpitations, restlessness, poor memory, inability to concentrate, sleep disturbances, dream-disturbed sleep, pale complexion, pale and cracked tongue body.

Taste and Temperature

Blood is an important yin substance, which moves softly and constantly and in this manner nourishes and supplies the internal organs.

- Sweet, slightly warm: the sweet taste nourishes, moistens, harmonizes, while the warm quality moves, dynamizes, and stimulates the function of all organs. In this

way, blood is produced and the jing/Essence is supported. Herbs in this category include: *Angelicae sinensis radix (dang gui)*, *Polygoni multiflori caulis (ye jiao teng)*.

- Sweet, cool: nourishes the yin, fluids, cools heat, and enables yin, fluids and blood production. Herbs in this category include: *Paeoniae radix lactiflora (bai shao)*, *Mori fructus (sang shen)*.

Comparison between the individual herbs in this category

Tonifies the blood

Rehmanniae radix praeparata (<i>shu di huang</i>) p. 780	●●●●●●●●
Polygoni multiflori caulis (<i>ye jiao teng</i>) p. 442	●●●●●●●○
Asini corii colla (<i>e jiao</i>) p. 770	●●●●●●●○
Lycii fructus (<i>gou qi zi</i>) p. 800	●●●●●●○○
Angelicae sinensis radix (<i>dang gui</i>) p. 768	●●●●●●○○
Paeoniae radix lactiflora (<i>bai shao</i>) p. 776	●●●●●●○○
Spatholobi caulis et radix (<i>ji xue teng</i>) p. 576	●●●●●○○○
Mori fructus (<i>sang shen</i>) p. 774	●●●●○○○○
Jujubae fructus (<i>da zao</i>) p. 718	●●●●○○○○
Longanae arillus (<i>long yan rou</i>) p. 772	●●●●○○○○

Secures essence and Liver yin

Rehmanniae radix praeparata (<i>shu di huang</i>) p. 780	●●●●●●●●
Polygoni multiflori caulis (<i>ye jiao teng</i>) p. 442	●●●●●●●○
Asini corii colla (<i>e jiao</i>) p. 770	●●●●●●●○
Lycii fructus (<i>gou qi zi</i>) p. 800	●●●●●●○○
Corni fructus (<i>shan zhu yu</i>) p. 822	●●●●●○○○
Sesami semen nigrum (<i>hei zhi ma</i>) p. 808	●●●●○○○○
Mori fructus (<i>sang shen</i>) p. 774	●●●○○○○○

Summary

Tonifies the blood

Angelicae sinensis radix (<i>dang gui</i>) p. 768	→ promotes blood circulation, regulates menstruation, relieves pain, lubricates the Intestines
Asini corii colla (<i>e jiao</i>) p. 770	→ stops bleeding, nourishes the yin, fluids, moistens dryness
Rehmanniae radix praeparata (<i>shu di huang</i>) p. 780	→ tonifies Liver and Kidney yin
Polygoni multiflori caulis (<i>ye jiao teng</i>) p. 442	→ tonifies Liver and Kidney yin, nourishes jing, promotes hair growth, lubricates the Intestines, draws out toxins
Paeoniae radix lactiflora (<i>bai shao</i>) p. 776	→ softens the Liver, relieves muscular pain and cramping
Longanae arillus (<i>long yan rou</i>) p. 772	→ calms the spirit

XVd Herbs that tonify the yin

Overview

Adenophorae radix (<i>nan sha shen</i>)	782
Asparagi radix (<i>tian men dong</i>)	784
Broussonetiae fructus (<i>chu shi zi</i>)	786
Dendrobii caulis (<i>shi hu</i>)	788
Ecliptae herba (<i>han lian cao</i>)	790
Glehniae radix (<i>bei sha shen</i>)	792
Ligustri lucidi fructus (<i>nü zhen zi</i>)	794
Lilii bulbosus (<i>bai he</i>)	796
Lini semen (<i>ya ma zi</i>)	798
Lycii fructus (<i>gou qi zi</i>)	800
Ophiopogonis radix (<i>mai men dong</i>)	802
Panacis quinquefolii radix (<i>xi yang shen</i>)	804
Polygonati odorati rhizoma (<i>yu zhu</i>)	806
Sesami semen nigricum (<i>hei zhi ma</i>)	808
Taxilli herba (<i>sang ji sheng</i>)	810
Testudinis carapax (<i>gui ban</i>)	812
Trionycis carapax (<i>bie jia</i>)	814

Characteristics

Properties

These herbs are used to treat yin and fluid deficiency as may occur in diabetes, hypertension, asthma and in the menopause. Warm pathogens causing infectious diseases may consume the yin; for example: pneumonia, bronchitis, gastroenteritis. Dietary habits can also reduce yin and fluids: coffee, alcohol and overconsumption of spicy foods.

- Heart yin deficiency: insomnia, irritability, palpitations, night sweats
- Lung yin deficiency: dry cough, thick sputum, thirst, dry nose, dry mouth
- Stomach yin deficiency: dry mouth, strong thirst, constipation
- Liver yin deficiency: dry eyes, blurred vision, light-headedness, tinnitus
- Kidney yin deficiency: dizziness, light-headedness, tinnitus, weak lower back and legs, slightly raised temperature, five-palm heat

Taste and Temperature

- Sweet and cold: the sweet taste tonifies, harmonizes, whereas the cold quality cools heat and nourishes fluids and yin.

Comparison between the individual herbs in this category

Nourishes Lung yin

Panacis quinquefolii radix (<i>xi yang shen</i>) p. 804	●●●●●●●●
Asparagi radix (<i>tian men dong</i>) p. 784	●●●●●●○○
Glehniae radix (<i>bei sha shen</i>) p. 792	●●●●●○○○
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●●○○○
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●○○○
Trichosanthis radix (<i>tian hua fen</i>) p. 142	●●●●●○○○
Mori fructus (<i>sang shen</i>) p. 774	●●●●●○○○
Lilii bulbus (<i>bai he</i>) p. 796	●●●○○○○○
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	●●●○○○○○
Polygonati rhizoma (<i>huang jing</i>) p. 726	●●●○○○○○
Schisandrae fructus (<i>wu wei zi</i>) p. 850	●●○○○○○○

Nourishes Heart yin

Panacis quinquefolii radix (<i>xi yang shen</i>) p. 804	●●●●●●●●
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●○○
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●●●○○
Scrophulariae radix (<i>xuan shen</i>) p. 170	●●●●●○○○
Lilii bulbus (<i>bai he</i>) p. 796	●●●●●○○○

Nourishes Liver yin

Paeoniae radix lactiflora (<i>bai shao</i>) p. 776	●●●●●●●●
Cibotii rhizoma (<i>gou ji</i>) p. 736	●●●●●●○○
Ligustri lucidi fructus (<i>nü zhen zi</i>) p. 794	●●●●●○○○
Corni fructus (<i>shan zhu yu</i>) p. 822	●●●●●○○○
Mori fructus (<i>sang shen</i>) p. 774	●●●●●○○○

Nourishes Stomach yin

Dendrobii caulis (<i>shi hu</i>) p. 788	●●●●●●●●
Ophiopogonis radix (<i>mai men dong</i>) p. 802	●●●●●●●○
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●●○
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	●●●●●●○○
Glehniae radix (<i>bei sha shen</i>) p. 792	●●●●●○○○
Polygonati rhizoma (<i>huang jing</i>) p. 726	●●●●●○○○

Nourishes Kidney yin

Asparagi radix (<i>tian men dong</i>) p. 784	●●●●●●●●
Rehmanniae radix (<i>sheng di huang</i>) p. 168	●●●●●●○○
Anemarrhenae rhizoma (<i>zhi mu</i>) p. 120	●●●●●○○○
Lycii fructus (<i>gou qi zi</i>) p. 800	●●●●●○○○
Ligustri lucidi fructus (<i>nü zhen zi</i>) p. 794	●●●●●○○○
Mori fructus (<i>sang shen</i>) p. 774	●●●○○○○○

Summary**1. Tonifies Lung yin, generates fluids**

Adenophorae radix (<i>nan sha shen</i>) p. 782	→ nourishes Stomach yin, resolves phlegm
Ophiopogonis radix (<i>mai men dong</i>) p. 802	→ nourishes Heart and Spleen yin, relieves constipation
Asparagi radix (<i>tian men dong</i>) p. 784	→ nourishes Kidney yin, cools heat or fire in the Lung
Dendrobii caulis (<i>shi hu</i>) p. 788	→ nourishes Stomach yin, benefits the eyes
Glehniae radix (<i>bei sha shen</i>) p. 792	→ nourishes Stomach yin
Lilii bulbosus (<i>bai he</i>) p. 796	→ nourishes Stomach yin, cools the Heart, calms the shen
Polygonati odorati rhizoma (<i>yu zhu</i>) p. 806	→ nourishes Stomach and Lung yin
Polygonati rhizoma (<i>huang jing</i>) p. 726	→ tonifies the Spleen

2. Nourishes Liver and Kidney yin

Lycii fructus (<i>gou qi zi</i>) p. 800	→ nourishes Liver yin, benefits the eyes
Mori fructus (<i>sang shen</i>) p. 774	→ nourishes Lung yin, generates fluids, tonifies blood
Ecliptae herba (<i>han lian cao</i>) p. 790	→ nourishes the yin, cools blood, stops bleeding
Ligustri lucidi fructus (<i>nü zhen zi</i>) p. 794	→ cools heat, clears the eyes, increases leucocytes
Broussonetiae fructus (<i>chu shi zi</i>) p. 786	→ treats light-headedness and blurred vision

3. Nourishes yin, anchors yang

Trionycis carapax (*bie jia*) p. 814 → cools deficient heat, softens hardness and nodules

Testudinis carapax (*gui ban*) p. 812 → nourishes Kidney yin and strengthens the bones, stops bleeding

4. Secures essence

Sesami semen nigricum (*hei zhi ma*) → relieves constipation
p. 808

Herbs from other categories that also nourish and tonify

Achyranthis bidentatae radix (<i>niu xi</i>)	522
Aconiti radix lateralis praeparata (<i>zhi fu zi</i>)	388
Cinnamomi cassiae cortex (<i>rou gui</i>)	394
Coicis semen (<i>yi yi ren</i>)	308
Corni fructus (<i>shan zhu yu</i>)	822
Nelumbinis semen (<i>lian zi</i>)	842
Poria (<i>fu ling</i>)	334
Platycladi semen (<i>bai zi ren</i>)	438
Rehmanniae radix (<i>sheng di huang</i>)	168
Rubi fructus (<i>fu pen zi</i>)	848
Schisandrae fructus (<i>wu wei zi</i>)	850
Scrophulariae radix (<i>xuan shen</i>)	170
Taxilli herba (<i>sang ji sheng</i>)	810
Tritici fructus (<i>xiao mai</i>)	854, 444
Ziziphi spinosae semen (<i>suan zao ren</i>)	446

Astragali radix

Huang qi

黄芪

Family:	Fabaceae
Standard species:	<i>Astragalus membranaceus</i>
Variation:	<i>Astragali mongolici radix</i>
German:	Tragantwurzel, Astragaluswurzel
English:	astragalus root, milk-vetch root

Temperature

●●○ warm tendency

Taste

●●○ sweet

Organ relationship

●●● Spleen

●●● Lung

Direction of action

●●● ascending

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications

●●● Harmonizes and tonifies the qi

Fatigue, loss of appetite, indifference, weak digestion, diarrhoea

●●○ Raises collapsed yang

Spleen yang qi: prolapses, uterine prolapse, gastric prolapse, anal prolapse, heavy uterine bleeding

●●● Stabilizes the exterior

Heavy spontaneous sweating, catches cold easily, shortness of breath

●●○ Restrains sweating

Spontaneous sweating due to qi deficiency

●○○ Detoxifies and disinfects

Ulcers, opens sores that do not pustulate, chronic ulcers, pustules

●○○ Promotes urination

Ascites, oedema, swelling of the limbs or of the face due to qi deficiency

●●○ Stops bleeding

Bleeding

Physiological/pharmacological effects promotes haematopoiesis, in animal experiments shown to be immune stimulating, antihypertensive (dilates peripheral blood vessels), hepatoprotective, antibiotic, analgesic and sedative.

Toxicity do not use beyond the second trimester of pregnancy, may decrease amniotic fluids due to its mild diuretic effect

Commentary astragalus produces a resin-like gum that can be used as a bulk laxative. It is a perfect excipient for incenses because it has a neutral smoke when burned; it remains the most important excipient in the production of Chinese incense sticks and for German incense cones. The dried herb can be used topically and promotes wound healing. The charred herb has a strong effect on the middle burner and revives collapsed yang qi. Does not tonify the yuan (original) qi, therefore cannot be used in emergencies. Has a raising effect; use with care in hypertension.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Spleen qi deficiency with weakness, loose stools → *Atractylodes macrocephala* rhizoma (*bai zhu*) p. 708
- Qi and blood deficiency with heavy bleeding, fatigue, low-grade fevers, irritability, thirst, non-healing wounds, paraesthesias, numbness, painful qi obstruction → *Angelicae sinensis* radix (*dang gui*) p. 768
- Collapsed Spleen qi: anal prolapse, uterine prolapse, heavy uterine bleeding → *Cimicifugae* rhizoma (*sheng ma*) p. 56, *Bupleuri* radix (*chai hu*) p. 50
- Deficient wei qi with spontaneous sweating → *Saposhnikovia* radix (*fang feng*) p. 42, *Atractylodes macrocephala* rhizoma (*bai zhu*) p. 708
- Wind oedemas, numbness of the face, pain and swelling of the limbs, sweating, sensitivity to wind, decreased urine → *Stephaniae* radix (*fang ji*) p. 338, *Poria* (*fu ling*) p. 334, *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26
- Sweating during the day, worse during sleep → *Ostrea concha* (*mu li*) p. 428, *Tritici fructus* (*xiao mai*) p. 854
- Painful damp-wind obstruction of the shoulder → *Notopterygii* rhizoma (*qiang huo*) p. 256, *Curcumae longae* rhizoma (*jiang huang*) p. 536

Compatibility

- Promoted by *Poria* (*fu ling*) p. 334
- Impaired by *Dictamni cortex* (*bai xian pi*) p. 174

Contraindications yin deficiency with heat or fire symptoms; excess especially heat, damp-heat

Pregnancy use is allowed

Actrylodus macrocephalae rhizoma

白朮

Bai zhu

Family: Asteraceae
 Standard species: *Actrylodus macrocephala*
 German: Actryloduswurzelstock, Korbblütlergewächs
 English: (white) actrylodus rhizome

Temperature

●○○ warm

Taste

●○○ bitter

○○○ sweet

Organ relationship

●●● Spleen

●○○ Stomach

Direction of action

●○○ superficial

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●● **Harmonizes and tonifies the qi**

Fatigue, diarrhoea, loss of appetite, nausea

●●● **Harmonizes and tonifies the Spleen and Stomach**

Loss of appetite, fatigue, bloated abdomen, diarrhoea

●●● **Dries damp**

Oedema, decreased urination, fullness, loss of appetite, bloated abdomen, diarrhoea

●○○ **Promotes urination**

Swelling, decreased urination

●○○ **Stabilizes the exterior**

Spontaneous sweating

○○○ **Calms the fetus**

Premature contractions due to internal heat

Physiological/pharmacological effects furanosesquiterpene, which can be extracted from the volatile oils of the herb, has antimicrobial, hepatoprotective and weak analgesic, antiphlogistic, tumour-inhibiting and antioxidative actions. Recent research shows a mild diuretic effect, use with care in combination with other diuretics as a synergistic effect on fluid and electrolyte metabolism is possible; prolongs prothrombin time, inhibits platelet aggregation, therefore use with care in combination with anti-coagulants or thrombocyte aggregation inhibitors. Enhances the actions of omeprazole. Contains furanosesquiterpene, vitamin A.

Toxicity mild lymphopenia and anaemia have been observed in animal experiments.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Deficiency of the middle burner with cold signs; abdominal pain, distension, nausea, diarrhoea → *Codonopsis radix (dang shen)* p. 710, *Zingiberis rhizoma (gan jiang)* p. 408
- Spleen and Stomach deficiency with qi stagnation, lack of appetite, pain and distension of the epigastrium, fullness → *Aurantii fructus (zhi ke)* p. 482
- Spleen and Stomach deficiency with fluid accumulation, chest obstruction, oedema → *Poria (fu ling)* p. 334
- Damp-cold, painful obstruction, vaginal discharge → *Atractylodes rhizoma (cang zhu)* p. 286
- Spontaneous sweating → *Astragali radix (huang qi)* p. 706, *Tritici fructus (xiao mai)* p. 854, 444
- Restless fetus with internal heat → *Scutellariae radix (huang qin)* p. 184
- Restless fetus with qi stagnation, fullness of the chest and abdomen → *Citri reticulatae pericarpium (chen pi)* p. 488, *Perillae ramulus (su geng)*
- Dampness or phlegm, oedema → *Poria (fu ling)* p. 334, *Cinnamomi cassiae cortex (rou gui)* p. 394, *Arecae pericarpium (da fu pi)* p. 478

Compatibility

- Promoted by *Saposhnikoviae radix (fang feng)* p. 42, *Sanguisorbae radix (di yu)* p. 608
- Limited by *Persicae semen (tao ren)* p. 564, *Pruni semen (yu li ren)* p. 98, white cabbage

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Codonopsis radix**Dang shen**

党参

Family:	Campanulaceae
Standard species:	<i>Codonopsis pilosula</i>
German:	Glockenwindenwurz
English:	codonopsis root

Temperature

●●○ neutral

Taste

●●○ sweet

Organ relationship

●●● Spleen

●●● Lung

Direction of action

●●○ ascending

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications●●● **Harmonizes and tonifies the qi**Spleen qi deficiency: loss of appetite, fatigue, tires easily, weakness, diarrhoea, nausea.
Lung qi deficiency: chronic cough, shortness of breath, increased sputum●●○ **Raises the qi**

Diarrhoea, fatigue, prolapse, uterine, anal and gastric prolapse, facial swelling

●●○ **Harmonizes and tonifies the Spleen and Stomach**

Nausea, vomiting, fatigue, loss of appetite

●●○ **Generates fluids**

Febrile diseases, diabetes with thirst, injury to the fluids

Physiological/pharmacological effects animal experiments show adaptogen activity, immune stimulating, increases erythrocyte and macrophage counts, slight reduction in leucocytes and lymphocytes, improves circulation. Contains saponins, alkaloids.**Commentary** used as a substitute for Ginseng radix (*ren shen*) p. 714, increase the dosage six-fold. Does not tonify the yuan (original) qi nor the Heart qi; in case of yang collapse, use Ginseng radix (*ren shen*). Has a 'softer' effect than that of Ginseng radix (*ren shen*).**Dosage** 3–15 g, standard 8 g**Cooking time** 20 minutes



Combinations

- Spleen deficiency with lack of appetite, loose stools, nausea → *Atractylodis rhizoma* (*cang zhu*) p. 286
- Lung and Spleen deficiency with fatigue, shortness of breath, diarrhoea, lack of appetite → *Astragali radix* (*huang qi*) p. 706
- Injury to the fluids and qi with shortness of breath and thirst → *Schisandrae fructus* (*wu wei zi*) p. 850, *Ophiopogonis radix* (*mai men dong*) p. 802
- Qi and blood deficiency with muddled consciousness, weakness → *Angelicae sinensis radix* (*dang gui*) p. 768, *Rehmanniae radix praeparata* (*shu di huang*) p. 780

Compatibility do not use together with *Veratri nigri radix et rhizoma* (*li lu*)

Contraindications damp-heat, ascendant Liver yang

Pregnancy use with caution

Dioscoreae rhizoma**Shan yao**

山药

Family:	Dioscoreaceae
Standard species:	<i>Dioscorea opposita</i>
Variation:	Batatatis rhizoma
German:	Yamswurzelknollen
English:	Chinese yam, 'mountain herb'

Temperature

●○○ neutral

Taste

●●● sweet

Organ relationship

●○○ Spleen

●○○ Lung

○○○ Kidney

Direction of action

○○○ ascending

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications●○○ **Harmonizes and tonifies the qi**

Spleen qi deficiency: diarrhoea, fatigue, spontaneous sweating, loss of appetite, diarrhoea, vaginal discharge. Lung qi deficiency: chronic cough. Kidney qi: spermatorrhoea, urinary frequency, premature ejaculation

●○○ **Harmonizes and tonifies the Spleen and Stomach**

Diarrhoea, fatigue, spontaneous sweating, loss of appetite

●○○ **Tonifies yin**

Lung yin: chronic cough, scanty sputum. Spleen yin: diabetes, thirst, loss of fluids. Kidney yin: spermatorrhoea, urinary frequency

Physiological/pharmacological effects contains saponins, vitamin C.

Toxicity may occasionally cause abdominal distension or decreased appetite; the addition of *Citri reticulatae pericarpium* (*chen pi*) p. 488 reduces this effect.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Spleen deficiency with loose, watery stools, nausea → *Poria (fu ling)* p. 334, *Atractylodis rhizoma (cang zhu)* p. 286
- Spleen and Stomach deficiency with fatigue, lack of appetite, diarrhoea, vaginal discharge → *Codonopsis radix (dang shen)* p. 710, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708, *Lablab semen album (bian dou)* p. 720
- Spleen and Kidney deficiency with fatigue, weakness, lack of appetite, watery stools → *Codonopsis radix (dang shen)* p. 710
- Lung and Spleen deficiency with cough, thin, watery stools, lack of appetite, fatigue, loss of weight → *Codonopsis radix (dang shen)* p. 710
- Lung deficiency with cough → *Ophiopogonis radix (mai men dong)* p. 802, *Schisandrae fructus (wu wei zi)* p. 850
- Kidney deficiency with spermatorrhoea, nightsweats → *Rehmanniae radix praeparata (shu di huang)* p. 780, *Corni fructus (shan zhu yu)* p. 822
- Kidney deficiency with spermatorrhoea, urinary frequency → *Rehmanniae radix praeparata (shu di huang)* p. 780, *Corni fructus (shan zhu yu)* p. 822, *Mastodi fossilium ossis (long gu)* p. 426, *Amomi fructus rotundus (bai dou kou)* p. 282, *Mantidis oötheca (sang piao xiao)* p. 836
- Wasting and thirsting disorder, febrile infections, thirst, irritability → *Trichosanthis radix (tian hua fen)* p. 142, *Puerariae radix (ge gen)* p. 64

Compatibility impaired by *Euphorbiae kansui radix (gan sui)* p. 102

Contraindication all forms of excess

Pregnancy use allowed

Ginseng radix**Ren shen**

人參

Family:	Araliaceae
Standard species:	<i>Panax ginseng</i>
German:	Ginsengwurzel
English:	ginseng root, 'man root'

Temperature

●○ warm

Taste

●○ sweet

●○ bitter

Organ relationship

●●● Spleen

●●● Lung

●○ Heart

Direction of action

●● ascending

Site of action

Spleen and Stomach, middle burner, Lung

Actions/Indications●●● **Harmonizes and tonifies the qi**

Spleen qi deficiency: faint pulse, severe fatigue, weakness, loss of appetite, diarrhoea, chronic diarrhoea, prolapse (anal prolapse). Lung qi deficiency: shortness of breath, wheezing, profuse sweating, tonifies the Kidney qi and the yuan (original) qi

●●● **Raises the qi**

Diarrhoea, prolapse, uterine, anal and gastric prolapse

●○ **Generates fluids**

Febrile diseases, diabetes, injury to the fluids, high temperature, profuse sweating

●○ **Calms and anchors the spirit**

Tonifies the Heart qi: palpitations, anxiety, insomnia, forgetfulness, restlessness due to qi deficiency, blood deficiency

●●● **Harmonizes and tonifies the Spleen**

Fatigue, weakness, loss of appetite, diarrhoea

Physiological/pharmacological effects increases reaction and endurance (adaptogen), stimulates the immune system; used to tonify in cases of fatigue, weakness and forgetfulness, in convalescence and to improve memory. According to recent studies, it may prevent heart attacks, lowers serum cholesterol and glucose levels.

Toxicity excess use may lead to headache, insomnia, palpitations, increased blood pressure, oedema and diarrhoea. Overdose may cause pruritus, dizziness, fever and rashes; haemorrhage may occur; in women, painful breast swelling and postmenopausal bleeding have been reported.

Dosage 1–10 g, standard 3 g

Cooking time in order to optimize extraction of the ingredients from the root, boil for up to 3 hours and drink together with the decoction prepared from the remaining ingredients



Combinations

- Extreme collapse of the qi, Spleen yang deficiency, ice-cold limbs, shortness of breath → *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388
- Kidney deficiency, Kidneys cannot grasp the qi, wheezing → *Juglandis semen (hu tao ren)* p. 760
- Spleen deficiency: anorexia, diarrhoea, nausea, vomiting, bloated abdomen, fatigue → *Astragali radix (huang qi)* p. 706, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708, *Poria (fu ling)* p. 334, *Dioscoreae rhizoma (shan yao)* p. 712
- Qi and yin deficiency, shortness of breath, spontaneous sweating → *Schisandrae fructus (wu wei zi)* p. 850, *Ophiopogonis radix (mai men dong)* p. 802
- Heart and Spleen deficiency with palpitations, shortness of breath, lack of appetite, insomnia → *Angelicae sinensis radix (dang gui)* p. 768, *Longanae arillus (long yan rou)* p. 772, *Polygalae radix (yuan zhi)* p. 440
- Wasting and thirsting disorder following a febrile illness → *Rehmanniae radix (sheng di huang)* p. 168, *Trichosanthis radix (tian hua fen)* p. 142

Compatibility

- Promoted by *Poria (fu ling)* p. 334, *Asteris radix (zi wan)* p. 666
- Impaired by salt
- Limited by *Gleditsiae fructus (zao jiao)* p. 630, *Trogopteris faeces (wu ling zhi)* p. 150, *Glycinis testa (liu dou yi)* p. 452
- Do not use together with *Veratri nigri radix et rhizoma (li lu)*

Contraindications yin deficiency with heat or fire, damp-heat, ascendant Liver yang with hypertension

Pregnancy use is allowed

Glycyrrhizae radix**Gan cao**

甘草

Family:	Fabaceae
Standard species:	<i>Glycyrrhiza uralensis</i>
Variation:	Liquiritiae radix
German:	Süßholzwurzel
English:	liquorice root, 'sweet herb'

Temperature

●○○ neutral

Taste

●●● sweet

Organ relationship

●○○ Spleen

●○○ Lung

●○○ Stomach

●○○ Heart

●○○ Liver

Direction of action

●○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications●○○ **Harmonizes and tonifies the qi**

Qi and blood deficiency

●○○ **Harmonizes and tonifies the Spleen and Stomach**●○○ **Clears fire**

Furuncles, carbuncles, sores, ulcers, throat diseases

●○○ **Moistens dryness**

Cough, wheezing, asthma-like symptoms

●○○ **Detoxifies and disinfects**

Infections, poisoning, ulcers, sores

●○○ **Calms and anchors the spirit**

Heart qi deficiency: restlessness, nervousness

Physiological/pharmacological effects increases secretions, expectorant, anti-inflammatory, spasmolytic; used to treat upper respiratory catarrh, gastric and duodenal ulcers, chronic gastritis, to prevent gastric ulcers and to harmonize the flavours. Synergistic effects with corticosteroids and digoxin are possible, increases metabolism of chloral hydrate, barbiturates, caffeine, nicotine, cocaine, etc.

Toxicity long-term use in high doses (> 50 g/day) may lead to liquorice intoxication: its mineral corticoid effects cause sodium and water retention, decreased potassium, hypertension, oedema, heart complaints, in some cases myoglobinuria. Concomitant use of thiazides and loop diuretics potentiates the effects of *Glycyrrhizae radix*. Western physicians do not recommend administration during pregnancy.

Commentary the sweet juices soothe, sedate and calm the Liver. The dried herb clears fire whilst the prepared herb greatly tonifies the middle properties.

Dosage 1–15 g, standard 3 g

Cooking time 20 minutes



Combinations

- Spleen deficiency with lack of appetite, loose stools → Codonopsis radix (*dang shen*) p. 710
- Wind-cold in the Lung with cough, wheezing → Ephedrae herba (*ma huang*) p. 30, Armeniacae semen (*xing ren*) p. 664
- Pain and swelling of the throat → Platycodi radix (*jie geng*) p. 636, Arctii fructus (*niu bang zi*) p. 48
- Damp-heat rashes, acne vulgaris → Lonicerae flos (*jin yin hua*) p. 216
- Abscesses, toxic swellings → Taraxaci herba (*pu gong ying*) p. 250
- Abdominal pain, spasms, muscular twitching → Paeoniae radix lactiflora (*bai shao*) p. 776
- Heat, dry cough → Armeniacae semen (*xing ren*) p. 664, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650
- Stomach complaints, acidity → Sepiae endoconcha (*hai piao xiao*) p. 852, Arcae concha (*ua leng zi*) p. 642
- Used as an antidote to toxins → Phaseoli semen (*chi xiao dou*) p. 326

Compatibility

- Do not use together with Euphorbiae kansui radix (*gan sui*) p. 102, Genkwa flos (*yuan hua*) p. 106, Sargassum (*hai zao*) p. 658
- Promoted by Atractylodis rhizoma (*cang zhu*) p. 286, Sophorae flavescents radix (*ku shen*) p. 186
- Impaired by Polygalae radix (*yuan zhi*) p. 440
- Limited by pork meat
- Mitigates the toxicity of Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Evodiae fructus (*wu zhu yu*) p. 383 and other toxic herbs

Contraindications dampness, hypertension

Pregnancy use with caution

Jujubae fructus**Da zao**

大 枣

Family:	Rhamnaceae
Standard species:	<i>Zizyphus jujuba</i>
Variation:	<i>Zizyphi jujubae fructus</i>
German:	Jujubenfrüchte, chinesische Dattelfrüchte
English:	Chinese date, 'big date'

Temperature

○○ warm

Taste

●● sweet

Organ relationship

●○○ Spleen

●○○ Stomach

○○○ Heart

Direction of action

○○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications●●○ **Harmonizes and tonifies the qi**

Fatigue, tires easily, shortness of breath

●●○ **Harmonizes and tonifies the Spleen and Stomach**

Fatigue, tires easily

●○○ **Moistens dryness**

Tonifies the yin of the Spleen and Stomach, Heart yin; nervousness, depression, emotional lability, irritability

●○○ **Generates fluids**

Stomach and Heart yin deficiency

●○○ **Calms and anchors the spirit**

Symptoms of depression, nervousness, oversensitivity

○○○ **Tonifies blood**

Irritability, mood swings, depressed mood, lassitude

Physiological/pharmacological effects decreases irritation, anti-allergic and soothing. Used as a foodstuff and as a tonic to treat lack of appetite, to prevent liver damage and stress ulcers. Contains vitamins A, B₂, C.

Dosage 1–15 g, standard 3 g**Cooking time** 20 minutes



Combinations

- Spleen deficiency with weakness → Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Blood and nutritive qi deficiency → Asini corii colla (*e jiao*) p. 770, Angelicae sinensis radix (*dang gui*) p. 768
- Nervousness, depression, emotional lability → Glycyrrhizae radix (*gan cao*) p. 716, Triticum fructus (*xiao mai*) p. 444, 854
- Disharmony between the defensive (wei) and nutritive (ying) qi, tonification, improved assimilation of other herbs, regulates the Spleen and Stomach → Zingiberis rhizoma recens (*sheng jiang*) p. 46

Contraindications excess of the Spleen and Stomach, intestinal parasites, damp-heat

Pregnancy use is allowed

Lablab semen album

扁豆

Bian dou

Family:	Fabaceae
Standard species:	<i>Dolichos lablab</i>
Variation:	Lablab semen, Dolichoris semen album
German:	Helmbohnensamen
English:	hyacinth bean, 'flat bean'

Temperature

●○○ neutral, warm tendency

Taste

●○○ sweet

Organ relationship

●○○ Spleen

●○○ Stomach

Direction of action

●○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●○○ **Harmonizes and tonifies the Spleen**

Chronic diarrhoea, vaginal discharge

●○○ **Transforms dampness**

Diarrhoea, vaginal discharge, intestinal infections (dysentery), alcohol abuse

●○○ **Clears summerheat**

Diarrhoea, vomiting, fever

●○○ **Detoxifies and disinfects**

Diarrhoea, vomiting

●○○ **Harmonizes and tonifies the qi**

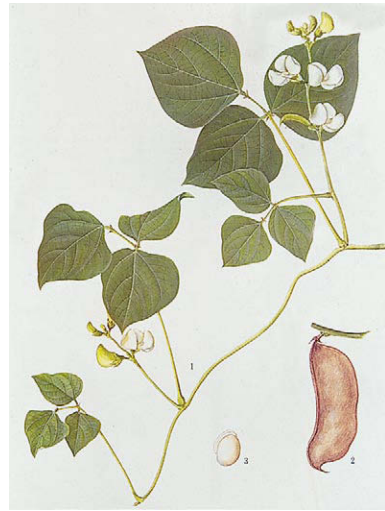
Digestive problems, tiredness, lack of appetite, loose stools, diarrhoea

Physiological/pharmacological effects recent studies show that the herb contains amylase and trypsin.

Toxicity the raw (unprepared) herb is poisonous: when used in unprepared form and in high doses in animal experiments, shown to retard growth and cause hepatic damage.

Dosage 6–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Summerheat with dampness, collapse → *Moslae herba (xiang ru)* p. 36, *Magnoliae cortex (hou po)* p. 292
- Spleen deficiency with diarrhoea, vaginal discharge → *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708, *Dioscoreae rhizoma (shan yao)* p. 712
- Dampness and summerheat with diarrhoea, vomiting → *Nelumbinis folium (he ye)* p. 134, *Agastachis herba (huo xiang)* p. 278

Contraindications intermittent fever and chills, cold

Pregnancy use allowed

Maltose**Yi tang**

饴糖

Chemical name: Maltose (disaccharide)
 Variation: Saccharum granorum
 German: Getreidezucker, Malzzucker
 English: barley malt sugar

Temperature

●●○ warm

Taste

●●● sweet

Organ relationship

●●○ Spleen
 ●●○ Stomach
 ●●○ Lung

Direction of action

●○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●○ **Harmonizes and tonifies the qi**

Diarrhoea, poor digestion, abdominal pain

●●○ **Harmonizes and tonifies the Spleen and Stomach**

Abdominal pain, diarrhoea, weak digestion

●●○ **Relieves pain**

Abdominal pain, stomach pain due to cold with diarrhoea

●●○ **Moistens dryness**

Dry cough, scanty sputum, shortness of breath, weak voice

●●○ **Stops coughing**

Dry cough, scanty sputum, shortness of breath

●●○ **Dispels cold**

Cold deficiency of the Spleen and Stomach: stomach pain with diarrhoea

Dosage 30–60 g, standard 30 g

Cooking time add towards the end of cooking, dissolve in the hot, strained decoction



Combinations

- Spleen and Stomach deficiency with weak digestion → Codonopsis radix (*dang shen*) p. 710, Astragali radix (*huang qi*) p. 706
- Cold Spleen deficiency, epigastric pain, diarrhoea → Cinnamomi cassiae cortex (*rou gui*) p. 394, Paeoniae radix lactiflora (*bai shao*) p. 776, Glycyrrhizae radix (*gan cao*) p. 716
- Lung deficiency, cough, shortness of breath → Glehniae radix (*bei sha shen*) p. 792, Stemonae radix (*bai bu*) p. 676, Armeniacae semen (*xing ren*) p. 664
- Wind-cold in debilitated, chronically ill patients, postoperative convalescence → Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Paeoniae radix lactiflora (*bai shao*) p. 776, Glycyrrhizae radix (*gan cao*) p. 716, Astragali radix (*huang qi*) p. 706

Contraindications dampness and damp-heat, nausea; do not use to treat childhood nutritional impairment

Pregnancy use is allowed

Mel

Feng mi

蜂蜜

German: Bienenhonig
English: bee honey

Temperature

○○ neutral

Taste

●●● sweet

Organ relationship

○○○ Spleen

○○○ Lung

○○○ Large Intestine

Direction of action

○○○ descending

Site of action

Middle burner

Actions/Indications

●○○ Tonifies and supplements the qi

Fatigue, lack of appetite, weakness, shortness of breath, diarrhoea

●○○ Relieves pain

Abdominal pain, pain in hernias caused by cold

●○○ Moistens dryness

Decreased fluids following a warm pathogen disease or due to old age, constipation, dry cough, dry throat

●○○ Stops cough

Dry cough, chronic cough, blood-tinged sputum

●○○ Harmonizes the Intestines

Constipation, especially in elderly patients, abdominal pain, dysentery, diarrhoea

●○○ Detoxifies and disinfects

Mouth sores, ulcerations, lesions, duodenal or gastric ulcers, poisoning caused by *Aconitum radix lateralis praeparata* (*zhi fu zi*) p. 388

●○○ Eczema, burns and ulcerations

External use to treat burns, ulcerations, stagnation such as mastitis

Physiological/pharmacological effects hepatoprotective, antibiotic.

Toxicity allergic reactions have been observed in children: urticaria and gastrointestinal disturbances.

Commentary commonly used as an excipient in the manufacture of pills; honey slows down the release of herbs in the gastrointestinal tract, improves absorption and thus the therapeutic effect.

Dosage 15–30 g



Combinations

- Abdominal pain → *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Glycyrrhizae radix* (*gan cao*) p. 716, *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26, *Zingiberis rhizoma* (*gan jiang*) p. 408
- Pain due to cold, hernias → *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388
- Deficiency of blood and yin (fluids) → *Rehmanniae radix* (*sheng di huang*) p. 168, *Cervi cornu* (*lu rong*) p. 734, *Zingiberis rhizoma* (*gan jiang*) p. 408
- Chronic cough → *Zingiberis rhizoma recens* (*sheng jiang*) p. 46
- Chronic cough → *Perillae fructus* (*zi su zi*) p. 634, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46, *Rehmanniae radix* (*sheng di huang*) p. 168, *Armeniacae semen* (*xing ren*) p. 664
- Chronic cough with blood-tinged sputum → *Ginseng radix* (*ren shen*) p. 714, *Rehmanniae radix* (*sheng di huang*) p. 168, *Poria* (*fu ling*) p. 334
- Constipation caused by blood deficiency → *Angelicae sinensis radix* (*dang gui*) p. 768, *Sesami semen nigrum* (*hei zhi ma*) p. 808
- Constipation caused by yin deficiency → *Scrophulariae radix* (*xuan shen*) p. 170, *Anemarrhenae rhizoma* (*zhi mu*) p. 120, *Rehmanniae radix* (*sheng di huang*) p. 168
- Constipation with qi stagnation → *Aurantii fructus* (*zhi ke*) p. 482, *Armeniacae semen* (*xing ren*) p. 664, *Aquilariae lignum* (*chen xiang*) p. 476

Contraindications use with care in cases of dampness, phlegm and loose stools, diarrhoea, sensation of clumping and fullness of the abdomen

Pregnancy use is allowed

Polygonati rhizoma

Huang jing

黄精

Family: Liliaceae
 Standard species: *Polygonatum sibiricum*
 German: Sibirischer-Weißwurz-Wurzelstock, Salomonsiegel
 English: polygonatum rhizome, Siberian Solomon's seal, 'yellow essence'

Temperature

●●○ neutral

Taste

●●○ sweet

Organ relationship

●●○ Spleen

●●○ Lung

●●○ Kidney

Direction of action

●○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●○ **Harmonizes and tonifies the qi**

Spleen qi: fatigue, lassitude, weak digestion. Lung qi: cough with scanty sputum

●○○ **Tonifies yin**

Dry cough, cough due to consumption

●○○ **Generates fluids**

Injury to the fluids, dryness

●○○ **Tonifies the Kidneys**

Lower back pain, headache, weakness in the legs

Physiological/pharmacological effects recent studies report on the antibiotic properties of the herb and its use in treating tuberculosis; in animal experiments shown to lower glucose and lipid levels. The related western herb *Polygonatum multiflorum* has astringent, anti-inflammatory effects, calms the stomach and is used as a tonic (obsolete).

Dosage 6–15 g, standard 8 g

Cooking time 20 minutes



Combinations

- Chronic wasting disease, weakness, emaciation, loss of appetite, fatigue → Ginseng radix (*ren shen*) p. 714
- Spleen qi deficiency → Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Stomach yin deficiency → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792, Ophiopogonis radix (*mai men dong*) p. 802
- Weakness of the back and knees, lassitude, lack of appetite → Lycii fructus (*gou qi zi*) p. 800
- Lung qi and yin deficiency with dry cough → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Kidney and Liver deficiency with pain and weakness of the back and knees → Dipsaci radix (*xu duan*) p. 750
- Qi and blood deficiency: jaundice, muscular atrophy, weakness, fatigue → Angelicae sinensis radix (*dang gui*) p. 768
- Wasting and thirsting disorder → Dioscoreae rhizoma (*shan yao*) p. 712, Trichosanthis radix (*tian hua fen*) p. 142, Astragali radix (*huang qi*) p. 706, Lycii fructus (*gou qi zi*) p. 800

Compatibility limited by Mume fructus (*wu mei*) p. 838

Contraindications dampness, phlegm, diarrhoea due to cold

Pregnancy use is allowed

Pseudostellariae radix **Hai er shen**

孩儿参

Family: Caryophyllaceae
 Standard species: *Pseudostellariae heterophyllus*
 German: Sternmierenwurzel
 English: pseudostellaria, 'child root'

Temperature

●○○ neutral

Taste

●○○ sweet

○○○ bitter

Organ relationship

●○○ Spleen

●○○ Lung

○○○ Heart

Direction of action

○○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●○○ **Harmonizes and tonifies the qi**

Fatigue, lack of appetite, spontaneous sweating, emaciation, exhaustion following prolonged illness

●○○ **Harmonizes and tonifies the Spleen and Stomach**

Fatigue, lassitude, lack of appetite

●○○ **Generates fluids**

Dry mouth, thirst, palpitations, febrile infections in children (summerheat symptoms)

Physiological/pharmacological effects recent studies report effectiveness in the treatment of neurasthenia. Contains saponins.

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Qi deficiency, lassitude, irritability, insomnia, sweating → *Schisandrae fructus* (*wu wei zi*) p. 850, *Ziziphi spinosae semen* (*suan zao ren*) p. 446
- Spleen deficiency with lethargy, lack of appetite → *Dioscoreae rhizoma* (*shan yao*) p. 712, *Lablab semen album* (*bian dou*) p. 720
- Qi and yin deficiency following febrile illness → *Adenophorae radix* (*nan sha shen*) p. 782, *Glehniae radix* (*bei sha shen*) p. 792, *Dioscoreae rhizoma* (*shan yao*) p. 712, *Lycii fructus* (*gou qi zi*) p. 800

Compatibility do not use together with *Veratri nigri radix et rhizoma* (*li lu*)

Pregnancy use is allowed

Alpiniae oxyphyllae fructus**Yi zhi ren**

益智仁

Family:	Zingiberaceae
Standard species:	<i>Alpinia oxyphyllae</i>
Variation:	<i>Zingiberis nigri fructus</i>
German name:	Schwarzer Ingwer
English:	alpinia oxyphyllae fruit, black cardamom, 'benefit intelligence nut'

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Spleen

●●● Kidney

Direction of action

●●○ ascending

Site of action

Lower burner

Actions/Indications●●○ **Tonifies yang**

Spermatorrhoea, urine incontinence, dribbling

●●○ **Secures the essence**

Spermatorrhoea, urine incontinence, dribbling

●●● **Tonifies the Kidneys**

Urinary incontinence, frequent urination, weakness of the lower extremities

●●○ **Secures the urine**

Urine incontinence, frequent urination, dribbling

●●○ **Warms cold**

Urine incontinence, sensation of cold in the hip or knee, diarrhoea, sensation of cold in the abdomen

●○○ **Stops diarrhoea**

Diarrhoea due to cold

Physiological/pharmacological effects cardiotonic, antineoplastic**Dosage** 3–9 g, standard 3 g**Cooking time** 20 minutes



Combinations

- Cold deficiency in the Spleen and Kidney → *Linderæ radix (wu yao)* p. 498, *Dioscoreæ rhizoma (shan yao)* p. 712
- Cold deficiency of the middle burner → *Poria (fu ling)* p. 334, *Dioscoreæ rhizoma (shan yao)* p. 712, *Pinellie rhizoma (ban xia)* p. 82
- Cold deficiency of the middle burner with sensation of cold in the abdomen, nausea, lack of appetite, excessive salivation → *Codonopsis radix (dang shen)* p. 710, *Pinellie rhizoma (ban xia)* p. 82, *Poria (fu ling)* p. 334
- Cold in the Spleen and Kidney with abdominal pain, vomiting, diarrhoea → *Atractylodis macrocephalæ rhizoma (bai zhu)* p. 708, *Zingiberis rhizoma (gan jiang)* p. 408
- To prevent yin deficiency heat → *Dioscoreæ rhizoma (shan yao)* p. 712

Contraindication heat or fire symptoms

Pregnancy use is allowed

Astragali semen

Sha yuan ji li

沙苑蒺藜

Family: Fabaceae
 Standard species: *Astragalus complanus*
 German: Tragantsamen
 English: flattened milkvetch seed

Temperature

●○○ warm

Taste

●○○ sweet

Organ relationship

●○○ Liver

●○○ Kidney

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications

●●● Tonifies yang

Spermatorrhoea, urine incontinence, dribbling

●○○ Secures the essence

Spermatorrhoea, urine incontinence, dribbling

●○○ Tonifies the Kidneys

Weakness of the lower extremities, urinary incontinence, spermatorrhoea

●○○ Harmonizes and soothes the Liver

Urine incontinence, frequent urination, dribbling

●○○ Clears the eyes and head

Visual disturbances, floaters, Liver and Kidney deficiency

Dosage 6–20 g, standard 10 g

Cooking time 20 minutes



Combinations

- Kidney and Liver deficiency with impotence, premature ejaculation, enuresis, vaginal discharge → Rubi fructus (*fu pen zi*) p. 848
- Kidney and Liver deficiency with spermatorrhoea, enuresis, fatigue, lumbar pain, incontinence, vaginal discharge → Euryalis semen (*qian shi*) p. 826, Nelumbinis semen (*lian zi*) p. 842
- Enuresis, also at night → Euryalis semen (*qian shi*) p. 826
- Kidney and Liver deficiency, lumbar pain → Eucommiae cortex (*du zhong*) p. 756
- Kidney and Liver deficiency with blurred vision → Lycii fructus (*gou qi zi*) p. 800, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Yin deficiency with blurred vision → Lycii fructus (*gou qi zi*) p. 800, Rehmanniae radix praeparata (*shu di huang*) p. 780, Ligustri lucidi fructus (*ni zhen zi*) p. 794, Rehmanniae radix (*sheng di huang*) p. 168
- Cataract → Lycii fructus (*gou qi zi*) p. 800, Rehmanniae radix praeparata (*shu di huang*) p. 780, Acori rhizoma (*chang pu*) p. 268
- Liver and Kidney yin deficiency with blurred vision → Cassiae semen (*jue ming zi*) p. 146, Chrysanthemi flos (*ju hua*) p. 52, Lycii fructus (*gou qi zi*) p. 800
- Secures the essence → Cuscutae semen (*tu si zi*) p. 746, Mastodi fossilium ossis (*long gu*) p. 426, Euryalis semen (*qian shi*) p. 826, Ostrea concha (*mu li*) p. 428

Contraindications yin deficiency with heat or fire symptoms, hyperactive sex drive

Pregnancy use is allowed

Cervi cornu**Lu rong**

鹿茸

Family:	Cervidae
Zoological name:	<i>Cervus nippon</i> , <i>Cervus elaphus</i>
Variation:	Cervi cornu pantotrichum
German:	Hirschhorn
English:	deer velvet

Temperature

●●○ warm

Taste

●●○ sweet

●●○ salty

Organ relationship

●●● Kidney

●●○ Liver

Direction of action

●○○ descending

Site of action

Interior, lower burner

Actions/Indications**●●● Tonifies the Kidneys**

Impotence, spermatorrhoea, weakness and soreness in the lower back and the knees, weakness of the locomotor system, weak joints, light-headedness, tinnitus

●●● Tonifies the yang

Fatigue, impotence, cold limbs, tinnitus, weakness and soreness in the lower back and knees, frequent copious clear urination

●●● Regulates the chong mai vessel

Infertility, leucorrhoea, dysfunctional uterine bleeding

●●○ Stabilizes the du mai vessel

Vaginal discharge, uterine bleeding, infertility

●●● Tonifies the du mai vessel

Weakness and soreness in the lower back and knees, cold and weak limbs, mental retardation in children, growth retardation, skeletal deformities

●●● Strengthens the sinews and the bones

Weak lower back and knees, wasting of the lower limbs, deficient bone, muscle and sinew development in children, non-healing fractures

●●○ Secures the essence

Impotence, infertility, spermatorrhoea, weakness in the lower back and knees, in the legs, light-headedness

●●○ Tonifies blood

Severe anaemia, chronic ulcerations due to qi and blood deficiency, non-healing fractures

Physiological/pharmacological effects increases serum glucose levels (use with care in combination with diabetic medication), if combined with acetylsalicylic acid may cause or worsen gastrointestinal ulcers. Positive chronotropic and inotropic action with moderate dosages; higher dosages have negative chronotropic and inotropic effects, leading to vasodilatation. One component has been shown to have a generally tonifying effect and promotes healing of wounds and fractures.

Commentary this medicinal is now farmed in many countries, not only in China and Japan.

Dosage 1–2 g as a powder added to the finished decoction



Combinations

- Impotence due to deficiency of the Kidney yang → Dioscoreae rhizoma (*shan yao*) p. 712
- Impotence, exhaustion → Ginseng radix (*ren shen*) p. 714, Lycii fructus (*gou qi zi*) p. 800, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Exhaustion, weakness of the lower back, weakness of the legs, aversion to cold → Cuscutae semen (*tu si zi*) p. 746, Cistanchis herba (*rou cong rong*) p. 738
- Uterine bleeding, clear vaginal discharge → Rehmanniae radix praeparata (*shu di huang*) p. 780, Cistanchis herba (*rou cong rong*) p. 738, Sepiae endoconcha (*hai piao xiao*) p. 852
- Severe anaemia → Astragali radix (*huang qi*) p. 706, Codonopsis radix (*dang shen*) p. 710, Angelicae sinensis radix (*dang gui*) p. 768
- Copious vaginal discharge → Cibotii rhizoma (*gou ji*) p. 736
- Improves healing of fractures, injuries → Acanthopanax cortex (*wu jia pi*) p. 348, Drynariae rhizoma (*gu sui bu*) p. 752, Epimedii herba (*yin yang huo*) p. 754

Contraindications deficient heat, hot phlegm in the Lung and Stomach, fire in the Stomach, bleeding due to yin deficiency fire

Pregnancy use is allowed

Toxicity possible side-effects: gastrointestinal bleeding with melaena, dizziness, sweating, discomfort in the epigastrium, nausea, tachycardia, renal dysfunction. Allergic reactions have also been observed: pruritus, exanthemas, facial oedema and anaphylactic shock. Overdose: tremor, dyspnoea, tearing, redness and itching of the skin, dysfunction of the digestive tract.

Cibotii rhizoma**Gou ji**

狗脊

Family:	Dicksoniaceae
Standard species:	<i>Cibotium barometz</i>
German:	Cibotiumwurzelstock, Farnart
English:	chain fern rhizoma, 'dog spine'

Temperature

●○○ warm

Taste

●○○ bitter

●○○ sweet

Organ relationship

●○○ Liver

●○○ Kidney

Direction of action

●○○ deep

Site of action

Lower burner, du mai channel

Actions/Indications●●● **Harmonizes and tonifies the Liver**

Debility, motor impairment, weakness of the legs, back or vertebral column

●○○ **Strengthens sinews and bones**

Weakness of sinews and bones, debility

●○○ **Dispels wind-dampness**

Painful obstruction syndrome especially of the back, pain, numbness, stiffness, swelling of the legs

●○○ **Tonifies yang**

Debility, motor impairment, incontinence of urine, vaginal discharges

●○○ **Softens hardness**

Stiffness of the muscles and sinews, tightness

Commentary the standard sources make a correlation between the plant's appearance and name to its effect; *gou* means 'dog' and *ji* means 'backbone'.**Dosage** 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Kidney and Liver deficiency, lumbar pain, weakness and stiffness, leg weakness → *Eucommiae cortex (du zhong)* p. 756, *Achyranthis bidentatae radix (niu xi)* p. 522
- Wind-dampness with painful obstruction of the lower back, rheumatic pain → *Cinnamomi cassiae ramulus (gui zhi)* p. 26, *Gentianae macrophyllae radix (qin jiao)* p. 362, *Cinnamomi cassiae cortex (rou gui)* p. 394, *Achyranthis bidentatae radix (niu xi)* p. 522, *Clematidis armandii caulis (chuan mu tong)* p. 306
- Swelling of the legs following prolonged illness → *Angelicae sinensis radix (dang gui)* p. 768
- Excess in the Kidney with lumbar pain → *Cuscutae semen (tu si zi)* p. 746
- Lumbar pain, polyuria → *Chaenomelis fructus (mu gua)* p. 354, *Acanthopanax cortex (wu jia pi)* p. 348

Compatibility

- Promoted by *Dioscoreae hypoglaucae rhizoma (bi xie)* p. 312
- Impaired by *Patriniae herba (bai jiang cao)* p. 224, *Cyperii rhizoma (xiang fu)* p. 494

Contraindications yin deficiency with heat or fire symptoms, urinary difficulty

Pregnancy use is allowed

Cistanchis herba

Rou cong rong

肉苁蓉

Family:	Orobanchaceae
Standard species:	<i>Cistanche deseticola</i>
Variation:	<i>Cistanchis salsae caulis</i>
German:	Wüstencistanchenkraut
English:	cistanche, fleshy spine of the bloom rape

Temperature

●●○ warm

Taste

●○○ sweet

●○○ salty

Organ relationship

●●● Kidney

●●○ Large Intestine

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications

●●○ Tonifies yang

Impotence, spermatorrhoea, incontinence of urine, dribbling pain in the loins, knee, cold sensation in the lower back

●●○ Secures the essence

Impotence, infertility, urinary incontinence, weakness of the lower back and knee

●●○ Warms the yang

Pain in the loins, knee, cold sensation in the lower back

●●○ Warms the uterus

Infertility due to cold, uterine bleeding, vaginal discharge

●●○ Tonifies blood

Constipation, bleeding disorders

●○○ Moistens dryness

Constipation, constipation in elderly patient, constipation following long illness, postpartum

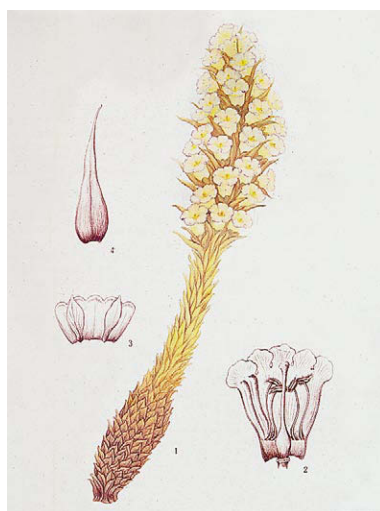
●○○ Laxative

Constipation due to qi or blood deficiency

Physiological/pharmacological effects increases salivation; immune stimulating, stimulates the endocrine system, increased neurotransmitter activity (norepinephrine, dopamine, serotonin), which may lead to interaction with sympathomimetic agents, monoamine oxidase (MAO) inhibitors or tricyclic antidepressants; increases intestinal peristalsis, increases water absorption in the intestines, relieves constipation; animal experiments have shown that one of the ingredients depresses respiration; contains alkaloids.

Dosage 10–20 g, standard 10 g

Cooking time 20 minutes



Combinations

- Impotence, cold sensation in the lower back → *Cynomorii caulis* (*suo yang*) p. 748
- Kidney deficiency with impotence, weakness of the legs and lower back → *Corni fructus* (*shan zhu yu*) p. 822, *Cuscutae semen* (*tu si zi*) p. 746, *Schisandrae fructus* (*wu wei zi*) p. 850
- Kidney deficiency with pain and weakness of the lower back, weakness in the sinews and bones → *Eucomniae cortex* (*du zhong*) p. 756, *Morindae radix* (*ba ji tian*) p. 762
- Kidney deficiency with impotence, spermatorrhoea, premature ejaculation, cold pains in the lower back and knees → *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Cuscutae semen* (*tu si zi*) p. 746, *Corni fructus* (*shan zhu yu*) p. 822, *Dipsaci radix* (*xu duan*) p. 750, *Psoraleae fructus* (*bu gu zhi*) p. 764
- Qi and blood deficiency with constipation in elderly patients → *Cannabis semen* (*huo ma ren*) p. 96, *Aquilariae lignum* (*chen xiang*) p. 476, *Platycladi semen* (*bai zi ren*) p. 438

Contraindications yin deficiency with heat or fire symptoms, diarrhoea from weak Stomach or Spleen

Pregnancy use is allowed

Cnidii fructus

She chuang zi

蛇床子

Family: Apiaceae
 Standard species: *Cnidium monnieri*
 German: Brenndoldenfrucht
 English: cnidium seeds, 'snake's bed seeds'

Temperature

●○○ warm

Taste

○○○ pungent

○○○ bitter

Organ relationship

●●○ Kidney

○○○ Spleen

Direction of action

○○○ deep

Site of action

Lower burner, Lung

Actions/Indications

●●● Tonifies yang

Infertility

●●○ Warms the yang

Impotence

●●○ Secures the essence

Infertility, impotence

●●○ Dries dampness

Skin diseases: lichen, parasites

●●● Detoxifies and disinfects

Lichen, parasites, pruritic skin lesions, especially in the genitals (external use)

●●○ Dries damp-cold

Vaginal discharge, pain in the lower back

Physiological/pharmacological effects in vitro antifungal action (dermal fungi). Used to treat trichomonal cervicitis.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Deficiency of the Kidney with infertility → *Schisandrae fructus (wu wei zi)* p. 850, *Cuscutae semen (tu si zi)* p. 746
- Itchy weeping skin lesions → *Sophorae flavescens radix (ku shen)* p. 186, *Stemonae radix (bai bu)* p. 676
- Damp-cold, vaginal discharge → *Corni fructus (shan zhu yu)* p. 822, *Cyperii rhizoma (xiang fu)* p. 494, *Plantaginis semen (che qian zi)* p. 328
- Damp-cold, pain in the lower back → *Taxilli herba (sang ji sheng)* p. 810, *Eucommiae cortex (du zhong)* p. 756, *Gentianae radix (long dan cao)* p. 178
- Itching, trichomonas infections (use as vaginal suppository) → *Alumen (ming fan)* p. 876, *Phellodendri cortex (huang bai)* p. 180

Compatibility limited by *Moutan cortex (mu dan pi)* p. 164, *Fritillariae thunbergii bulbus (zhe bei mu)* p. 650

Contraindications damp-heat in the lower burner, yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Cordyceps sinensis**Dong chong xia cao**

冬虫夏草

Family:	Hypocreaceae
Zoological name:	<i>Cordyceps sinensis</i>
German:	Pilze der Mottenlarve
English:	cordyceps, Chinese caterpillar fungus

Temperature

●●○ warm

Taste

●●○ sweet

Organ relationship

●●● Lung

●●● Kidney

Direction of action

●○○ ascending

Site of action

Lung, lower burner

Actions/Indications●●● **Tonifies yin**

Cough, wheezing, bloody sputum, nightsweats

●●● **Tonifies yang**

Impotence, spermatorrhoea, weakness, cough, sweating, chills

●●○ **Restrains blood**

Bloody sputum

●○○ **Dislodges phlegm**

Phlegm, bloody sputum

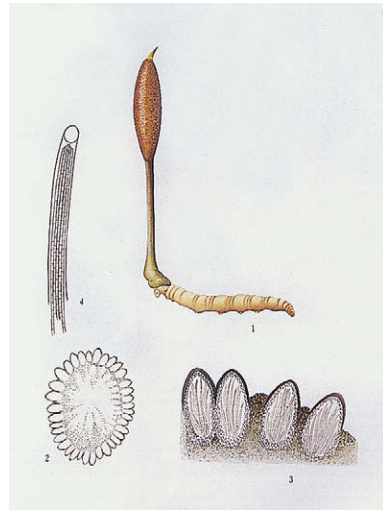
Physiological/pharmacological effects in vitro antibiotic; used to treat tuberculosis and pneumonia; animal experiments have shown a sedative effect, immune stimulating, lowers lipids, raises high-density lipoprotein, antineoplastic, broncho-dilating, augments sperm count and motility; recent use to treat carcinomas (especially pulmonary), hyperlipidaemia and hypertension.

Toxicity possible side-effects: headache, irritability, restlessness, facial or leg oedema, epistaxis, decreased urination. Overdose can initially lead to sedation then to excitation, spasms, convulsions and respiratory depression.

Commentary very expensive herb, rarely available

Dosage 3–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney yang deficiency with weakness of the legs and lower back, impotence, soreness of the lower back → Eucommiae cortex (*du zhong*) p. 756, Epimedii herba (*yin yang huo*) p. 754, Cistanchis herba (*rou cong rong*) p. 738
- Lung qi deficiency with cough, wheezing, blood-stained sputum, chest pain → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650, Asini corii colla (*e jiao*) p. 770
- Defensive (wei) qi deficiency with debility, dizziness, spontaneous sweating, decreased resistance → duck meat, chicken, pork, fish
- Lung deficiency with cough, blood-tinged sputum → Glehniae radix (*bei sha shen*) p. 792, Ophiopogonis radix (*mai men dong*) p. 802, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Kidney deficiency with impotence, shivers → Lycii fructus (*gou qi zi*) p. 800, Corni fructus (*shan zhu yu*) p. 822, Dioscoreae rhizoma (*shan yao*) p. 712

Contraindication wind-cold

Pregnancy use is allowed

Curculiginis rhizoma

仙茅

Xian mao

Family: Liliaceae
 Standard species: *Curculigo orchioides*
 German: Rüssellilienwurzelstock
 English: golden eye grass rhizome, 'immortal grass'

Temperature

●○○ hot

Taste

●○○ pungent

Organ relationship

●●● Kidney

●○○ Liver

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications

●●● Tonifies yang

Impotence, spermatorrhoea, incontinence of urine

●●● Warms the yang

Shivering, cold stiff limbs

●●● Warms the uterus

Infertility due to cold

●●● Warms cold

Shivering, cold sensation, cold limbs, pain, generalized pain, weakness of the sinews and bones, weakness of the lower back and knees

●○○ Disperses wind-damp

Painful obstruction syndrome

●○○ Disperses wind-cold

Painful obstruction (*bi*) syndrome, pain in the extremities**Physiological/pharmacological effects** in animal experiments shown to stimulate the immune system and reproductive organs.**Toxicity** toxic reactions such as numbness and swelling of the tongue have been observed, therefore do not administer long term. Toxic effects are relieved by a decoction made of *Rhei rhizoma* (*da huang*), *Coptidis rhizoma* (*huang lian*), *Scutellariae radix* (*huang qin*).**Dosage** 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Cold deficiency in the Kidney, shivering, impotence, stiff painful joints → Epimedii herba (*yin yang huo*) p. 754
- Impotence, spermatorrhoea, pain in the lower back and legs → Eucommiae cortex (*du zhong*) p. 756
- Damp-cold and cold pains in the lower back and legs → Asari herba (*xi xin*) p. 24

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Cuscutae semen**Tu si zi**

菟丝子

Family:	Convolvulaceae
Standard species:	<i>Cuscuta chinensis</i>
German:	Teufelszwirnsamen
English:	Chinese dodder seeds

Temperature

●●○ neutral

Taste

●●○ pungent

●○○ sweet

Organ relationship

●●● Kidney

●●○ Liver

●○○ Spleen

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications

●●○ Tonifies yang

Impotence, spermatorrhoea, premature ejaculation, tinnitus, frequent urination, dribbling, scanty or absent micturition, pain in the loins, vaginal discharge

●●○ Secures the essence

Dizziness, light-headedness, tinnitus, blurred vision, visual impairment, floaters

●●○ Restless fetus

Premature contractions, habitual abortion

●○○ Harmonizes and tonifies the qi

Chronic diarrhoea, loss of appetite

●○○ Raises the qi

Diarrhoea, light-coloured stools

●●○ Stops diarrhoea

Chronic diarrhoea

●●○ Benefits the eyes

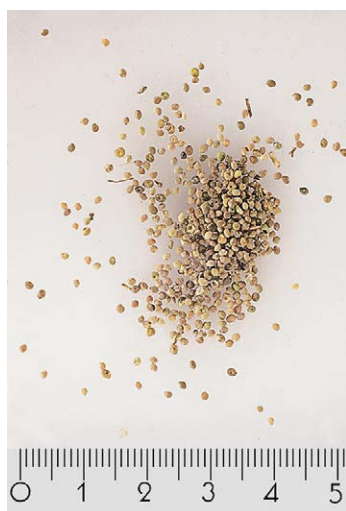
Decreased visual acuity, blurred vision, floaters

Physiological/pharmacological effects contains vitamin A, glycoside. The related western herb *Cuscuta epithimum* has a laxative effect.

Commentary used to treat premature contractions and threatened abortion.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Kidney deficiency with spermatorrhoea, premature ejaculation, lumbar pain → Psoraleae fructus (*bu gu zhi*) p. 764, Eucommiae cortex (*du zhong*) p. 756, Corni fructus (*shan zhu yu*) p. 822, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Spleen and Kidney deficiency with poor appetite, watery loose stools, diarrhoea → Dioscoreae rhizoma (*shan yao*) p. 712, Poria (*fu ling*) p. 334, Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Forsythiae fructus (*lian qiao*) p. 200
- Liver and Kidney deficiency with blurred vision, floaters → Plantaginis semen (*che qian zi*) p. 328, Lycii fructus (*gou qi zi*) p. 800, Ligustri lucidi fructus (*ni zhen zi*) p. 794
- Kidney deficiency, restless fetus, threatened abortion → Dipsaci radix (*xu duan*) p. 750, Taxilli herba (*sang ji sheng*) p. 810, Eucommiae cortex (*du zhong*) p. 756
- Kidney deficiency with spermatorrhoea, premature ejaculation, impotence, dribbling, tinnitus, lumbar pain → Lycii fructus (*gou qi zi*) p. 800, Ligustri lucidi fructus (*ni zhen zi*) p. 794, Eucommiae cortex (*du zhong*) p. 756, Astragali semen (*sha yuan ji li*) p. 732

Compatibility promoted by alcohol, Dioscoreae rhizoma (*shan yao*) p. 712

Contraindications Kidney deficiency with fire symptoms, constipation

Pregnancy use is allowed

Cynomorii caulis**Suo yang**

销阳

Family:	Cynomoriaceae
Standard species:	<i>Cynomorium songaricum</i>
Variation:	Cynomorii songarici herba
German:	Hundskolbenkraut, Feuerspornkraut
English:	fleshy stem of cynomorium, 'lock yang'

Temperature

●●○ warm

Taste

●●○ sweet

Organ relationship

●●○ Liver

●●○ Kidney

●○○ Large Intestine

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications●●● **Tonifies yang**

Impotence, spermatorrhoea, frequent urination, pain in the loins or knee

●●○ **Secures the essence**

Weakness of the sinews and bones, paralysis due to deficiency of blood or essence

●○○ **Tonifies blood**

Weakness, atrophy of the sinews and bones, paralyses, paraesthesias

●●○ **Strengthens sinews and bones**

Blood deficiency, jing deficiency

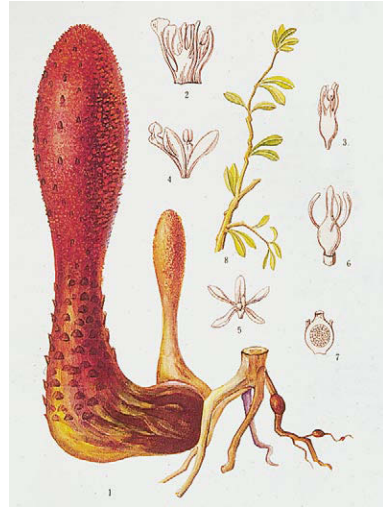
●●○ **Moistens dryness**

Constipation due to qi or blood deficiency

●●○ **Warms the yang**

Infertility due to cold

Dosage 3–10 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Liver and Kidney deficiency, weakness, paralysis, motor impairment, muscular atrophy → *Achyranthes bidentatae radix (niu xi)* p. 522, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Kidney deficiency with impotence, weakness and pain of the lower back, weakness and pain in the knees, spermatorrhoea → *Achyranthes bidentatae radix (niu xi)* p. 522, *Lycii fructus (gou qi zi)* p. 800, *Corni fructus (shan zhu yu)* p. 822, *Schisandrae fructus (wu wei zi)* p. 850, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Kidney yang deficiency with incontinence, polyuria, premature ejaculation → *Mantidis oötheca (sang piao xiao)* p. 836
- Dryness: constipation in geriatric patients, fluid depletion → *Cannabis semen (huo ma ren)* p. 96, *Platycladi semen (bai zi ren)* p. 438

Contraindication Kidney yin deficiency with fire symptoms

Pregnancy use is allowed

Dipsaci radix**Xu duan**

续断

Family: Dipsacaceae
 Standard species: *Dipsacus asper*
 German: chinesische Kardenwurzel
 English: Japanese teasel root, 'repair what is broken'

Temperature

●●○ warm tendency

Taste

●●○ bitter

Organ relationship

●●● Liver
 ●●○ Kidney

Direction of action

●●○ deep

Site of action

Lower burner, sinews and bones, ren mai channel

Actions/Indications**●●● Tonifies yang**

Debility, weakness, unstable joints, back pain, knee pain, stiff joints

●●● Injuries, haematomas and wounds

Injuries, fractures

●●● Strengthens sinews and bones

Muscle weakness, weak joints

●●○ Tonifies the Kidneys

Weakness, lack of strength, difficulties walking, weak legs, injuries, fractures

●●● Harmonizes and tonifies the Liver

Injuries, trauma, fractures, back pain, weakness

●●○ Tonifies blood

Heals sinews and tendons, trauma, fractures

●●○ Moves blood

Back pain, swelling of the back, limb pain, pain following trauma, swelling of the limbs after injury (also for external application)

●○○ Stops bleeding

Uterine bleeding, vaginal discharge, bleeding during pregnancy

●●○ Calms the fetus

Premature contractions

Physiological/pharmacological effects the related western herb *Dipsacus silvestris* is used to treat small wounds, fistulas, lichen and as a liniment to treat rheumatism.

Toxicity there are three reported cases of allergic skin reactions: redness, itching and burning sensation.

Commentary used to treat premature contractions and threatened abortion. The Chinese word *xu* means 'to complete, restore', *duan* means 'break'; this is a direct indication of the plant's actions in the treatment of injuries and fractures.

Dosage 3–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney deficiency, damp-cold obstruction in the lower burner, lumbar pain, leg pain, weakness of the sinews and bones, contractures, instability of the joints, threatened abortion, premature contractions → *Eucommiae cortex (du zhong)* p. 756, *Dioscoreae hypoglaucae rhizoma (bi xie)* p. 312
- Deficient heat in the Liver, heavy uterine bleeding, retained lochia, bleeding during pregnancy → *Artemisiae argyi folium (ai ye)* p. 586, *Astragali radix (huang qi)* p. 706, *Eucommiae cortex (du zhong)* p. 756, *Asini corii colla (e jiao)* p. 770, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Habitual abortion → *Taxilli herba (sang ji sheng)* p. 810, *Cuscutae semen (tu si zi)* p. 746, *Asini corii colla (e jiao)* p. 770
- Injuries, sprains, fractures → *Drynariae rhizoma (gu sui bu)* p. 752, *Eupolyphaga (tu bie chong)* p. 546, *Pyritum (zi ran tong)* p. 568
- Breast sores, ulcers → *Taraxaci herba (pu gong ying)* p. 250

Compatibility promoted by *Rehmanniae radix praeparata (shu di huang)* p. 780

Contraindications Kidney deficiency with fire symptoms, constipation

Pregnancy use is allowed

Drynariae rhizoma**Gu sui bu**

骨碎补

Family:	Polypodiaceae
Standard species:	<i>Drynaria fortunei</i>
German:	Drynariawurzelstock
English:	drynaria rhizome, 'mender of shattered bones'

Temperature

●● warm

Direction of action

●● deep

Taste

●● bitter

Site of action

Deep, interior, lower burner

Organ relationship

●● Kidney

●● Liver

●● Heart

Actions/Indications

●●● Tonifies yang

Weakness of the back or knee, diarrhoea, tinnitus, toothache, bleeding gums, polyuria, deafness, warms the ming men

●●● Injuries, haematomas and wounds

Fractures, wounds, bruises, sprains, injuries to the tendons or bones

●●● Strengthens sinews and bones

Injury to the sinews and bones: fractures, injuries to tendons and sinews

●●● Drains damp-wind

Bruises, sprains, injuries

●●● Harmonizes and tonifies the Liver

Bruises, sprains, contusions, dislocations

●●● Tonifies the Kidneys

Fractures, injuries, sinews and bones, weakness in the lower extremities, diarrhoea, tinnitus

●●● Moves blood

Bruises, sprains, injuries, fractures, local use to promote hair growth in alopecia

●●● Alleviates pain

Trauma, injuries, sinews and bones, fractures

Physiological/pharmacological effects increases calcium reabsorption in the bones, used in prevention and treatment of hypercholesterolaemia, in animal experiments to treat osteoarthritis; treatment of streptomycin side-effects (tinnitus, hair loss, headache, dizziness).

Toxicity overdose (250 g in a period of 2 days): dry mouth, pressure of speech, palpitations, anxiety, tightness of the chest.

Commentary used to treat premature contractions and threatened abortion. The Chinese name *gu* means 'bones', *sui* means 'broken' and *bu* means 'mend'; this is a clear indication of the herb's use. *Drynariae rhizoma* (*gu sui bu*) is especially good to heal bones and sinews whereas *Dipsaci radix* (*xu duan*) is superior in the treatment of sinews and tendons.

Dosage 3–15 g, standard 3 g

Cooking time 20 minutes



Combinations

- Kidney deficiency with treatment-resistant lumbar pain, leg pain → Psoraleae fructus (*bu gu zhi*) p. 764, Achyranthis bidentatae radix (*niu xi*) p. 522
- Kidney deficiency with deafness, tinnitus, chronic diarrhoea → Dioscoreae rhizoma (*shan yao*) p. 712, Psoraleae fructus (*bu gu zhi*) p. 764
- Kidney yin deficiency, ascendant Liver yang, toothache, loose teeth → Asari herba (*xi xin*) p. 24, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Redness and swelling of the gums, toothache, aching gums → Lycii cortex (*di gu pi*) p. 260, Dendrobii caulis (*shi hu*) p. 788
- Breast sores → Taraxaci herba (*pu gong ying*) p. 250

Contraindication yin deficiency

Pregnancy use is allowed

Epimedii herba

Yin yang huo

淫羊藿

Family:	Berberidaceae
Standard species:	<i>Epimedium grandiflori</i>
German:	Elfenblumenkraut
English:	aerial part of epimedium, 'licentious goat wort'

Temperature

●○○ warm

Taste

●○○ pungent

●○○ sweet

Organ relationship

●●● Kidney

●○○ Liver

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications

●●● Tonifies yang

Impotence, spermatorrhoea, premature ejaculation, frequent micturition, forgetfulness, lumbar pain with cold sensation, weakness and pain of the loins and knees, cold limbs, shivering

●●● Secures the essence

Impotence, low back pain, loss of libido

●○○ Drains damp-cold

Painful obstruction syndrome of the limbs, spasms, pareses, paraesthesias

●○○ Drains wind-dampness

Painful obstruction syndrome, spasms, joint problems, numbness

●○○ Tonifies yin

Nourishes Kidney and Liver yin: back pain, dizziness, light-headedness, dysmenorrhoea, ascending Liver yang

Physiological/pharmacological effects increases sexual activity, sperm production, moderate androgen-like effect on the testes and prostate; antitussive, anti-asthmatic effects, expectorant, antihypertensive. Low dosages lead to an increase; high dosages suppress urine production. Contains tannins, vitamin E.

Toxicity do not use long term, may damage the yin and cause dizziness, nausea, dry mouth, thirst, nosebleeds. Animal experiment have shown hyperflexion, mild spasms and, in high doses, respiratory depression.

Dosage 9–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney deficiency, impotence, infertility → *Schisandrae fructus* (*wu wei zi*) p. 850, *Lycii fructus* (*gou qi zi*) p. 800, *Astragali semen* (*sha yuan ji li*) p. 732
- Painful obstruction, paralysis, pain in the legs, contractures, numbness of the limbs → *Taxilli herba* (*sang ji sheng*) p. 810
- Menopausal symptoms, back pain, sleep disturbances, amenorrhoea, light-headedness, Liver and Kidney yin deficiency, ascendant Liver yang → *Curculiginis rhizoma* (*xian mao*) p. 744, *Phellodendri cortex* (*huang bai*) p. 180, *Anemarrhenae rhizoma* (*zhi mu*) p. 120
- Kidney yang deficiency with impotence, spermatorrhoea, premature ejaculation, back pain, cold limbs → *Curculiginis rhizoma* (*xian mao*) p. 744, *Corni fructus* (*shan zhu yu*) p. 822, *Cistanchis herba* (*rou cong rong*) p. 738, *Eucommniae cortex* (*du zhong*) p. 756, *Morindae radix* (*ba ji tian*) p. 762, *Cibotii rhizoma* (*gou ji*) p. 736
- Damp-cold, obstruction due to wind-dampness, painful obstruction, spasms, pareses, numbness → *Clematidis radix* (*wei ling xian*) p. 356, *Morindae radix* (*ba ji tian*) p. 762, *Cinnamomi cassiae cortex* (*rou gui*) p. 394, *Angelicae sinensis radix* (*dang gui*) p. 768, *Chuanxiong rhizoma* (*chuan xiong*) p. 530

Compatibility promoted by *Dioscoreae rhizoma* (*shan yao*) p. 712, alcohol

Contraindications strong sexual drive, deficient heat or fire symptoms

Pregnancy use is allowed

Eucomniae cortex**Du zhong**

杜仲

Family:	Eucommiaceae
Standard species:	<i>Eucomnia ulmoides</i>
German:	chinesische Guttapercharinde
English:	eucomnia bark

Temperature

●●○ warm

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●○ Liver

●●○ Kidney

Direction of action

●○○ sinking

Site of action

Lower burner

Actions/Indications●●○ **Tonifies yang**

Weakness of the sinews and bones, debility, dizziness, impotence, dribbling, spermatorrhoea, pain in the loins and knees, fatigue

●○○ **Descends the yang**

Vertigo, headache, hypertension, dizziness

●●○ **Strengthens the sinews and bones**

Muscle weakness, weak joints

●●○ **Harmonizes and tonifies the Liver**

Promotes qi and blood flow: weak tendons and bones, muscle weakness

●●● **Restless fetus**

Premature contractions, back pain, complications of pregnancy

●○○ **Moves and regulates qi**

Promotes qi flow, circulation

●○○ **Moves blood**

Back pain, weakness of the knees, pain in the sinews and bones, bleeding, bleeding during pregnancy (restrains blood)

Physiological/pharmacological effects recent studies show that this herb can be used to treat hypertension; animal experiments show diuretic effect, stimulates the immune system, sedative, anti-inflammatory, antibiotic, antihypertensive actions. Contains alkaloids, glycosides, vitamin C.

Toxicity a sedative effect has been observed following administration in high dosages.

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney yang deficiency, lumbar pain, wheezing → Psoraleae fructus (*bu gu zhi*) p. 764, Persicae semen (*tao ren*) p. 564
- Cold deficiency of the Kidney with impotence, polyuria → Corni fructus (*shan zhu yu*) p. 822, Cuscutae semen (*tu si zi*) p. 746
- Kidney deficiency with lumbar pain, threatened abortion, restless fetus, premature contraction → Dipsaci radix (*xu duan*) p. 750, Cuscutae semen (*tu si zi*) p. 746, Taxilli herba (*sang ji sheng*) p. 810, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Habitual abortion → Dipsaci radix (*xu duan*) p. 750, Dioscoreae rhizoma (*shan yao*) p. 712
- Damp-cold with sensation of cold and swelling of the lower back → Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Angelicae dahuricae radix (*bai zhi*) p. 22, Gentianae macrophyllae radix (*qin jiao*) p. 362
- Ascendant Liver yang with light-headedness, headache → Paeoniae radix lactiflora (*bai shao*) p. 776, Prunellae spica (*xia ku cao*) p. 140
- Liver and Kidney yin deficiency with muscle weakness, joint weakness, debility, dizziness, impotence, dribbling → Dipsaci radix (*xu duan*) p. 750, Cibotii rhizoma (*gou ji*) p. 736, Psoraleae fructus (*bu gu zhi*) p. 764, Persicae semen (*tao ren*) p. 564, Cuscutae semen (*tu si zi*) p. 746, Ligustri lucidi fructus (*nü zhen zi*) p. 794

Compatibility limited by Scrophulariae radix (*xuan shen*) p. 170

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Gecko**Ge jie**

Family: Gekkonidae
 Zoological name: *Gekko gekko*
 German: Gecko
 English: gecko

Temperature

●○ neutral

Taste

●○ salty

Organ relationship

●● Lung

●○ Kidney

Direction of action

●○ descending

Site of action

Interior

Actions/Indications**●●● Tonifies and supplements the qi**

Lung qi: chronic cough, shortness of breath, spontaneous sweating. Kidney qi: asthma, weakness of the lower back and knees, chronic breathing difficulties

●○ Stops cough

Chronic cough, bloody sputum, wheezing

●○ Benefits the Kidney

Breathing difficulties, shallow breathing, spontaneous sweating, oedema, weakness of the lower back and knees, impotence

●●● Tonifies yang

Impotence, cock's crow diarrhoea, increased urination

●○ Secures the essence

Weakness of the lower back and knees, nourishes the sinews, muscles and tendons

●○ Tonifies blood

Nourishes the locomotor system, Liver blood deficiency

Physiological/pharmacological effects animal experiments have demonstrated increased fertility, immune stimulating; an alcohol extract relieves asthma, bronchodilatation; may increase adrenocortical hormone production.

Dosage 3–7 g, as a powder 1–2 g

Cooking time 20 minutes



Combinations

- Chronic respiratory problems due to deficiency and cold signs → Ginseng radix (*ren shen*) p. 714, Psoraleae fructus (*bu gu zhi*) p. 764, Persicae semen (*tao ren*) p. 564
- Chronic respiratory complaints due to yin deficiency → Panacis quinquefolii radix (*xi yang shen*) p. 804, Coptidis rhizoma (*huang lian*) p. 172, Scrophulariae radix (*xuan shen*) p. 170, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Kidney yang deficiency: impotence → Epimedii herba (*yin yang huo*) p. 754, Cervi cornu (*lu rong*) p. 734, Dioscoreae rhizoma (*shan yao*) p. 712
- Cock's crow or daybreak diarrhoea → Psoraleae fructus (*bu gu zhi*) p. 764, Myristicae semen (*rou dou kou*) p. 846, Schisandrae fructus (*wu wei zi*) p. 850

Contraindications cough and wheezing due to wind-cold or wind-heat

Pregnancy use is allowed

Juglandis semen**Hu tao ren**

胡桃仁

Family:	Juglandaceae
Standard species:	<i>Juglans regia</i>
German:	Walnuss, Baumnuß
English:	walnut, 'barbarian peach pit'

Temperature

●●○ warm

Taste

●●○ sweet

Organ relationship

●●○ Kidney

●○○ Lung

●○○ Large Intestine

Direction of action

●○○ deep

Site of action

Lower burner, Lung, interior

Actions/Indications

●●○ Tonifies yang

Weakness and pain of the loins and knees, cold sensation in the back, back pain, spermatorrhoea, frequent urination

●○○ Harmonizes and tonifies the qi

Lunge qi: chronic cough, shortness of breath, wheezing

●●○ Moistens dryness

Constipation, injury to the fluids, decreased fluids in elderly patients

●●○ Unblocks the bowels/laxative

Constipation in elderly patients, constipation in febrile illnesses

Physiological/pharmacological effects in animal experiments found to have anticoagulant and thrombolytic actions, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; can be applied as a paste and used to treat a variety of skin diseases or taken internally to treat renal stones. The related western herb *Juglandis folium* is an astringent and can be applied externally to treat hyperhidrosis of the hands and feet and mild skin inflammation.

Commentary this herb helps the Kidneys grasp the qi of the Lung.

Dosage 3–30 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney deficiency with lumbar pain and weak lower limbs → *Eucommiae cortex* (*du zhong*) p. 756, *Psoraleae fructus* (*bu gu zhi*) p. 764
- Kidney deficiency with back pain, renal stones → *Lysimachiae herba* (*jin qian cao*) p. 322, *Lygodii spora* (*hai jin sha*) p. 320
- Lung and Kidney deficiency with wheezing → *Ginseng radix* (*ren shen*) p. 714, *Psoraleae fructus* (*bu gu zhi*) p. 764
- Cold deficiency with chronic cough → honey-roasted *Juglandis* seeds taken with warm water
- Injury to the fluids in the Intestines with constipation, especially in elderly patients → *Cannabis semen* (*huo ma ren*) p. 96, *Cistanchis herba* (*rou cong rong*) p. 738

Compatibility impaired by strong tea

Contraindications hot phlegm or phlegm-fire with cough, yin deficiency with heat or fire symptoms, diarrhoea

Pregnancy use is allowed

Morindae radix**Ba ji tian**

巴戟天

Family:	Rubiaceae
Standard species:	<i>Morinda officinalis</i>
German:	Morindawurzel
English:	morinda root

Temperature

●○○ warm tendency

Taste

●○○ pungent

●○○ sweet

Organ relationship

●●● Kidney

●○○ Liver

Direction of action

●○○ ascending

Site of action

Lower burner

Actions/Indications●●● **Tonifies yang**

Weakness and pain of the loins and knees, cold sensation in the back, back pain, spermatorrhoea, frequent urination

●○○ **Strengthens the sinews and bones**

Lung qi: chronic cough, shortness of breath, wheezing

●○○ **Drains damp-cold**

Constipation, injury to the fluids, decreased fluids in elderly patients

●○○ **Dispels wind**

Constipation in elderly patients, constipation in febrile illnesses

●○○ **Warms the yang**

Infertility

●○○ **Secures the essence**

Impotence, infertility, incontinence, menstrual problems, feeling of coldness, pain in the lower abdomen, weakness and pain in the loins

Physiological/pharmacological effects increases plasma levels of corticosteroids by stimulating the pituitary and adrenal glands.**Dosage** 9–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Kidney yang deficiency: impotence, spermatorrhoea, premature ejaculation → Cuscutae semen (*tu si zi*) p. 746, Cistanchis herba (*rou cong rong*) p. 738
- Impotence, infertility → Ginseng radix (*ren shen*) p. 714, Dioscoreae rhizoma (*shan yao*) p. 712
- Kidney yang deficiency with incontinence, polyuria → Psoraleae fructus (*bu gu zhi*) p. 764, Rubi fructus (*fu pen zi*) p. 848, Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730
- Kidney deficiency: pain, swelling, muscle weakness, atrophy of the lower limbs → Eucommiae cortex (*du zhong*) p. 756, Achyranthis bidentatae radix (*niu xi*) p. 522, Dipsaci radix (*xu duan*) p. 750
- Damp-cold: painful obstruction syndrome of the legs → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Cibotii rhizoma (*gou ji*) p. 736

Compatibility

- Promoted by Rubi fructus (*fu pen zi*) p. 848
- Impaired by Salviae miltiorrhizae radix (*dan shen*) p. 570

Contraindications yin deficiency, damp-heat, disturbances of micturition due to damp-heat

Pregnancy use is allowed

Psoraleae fructus**Bu gu zhi**

补骨脂

Family:	Fabaceae
Standard species:	<i>Psoralea corylifolia</i>
Variation:	<i>Psoralea corylifoliae</i> fructus
German:	Asphaltkleeamen, Harzkleeamen
English:	psoralea fruit, 'tonify bone raisin'

Temperature

●●● warm

Taste

●●○ pungent

●○○ bitter

Organ relationship

●●● Kidney

●●○ Spleen

Direction of action

●○○ ascending

Site of action

Middle and lower burner, Spleen and Stomach

Actions/Indications●●● **Tonifies the yang**

Kidney yang: cold limbs, impotence, premature ejaculation, pain in the loins, urinary incontinence, spermatorrhoea, increased urination

●●● **Tonifies jing**

Impotence, enuresis, premature ejaculation, polyuria, feeling of cold, pain in the lower back, weakness of the lower extremities, asthma-like complaints

●●● **Tonifies Kidneys**

Impotence, infertility, urinary incontinence, polyuria

●●● **Secures the urine**

Urinary incontinence, polyuria, enuresis

●●○ **Tonifies and benefits the qi**

Shortness of breath, tires easily, diarrhoea, abdominal distension

●●○ **Raises the qi**

Diarrhoea, exhaustion

Physiological/pharmacological effects contains, among others, psoralene, a furocoumarin that causes photosensitivity and is used together with UV light to treat psoriasis, vitiligo and mycosis fungoides. Newest research shows that the herb can also be used to treat alopecia, psoriasis, vitiligo and menorrhagia.

Toxicity the herb contains furocoumarins, which may also have a phototoxic effect. In high doses, teratogenic effects have been found in animal studies.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Impotence → *Juglandis semen* (*hu tao ren*) p. 760, *Aquilariae lignum* (*chen xiang*) p. 476
- Cock's crow or daybreak diarrhoea, abdominal pain relieved by defecation, white tongue coating → *Myristicae semen* (*rou dou kou*) p. 840, *Schisandrae fructus* (*wu wei zi*) p. 850, *Evodiae fructus* (*wu zhu yu*) p. 383, *Evodiae fructus* (*wu zhu yu*) p. 383
- Kidney yang deficiency with daytime and night-time polyuria → *Cuscutae semen* (*tu si zi*) p. 746, *Alpiniae oxyphyllae fructus* (*yi zhi ren*) p. 730
- Kidney yang deficiency: lumbar pain, premature ejaculation, coughing, wheezing → *Juglandis semen* (*hu tao ren*) p. 760
- Kidney deficiency: cold limbs, impotence, spermatorrhoea, loin pain, polyuria, enuresis → *Epimedii herba* (*yin yang huo*) p. 754, *Cuscutae semen* (*tu si zi*) p. 746, *Dipsaci radix* (*xu duan*) p. 750, *Cibotii rhizoma* (*gou ji*) p. 736
- Deficiency of the Spleen and Stomach with diarrhoea → *Cistanchis herba* (*rou cong rong*) p. 738

Compatibility

- Promoted by *Juglandis semen* (*hu tao ren*) p. 760, *Lini semen* (*ya ma zi*) p. 798
- Impaired by *Glycyrrhizae radix* (*gan cao*) p. 716

Contraindications yin deficiency with heat or fire symptoms, constipation

Pregnancy use with caution

Trigonellae semen**Hu lu ba**

胡芦巴

Family:	Fabaceae
Standard species:	<i>Psoralea corylifolia</i>
Variation:	Foenugraeci semen
German:	Bockshornkleesamen
English:	fenugreek seed

Temperature

●●● warm

Taste

●●○ bitter

Organ relationship

●●● Kidney

●●○ Liver

Direction of action

●●○ deep

Site of action

Lower burner, channels

Actions/Indications●●● **Warms the yang**

Blockages in the lower burner, cold accumulation and qi blockages

●●● **Dispels cold**

Pain in the abdomen or in the flanks, hernias, searing pain

●●○ **Relieves pain**

Pain in the lower abdomen, hernias, pain radiating to the legs, cold obstruction

●●○ **Drains damp-cold**

Pain radiating to the legs

Physiological/pharmacological effects can be applied topically to treat local inflammation, furuncles, sores and also administered internally to treat lack of appetite. The herb can lower serum glucose and cholesterol levels and recent research shows that it can promote lactation. Used as a food ingredient in Indian cooking.

Toxicity the herb may provoke allergies if repeatedly administered.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney yang deficiency: pain and cold in the lower back, legs and lower abdomen → *Aconiti radix lateralis praeparata (zhi fu zi)* p. 388, *Psoraleae fructus (bu gu zhi)* p. 764
- Cold in the lower abdomen, scrotal hernias, scrotal retraction, dysmenorrhoea → *Foeniculi fructus (xiao hui xiang)* p. 398, *Evodiae fructus (wu zhu yu)* p. 383
- Damp-cold: paraesthesias and swelling of the legs, heaviness, coldness, pain made worse by cold → *Chaenomelis fructus (mu gua)* p. 354, *Spatholobi caulis et radix (ji xue teng)* p. 576, *Psoraleae fructus (bu gu zhi)* p. 764
- Kidney deficiency with spermatorrhoea, back pain, decreased sexual activity → *Rubi fructus (fu pen zi)* p. 848, *Polygonati rhizoma (huang jing)* p. 726

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use with caution

Angelicae sinensis radix

当归

Dang gui

Family:	Apiaceae
Standard species:	<i>Angelica sinensis</i>
German:	chinesische Engelwurz-Wurzel
English:	Chinese angelica root, 'state of return'

Temperature

●●○ warm

Taste

●●○ pungent

●○○ sweet

Organ relationship

●●● Liver

●●○ Heart

●●○ Spleen

Direction of action

●○○ lifting

Site of action

Lower burner, channels

Actions/Indications●●○ **Tonifies blood**

Menstrual problems: difficult menstruation, irregular bleeding, dysmenorrhoea, amenorrhoea; pale, ashen complexion, tinnitus, blurred vision, palpitations

●●● **Moves blood**

Stasis, swelling, haematomas, menstrual problems such as amenorrhoea or dysmenorrhoea; following injuries, falls, carbuncles with blood stagnation

●●○ **Drains wind-dampness**

Painful obstruction syndrome, joint pain, muscle pain, sprains, stagnation

●○○ **Moistens dryness**

Dryness in the Intestines, blood deficiency

●○○ **Unblocks the bowels/laxative**

Constipation due to dryness

Physiological/pharmacological effects stimulates and, at the same time, inhibits uterine contractions: this depends whether the uterus is contracted or relaxed. Animal experiments have shown negative chronotropic and positive inotropic actions, anti-arrhythmic, lowers the risk of arteriosclerosis, inhibits platelet aggregation in the same way as aspirin (use with care in combination with other platelet aggregation inhibitors); stimulates the immune system, hepatoprotective, mildly sedating, relieves bronchial spasm, analgesic, anti-inflammatory, antibiotic.

Toxicity overdose may lead to tiredness, dizziness, pruritus, gastric and abdominal pain. Long-term use in high doses has reportedly led to raised cytochrome p450 levels.

Commentary in classical prescriptions, this herb is used during pregnancy to stabilize and also to tonify the blood; the risks of using the herb must be carefully weighed against its benefits.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Blood deficiency, blood stagnation with menstrual disturbances, amenorrhoea, dysmenorrhoea → *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Chuanxiong rhizoma* (*chuan xiong*) p. 530
- Blood deficiency, heavy uterine bleeding → *Asini corii colla* (*e jiao*) p. 770, *Rehmanniae radix* (*sheng di huang*) p. 168, *Artemisiae argyi folium* (*ai ye*) p. 586
- Blood stasis with amenorrhoea, pain, swelling → *Persicae semen* (*tao ren*) p. 564, *Carthami flos* (*hong hua*) p. 528
- Dysmenorrhoea → *Cyperi rhizoma* (*xiang fu*) p. 494, *Corydalis rhizoma* (*yan hu suo*) p. 532
- Blood stasis in the limbs with pain → *Salviae miltiorrhizae radix* (*dan shen*) p. 570, *Myrrhae* (*mo yao*) p. 560
- Cold symptoms, dysmenorrhoea, amenorrhoea → *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26, *Gentianae macrophyllae radix* (*qin jiao*) p. 362
- Painful wind-damp obstruction, rheumatic symptoms → *Cinnamomi cassiae ramulus* (*gui zhi*) p. 26, *Gentianae macrophyllae radix* (*qin jiao*) p. 362

Compatibility limited by *Bistortae rhizoma*, *Acori calami rhizoma* (*shui chang pu*) p. 266, *Sargassum* (*hai zao*) p. 658, *Moutan cortex* (*mu dan pi*) p. 164, *Buddlejae flos* (*mi meng hua*) p. 192, *Zingiberis rhizoma recens* (*sheng jiang*) p. 46

Contraindications Spleen dampness, fullness, diarrhoea, yin deficiency with heat and fire symptoms

Pregnancy use with caution

Asini corii colla**E jiao**

阿胶

Family:	Equidae
Standard species:	<i>Equus asinus</i>
Variation:	Gelatina nigra (Asinii), Corii asinii
German:	aus Eselhaut gewonnene schwarze Gelatine
English:	ass-hide glue, donkey-hide gelatine

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●●● Lung

●○○ Liver

●○○ Kidney

Direction of action

○○○ lifting

Site of action

Skin, Lung

Actions/Indications●●● **Tonifies blood**

Dizziness, light-headedness, pale complexion, palpitations, raises haemoglobin

●○○ **Tonifies and nourishes the yin**

Lung yin: dry cough, bloody sputum, febrile infections with agitation, insomnia, feeling of warmth in the head, stirring internal wind, consumption, neoplasias

●○○ **Stop bleeding**

Bloody sputum, blood in the stools, heavy uterine bleeding

●○○ **Secures the essence**

Dizziness, light-headedness, insomnia, blurred vision, loss of memory

Physiological/pharmacological effects animal experiments have shown an increase in haemoglobin and erythrocyte counts, increased calcium uptake; can be used to treat leucopenia, anaemia, premature labour, non-healing ulcers of the lower leg (topical application).

Commentary this is the only herb which tonifies blood and at the same time stops bleeding, therefore an important herb in treating gynaecological problems.

Dosage 3–15 g, standard 8 g

Cooking time dissolve into the hot, strained decoction



Combinations

- Blood deficiency with dizziness, palpitations, light-headedness → Codonopsis radix (*dang shen*) p. 710, Angelicae sinensis radix (*dang gui*) p. 768
- Heavy menstrual bleeding → Paeoniae radix lactiflora (*bai shao*) p. 776, Artemisiae argyi folium (*ai ye*) p. 586
- Yin deficiency with irritability, insomnia, following long-standing febrile infection → Scutellariae radix (*huang qin*) p. 184, Paeoniae radix lactiflora (*bai shao*) p. 776
- Blood heat with haematemesis, epistaxis → Rehmanniae radix (*sheng di huang*) p. 168
- Stop acute bleeding → Typhae pollen (*pu huang*) p. 616
- Lung yin deficiency with dry cough, blood-tinged sputum → Ophiopogonis radix (*mai men dong*) p. 802, Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792
- Fluid damage due to heat, dry cough → Armeniacae semen (*xing ren*) p. 664, Arctii fructus (*niu bang zi*) p. 48
- Yin deficiency, stirring internal wind, pre-apoplectic states, agitation, feeling of heat in the head → Uncariae ramulus cum uncis (*gou teng*) p. 464, Ostrea concha (*mu li*) p. 428, Paeoniae radix lactiflora (*bai shao*) p. 776, Coptidis rhizoma (*huang lian*) p. 172

Compatibility

- Promoted by Dioscoreae rhizoma (*shan yao*) p. 712, heating
- Impaired by Rhei rhizoma (*da huang*) p. 92

Contraindications unresolved exterior conditions (cold, heat, wind), Spleen and Stomach deficiency, stagnation

Pregnancy use is allowed

Longanae arillus**Long yan rou**

龙眼肉

Family:	Sapindaceae
Standard species:	<i>Dimocarpus longan</i>
Variation:	Euphoriae fructus, Longan arillus
German:	Longanenfrucht
English:	flesh of the longan fruit, 'dragon eye flesh'

Temperature

●●○ warm

Taste

●●○ sweet

Organ relationship

●●○ Heart

●●○ Spleen

Direction of action

●○○ lifting

Site of action

Middle burner, deep, interior

Actions/Indications●●○ **Tonifies blood**

Insomnia, forgetfulness, agitation, palpitations, panic attacks, startling, spontaneous sweating

●●○ **Tonifies and nourishes the yin**

Insomnia, forgetfulness, panic attacks, dizziness

●○○ **Tonifies qi**

Exhaustion, weak constitution, decreased appetite, diarrhoea, oedema, postpartum fatigue

●○○ **Calms and anchors the spirit**

Panic attacks, frightens easily, insomnia, agitation, sweating

Physiological/pharmacological effects stimulates the appetite, promotes digestion. The fresh fruit has a high vitamin C content, the dry fruit has a high iron content. Contains glucose, saccharose, vitamin B, phosphorus, calcium.

Commentary see also *Lycii fructus* (*gou qi zi*) p. 800

Dosage 6–15 g, standard 8 g

Cooking time 20 minutes



Combinations

- Heart blood deficiency, Spleen qi deficiency, palpitations, insomnia → *Angelicae sinensis radix (dang gui)* p. 768, *Ginseng radix (ren shen)* p. 714, *Ziziphi spinosae semen (suan zao ren)* p. 446
- Heart blood deficiency with Heart qi deficiency, forgetfulness, light-headedness, fatigue → *Acori rhizoma (chang pu)* p. 268
- Insomnia, agitation (mild cases) → *Lilii bulbosus (bai he)* p. 796
- Qi deficiency and blood deficiency → cook together with white sugar
- Heart and Spleen deficiency with insomnia, forgetfulness, panic attacks, startling, spontaneous sweating → *Ziziphi spinosae semen (suan zao ren)* p. 446, *Polygalae radix (yuan zhi)* p. 440, *Poria (fu ling)* p. 334, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708

Contraindications dampness, phlegm in the Spleen and Stomach, heat or fire in the Spleen and Stomach

Pregnancy use is allowed

Mori fructus

Sang shen

桑椹

Family: Moraceae
 Standard species: *Morus alba*
 German: Maulbeerfrüchte
 English: mulberry, morus fruit

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Liver
 ●●○ Kidney
 ●●○ Heart

Direction of action

●●○ sinking

Site of action

Lower burner, deep, interior

Actions/Indications

●●○ Tonifies blood

Dizziness, light-headedness, insomnia, amenorrhoea

●●○ Tonifies and nourishes the yin

Premature greying of the hair, deafness, diminished visual acuity, wasting and thirsting disorder, tinnitus, dizziness

●●○ Moistens dryness

Constipation

●●○ Unblocks the bowels/laxative

Constipation due to dryness

●○○ Drains wind-dampness

Joint pain, paraesthesias

Physiological/pharmacological effects contains carotene, vitamins C, B₂, B₁, tannins. The related western herb *Morus nigra* relieves coughing, bronchitis and constipation.

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Yin deficiency, wasting and thirsting disorder, light-headedness, dizziness, tinnitus → *Spatholobi caulis et radix (ji xue teng)* p. 576
- Liver and Kidney deficiency, premature greying of the hair, constipation in geriatric patients and postpartum → *Paeoniae radix lactiflora (bai shao)* p. 776, *Ecliptae herba (han lian cao)* p. 790, *Ligustri lucidi fructus (nü zhen zi)* p. 794
- Yin and blood deficiency with light-headedness, dizziness, blurred vision, insomnia → *Rehmanniae radix (sheng di huang)* p. 168, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Blood deficiency, fluid loss with dry mouth, throat, irritability → *Ophiopogonis radix (mai men dong)* p. 802, *Trichosanthis radix (tian hua fen)* p. 142
- Yin and blood deficiency → *Sesami semen nigrum (hei zhi ma)* p. 808, *Cannabis semen (huo ma ren)* p. 96
- Yin and blood deficiency with pale complexion, amenorrhoea, dizziness, insomnia, wasting and thirsting disorder → *Rehmanniae radix praeparata (shu di huang)* p. 780, *Paeoniae radix lactiflora (bai shao)* p. 776

Compatibility mitigates the toxicity of *Cinnabaris (zhu sha)* p. 418

Contraindications diarrhoea due to Spleen and Stomach deficiency, Kidney yin deficiency with heat and fire symptoms

Pregnancy use is allowed

Paeoniae radix lactiflora

白芍

Bai shao

Family:	Ranunculaceae
Standard species:	<i>Paeonia lactiflora</i>
Variation:	<i>Paeoniae radix alba</i>
German:	weiße Pfingstrosenwurzel
English:	white peony root

Temperature

●○○ neutral, cold tendency

Taste

●○○ bitter

●○○ sour

Organ relationship

●●● Liver

●○○ Spleen

Signal herb

Spleen

Direction of action

●●○ sinking

Site of action

Lower burner

Actions/Indications●●● **Tonifies blood**

Dysmenorrhoea, heavy menstruation, vaginal discharge

●○○ **Tonifies and nourishes the jing**

Vaginal discharge, spermatorrhoea, nightsweats, spontaneous sweating

●●● **Harmonizes and tonifies the Liver**

Flank pain, abdominal pain, dysentery, aches and cramps in the limbs, headaches, light-headedness, dizziness; softens the Liver, stress, depression, glaucoma, hepatitis, insomnia

●●● **Relieves pain**

Aching pains in the abdomen, aches and cramps in the limbs, cholecystitis, cholelithiasis

●○○ **Descends the yang**

Headache, dizziness, light-headedness, descends Liver yang, hypertension

●○○ **Cools blood**

Dysmenorrhoea, heavy menstruation

●○○ **Moves and regulates qi**

Stress symptoms, depression, premenstrual syndrome, softens the Liver by moving qi

●●○ **Relieves spasms**

Abdominal cramps, cramps in the muscles, tendons and limbs

Physiological/pharmacological effects anti-inflammatory, sedative actions (use with caution in combination with barbiturates or other sedatives, impairment of driving ability), dilates coronary arteries, inhibits platelet aggregation (use with care in combination with anticoagulants and platelet aggregation inhibitors), lowers serum glucose levels (use with care in combination with antidiabetic medication as may provoke hypoglycaemia). A few reports link administration of the related western herb *Paeonia officinalis* to vomiting, colic and diarrhoea.

Dosage 10–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood deficiency, blood stagnation with dizziness, blurred vision, dysmenorrhoea → *Angelicae sinensis radix (dang gui)* p. 768, *Rehmanniae radix praeparata (shu di huang)* p. 780
- Menstrual pain → *Cyperii rhizoma (xiang fu)* p. 494, *Corydalis rhizoma (yan hu suo)* p. 532
- Damp-heat dysentery → *Scutellariae radix (huang qin)* p. 184, *Coptidis rhizoma (huang lian)* p. 172
- Liver qi stagnation, flank pain, abdominal pain → *Bupleuri radix (chai hu)* p. 50, *Aurantii fructus (zhi ke)* p. 482
- Ascendant Liver yang with headache, dizziness → *Uncariae ramulus cum uncis (gou teng)* p. 464, *Chrysanthemi flos (ju hua)* p. 52, *Tribuli fructus (bai ji li)* p. 462, *Mori folium (sang ye)* p. 62
- Painful diarrhoea → *Saposhnikoviae radix (fang feng)* p. 42, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708
- Wind-cold with wei qi deficiency, sweating → *Cinnamomi cassiae ramulus (gui zhi)* p. 26
- Yin deficiency with spontaneous sweating, night sweats → *Mastodi fossilium ossis (long gu)* p. 426, *Ostrea concha (mu li)* p. 428

Compatibility

- Do not combine with *Veratri nigri radix et rhizoma (li lu)*
- Impaired by *Dendrobii caulis (shi hu)* p. 788, *Natrii sulfas (mang xiao)* p. 90
- Limited by *Cirsii herba (xiao ji)* p. 590

Contraindications fullness and distension in the chest, cold deficiency, diarrhoea

Pregnancy use is allowed

Polygoni multiflori radix**He shou wu**

何首乌

Family:	Polygonaceae
Standard species:	<i>Polygonum multiflorum</i>
German:	vielblütiger Knöterich-Wurzel
English:	fleeceflower root, 'black-haired Mr Wu'

Temperature

●●○ neutral, warm tendency

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●● Liver

●●● Kidney

Direction of action

●○○ deep

Site of action

Lower burner

Actions/Indications**●●● Tonifies blood**

Ashen complexion, dizziness, insomnia, premature greying of the hair, weakness in the loins and knees, tingling of the extremities

●●○ Secures the essence

Spermatorrhoea, vaginal discharge, premature greying of the hair, dizziness, blurred vision, infertility, menopausal syndrome

●●○ Moistens dryness

Dryness in the Intestines, constipation

●○○ Detoxifies and disinfects

Carbuncles, ulcerations, sores, swelling of the lymph nodes of the neck

●○○ Eczema, burns and sores

Furuncles, carbuncles, sores, ulcerations

●○○ Drains damp-wind

Exanthemas: chickenpox due to blood deficiency

●○○ Descends yang

Hypertension, insomnia, dizziness

Physiological/pharmacological effects in vitro antibacterial action; recent research shows use to treat hypercholesterolaemia and malaria.

Toxicity the raw unprepared herb is bitter and cools heat, disperses and stimulates intestinal movement, leading to side-effects such as mild diarrhoea, abdominal pain and flushing. The prepared herb has no such side-effects.

Commentary a weaker tonic compared to *Rehmanniae radix praeparata* (*shu di huang*), but not as heavy and greasy and thus easier to digest.

Dosage 10–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Liver and Kidney deficiency with knee and lumbar weakness, sore lower back, knee and back injuries, dizziness, diminished visual acuity, spermatorrhoea, vaginal discharge, premature greying of the hair, premature ageing → Lycii fructus (*gou qi zi*) p. 800, Psoraleae fructus (*bu gu zhi*) p. 764, Cuscutae semen (*tu si zi*) p. 746
- Liver blood deficiency with dizziness, blurred vision, numbness and tingling of the limbs → Taxilli herba (*sang ji sheng*) p. 810, Ligustri lucidi fructus (*ni zhen zi*) p. 794, Achyranthis bidentatae radix (*niu xi*) p. 522
- Abscesses, toxic swellings, enlarged lymph nodes, swollen glands → Scrophulariae radix (*xuan shen*) p. 170, Forsythiae fructus (*lian qiao*) p. 200
- Blood deficiency, rashes caused by wind, pruritus → Sophorae flavescentis radix (*ku shen*) p. 186, Dictamni cortex (*bai xian pi*) p. 174, Schizonepetae herba (*jing jie*) p. 44
- Blood deficiency with dizziness, insomnia, weakness of the lower back and knees, premature greying of the hair → Rehmanniae radix praeparata (*shu di huang*) p. 780, Lycii fructus (*gou qi zi*) p. 800, Cuscutae semen (*tu si zi*) p. 746
- Lingering fevers, weakness → Ginseng radix (*ren shen*) p. 714, Angelicae sinensis radix (*dang gui*) p. 768, Citri reticulatae pericarpium (*chen pi*) p. 488, Anemarrhenae rhizoma (*zhi mu*) p. 120

Compatibility

- Promoted by Poria (*fu ling*) p. 334
- Impaired by fish, onions, garlic, radish, iron cooking pots
- Mitigates the toxicity of Cinnabaris (*zhu sha*) p. 418

Contraindications Spleen and Stomach deficiency, phlegm

Pregnancy use is allowed

Rehmanniae radix preparata**Shu di huang**

熟地黄

Family:	Scrophulariaceae
Standard species:	<i>Rehmanniae glutinosa</i>
Variation:	<i>Rehmanniae glutinosa conquitae radix</i> , <i>Rehmanniae preparata radix et rhizoma</i>
German:	Rehmanniawurzel, Braunwurzgewächs
English:	cooked rehmannia root, prepared foxglove root

Temperature

●○ neutral, warm tendency

Taste

●●● sweet

Organ relationship

●●● Liver

●●● Heart

●●● Kidney

Direction of action

●○ deep

Site of action

Lower burner

Actions/Indications●●● **Tonifies blood**

Pale complexion, dizziness, palpitations, insomnia, menstrual disturbances, uterine bleeding, postpartum bleeding

●●● **Tonifies yin**

Kidney yin: nightsweats, spermatorrhoea, wasting and thirsting disorder

●●● **Tonifies jing**

Dizziness, blurred vision, memory loss, infertility, weak and stiff knees and lower back, menopausal syndrome

Physiological/pharmacological effects recent studies report use in treating hypertension.**Toxicity** mild side-effects such as diarrhoea, abdominal pain, dizziness and palpitations have been reported following long-term use. Excess dosage may lead to abdominal distension and loose stools.**Commentary** most important herb to tonify blood and jing. This heavy, greasy and sticky herb may be combined with *Amomi xanthioidis fructus (sha ren)*, which facilitates its digestion.**Dosage** 10–30 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Blood deficiency with dizziness, palpitations, insomnia, menstrual disturbances → *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix lactiflora (bai shao)* p. 776
- Heavy uterine bleeding → *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix lactiflora (bai shao)* p. 776, *Asini corii colla (e jiao)* p. 770, *Artemisiae argyi folium (ai ye)* p. 586
- Insomnia, palpitations → *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix lactiflora (bai shao)* p. 776, *Platycladi semen (bai zi ren)* p. 438, *Ziziphi spinosae semen (suan zao ren)* p. 446
- Liver and Kidney deficiency with dizziness, tinnitus, weak and sore lower back, impotence, spermatorrhoea → *Corni fructus (shan zhu yu)* p. 822, *Dioscoreae rhizoma (shan yao)* p. 712
- Blood deficiency and Spleen deficiency → *Amomi xanthioidis fructus (sha ren)* p. 284
- Kidney deficiency, wasting and thirsting disorders, periodic fevers, nightsweats, spermatorrhoea → *Corni fructus (shan zhu yu)* p. 822, *Moutan cortex (mu dan pi)* p. 164, *Anemarrhenae rhizoma (zhi mu)* p. 120, *Phellodendri cortex (huang bai)* p. 180

Compatibility

- Promoted by *Ophiopogonis radix (mai men dong)* p. 802, *Zingiberis rhizoma recens (sheng jiang)* p. 46, *Amomi xanthioidis fructus (sha ren)* p. 284, alcohol
- Limited by *Fritillariae bulbus (bei mu)* p. 648
- Do not eat onions, garlic or radishes

Contraindications Spleen and Stomach deficiency, lack of appetite, diarrhoea

Pregnancy use is allowed

Adenophorae radix

Nan sha shen

南沙参

Family:	Campanulaceae
Standard species:	<i>Adenophora tetraphylla</i>
Variation:	<i>Adenophora</i> seu <i>Glehnia radix</i>
German:	Becherglockenwurzel
English:	adenophora root, ladybell root, 'sand root'

Temperature

●○○ cold tendency

Taste

●●○ sweet

●○○ bitter

Organ relationship

●○○ Lung

●●○ Stomach

Direction of action

●○○ descending

Site of action

Lung, middle burner

Actions/Indications

●●○ **Tonifies and nourishes the yin**

Stomach yin: dry, red tongue body, thirst, febrile illnesses. Lung yin: cough, scanty sputum, voice loss, hoarseness

●●○ **Generates fluids**

Stomach yin: dry mouth and throat, febrile illnesses, red tongue body, constipation

●○○ **Tonifies qi**

Cough, scanty sputum, dry throat

●○○ **Clears deficient heat**

Raised temperature, increased thirst, red tongue body

●○○ **Stops coughing**

Dry cough, scanty sputum, voice loss, chronic cough

●●○ **Moistens dryness**

Raised temperature, dry cough, voice loss, constipation

Physiological/pharmacological effects contains alkaloids; animal experiments have shown that the herb lowers body temperature; antitussive, antimycotic actions.

Commentary up until the 17th century there was no distinction made between *Adenophorae radix* (*nan sha shen*) and *Glehniae radix* (*bei sha shen*) p. 792

Dosage 6–20 g, standard 10 g

Cooking time 20 minutes



Combinations

- Deficient heat in the Lung with raised temperature, cough with scanty sputum, loss of voice → *Fritillariae bulbus* (*bei mu*) p. 648, *Ophiopogonis radix* (*mai men dong*) p. 802, *Anemarrhenae rhizoma* (*zhi mu*) p. 120
- Stomach yin deficiency with thirst, following a febrile illness → *Dendrobii caulis* (*shi hu*) p. 788, *Ophiopogonis radix* (*mai men dong*) p. 802, *Rehmanniae radix* (*sheng di huang*) p. 168

Compatibility

- Do not combine with *Veratri nigri radix et rhizoma* (*li lu*)
- Impaired by *Saposhnikoviae radix* (*fang feng*) p. 886

Contraindications Cold in the Lung, cold deficiency of the Spleen and Stomach

Pregnancy use is allowed

Asparagi radix

Tian men dong

天门冬

Family:	Liliaceae
Standard species:	<i>Asparagus cochinchinensis</i>
Variation:	<i>Asparagi cochinchinensis</i> tuber
German:	chinesische Spargelwurzel
English:	asparagus tuber, 'lush winter aerial plant'

Temperature

○○ cold

Taste

○○ sweet

○○ bitter

Organ relationship

○○ Lung

○○ Kidney

Direction of action

○○ descending

Site of action

Lung

Actions/Indications

●●● Tonifies and nourishes the yin

Lung yin: dry cough, bloody sputum, raised temperature, dry mouth. Kidney yin with heat signs in the upper burner: thirst, consumption, afternoon fevers

●●● Generates fluids

Thirst, dry mouth; thick, bloody sputum

○○○ Stops coughing

Dry cough, bloody sputum

●●○ Clears deficient heat

Increased thirst, raised temperature, afternoon fevers, fever, counterflow

Physiological/pharmacological effects in vitro antibiotic, antineoplastic action; according to recent research used to treat fibrocystic breast disorder, breast and lymphatic cancers. The related western herb *Asparagus officinalis* has diuretic properties and is only rarely used; its use should be avoided in renal patients because of its saponin content.

Dosage 6–18 g, standard 10 g

Cooking time 20 minutes



Combinations

- Yin deficiency, fluid depletion, dry cough, thirst → Ophiopogonis radix (*mai men dong*) p. 802
- Yin deficiency with exhaustion, fatigue, low-grade fevers, following a chronic illness → Ginseng radix (*ren shen*) p. 714, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Yin deficiency following a long-term, severe illness, constipation → Rehmanniae radix (*sheng di huang*) p. 168, Cannabis semen (*huo ma ren*) p. 96, Angelicae sinensis radix (*dang gui*) p. 768
- Lung yin deficiency with dry cough, chronic cough, viscous sputum → Rehmanniae radix (*sheng di huang*) p. 168, Fritillariae bulbus (*bei mu*) p. 648, Lilii bulbus (*bai he*) p. 796
- Lung yin deficiency with dry cough, haemoptysis, low-grade fevers → Ophiopogonis radix (*mai men dong*) p. 802, Adenophorae radix (*nan sha shen*) p. 782, Rehmanniae radix (*sheng di huang*) p. 168

Compatibility promoted by Rehmanniae radix (*sheng di huang*) p. 168, Fritillariae bulbus (*bei mu*) p. 648

Contraindications deficiency of the Spleen and Stomach, cough due to wind-cold

Pregnancy use is allowed

Broussonetiae fructus**Chu shi zi**

楮实子

Family: Moraceae
 Standard species: *Broussonetia papyrifera*
 German: Papiermaulbeerfrüchte
 English: paper mulberry fruit

Temperature

●○○ cold

Taste

●○○ sweet

Organ relationship

●○○ Spleen

●●○ Kidney

●○○ Liver

Direction of action

●○○ descending

Site of action

Lower burner, eyes and head

Actions/Indications●○○ **Tonifies the yang**

Kidney yang: weakness and pain in the loins and knees, impotence, attacks of dizziness

●●○ **Tonifies and nourishes the yin**

Kidney yin: impotence, attacks of dizziness, light-headedness, blurred vision

●○○ **Drains damp-heat**

Swelling, ascites, decreased urination

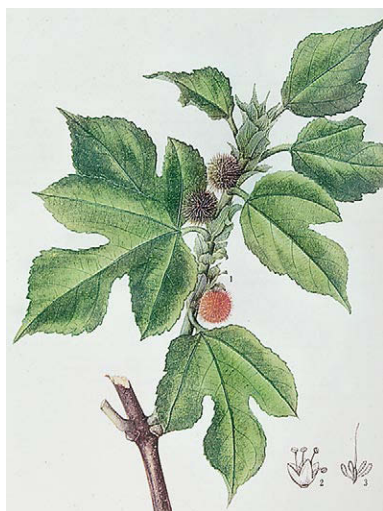
●○○ **Promotes urination**

Oedema, decreased urination

●●○ **Brightens the eyes**

Visual disturbances, dizziness, blurred vision

Physiological/pharmacological effects contains glycosides, coumarin acids, vitamin B, fatty oils.**Dosage** 9–15 g, standard 10 g**Cooking time** 20 minutes



Combinations

- Kidney deficiency with pain and weakness in the lower back and knees, impotence, dizziness, blurred vision → *Rehmanniae radix praeparata (shu di huang)* p. 780, *Lycii fructus (gou qi zi)* p. 800, *Cistanchis herba (rou cong rong)* p. 738, *Achyranthis bidentatae radix (niu xi)* p. 522
- Damp-heat with swelling, oedema, ascites, oliguria → *Benincasae semen (dong gua zi)* p. 304, *Phaseoli semen (chi xiao dou)* p. 326

Contraindications dampness and deficiency in the Spleen and Stomach

Pregnancy use is allowed

Dendrobii caulis**Shi hu**

石斛

Family:	Orchidaceae
Standard species:	<i>Dendrobium nobile</i>
Variation:	Dendrobii herba
German:	chinesische Spargelwurzel
English:	dendrobium, 'bushel of stone'

Temperature

●●○ cold tendency

Taste

●●○ sweet

Organ relationship

○○○ Lung

●●● Stomach

○○○ Kidney

Direction of action

○○○ descending

Site of action

Lung, Spleen and Stomach, middle burner

Actions/Indications●●○ **Tonifies and nourishes the yin**

Stomach yin: dry mouth, thirst, red tongue body, following a febrile illness. Liver yin: visual disturbances. Kidney yin: muscle atrophy, muscle weakness

●●● **Generates fluids**

Abdominal pain, dry heaves, dry tongue body, no tongue coating

●○○ **Clears deficient heat**

Dry mouth, thirst, red tongue body

Physiological/pharmacological effects mild analgesic effect, antipyretic.**Toxicity** animal experiments have observed that high doses have an inhibitory effect on the cardiac and respiratory system, overdose causes convulsions.**Dosage** 3–12 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Fluid depletion following a long illness, low-grade fevers, thirst, blurred vision, muscle pain → *Rehmanniae radix preparata (shu di huang)* p. 780, *Scrophulariae radix (xuan shen)* p. 170, *Adenophorae radix (nan sha shen)* p. 782, *Glehniae radix (bei sha shen)* p. 792
- Stomach yin deficiency, wasting and thirsting disorder, abdominal discomfort, nausea → *Ophiopogonis radix (mai men dong)* p. 802, *Trichosanthis radix (tian hua fen)* p. 142
- Liver and Kidney yin deficiency with fire and internal wind, dilated pupils, blurred vision, photophobia, lacrimation, vertigo → *Asparagi radix (tian men dong)* p. 784, *Cuscutae semen (tu si zi)* p. 746, *Chrysanthemi flos (ju hua)* p. 52
- Kidney yin deficiency with pain and weakness of the lower back → *Lycii fructus (gou qi zi)* p. 800, *Achyranthis bidentatae radix (niu xi)* p. 522
- Painful wind-damp obstruction, painful wind-heat obstruction → *Lonicerae caulis (ren dong teng)* p. 214, *Cynanchi stauntonii radix (bai qian)* p. 628

Compatibility limited by *Bombyx batrycatus (jiang can)* p. 448

Contraindications absence of heat symptoms, in the presence of damp-heat, abdominal swelling with thick, white tongue coating

Pregnancy use is allowed

Ecliptae herba

Han lian cao

早蓮草

Family: Asteraceae
 Standard species: *Eclipta prostrata*
 German: Ecliptakraut
 English: eclipta, 'lush winter aerial plant'

Temperature

●○○ cold

Taste

●●○ sweet

●○○ sour

Organ relationship

●●○ Liver

●●○ Kidney

Direction of action

●○○ descending

Site of action

Lower burner

Actions/Indications

●●○ **Tonifies and nourishes the yin**

Kidney yin: dizziness, visual disturbances, deafness, impotence, premature greying of the hair

●○○ **Cools blood**

Bleeding due to heat in the blood, haemoptysis, bloody sputum, nosebleeds, blood in the stools, haematuria, uterine bleeding

●○○ **Regulates blood**

Bleeding due to heat in the blood

●○○ **Stops bleeding**

Haemoptysis, bloody sputum, blood in the stools, haematuria, uterine bleeding

Physiological/pharmacological effects haemostatic, antibiotic; contains saponins, nicotine, proteins, tannins, bitters, isoflavones.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Ascendant Liver qi due to Liver and Kidney yin deficiency with dizziness, vertigo, blurred vision, premature greying of the hair → Ligustri lucidi fructus (*nü zhen zi*) p. 794, Mori fructus (*sang shen*) p. 774
- Blood heat in the lower burner with haematuria → Imperatae rhizoma (*bai mao gen*) p. 158, Plantaginis herba (*che qian cao*) p. 338
- Blood heat with yin deficiency, haemoptysis, haematemesis, haematuria, blood in the stools, uterine bleeding → Agrimoniae herba (*xian he cao*) p. 584
- Blood heat, blood in the stools → Sanguisorbae radix (*di yu*) p. 608
- Haematemesis → Platycladi cacumen (*ce bai ye*) p. 604
- Lung qi deficiency with haemoptysis, haematemesis, haematuria, blood in the stools → Rehmanniae radix (*sheng di huang*) p. 168

Contraindications cold deficiency of the Spleen and Stomach, diarrhoea

Pregnancy use is allowed

Glehniae radix

Bei sha shen

北沙参

Family:	Apiaceae
Standard species:	<i>Glehnia littoralis</i>
Variation:	Adenophora seu Glehnia radix
German:	Glehniawurzel
English:	adenophora or glehnia root, 'sand root'

Temperature

●●○ cold

Taste

●●○ sweet

Organ relationship

●●○ Lung

●●○ Stomach

●○○ Spleen

Direction of action

●●○ descending

Site of action

Lung, Spleen and Stomach

Actions/Indications

●●● Tonifies and nourishes the yin

Lung yin: productive cough, dry cough, hoarseness, chronic cough. Stomach yin: febrile illnesses, dry mouth and throat, constipation, fever

●●● Generates fluids

Thirst, dry mouth, dry cough, red tongue body, fever. Stomach yin: dry mouth and throat

●●○ Moistens dryness

Dry mouth, red tongue body, dry mucous membranes

●○○ Stops coughing

Dry cough, weak voice, scanty sputum, fever

●○○ Moistens the exterior

Dry, itchy skin, made worse by cold and dry weather

●●○ Clears deficient heat

Thirst, dry mouth, red tongue body, a weak and wan voice, fever

Physiological/pharmacological effects

contains alkaloids.

Dosage 9–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Stomach yin deficiency following a febrile infection, thirst, dry mouth → Ophiopogonis radix (*mai men dong*) p. 802, Rehmanniae radix (*sheng di huang*) p. 168, Dendrobii caulis (*shi hu*) p. 788
- Stomach and Lung yin deficiency with dry chronic cough, increased thirst → Ophiopogonis radix (*mai men dong*) p. 802, Mori folium (*sang ye*) p. 62
- Lung yin deficiency with dry cough, viscous sputum → Fritillariae bulbus (*bei mu*) p. 648, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Pruritus made worse by dryness and cold → Polygonati rhizoma (*huang jing*) p. 726, Ophiopogonis radix (*mai men dong*) p. 802

Compatibility

- Antagonizes Stephaniae radix (*fang ji*) p. 338
- Do not combine with Veratri nigri radix et rhizoma (*li lu*)

Contraindications cough due to wind-cold, deficiency of the Spleen and Stomach

Pregnancy use is allowed

Ligustri lucidi fructus

Nü zhen zi

女贞子

Family: Oleaceae
 Standard species: *Ligustrum lucidum*
 German: Ligusterfrüchte
 English: ligustrum, privet fruit, 'female chastity seed'

Temperature

●● neutral, cold tendency

Taste

●● bitter

●● sweet

Organ relationship

●● Liver

●● Kidney

Direction of action

●● descending

Site of action

Lower burner, head and eyes

Actions/Indications

●● Tonifies and nourishes the yin

Liver and Kidney yin deficiency: dizziness, back pain, tinnitus, spots before the eyes, premature greying of the hair

●● Secures the essence

Low back pain, weak hips and knees, tinnitus, deafness, dizziness

●● Clears deficient heat

Dizziness, weakness of the lower back, tinnitus

●● Brightens the eyes

Decreased visual acuity

Physiological/pharmacological effects immune stimulating (leucocytes); lowers serum glucose levels, use with care in combination with antidiabetic drugs (hypoglycaemia); lowers serum cholesterol and lipid levels, promotes haematopoiesis, anti-inflammatory, hepatoprotective, antibiotic.

Dosage 3–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Liver and Kidney yin deficiency with dizziness, tinnitus, blurred vision → Astragali semen (*sha yuan ji li*) p. 732
- Kidney yin deficiency with dizziness, weakness and soreness of the lower back and legs → Psoraleae fructus (*bu gu zhi*) p. 764, Cuscutae semen (*tu si zi*) p. 746
- Heat due to yin deficiency → Lycii cortex (*di gu pi*) p. 260, Moutan cortex (*mu dan pi*) p. 164
- Liver and Kidney deficiency with dizziness, tinnitus, hearing and visual disturbances, premature greying of the hair → Mori fructus (*sang shen*) p. 774, Ecliptae herba (*han lian cao*) p. 790

Contraindications yang deficiency due to cold, diarrhoea

Pregnancy use is allowed

Lilii bulbus**Bai he**

百合

Family:	Liliaceae
Standard species:	<i>Lilium brownii</i>
German:	Lilienzwiebel
English:	lily bulb, 'hundred meetings'

Temperature

●○○ cold tendency

Taste

●○○ sweet

Organ relationship

●○○ Lung

●○○ Heart

Direction of action

●○○ descending

Site of action

Lung

Actions/Indications●○○ **Tonifies and nourishes the yin**

Lung yin: dry cough, dry throat

●○○ **Generates fluids**

Dry cough

●○○ **Moistens dryness**

Dry cough, dry throat

●○○ **Stops coughing**

Dry cough

●○○ **Clears heat**

Febrile illnesses with agitation, absences, insomnia, palpitations

●○○ **Calms and anchors the spirit**

Insomnia, agitation, irritability, palpitations

●○○ **Clears the Heart**

Insomnia, agitation, low-grade fevers

Physiological/pharmacological effects use with care in combination with barbiturates and other sedating drugs (may impair driving ability); prolongs the effect of barbiturate-induced sleep; in animal experiments has shown an antitussive effect, expectorant, adaptogen.

Toxicity in extremely high dosages: nausea, vomiting, decreased appetite, diarrhoea or constipation; in rare cases, hair loss, ECG changes; after injection, local tissue necrosis.

Dosage 3–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Heat in the Lung with blood-streaked sputum, chronic cough → *Tussilaginis farfarae* (*kuan dong hua*) p. 678
- Heat in the Lung, dryness in the Lung, dry cough → *Ophiopogonis radix* (*mai men dong*) p. 802, *Asparagi radix* (*tian men dong*) p. 784, *Fritillariae bulbosus* (*bei mu*) p. 648, *Glycyrrhizae radix* (*gan cao*) p. 716
- Lung yin deficiency, dryness, sore throat, dry cough → *Ophiopogonis radix* (*mai men dong*) p. 802, *Scrophulariae radix* (*xuan shen*) p. 170, *Fritillariae bulbosus* (*bei mu*) p. 648
- Lingering fever with palpitations, irritability, insomnia, dark scanty urine → *Rehmanniae radix* (*sheng di huang*) p. 168
- Lingering fever with yin deficiency in the aftermath of a febrile illness, irritability, disorientation → *Anemarrhenae rhizoma* (*zhi mu*) p. 120

Contraindications cough due to wind-cold, phlegm, diarrhoea due to Spleen and Stomach deficiency

Pregnancy use is allowed

Lini semen**Ya ma zi**

亚麻子

Family: Linaceae
 Standard species: *Linum usitatissimum*
 German: Leinsamen
 English: linseed, flax seed

Temperature

○○ neutral, warm tendency

Taste

●● sweet

Organ relationship

○○ Lung
 ○○ Spleen
 ●● Liver
 ●● Kidney

Direction of action

○○ deep

Site of action

Deep, interior, digestive tract

Actions/Indications

●● **Tonifies and nourishes the yin**

Deficient Liver and Kidney yin: premature greying of the hair, premature ageing of the skin, weakness, fatigue

●● **Generates fluids**

Premature ageing of the skin, dry, wrinkled skin, premature greying of the hair, constipation

○○ **Unblocks the bowels/laxative**

Constipation due to yin deficiency

Physiological/pharmacological effects contains bulking agents, fatty oils, proteins and cyanogenic glycosides. Protects the mucosal membranes and has a laxative action; the bulking agents cause an increase in peristalsis. Administer orally to treat constipation, irritable bowel syndrome, diverticulitis; administer as a porridge to treat gastritis, enteritis; topical application as a plaster to treat inflammation.

Toxicity cyanide toxicity has not been observed, even following long-term use. Abdominal bloating may occur if fluid intake is not maintained; intestinal ileus is possible.

Commentary one of the oldest cultivated plants, used in textile production. Linseed oil is used as a cooking ingredient and also in the production of pigments and oils used in various industries.

Dosage 10–30 g, standard 15 g

Cooking time 20 minutes



Combination

- Constipation, fluid deficiency → Persicae semen (*tao ren*) p. 564, Armeniacae semen (*xing ren*) p. 664, Platycladi semen (*bai zi ren*) p. 438

Contraindications diarrhoea, ileus

Pregnancy use is allowed

Lycii fructus**Gou qi zi**

枸杞子

Family:	Solanaceae
Standard species:	<i>Lycium barbarum</i> , <i>L. chinense</i>
German:	Bocksornfrüchte
English:	Chinese wolfberry, 'matrimony vine fruit'

Temperature

●○○ neutral

Taste

●●○ sweet

Organ relationship

●●● Liver

●●● Kidney

●○○ Lung

Direction of action

●○○ descending

Site of action

Lower burner

Actions/Indications●●● **Tonifies and nourishes the yin**

Liver and Kidney yin deficiency: weak back and loins, impotence, attacks of dizziness, tires easily

●●○ **Secures the essence**

Dizziness, blurred vision, impotence, deafness

●○○ **Brightens the eyes**

Decreased visual acuity, blurred vision

●○○ **Stops coughing**

Consumptive cough, thirst, dry mucosal membranes

Physiological/pharmacological effects used as a general tonic. A few sources report immune-stimulating and hypoglycaemic effects. In animal experiments shown to increase uterine contraction, increase erythropoiesis and leucocyte count, antineoplastic effect.

Commentary used in folk medicine to treat diabetes, 10 g taken two to three times daily

Dosage 3–12 g, standard 6 g

Cooking time 20 minutes



Combinations

- Blood and yin deficiency, Liver and Kidney deficiency with dizziness, tinnitus, weakness, impotence, spermatorrhoea → *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Cuscutae semen* (*tu si zi*) p. 746, *Eucommiae cortex* (*du zhong*) p. 756
- Liver and Kidney deficiency with dizziness, tinnitus, headache, visual disturbances → *Chrysanthemi flos* (*ju hua*) p. 52
- Yin deficiency and Liver qi stagnation, epigastric pain, flank pain, dry mouth, dry throat, bitter taste in the mouth, acid regurgitation → *Angelicae sinensis radix* (*dang gui*) p. 768, *Adenophorae radix* (*nan sha shen*) p. 782, *Glehniae radix* (*bei sha shen*) p. 792, *Toosendan fructus* (*chuan lian zi*) p. 512
- Liver and Kidney deficiency with impotence, weak lower back and legs, dizziness, muscular weakness → *Bletillae tuber* (*bai ji*) p. 588, *Cistanchis herba* (*rou cong rong*) p. 738, *Astragali semen* (*sha yuan ji li*) p. 732, *Chrysanthemi flos* (*ju hua*) p. 52, *Corni fructus* (*shan zhu yu*) p. 822, *Rehmanniae radix praeparata* (*shu di huang*) p. 780

Contraindications unresolved exterior condition with heat, dampness due to Spleen and Stomach deficiency, diarrhoea

Pregnancy use with care

Ophiopogonis radix

Mai men dong

麦门冬

Family: Liliaceae
 Standard species: *Ophiopogonum japonicus*
 German: Schlangenbartwurzel
 English: ophiopogon tuber, 'lush winter wheat'

Temperature

●○○ cold tendency

Taste

●○○ sweet

Organ relationship

●●● Lung

●○○ Stomach

●○○ Heart

○○○ Large Intestine

Direction of action

○○○ descending

Site of action

Lung, Spleen and Stomach, middle burner

Actions/Indications

●●● **Tonifies and nourishes the yin**

Lung yin: dry cough, viscous sputum that is difficult to expectorate, bloody sputum.
 Stomach yin: dry mouth, thirst

●○○ **Clears deficient heat**

Dry cough, bloody sputum, palpitations, dry mouth, thirst, afternoon fevers

●○○ **Generates fluids**

Dry mouth, thirst, palpitations, restlessness

○○○ **Stops coughing**

Dry cough, sputum that is difficult to expectorate, bloody sputum

○○○ **Unblocks the bowels/laxative**

Dry mouth, irritability, constipation

●○○ **Clears the Heart and calms the Spirit**

Irritability, low-grade fevers that are worse at night, palpitations

Physiological/pharmacological effects slightly sedative (may impair driving ability). In animal experiments shown to have a positive inotropic action; in high dosages, a negative inotropic action on the heart. Used in geriatric patients to treat dizziness, blurred vision, back pain, fatigue, etc.

Dosage 3–18 g, standard 10 g

Cooking time 20 minutes



Combinations

- Yin deficiency with dry, chronic cough → Pinelliae rhizoma (*ban xia*) p. 82, Codonopsis radix (*dang shen*) p. 710
- Yin deficiency, irritability, insomnia → Ziziphi spinosae semen (*suan zao ren*) p. 446, Rehmanniae radix (*sheng di huang*) p. 168
- Stomach yin deficiency → Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792, Polygonati rhizoma (*huang jing*) p. 726
- Fluid depletion following a chronic illness, low-grade temperatures, thirst, constipation, irritability → Rehmanniae radix (*sheng di huang*) p. 168, Scrophulariae radix (*xuan shen*) p. 170
- Severe fluid depletion, sweating, irritability → Astragali radix (*huang qi*) p. 706, Schisandrae fructus (*wu wei zi*) p. 850
- Lung yin deficiency with heat, dry cough, haemoptysis, palpitations, restlessness → Glehniae radix (*bei sha shen*) p. 792, Adenophorae radix (*nan sha shen*) p. 782, Asparagi radix (*tian men dong*) p. 784, Nelumbinis semen (*lian zi*) p. 842
- Stomach yin deficiency with dry mouth, thirst, weak digestion → Dendrobii caulis (*shi hu*) p. 788, Adenophorae radix (*nan sha shen*) p. 782, Asparagi radix (*tian men dong*) p. 784, Rehmanniae radix (*sheng di huang*) p. 168, Polygonati rhizoma (*huang jing*) p. 726

Compatibility

- Promoted by Rehmanniae radix praeparata (*shu di huang*) p. 780, Plantaginis semen (*che qian zi*) p. 328
- Impaired by Tussilaginis farfarae (*kuan dong hua*) p. 678, Lagenariae pericarpium, Cirsii japonici herba seu radix (*da ji*) p. 592
- Limited by Sophorae flavescens radix (*ku shen*) p. 186

Contraindications cold deficiency of the Spleen and Stomach, diarrhoea, dampness symptoms

Pregnancy use is allowed

Panax quinquefolii radix

Xi yang shen

西洋参

Family:	Araliaceae
Standard species:	<i>Panax quinquefolium</i>
German:	Panax Ginseng
English:	American ginseng root

Temperature

○○ cold

Taste

○○ sweet

○○ bitter

Organ relationship

○○ Heart

○○ Kidney

○○ Lung

Direction of action

○○ ascending

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Tonifies and supplements the qi

Lung and Kidney qi deficiency: cough, wheezing, scanty gum-like sputum

●●● Tonifies and nourishes the yin

Lung and Kidney qi deficiency with heat: fever, weakness, irritability, thirst, loss of voice, bloody sputum, haemoptysis

●●● Generates fluids

Thirst, dry mouth, red tongue body, yin deficiency, fluid loss

○○○ Cools fire

Bloody sputum, haemoptysis, blood in the stools

Physiological/pharmacological effects sedative effect on the CNS, but at the same time effective against fatigue, antidiuretic; in a small study, treatment of side-effects of chemotherapy and radiation (dry mouth, nausea, vomiting).

Toxicity side-effects due to inappropriate use of the herb: headache, fatigue, apathy, aversion to cold, bloated abdomen, delayed menstruation. Allergic reactions: asthma-like symptoms and rashes.

Commentary the herb is an endangered species and requires a special license for its importation and exportation. The herb is very expensive and is usually decocted separately in order to maximize extraction.

Dosage 3–6 g

Cooking time see Commentary



Combinations

- Yin and qi deficiency → Ophiopogonis radix (*mai men dong*) p. 802, Asini corii colla (*e jiao*) p. 770, Anemarrhenae rhizoma (*zhi mu*) p. 120, Fritillariae thunbergii bulbus (*zhe bei mu*) p. 650
- Parched mouth and throat, fluids exhausted → Asparagi radix (*tian men dong*) p. 784, Polygonati odorati rhizoma (*yu zhu*) p. 806
- Bloody stools → Longanae arillus (*long yan rou*) p. 772
- Parched throat, blood-tinged sputum, Lung yin deficiency → Mori folium (*sang ye*) p. 62, Armeniacae semen (*xing ren*) p. 664, Eriobotryae folium (*pi pa ye*) p. 670
- Diabetes → Dioscoreae rhizoma (*shan yao*) p. 712, Rehmanniae radix (*sheng di huang*) p. 168, Gypsum (*shi gao*) p. 130, Anemarrhenae rhizoma (*zhi mu*) p. 120

Compatibility impaired by Veratri nigri radix et rhizoma (*li lu*) p. 76

Contraindication damp-cold obstructing the middle burner

Pregnancy use is allowed

Polygonati odorati rhizoma**Yu zhu**

玉竹

Family:	Liliaceae
Standard species:	<i>Polygonatum officinale</i> , <i>P. odoratum</i>
Variation:	Polygonati officinalis rhizoma
German:	wohlriechender Weißwurz-Wurzelstock
English:	polygonatum, scented Solomon's seal rhizome, 'jade bamboo'

Temperature

●○○ neutral, cold tendency

Taste

●●○ sweet

Organ relationship

●●○ Lung

●○○ Stomach

Direction of action

●○○ descending

Site of action

Lung, deep, interior

Actions/Indications

●○○ **Tonifies and nourishes the yin**

Cough, dry mouth, thirst

●●○ **Generates fluids**

Dry cough, thirst, dry mouth

●●○ **Moistens dryness**

Cough, thirst, dry mouth

●○○ **Expels wind**

Wind with yin deficiency: pain, muscle cramps, deafness, dizziness, light-headedness

●●○ **Clears deficient heat**

Fever, cough, gnawing hunger, constipation

Physiological/pharmacological effects contains convallarin, vitamin A.

Dosage 6–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Stomach and Lung yin deficiency with dry cough, thirst, dry mouth → Ophiopogonis radix (*mai men dong*) p. 802, Adenophorae radix (*nan sha shen*) p. 782
- Yin deficiency with wind-heat, fever, cough → Cynanchi stauntonii radix (*bai qian*) p. 628, Platycodi radix (*jie geng*) p. 636
- Wind-heat with yin deficiency → Menthae herba (*bo he*) p. 60, Sojae semen praeparatum (*dan dou chi*) p. 68
- Qi and yin deficiency with stifling sensation in the chest → Codonopsis radix (*dang shen*) p. 710

Contraindications phlegm in the Spleen and Stomach, dampness symptoms in deficient Spleen, tachycardia

Pregnancy use is allowed

Sesami semen nigricum

Hei zhi ma

黑芝麻

Family:	Pedaliaceae
Standard species:	<i>Sesamum indicum orientale</i>
Variation:	Sesami indici semen, Sesami nigri semen
German:	Sesamsamen
English:	black sesame seeds

Temperature

○○ neutral

Taste

○○ sweet

Organ relationship

○○ Liver

○○ Kidney

○○ Large Intestine

Direction of action

○○ deep

Site of action

Deep, interior

Actions/Indications

○○ **Tonifies and nourishes the yin**

Liver and Kidney yin deficiency: blurred vision, dizziness, tinnitus

○○ **Secures the essence**

Premature greying of the hair, vertigo, tinnitus, lumbar weakness and pain, weak legs

○○ **Tonifies blood**

Headache, dizziness, tingling, painful obstruction syndrome, insufficient lactation

○○ **Pacifies internal wind**

Headache, dizziness, tinnitus, paraesthesias, blurred vision

○○ **Generates fluids**

Constipation, dry cough

○○ **Moistens dryness**

Constipation, dry cough, paraesthesias

Physiological/pharmacological effects contains sesame oil, glycerol, vitamin E, plant oils. Used as a laxative and as a cooking oil.

Commentary use toasted seeds to treat insufficient lactation due to postpartum blood deficiency.

Dosage 9–30 g, standard 10 g

Cooking time 20 minutes



Combinations

- Liver and Kidney yin deficiency with dizziness, blurred vision, headache; ascendant Liver yang with paraesthesias, constipation → Mori folium (*sang ye*) p. 62
- Blood deficiency with constipation → Angelicae sinensis radix (*dang gui*) p. 768, Platycladi semen (*bai zi ren*) p. 438

Contraindication diarrhoea

Pregnancy use is allowed

Taxilli herba

Sang ji sheng

桑寄生

Family:	Loranthaceae
Standard species:	<i>Loranthus parasiticus</i> , <i>Taxillus chinensis</i> , <i>Viscum album</i>
Variation:	Sanjisheng ramulus, Loranthi ramulus, Taxilli ramulus
German:	Maulbeermistelästchen
English:	mistletoe, taxillus, mulberry mistletoe stems

Temperature

○○ neutral

Taste

●● bitter

○○ sweet

Organ relationship

○○ Liver

●● Kidney

Direction of action

○○ deep

Site of action

Lower burner

Actions/Indications

●● Tonifies and nourishes the yin

Deficient Liver and Kidney yin: numbness and pain in the back, loins and knees, weak and painful joints, weakness and atrophy of the sinews and bones

○○ Tonifies qi

Kidney yin: weakness of the back, loins and knees, weak joints

○○ Tonifies blood

Bleeding (especially during pregnancy), dry skin

●● Calms the fetus

Premature labour, bleeding

○○ Dispels damp-wind

Weakness in the loins and knees, muscular weakness and pain, weakness and pain in the joints

○○ Stops spasms

Pain and spasms in the sinews and muscles

Physiological/pharmacological effects in vitro antiviral, diuretic even in the absence of documented cases, use with care in combination with other diuretics because of the possible effects on fluid and electrolyte metabolism; inhibits platelet aggregation, therefore use with care in combination with anticoagulants or thrombocyte aggregation inhibitors; lowers blood pressure, dilates the coronary arteries, improves myocardial perfusion; used to treat hypertension, infarction. *Viscum album* is used to treat fatigue, nervousness, insomnia, agitation, panic attacks and decreased immunity; also used in the treatment of cancers, hypertension and arthritis.

Toxicity animal experiments have shown that vomiting and diarrhoea may occur following overdose.

Dosage 10–20 g, standard 15 g

Cooking time 20 minutes



Combinations

- Liver and Kidney yin deficiency with wind-dampness: pain, stiffness, soreness of the lower back and legs → *Angelicae pubescentis radix (du huo)* p. 350, *Achyranthis bidentatae radix (niu xi)* p. 522
- Blood deficiency and Liver and Kidney deficiency with restless fetus, premature labour, threatened abortion, bleeding during pregnancy → *Dipsaci radix (xu duan)* p. 750, *Asini corii colla (e jiao)* p. 770, *Eucomniae cortex (du zhong)* p. 756, *Cuscutae semen (tu si zi)* p. 746, *Astragali radix (huang qi)* p. 706, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708
- Liver and Kidney yin deficiency with ascendant Liver yang, headache, dizziness, vertigo, tinnitus, palpitations → *Rehmanniae radix (sheng di huang)* p. 168, *Paeoniae radix rubra (chi shao yao)* p. 166, *Spatholobi caulis et radix (ji xue teng)* p. 576
- Childhood paralysis → *Epimedii herba (yin yang huo)* p. 754
- Blood deficiency with dry, flaky skin → chicken egg and brown sugar
- Premature labour, uterine bleeding during pregnancy → *Dipsaci radix (xu duan)* p. 750, *Cuscutae semen (tu si zi)* p. 746, *Asini corii colla (e jiao)* p. 770

Pregnancy use is allowed

Testudinis carapax

Gui ban

龟板

Family:	Testudinidae
Zoological name:	<i>Chinemys reevesii</i>
Variation:	Testudinis plastrum
German:	Panzer der Wasserschildkröte
English:	fresh-water turtle plastron, testudinis, tortoise plastrum

Temperature

○○○ cold

Taste

●○○ salty

○○○ sweet

Organ relationship

●○○ Liver

●○○ Kidney

○○○ Heart

Direction of action

●○○ descending

Site of action

Interior, lower burner

Actions/Indications

●●● Tonifies and nourishes the yin

Nightsweats, tinnitus, light-headedness, dizziness, steaming bone disorder, tremor, headache, irritability

●○○ Sinks the yang

Tinnitus, light-headedness, dizziness, spasms, tremor, headache, irritability, red eyes

●●● Tonifies and nourishes the yin

Weakness and soreness in the lower back and knees, weak legs, delayed skeletal development in children, open fontanelle

●○○ Benefits the kidneys and strengthens the bones

Weak lower back, weakness of the legs, developmental delay of the locomotor system

●○○ Tonifies blood

Insomnia, palpitations, fearfulness, forgetfulness, inadequate supply to the shen

●○○ Tonifies and harmonizes the chong mai vessel

Increased uterine bleeding, vaginal discharge, used as a tonic following difficult delivery

●○○ Stops bleeding

Increased menstruation, irregular uterine bleeding

○○○ Eczema, burns and ulcerations

Secondary wound healing, sores (also for external use)

Physiological/pharmacological effects newest research reports treatment of sarcomas, hepatic cirrhosis.

Toxicity allergic reactions documented: stifling sensation in the chest, heat in the entire body, mild pruritus.

Commentary endangered species (see CITES, Appendix II: <http://www.cites.org/eng/app/appendices.shtml>); a special license is required for its exportation and importation.

Dosage 10–30 g in a decoction

Cooking time 60 minutes



Combinations

- Tonifies the Liver and Kidney yin → Anemarrhenae rhizoma (*zhi mu*) p. 120, Phellodendri cortex (*huang bai*) p. 180, Rehmanniae radix (*sheng di huang*) p. 168
- Low-grade fevers, nightsweats, ascendant yang, tremor → Trionycis carapax (*bie jia*) p. 814, Asini corii colla (*e jiao*) p. 770
- Tinnitus, dizziness, weakness of the lower extremities → Rehmanniae radix praeparata (*shu di huang*) p. 780, Corni fructus (*shan zhu yu*) p. 822, Dioscoreae rhizoma (*shan yao*) p. 712, Restore the (Left) Kidney Pill (*zuo gui wan*)
- Ascendant Liver yang with dizziness → Chrysanthemi indicis flos (*ye ju hua*) p. 196, Haliotidis concha (*shi jue ming*) p. 454
- Tonifies the Kidneys and the locomotion system → Cervi cornu (*lu rong*) p. 734
- Profuse uterine bleeding → Rehmanniae radix (*sheng di huang*) p. 168, Scrophulariae radix (*xuan shen*) p. 170, Asini corii colla (*e jiao*) p. 770, Scutellariae radix (*huang qin*) p. 184, Paeoniae radix lactiflora (*bai shao*) p. 776, Phellodendri cortex (*huang bai*) p. 180
- Heavy uterine bleeding due to heat in the blood → Rehmanniae radix (*sheng di huang*) p. 168, Ecliptae herba (*han lian cao*) p. 790, Sigesbeckiae herba (*xi xian cao*) p. 370
- Irregular uterine bleeding → Ostrea concha (*mu li*) p. 428
- Secondary wound healing → Gleditsiae spina (*zao jiao ci*) p. 548, Pulsatilla radix (*bai tou weng*) p. 230

Contraindications diarrhoea, cold deficiency, damp-cold

Pregnancy use is **forbidden**

Trionyx carapax

Bie jia

Family:	Trionychoidea
Zoological name:	<i>Trionyx sinensis</i>
German:	Panzer der chinesischen Schildkröte
English:	Chinese soft-shelled turtle shell

Temperature

●● cold

Taste

●●● salty

●● neutral

Organ relationship

●● Liver

●● Spleen

●● Kidney

Direction of action

●● descending

Site of action

Interior, lower burner

Actions/Indications

●● Tonifies and nourishes the yin

Nightsweats, tidal fevers, stiffness of the tendons, tremor, light-headedness, tinnitus, headache, red eyes, spasms, convulsions, afternoon fevers, thirst, heat sensation at night, red tongue body, rapid pulse, steaming bone disorder

●● Sinks the yang

Light-headedness, tinnitus, headache, red eyes, muscular spasms, convulsions, red face

●● Moves blood

Difficult menstruation, amenorrhoea, flank pain, palpable masses

●● Softens hardness

Masses in the lower abdomen, amenorrhoea

●● Resolves accumulations

Promotes blood flow in channels and arteries, swelling of the neck, swelling of the lymph nodes

●● Breaks up swelling

Enlarged lymph nodes in children, accumulation, clumping in the digestive tract

●● Calms internal wind

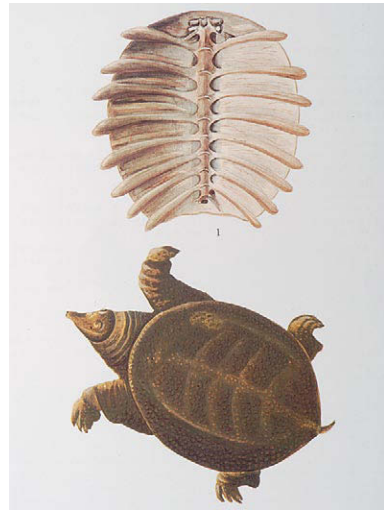
Light-headedness, tinnitus, headache, spasms, convulsions, pre-apopleptic states, paralysis, hemiplegia

Physiological/pharmacological effects increases plasma proteins and treats anaemia due to hepatic dysfunction, inhibits tissue proliferation and breaks up masses and nodules.

Toxicity in rare cases allergic reactions have been reported: stifling sensation in the chest, agitation, panic attacks, itching erythemas.

Dosage 10–30 g in a decoction

Cooking time 60 minutes



Combinations

- Internal wind due to yin deficiency, nightsweats → Testudinis carapax (*gui ban*) p. 812, Rehmanniae radix (*sheng di huang*) p. 168, Paeoniae radix lactiflora (*bai shao*) p. 776
- Internal wind due to yin deficiency, tremor → Mastodi fossilium ossis (*long gu*) p. 426, Paeoniae radix lactiflora (*bai shao*) p. 776, Asini corii colla (*e jiao*) p. 770
- Yin deficiency following infection with a warm-heat pathogen, nightsweats → Artemisiae annuae herba (*qing hao*) p. 38, Moutan cortex (*mu dan pi*) p. 164, Rehmanniae radix (*sheng di huang*) p. 168, Anemarrhenae rhizoma (*zhi mu*) p. 120
- Amenorrhoea, blood stasis, hard masses → Rhei rhizoma (*da huang*) p. 92, Persicae semen (*tao ren*) p. 564, Carthami flos (*hong hua*) p. 528, Angelicae sinensis radix (*dang gui*) p. 768, Paeoniae radix rubra (*chi shao yao*) p. 166, Sparganii rhizoma (*san leng*) p. 574, Curcumae rhizoma (*e zhu*) p. 540, Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Heavy menstrual bleeding → Asini corii colla (*e jiao*) p. 770, Artemisiae argyi folium (*ai ye*) p. 586, Angelicae sinensis radix (*dang gui*) p. 768

Contraindication cold Spleen deficiency

Pregnancy use is **forbidden**

XVI

Herbs that stabilize and bind

Overview

Cebulae fructus (<i>he zi</i>)	820
Corni fructus (<i>shan zhu yu</i>)	822
Ephedrae radix (<i>ma huang gen</i>)	824
Euryalis semen (<i>qian shi</i>)	826
Ginkgo semen (<i>bai guo</i>)	828
Granati pericarpium (<i>shi liu pi</i>)	830
Halloysitum rubrum (<i>chi shi zhi</i>)	832
Limonitum (<i>yu yu liang</i>)	834
Mantis oötheca (<i>sang piao xiao</i>)	836
Mume fructus (<i>wu mei</i>)	838
Myristicae semen (<i>rou dou kou</i>)	840
Nelumbinis semen (<i>lian zi</i>)	842
Nelumbinis stamen (<i>lian xu</i>)	844
Rosae laevigatae fructus (<i>jin ying zi</i>)	846
Rubi fructus (<i>fu pen zi</i>)	848
Schisandrae fructus (<i>wu wei zi</i>)	850
Sepiae endoconcha (<i>hai piao xiao</i>)	852
Tritici fructus (<i>xiao mai</i>)	854

Characteristics

Properties

These herbs restrain essence, and preserve yin and qi. Heavy sweating, vomiting, polyuria, and diarrhoea may lead to excessive fluid loss; chronic coughing, breathlessness, asthma, palpitations may lead to excessive qi consumption.

Taste

All the herbs in this category are sour or astringent. The sour taste collects and acts as an astringent, and prevents fluid, qi and jing/Essence loss. These herbs should only be used in deficient patients and avoided in patients with excess signs (such as those resulting from dampness or phlegm).

Comparison between the individual herbs in this category

Stabilizes Lung qi

Schisandrae fructus (<i>wu wei zi</i>) p. 850	●●●●●●●●
Mume fructus (<i>wu mei</i>) p. 838	●●●●●●●●
Cebuluae fructus (<i>he zi</i>) p. 820	●●●●●●●●
Ginkgo semen (<i>bai guo</i>) p. 828	●●●●●●●●

Stops sweating

Schisandrae fructus (<i>wu wei zi</i>) p. 850	●●●●●●●●
Ephedrae radix (<i>ma huang gen</i>) p. 824	●●●●●●●○
Ostrea concha (<i>mu li</i>) p. 428	●●●●●●●○
Tritici fructus (<i>xiao mai</i>) p. 444	●●●●●●●○
Mastodi fossilium ossis (<i>long gu</i>) p. 426	●●●●●○●●

Binds the Intestines and stops diarrhoea

Schisandrae fructus (<i>wu wei zi</i>) p. 850	●●●●●●●●
Rosae laevigatae fructus (<i>jīn yīng zī</i>) p. 846	●●●●●●●●
Cebuluae fructus (<i>he zi</i>) p. 820	●●●●●●●●
Halloysitum rubrum (<i>chi shi zhi</i>) p. 832	●●●●●●●●
Euryalis semen (<i>qian shi</i>) p. 826	●●●●●●●○
Myristicae semen (<i>rou dou kou</i>) p. 840	●●●●●○●●
Nelumbinis semen (<i>lian zi</i>) p. 842	●●●●●○●●
Nelumbinis stamen (<i>lian xu</i>) p. 844	●●●●●○●●
Dioscoreae rhizoma (<i>shan yao</i>) p. 712	●●●○●●●●
Lablab semen album (<i>bian dou</i>) p. 720	●●●○●●●●

Stabilizes the Bladder and treats incontinence and enuresis

Mantidis oötheca (<i>sang piao xiao</i>) p. 836	●●●●●●●●
Rosae laevigatae fructus (<i>jīn yīng zī</i>) p. 846	●●●●●●●●
Euryalis semen (<i>qian shi</i>) p. 826	●●●●●●●○
Corni fructus (<i>shan zhu yu</i>) p. 822	●●●●●●●○
Alpiniae oxyphyllae fructus (<i>yi zhi ren</i>) p. 730	●●●●●●●○

Secures essence

Corni fructus (<i>shan zhu yu</i>) p. 822	●●●●●●●●
Schisandrae fructus (<i>wu wei zi</i>) p. 850	●●●●●●●●
Sepiae endoconcha (<i>hai piao xiao</i>) p. 852	●●●●●●●●
Euryalis semen (<i>qian shi</i>) p. 826	●●●●●●●●
Rubi fructus (<i>fu pen zi</i>) p. 848	●●●●●●●●
Nelumbinis semen (<i>lian zi</i>) p. 842	●●●●●●●○
Nelumbinis stamen (<i>lian xu</i>) p. 844	●●●●●●●○

Summary

1. Gathers Lung qi, stops coughing, stabilizes the Intestines, stops diarrhoea

Mume fructus (<i>wu mei</i>) p. 838	→ generates fluids, antiparasitic
Schisandrae fructus (<i>wu wei zi</i>) p. 850	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids
Chebulae fructus (<i>he zi</i>) p. 820	→ tonifies the voice

2. Binds the Intestines, stops diarrhoea

Granati pericarpium (<i>shi liu pi</i>) p. 830	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; stops bleeding, antiparasitic, appropriate to treat Spleen yang deficiency
Halloysitum rubrum (<i>chi shi zhi</i>) p. 832	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; strongly binds the Intestines, stops vaginal and uterine bleeding
Limonitum (<i>yu yu liang</i>) p. 834	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; stops uterine bleeding and leucorrhoea
Myristicae semen (<i>rou dou kou</i>) p. 840	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; warms the middle burner, regulates qi flow

3. Prevents fluid loss from the lower burner

Corni fructus (<i>shan zhu yu</i>) p. 822	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; tonifies Liver and Kidney yin
Euryalis semen (<i>qian shi</i>) p. 826	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; stops diarrhoea by tonifying the Spleen
Mantidis oötheca (<i>sang piao xiao</i>) p. 836	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; tonifies Kidney yang
Nelumbinis semen (<i>lian zi</i>) p. 842	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; stops diarrhoea by tonifying the Spleen, nourishes the Heart
Nelumbinis plumula (<i>lian xin</i>) p. 8	→ prevents fluid loss (sweating, diarrhoea, sperm, urine) and generates fluids; clears the Heart, decreases irritability, cools heat in the blood, stops bleeding
Nelumbinis stamen (<i>lian xu</i>) p. 844	→ cools the Heart, stops bleeding
Rosae laevigatae fructus (<i>jīn yīng zī</i>) p. 846	→ binds the Intestines, treats rectal and uterine prolapse
Rubi fructus (<i>fu pen zi</i>) p. 848	→ tonifies the Kidneys, benefits the eyes
Sepiae endoconcha (<i>hai piao xiao</i>) p. 852	→ stops bleeding, treats gastrointestinal disorders

4. Stops sweating

Ephedrae radix (<i>ma huang gen</i>) p. 824	→ stops spontaneous sweating and nightsweats
Tritici fructus (<i>xiao mai</i>) p. 854	→ stops spontaneous sweating and nightsweats

Herbs from other categories that have astringent effects

Agrimoniae herba (<i>xian he cao</i>)	584
Alumen (<i>ming fan</i>)	876
Bletillae tuber (<i>bai ji</i>)	588
Mastodi fossilium ossis (<i>long gu</i>)	426
Ostrea concha (<i>mu li</i>)	428
Rhei rhizoma (<i>da huang</i>) (charred)	92

Chebulae fructus**He zi**

诃子

Family:	Combretaceae
Standard species:	<i>Terminalia chebula</i>
Variation:	Myrobalani fructus, Chebulae fructus
German:	Myrobalani-Frucht
English:	myrobalan fruit, terminalia

Temperature

●○○ neutral, warm tendency

Taste

- bitter
- sour
- astringent

Organ relationship

- Lung
- Large Intestine
- Stomach

Direction of action

- sinking

Site of action

Neck and throat, digestive tract

Actions/Indications●●● **Stops diarrhoea**

Chronic diarrhoea, stubborn dysentery

●○○ **Acts as an astringent and collects**

Diarrhoea, chronic cough, coughing fits

●○○ **Harmonizes and tonifies the qi**

Chronic cough, wheezing, loss of voice

●○○ **Stops coughing**

Chronic cough, dry cough, coughing fits, loss of voice

●○○ **Relieves pain**

Painful throat, unblocks the throat

●○○ **Directs the qi downwards**

Cough, wheezing, loss of voice, phlegm in the throat, chronic hoarseness

●●● **Benefits the throat**

Loss of voice, hoarseness

Physiological/pharmacological effects experiments have shown an antibacterial, cardiotonic and anti-arteriosclerotic effect by lowering of serum cholesterol levels. The tannins contained in the fruit have an astringent effect; also used in tanning.

Toxicity the tannins may cause constipation and digestive disturbances.

Commentary the myrobalan fruit plays a central role in Tibetan medicine; it is considered a complete medicinal, promoting digestion, tonifying, nourishing and strengthening the body.

Dosage 1.5–9 g, standard 5 g

Cooking time 20 minutes



Combinations

- Large Intestine deficiency with chronic dysentery, blood in the stools, pus in the stools, chronic diarrhoea → *Coptidis rhizoma* (*huang lian*) p. 172, *Aucklandiae radix* (*mu xiang*) p. 480, *Mume fructus* (*wu mei*) p. 838
- Cold deficiency in the Large Intestine with severe diarrhoea → *Zingiberis rhizoma* (*gan jiang*) p. 408, *Myristicae semen* (*rou dou kou*) p. 840, *Citri reticulatae pericarpium* (*chen pi*) p. 488
- Chronic diarrhoea → *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Euryalis semen* (*qian shi*) p. 826
- Lung yin deficiency with cough, bloody sputum → *Trichosanthis fructus et semen* (*gua lou*) p. 662, *Indigo naturalis* (*qing dai*) p. 160, *Fritillariae thunbergii bulbus* (*zhe bei mu*) p. 650, *Platycodi radix* (*jie geng*) p. 636, *Scrophulariae radix* (*xuan shen*) p. 170
- Lung deficiency, chronic cough, hoarseness → *Schisandrae fructus* (*wu wei zi*) p. 850, *Adenophorae radix* (*nan sha shen*) p. 782, *Glehniae radix* (*bei sha shen*) p. 792, *Lilii bulbus* (*bai he*) p. 796
- Chronic hoarseness → *Platycodi radix* (*jie geng*) p. 636, *Glycyrrhizae radix* (*gan cao*) p. 716

Contraindications acute diarrhoea, early stages of dysenteric disorders, cough due to external pathogens

Pregnancy use is allowed

Corni fructus

Shan zhu yu

山茱萸

Family: Cornaceae
 Standard species: *Cornus officinalis*
 German: Kornelkirschenfrüchte, Hartriegelfrüchte
 English: cornus, Asiatic cornelian cherry fruit

Temperature

●● warm tendency

Taste

●● sour

Organ relationship

●● Liver

●● Kidney

Direction of action

●● deep

Site of action

Lower burner

Actions/Indications

●● Tonifies jing

Attacks of dizziness, impotence, spermatorrhoea, enuresis, profuse sweating, weak back and knees, tinnitus

●● Tonifies and nourishes yin

Kidney yin: frequent urination, incontinence, spermatorrhoea, excessive sweating, dizziness, impotence, tinnitus

●● Inhibits sweating

Excessive sweating due to Kidney deficiency

●● Stops bleeding

Uterine bleeding, prolonged menstrual bleeding

●● Regulates blood

Profuse sweating, bleeding, prolonged menstrual bleeding

●● Acts as an astringent and collects

Excessive sweating, prolonged menstruation

●● Stabilizes the Kidneys

Enuresis, frequent urination, urinary incontinence

Physiological/pharmacological effects in clinical trials shown to have a diuretic effect, therefore use with caution in combination with other diuretic medications as a synergistic effect may affect water and electrolyte metabolism; lowers blood pressure. Promotes leucocyte production, antibiotic, anti-inflammatory, mild parasymphomimetic, acts as an astringent due to tannin content. Contains: verbenalin, saponin, vitamin A and tannin.

Toxicity slightly toxic

Dosage 4–12 g, standard 5 g

Cooking time 20 minutes



Combinations

- Loss of yang with profuse sweating → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Ginseng radix (*ren shen*) p. 714
- Yang and qi deficiency with spontaneous sweating → Astragali radix (*huang qi*) p. 706, Codonopsis radix (*dang shen*) p. 710
- Yin deficiency with night sweats → Angelicae sinensis radix (*dang gui*) p. 768, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Yin deficiency with heat, uterine bleeding (scanty or profuse, dark and with clots) → Paeoniae radix lactiflora (*bai shao*) p. 776, Asini corii colla (*e jiao*) p. 770
- Chong mai instability with uterine bleeding (scanty or profuse, watery and pale) → Sepiae endoconcha (*hai piao xiao*) p. 852, Rubiae radix (*qian cao gen*) p. 606
- Liver and Kidney yin deficiency with dizziness, tinnitus, impotence, heavy uterine bleeding → Rehmanniae radix praeparata (*shu di huang*) p. 780, Lycii fructus (*gou qi zi*) p. 800, Cuscutae semen (*tu si zi*) p. 746, Eucommiae cortex (*du zhong*) p. 756
- Kidney deficiency with spermatorrhoea, enuresis, profuse sweating → Astragali semen (*sha yuan ji li*) p. 732, Psoraleae fructus (*bu gu zhi*) p. 764, Ostrea concha (*mu li*) p. 428, Mastodi fossilium ossis (*long gu*) p. 426

Compatibility impaired by Platycodi radix (*jie geng*) p. 636, Saposhnikoviae radix (*fang feng*) p. 42, Stephaniae radix (*fang ji*) p. 338

Contraindications Kidney yang deficiency; painful, difficult urination

Pregnancy use is allowed

Ephedrae radix

Ma huang gen

麻黄根

Family: Ephedraceae
 Standard species: *Ephedra sinica*
 German: Meerträubelwurzel
 English: ephedra root, 'hemp yellow root'

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●○○ Lung

Direction of action

●○○ sinking

Site of action

Exterior/surface

Actions/Indications

●●● Inhibits sweating

Spontaneous sweating, night sweats, sweating due to yin or qi deficiency, sweating postpartum

●○○ Harmonizes and tonifies the qi

Lung qi deficiency, sweating

●○○ Tonifies and nourishes the yin

Kidney and Heart yin deficiency: sweating

Physiological/pharmacological effects stimulates uterine smooth muscle.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Spontaneous sweating, sweating that cannot be stopped → Astragali radix (*huang qi*) p. 706, Angelicae sinensis radix (*dang gui*) p. 768
- Postpartum sweating that cannot be stopped (pulverize the herbs and spread over the abdomen) → Ostrea concha (*mu li*) p. 428
- Nightsweats → Schisandrae fructus (*wu wei zi*) p. 850, Platycladi semen (*bai zi ren*) p. 438, Rehmanniae radix (*sheng di huang*) p. 168
- Qi and yin deficiency with sweating, spontaneous sweating, nightsweats → Astragali radix (*huang qi*) p. 706, Ostrea concha (*mu li*) p. 428, Angelicae sinensis radix (*dang gui*) p. 768

Pregnancy use is allowed

Euryalis semen**Qian shi**

芡实

Family:	Nymphaeaceae
Standard species:	<i>Euryale ferox</i>
German:	Makanasternsamen, Seerosengewächs
English:	euryale seeds

Temperature

●○ neutral

Taste

●○ sweet

●○ sour

Organ relationship

●○ Spleen

●● Kidney

Direction of action

●○ lifting

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications

●○ Harmonizes and tonifies the qi

Digestive weakness, diarrhoea, diarrhoea in children

●● Stops diarrhoea

Chronic diarrhoea due to Spleen and Stomach deficiency

●○ Drains dampness

Leucorrhoea due to deficiency, vaginal discharge due to damp-heat

●● Tonifies jing

Spermatorrhoea, premature ejaculation, frequent urination, enuresis, impotence

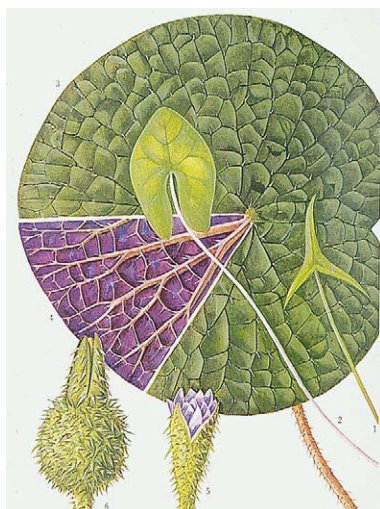
●○ Tonifies yang

Spermatorrhoea, premature ejaculation, frequent urination, enuresis, impotence

●● Acts as an astringent and collects

Enuresis, urinary incontinence

Physiological/pharmacological effects can be used to treat proteinuria. Contains: proteins, fats, calcium, phosphates and iron.**Dosage** 10–15 g, standard 5 g**Cooking time** 20 minutes



Combinations

- Spleen deficiency with chronic diarrhoea → Codonopsis radix (*dang shen*) p. 710, Poria (*fu ling*) p. 334, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Spleen and Stomach deficiency with weak digestion, chronic diarrhoea → Rosae laevigatae fructus (*jin ying zi*) p. 846, Cuscutae semen (*tu si zi*) p. 746, Dioscoreae rhizoma (*shan yao*) p. 712, Codonopsis radix (*dang shen*) p. 570, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Kidney deficiency with spermatorrhoea, polyuria → Rosae laevigatae fructus (*jin ying zi*) p. 846
- Spleen and Stomach deficiency with vaginal discharge → Dioscoreae rhizoma (*shan yao*) p. 712
- Damp-heat in the lower burner with vaginal discharge → Phellodendri cortex (*huang bai*) p. 180, Plantaginis semen (*che qian zi*) p. 328

Contraindication difficult defecation

Pregnancy use is allowed

Ginkgo semen**Bai guo**

白果

Family:	Ginkgoaceae
Standard species:	<i>Ginkgo biloba</i>
German:	Ginkgosamen
English:	ginkgo nut, 'silver almond'

Temperature

●●○ neutral

Taste

●●○ sweet

●○○ bitter

Organ relationship

●●● Lung

●○○ Kidney

Direction of action

●○○ deep

Site of action

Lung, lower burner

Actions/Indications●●○ **Alleviates wheezing**

Rattling sounds in the chest, wheezing, cough with phlegm

●○○ **Stops coughing**

Chronic cough, copious phlegm

●●○ **Harmonizes and tonifies the qi**

Tonifies Lung qi, cough, wheezing, chronic cough, copious phlegm

●●○ **Dislodges phlegm**

Cough with viscous phlegm

●○○ **Drains dampness**

Leucorrhoea, cloudy urine, urinary dribbling

●○○ **Drains damp-heat**

Leucorrhoea, cloudy urine, urinary dribbling

●○○ **Stabilizes the Kidneys**

Incontinence, spermatorrhoea, urinary dribbling

●●○ **Contains urine**

Urinary incontinence, dribbling

Physiological/pharmacological effects in vitro shown to have antibiotic, anti-mycotic, bronchodilating effects; contains bilobol; animal experiments have shown uterine contraction, decreases blood pressure. *Ginkgo folium* increases circulation to the brain and the limbs and is used to treat cerebrovascular insufficiency with tinnitus, vertigo, headache, memory loss and difficulties in concentration.

Toxicity slightly toxic, the herb should therefore not be used over long periods or in high doses. Drying decreases toxicity. Signs of toxicity include headache, fever, tremor, irritability, dyspnoea and also skin and mucosal membrane irritation; some patients become oversensitive to light and noise, convulsions and respiratory depression have been reported. A decoction of *Glycyrrhizae radix* (*gan cao*) 60 g can be used as an antidote.

Commentary the raw seeds are especially good to treat phlegm; the toasted herb is used to treat wheezing and cough as well as urinary incontinence.

Dosage 3–9 g, standard 3 g

Cooking time 20 minutes



Combinations

- Wheezing → Ephedrae herba (*ma huang*) p. 30, Glycyrrhizae radix (*gan cao*) p. 716
- Lung deficiency, hot phlegm with cough, wheezing, copious yellow sputum → Mori cortex (*sang bai pi*) p. 674, Ephedrae herba (*ma huang*) p. 30, Armeniacae semen (*xing ren*) p. 664, Scutellariae radix (*huang qin*) p. 184
- Damp-heat with vaginal discharge → Phellodendri cortex (*huang bai*) p. 180, Euryalis semen (*qian shi*) p. 826
- Incontinence, polyuria → Mantidis oötheca (*sang piao xiao*) p. 836, Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730
- Yin and blood deficiency with vaginal discharge, cloudy urine, dribbling urine → Euryalis semen (*qian shi*) p. 826, Nelumbinis semen (*lian zi*) p. 842
- Deficiency in the lower burner with watery vaginal discharge → Nelumbinis semen (*lian zi*) p. 842

Compatibility toxicity mitigated by Glycyrrhizae radix (*gan cao*) p. 716

Pregnancy use with care

Granati pericarpium**Shi liu pi**

石榴皮

Family:	Punicaceae
Standard species:	<i>Punica granatum</i>
German:	Granatapfel-Schale
English:	pomegranate husk, granatum rind

Temperature

●○○ warm

Taste

●●○ sour

●●○ astringent

Organ relationship

●●● Large Intestine

●●○ Stomach

Direction of action

●○○ ascending

Site of action

Digestive tract

Actions/Indications

●●● Acts as an astringent and collects

Chronic diarrhoea, dysentery, prolapse of the rectum

●●○ Stops diarrhoea

Chronic diarrhoea due to cold deficiency

●●○ Antiparasitic

Roundworms, tapeworms, intestinal parasites, hookworms, external use for fungal infections (tinea) and to treat psoriasis

●○○ Stops bleeding

Uterine bleeding, leucorrhoea, external use as a powder to treat post-traumatic bleeding

Physiological/pharmacological effects antiparasitic, anthelmintic (used in ancient Egypt to treat tapeworms), kills amoebas, antibiotic (*Corynebacterium diphtheriae*, *Staphylococcus aureus*, *Bacillus dysenteriae*, dermatophytes), antifungal, external use also to treat bums and psoriasis, contains tannins, which have an astringent, drying effect.

Toxicity mildly toxic due to alkaloid content; the following side-effects may arise: nausea, vomiting, diarrhoea, abdominal pain. Overdose: vertigo, headache, visual disturbances, tinnitus, fatigue, spasms, tremor and up to respiratory depression due to extremely high dosages, the tannins may cause gastric irritation.

Commentary this herb contains alkaloids whose absorption may be promoted by eating oily or fatty foods; these should be avoided during the treatment for parasites.

Dosage 3–9 g**Cooking time** 20 minutes



Combinations

- Chronic diarrhoea, dysentery, prolapse of the rectum → *Chebulae fructus* (*he zi*) p. 820, *Myristicae semen* (*rou dou kou*) p. 840
- Chronic diarrhoea due to Spleen yang deficiency → *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 708, *Codonopsis radix* (*dang shen*) p. 570, *Poria* (*fu ling*) p. 334
- Dysentery due to damp-heat → *Coptidis rhizoma* (*huang lian*) p. 172, *Phellodendri cortex* (*huang bai*) p. 180
- Prolapse of the rectum → *Astragali radix* (*huang qi*) p. 760, *Cimicifugae rhizoma* (*sheng ma*) p. 56
- Tapeworms, taenia, roundworms → *Arecae semen* (*bing lang*) p. 860
- Uterine bleeding → *Angelicae sinensis radix* (*dang gui*) p. 768, *Asini corii colla* (*e jiao*) p. 770

Contraindications early stages of diarrhoea or dysentery

Pregnancy use is allowed

Halloysitum rubrum**Chi shi zi**

赤石脂

Mineral:	Aluminium silicate
Variation:	Bolus rubra
German:	roter Ton
English:	halloysite, kaolin

Temperature

●○○ warm

Taste

●●○ sour, astringent

●●○ sweet

Organ relationship

●●○ Stomach

●●○ Large Intestine

●○○ Spleen

Direction of action

●○○ ascending

Site of action

Digestive tract, lower burner

Actions/Indications●●○ **Acts as an astringent and collects**

Chronic diarrhoea due to cold deficiency, chronic dysentery with phlegm and blood in the stools, ulcerative colitis, chronic enteritis, prolapse of the rectum

●●○ **Stops diarrhoea**

Chronic diarrhoea, dysentery, chronic enteritis

●○○ **Stops bleeding**

Uterine bleeding, leucorrhoea, heavy menstrual bleeding, irregular bleeding due to Liver and Kidney deficiency, empty chong mai and du mai vessels, blood in the stools, external use to treat post-traumatic bleeding

●○○ **Eczema, burns and ulcerations**

Chronic non-healing sores

●○○ **Regulates the chong mai vessel and the womb**

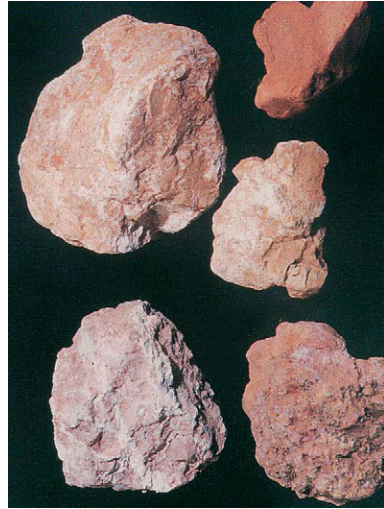
Strong uterine bleeding, emptiness in the chong mai and du mai vessels

Physiological/pharmacological effects stops bleeding; the herb contains large amounts of aluminium silica, which binds heavy metals or bacterial endotoxins into insoluble precipitates.

Commentary because of the precipitates, it should not be taken concurrently with other herbs; a 2-hour interval is recommended.

Dosage 10–20 g, also for external use as a powder

Cooking time 30–40 minutes



Combinations

- Chronic diarrhoea, prolapse of the rectum, incontinence → Limonitum (*yu yu liang*) p. 834
- Dysentery with pus, bleeding due to cold deficiency → Zingiberis rhizoma (*gan jiang*) p. 408, Paeoniae radix lactiflora (*bai shao*) p. 776
- Heavy uterine bleeding due to cold deficiency → Sepiae endoconcha (*hai piao xiao*) p. 852, Platycladi cacumen (*ce bai ye*) p. 604
- Red vaginal discharge → Euryalis semen (*qian shi*) p. 826, Cervi cornu (*lu rong*) p. 734, Cnidii fructus (*she chuang zi*) p. 740
- Bloody stools → Sophorae flos (*huai hua mi*) p. 610, Sanguisorbae radix (*di yu*) p. 608
- Poor healing of skin sores, external use → Mastodi fossilium ossis (*long gu*) p. 426, Olibanum (*ru xiang*) p. 562, Daemonoropsis resina (*xue jie*) p. 542

Contraindications damp-heat accumulation, early stages of dysentery, diarrhoea with heat or fire symptoms

Pregnancy use with care

Limonitum

Yu yu liang

禹余粮

Pharmaceutical name: Mineral, mixture of various iron oxides
 Variation: Limonitum cum terra
 German: braune Eisenerde
 English: limonite, limonitum

Temperature

●○ neutral

Taste

●○ sweet

●○ astringent

Organ relationship

●● Large Intestine

●○ Stomach

Direction of action

●○ ascending and deep

Site of action

Digestive tract

Actions/Indications

●● Acts as an astringent and collects

Diarrhoea, chronic dysentery, incontinence

●● Stops diarrhoea

Chronic diarrhoea, dysentery

●● Harmonizes the Intestines

Diarrhoea due to Large Intestine qi deficiency

●○ Restrains blood

Uterine bleeding, vaginal discharge

●○ Stops bleeding

Uterine bleeding, fluid loss, heavy leucorrhoea

Physiological/pharmacological effects astringent, absorptive; if administered orally builds insoluble precipitates; pharmacologically related to *Halloysitum rubrum* (*chi shi zhi*) p. 832.

Commentary the deep direction of action of this herb means that it sinks into the interior and there has an astringent, collecting effect; from there it exerts a mild lifting effect.

Dosage 10–20 g

Cooking time 30–40 minutes



Combinations

- Chronic diarrhoea, dysentery due to deficiency of the Large Intestine qi → Halloysitum rubrum (*chi shi zhi*) p. 832
- Chronic diarrhoea due to Spleen deficiency → Psoraleae fructus (*bu gu zhi*) p. 764, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Diarrhoea due to Spleen deficiency → Cinnamomi cassiae ramulus (*gui zhi*) p. 26, Zingiberis rhizoma (*gan jiang*) p. 408, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Profuse vaginal discharge → Zingiberis rhizoma (*gan jiang*) p. 408, Zanthoxyli fructus (*hua jiao*) p. 612, Cnidii fructus (*she chuang zi*) p. 740
- Heavy uterine bleeding → Sepiae endoconcha (*hai piao xiao*) p. 852, Terra flava usta (*zao xin tu*) p. 614, Ostrea concha (*mu li*) p. 428

Compatibility promoted by Moutan cortex (*mu dan pi*) p. 164

Contraindications excess, all external pathogens

Pregnancy use with care

Mantidis oötheca

Sang piao xiao

桑螵蛸

Family:	Mantidae
Standard species:	<i>Paratenodera sinensis</i>
Variation:	Mantidis ovarum vagina
German:	Eierdepot der Gottesanbeterin
English:	mantis egg-case

Temperature

●○○ neutral

Taste

●○○ salty

●○○ sweet

Organ relationship

●○○ Liver

●●● Kidney

Direction of action

●○○ deep

Site of action

Lower burner

Actions/Indications

●●● Tonifies yang

Enuresis, premature ejaculation, frequent urination, dribbling urine

●○○ Tonifies jing

Frequent urination, spermatorrhoea, enuresis

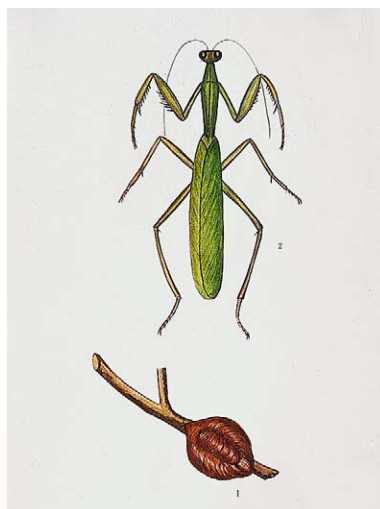
●●● Contains urine

Enuresis, enuresis in children

Toxicity the raw, unprepared herb may cause diarrhoea.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Kidney deficiency with incontinence, polyuria, nocturia, enuresis → Corni fructus (*shan zhu yu*) p. 822, Astragali semen (*sha yuan ji li*) p. 732
- Enuresis in children → Polygalae radix (*yuan zhi*) p. 440, Poria (*fu ling*) p. 334, Codonopsis radix (*dang shen*) p. 710, Angelicae sinensis radix (*dang gui*) p. 768
- Kidney deficiency with spermatorrhoea → Euryalis semen (*qian shi*) p. 826, Cynomorii caulis (*suo yang*) p. 748
- Kidney deficiency with spermatorrhoea, vaginal discharge → Cuscutae semen (*tu si zi*) p. 746
- Kidney yang deficiency with dribbling of urine, premature ejaculation, enuresis in children → Ostrea concha (*mu li*) p. 428, Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730, Rosae laevigatae fructus (*jin ying zi*) p. 846
- Deficiency in the lower burner with watery vaginal discharge → Nelumbinis semen (*lian zi*) p. 842

Compatibility

- Promoted by Mastodi fossilium ossis (*long gu*) p. 426
- Limited by Inulae flos (*xuan fu hua*) p. 632

Contraindications yin deficiency heat, damp-heat in the Bladder

Pregnancy use is allowed

Mume fructus**Wu mei**

乌梅

Family: Rosaceae
 Standard species: *Prunus mume*
 German: Japanaprikosenfrüchte
 English: mume fruit, 'dark plum'

Temperature

●○○ warm tendency

Taste

●●○ sour
 ●○○ astringent

Organ relationship

●○○ Liver
 ●○○ Spleen
 ●●○ Lung
 ●●○ Large Intestine

Direction of action

●○○ sinking

Site of action

Digestive tract, Lung

Actions/Indications

●●○ **Acts as an astringent and collects**

Dry cough, coughing fits, chronic diarrhoea, dysentery, blood in the stools

●●● **Harmonizes and tonifies the qi**

Lung qi deficiency: chronic cough

●●○ **Stops coughing**

Chronic cough, dry cough, coughing fits

●●○ **Stops diarrhoea**

Chronic diarrhoea, dysentery, amoebiasis, blood in the stools

●●○ **Generates fluids**

Thirst due to deficiency heat, bleeding, blood deficiency

●○○ **Antiparasitic**

Parasites, pinworms

Physiological/pharmacological effects can be used to treat dysentery and intestinal worms, to increase bile production and biliary contractions; in vitro antibiotic effect.

Commentary can be used topically to treat warts; apply to the gums to relieve lockjaw.

Dosage 3–10 g, standard 5 g

Cooking time 20 minutes



Combinations

- Lung deficiency with chronic cough → *Armeniacae semen (xing ren)* p. 664, *Pinelliae rhizoma (ban xia)* p. 82
- Large Intestine deficiency with chronic cough and diarrhoea → *Chebulae fructus (he zi)* p. 820, *Schisandrae fructus (wu wei zi)* p. 850, *Myristicae semen (rou dou kou)* p. 840, *Poria (fu ling)* p. 334, *Atractylodis rhizoma (cang zhu)* p. 286
- Damp-heat with dysentery, thirst, dryness, cough, irritability → *Coptidis rhizoma (huang lian)* p. 172, *Scutellariae radix (huang qin)* p. 184
- Heat with wasting and thirsting disorder, thirst, irritability, damage to the fluids → *Ophiopogonis radix (mai men dong)* p. 802, *Trichosanthis radix (tian hua fen)* p. 142, *Puerariae radix (ge gen)* p. 64
- Roundworms, abdominal pain, irritability, vomiting after eating → *Zanthoxyli fructus (hua jiao)* p. 406, *Asari herba (xi xin)* p. 24
- Parasites in the Intestines or biliary channels, abdominal pain → *Arecae semen (bing lang)* p. 860
- Food stagnation, digestive problems, abdominal and epigastric distension → *Crataegi fructus (shan zha)* p. 682, *Magnoliae cortex (hou po)* p. 292, *Amomi xanthioidis fructus (sha ren)* p. 284
- Summerheat symptoms with vomiting, diarrhoea, muscular spasms → *Chaenomelis fructus (mu gua)* p. 354
- Blood deficiency with blood in the stools, heavy uterine bleeding, thirst → *Angelicae sinensis radix (dang gui)* p. 768, *Paeoniae radix lactiflora (bai shao)* p. 776, *Asini corii colla (e jiao)* p. 770

Contraindication every type of excess

Pregnancy use is allowed

Myristicaceae semen**Rou dou kou**

肉豆蔻

Family:	Myristicaceae
Standard species:	<i>Myristica fragrans</i>
German:	Muskatnuss
English:	nutmeg seeds, 'fleshy cardamom'

Temperature

●○○ warm

Taste

●○○ pungent

Organ relationship

●●○ Spleen

●○○ Stomach

●●○ Large Intestine

Direction of action

●○○ lifting

Site of action

Spleen and Stomach, digestive tract

Actions/Indications

●●○ Acts as an astringent and collects

Chronic diarrhoea, daybreak or cock's crow diarrhoea due to cold deficiency

●●○ Stops diarrhoea

Chronic diarrhoea, daybreak or cock's crow diarrhoea due to cold deficiency

●○○ Warms cold

Cold in the Spleen and Stomach, epigastric pain and distension, abdominal pain and distension, decreased appetite, dry heaves due to cold deficiency of the Spleen and Stomach

●○○ Regulates and moves the qi

Epigastric pain, loss of appetite, nausea, dry heaves

●○○ Relieves pain

Feeling of cold due to cold deficiency

Physiological/pharmacological effects anaesthetic, inhibits monoamine oxidase, potentiates tryptamine, has an effect on prostaglandin synthesis. In small doses, nutmeg oil stimulates the gastrointestinal tract. Contains myristicin (a hallucinogenic substance), phenylpropane derivatives. In the West, nutmeg is a food ingredient. Nutmeg oil is a skin irritant which is used to treat dyspepsia and Crohn's disease.

Toxicity dosages of greater than 7.5 g of the powdered seed may lead to dizziness and stupor. Very high overdose can lead to death. The oil causes nausea and tachycardia; both the oil and the nut in high doses cause hallucinations and abortions. Due to metabolism of the phenylpropane component into amphetamine, overdose may lead to thirst, nausea, redness and swelling of the face, frequent urination, mild changes in consciousness leading up to intensive hallucinations. Stupor may last up to 2–3 days. The nut may also cause contact dermatitis

Dosage 2–10 g, standard 4 g

Cooking time add the herb towards the end of the cooking period, boil briefly and allow to steep for 3 minutes



Combinations

- Cold deficiency of the Spleen and Stomach with lack of appetite, diarrhoea, cold pain in the abdomen → Aucklandiae radix (*mu xiang*) p. 480
- Cold deficiency of the Spleen and Stomach with chronic diarrhoea → Ginseng radix (*ren shen*) p. 714, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Cinnamomi cassiae cortex (*rou gui*) p. 394
- Cold deficiency of the Spleen and Kidney with daybreak diarrhoea → Psoraleae fructus (*bu gu zhi*) p. 764
- Chronic diarrhoea, dysenteric symptoms → Chebulae fructus (*he zi*) p. 820
- Cold deficiency of the Spleen and Stomach with dry heaves, diarrhoea, abdominal distension, lack of appetite → Pinelliae rhizoma (*ban xia*) p. 82, Zingiberis rhizoma (*gan jiang*) p. 408
- Cold deficiency of the Spleen and Stomach in children with abdominal distension, lack of appetite, nausea, dry heaves and diarrhoea → Pinelliae rhizoma (*ban xia*) p. 82, Zingiberis rhizoma (*gan jiang*) p. 408, Massa medicata fermentata (*shen qu*) p. 688, Amomi xanthioidis fructus (*sha ren*) p. 284
- Cold deficiency of the Spleen and Kidney → Psoraleae fructus (*bu gu zhi*) p. 764, Schisandrae fructus (*wu wei zi*) p. 850, Evodiae fructus (*wu zhu yu*) p. 383
- Cold deficiency of the Spleen and Stomach with severe diarrhoea, childhood nutritional impairment → Zingiberis rhizoma (*gan jiang*) p. 408, Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708

Contraindication diarrhoea due to heat or dampness

Pregnancy use with care

Nelumbinis semen**Lian zi**

莲子

Family:	Nymphaeaceae
Standard species:	<i>Nelumbo nucifera</i>
Variation:	Loti semen
German:	Lotossamen
English:	lotus seed

Temperature

●○○ neutral

Taste

●●● sweet

●○○ astringent

Organ relationship

●○○ Spleen

●●● Kidney

●●● Heart

Direction of action

●○○ lifting

Site of action

Spleen and Stomach, middle and lower burner

Actions/Indications

●○○ Calms and anchors the spirit

Palpitations, anxiety states, insomnia, dry mouth

●○○ Drains fire

Irritability, agitation, insomnia, palpitations

●●● Tonifies jing

Premature ejaculation, impotence, leucorrhoea, uterine bleeding

●○○ Tonifies yang

Impotence, premature ejaculation

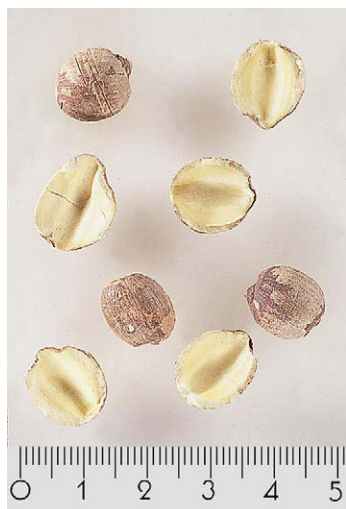
●○○ Harmonizes and tonifies the qi

Digestive problems, chronic diarrhoea

●●● Stops diarrhoea

Chronic diarrhoea due to Spleen and Stomach deficiency

Commentary see page 135 for uses of other parts of *Nelumbo* (lotus)**Dosage** 2–12 g, standard 6 g**Cooking time** 20 minutes



Combinations

- Spleen deficiency with chronic diarrhoea → Dioscoreae rhizoma (*shan yao*) p. 712, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
- Kidney yang deficiency with spermatorrhoea, impotence → Astragali semen (*sha yuan ji li*) p. 732, Euryalis semen (*qian shi*) p. 826
- Fire in the Liver with insomnia, palpitations, irritability, thirst, dark and scanty urine → Lilii bulbus (*bai he*) p. 796, Coicis semen (*yi yi ren*) p. 308, Adenophorae radix (*nan sha shen*) p. 782, Glehniae radix (*bei sha shen*) p. 792
- Heart and Kidney not communicating with insomnia, palpitations, irritability, thirst, chronic dysentery, lack of appetite → Coptidis rhizoma (*huang lian*) p. 172, Codonopsis radix (*dang shen*) p. 710
- Heart deficiency with insomnia, palpitations, agitation → Poria (*fu ling*) p. 334, Ziziphi spinosae semen (*suan zao ren*) p. 446, Platycladi semen (*bai zi ren*) p. 438

Contraindications abdominal distension, constipation, urinary retention

Pregnancy use is allowed

Nelumbinis stamen

莲须

Lian xu

Family:	Nelumbonaceae
Standard species:	<i>Nelumbo nucifera</i>
German:	Lotus-Fäden, Lotus-Staubbeutel
English:	lotus stamen

Temperature

●○ neutral

Taste

●○ sweet

●○ astringent

Organ relationship

●○ Heart

●○ Kidney

●○ Liver

Direction of action

●○ ascending

Site of action

Interior, lower burner

Actions/Indications●○ **Tonifies the Kidneys**

Spermatorrhoea, increased urination

●○ **Secures the essence**

Spermatorrhoea, premature ejaculation, enuresis, leucorrhoea

●○ **Cools and benefits the Heart**

Dream-filled sleep, spermatorrhoea, excessive dreaming

●○ **Stops bleeding**

Epistaxis, haematemesis, heavy uterine bleeding

Commentary many parts of the lotus plant are used in Chinese medicine – see other entries: *Nelumbinis semen* (*lian zi*) p. 842, *Nelumbinis folium* (*he ye*) p. 134, *Nelumbinis nodus rhizomatis* (*ou jie*) p. 596, *Nelumbinis plumula* (*lian xin*) p. 136.

Dosage 3–9 g**Cooking time** 3 minutes



Combinations

- Spermatorrhoea → Astragali semen (*sha yuan ji li*) p. 732, Eriobotryae folium (*pi pa ye*) p. 670, Nelumbinis semen (*lian zi*) p. 842
- Vaginal discharge due Kidney deficiency → Rosae laevigatae fructus (*jin ying zi*) p. 846, Euryalis semen (*qian shi*) p. 826
- Irregular uterine bleeding due to blood deficiency → Angelicae sinensis radix (*dang gui*) p. 768, Carthami flos (*hong hua*) p. 528

Contraindications abdominal bloating, constipation

Pregnancy use is allowed

Rosae laevigata fructus**Jin ying zi**

金櫻子

Family:	Rosaceae
Standard species:	<i>Rosa laevigata</i>
German:	Rosa-laevigata-Früchte, Hagebutte
English:	Cherokee rosehip, 'golden cherry fruit'

Temperature

- neutral
- warm

Taste

- sour
- astringent

Organ relationship

- Kidney
- Bladder
- Large Intestine

Direction of action

- deep

Site of action

Lower burner

Actions/Indications●○ **Tonifies yang**

Spermatorrhoea, enuresis, leucorrhoea

●● **Tonifies jing**

Spermatorrhoea, enuresis, leucorrhoea, disturbances of micturition, uterine prolapse, prolapse of the rectum

●● **Contains urine**

Enuresis, disturbances of micturition

●● **Acts as an astringent and collects**

Spleen and Stomach deficiency with diarrhoea

●● **Stops diarrhoea**

Chronic diarrhoea, dysentery

●● **Harmonizes and tonifies the Intestines**

Binds the lower burner to treat rectal and uterine prolapse

Physiological/pharmacological effects newest research reports use in the treatment of uterine prolapse; in vitro antibiotic, antiviral. Contains saponins, tannins, vitamin C. The related western herb *Rosae canina fructus* can be used to treat vitamin C deficiency.

Toxicity overdose or long-term use may read to abdominal discomfort and constipation

Dosage 2–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Kidney deficiency with spermatorrhoea, polyuria, vaginal discharge → Euryalis semen (*qian shi*) p. 826
- Kidney deficiency with spermatorrhoea, enuresis, leucorrhoea → Astragali semen (*sha yuan ji li*) p. 732, Psoraleae fructus (*bu gu zhi*) p. 764, Cuscutae semen (*tu si zi*) p. 746, Euryalis semen (*qian shi*) p. 826
- Deficient yin with spermatorrhoea, premature ejaculation → Mastodi fossilium ossis (*long gu*) p. 426, Ostrea concha (*mu li*) p. 428
- Spleen deficiency with chronic diarrhoea → Codonopsis radix (*dang shen*) p. 710, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Dioscoreae rhizoma (*shan yao*) p. 712

Contraindication excess heat

Pregnancy use is allowed

Rubi fructus**Fu pen zi**

复盆子

Family:	Rosaceae
Standard species:	<i>Rubus chingii</i>
German:	chinesische Wildhimbeerfrüchte
English:	Chinese raspberry, 'overturned bowl fruit'

Temperature

●○ neutral

Taste

●● sweet

●○ astringent

Organ relationship

●○ Liver

●● Kidney

Direction of action

●● deep

Site of action

Lower burner

Actions/Indications

●●● Tonifies jing

Enuresis, spermatorrhoea, impotence, frequent urination

●●● Tonifies yang

Impotence, spermatorrhoea, premature ejaculation

●●● Harmonizes and tonifies yin

Impotence, spermatorrhoea, visual disturbances

●●● Contains urine

Enuresis, frequent urination

●●● Benefits the eyes

Visual disturbances, improves vision

Physiological/pharmacological effects antibiotic; in animal experiments found to have an oestrogen-like effect on the uterus. Contains vitamin C. The related western herb *Rubi fruticosi folium* is used to treat diarrhoea and is a component in sedative herbal mixtures.

Dosage 3–10 g, standard 6 g

Cooking time 20 minutes



Combinations

- Deficiency in the lower burner with incontinence, polyuria, enuresis → *Mantis oötheca* (*sang piao xiao*) p. 836, *Alpinia oxyphyllae* fructus (*yi zhi ren*) p. 730
- Kidney deficiency with impotence, spermatorrhoea → *Cuscutae semen* (*tu si zi*) p. 746, *Lycii fructus* (*gou qi zi*) p. 800, *Schisandrae fructus* (*wu wei zi*) p. 850
- Kidney deficiency with lower back pain, cold sensation in the legs → *Eucommiae cortex* (*du zhong*) p. 756
- Kidney deficiency with lower back pain, impotence → *Lycii fructus* (*gou qi zi*) p. 800, *Cuscutae semen* (*tu si zi*) p. 746, *Plantaginis semen* (*che qian zi*) p. 328
- Liver and Kidney deficiency with diminished visual acuity → *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Lycii fructus* (*gou qi zi*) p. 800, *Ligustri lucidi fructus* (*niu zhen zi*) p. 794
- Kidney deficiency with polyuria, enuresis, premature ejaculation, impotence → *Lycii fructus* (*gou qi zi*) p. 800, *Cuscutae semen* (*tu si zi*) p. 746, *Schisandrae fructus* (*wu wei zi*) p. 850, *Alpinia oxyphyllae* fructus (*yi zhi ren*) p. 730, *Mantis oötheca* (*sang piao xiao*) p. 836

Contraindications yin deficiency with heat or fire symptoms, difficult urination

Pregnancy use is allowed

Schisandrae fructus**Wu wei zi**

五味子

Family:	Magnoliaceae
Standard species:	<i>Schisandra chinensis</i>
German:	Schisandra-Früchte, chinesische Beerentraubenfrüchte
English:	schisandra fruit, 'five-flavoured seed'

Temperature

●● warm

Taste

●● sour

●● sweet

Organ relationship

●● Lung

●● Kidney

Direction of action

●● deep

Site of action

Exterior/surface, lower burner

Actions/Indications

●● Harmonizes and tonifies the yin

Lung yin deficiency: dry cough, wheezing, sweating, thirst

●● Harmonizes and tonifies the qi

Lung qi deficiency: chronic cough, panting, sweating

●● Stops coughing

Chronic cough in yin or qi deficiency

●● Secures the essence

Spermatorrhoea, enuresis, sweating, leucorrhoea, frequent urination, diarrhoea

●● Inhibits sweating

Strong sweating due to yin, blood or qi deficiency

●● Stops diarrhoea

Diarrhoea due to Spleen and Kidney deficiency

●● Calms and anchors the spirit

Insomnia, forgetfulness

Physiological/pharmacological effects contains lignane, vitamins C and E. Lignane (schisandrin, schisandrol) has a hepatoprotective effect, traps free radicals, promotes hepatic regeneration. Anti-inflammatory, tumour-inhibiting, neuroleptic and anti-epileptic actions have also been found. The herb can also be used to improve liver function in chronic hepatitis, to treat allergic skin diseases, to improve respiratory function following morphine administration and to treat hypertension and neurasthenia.

Toxicity may cause gastritis. In animal experiments, it has been observed that overdose leads to restlessness, insomnia, dyspnoea.

Dosage 1.5–10 g, standard 3 g

Cooking time 20 minutes



Combinations

- Lung and Kidney deficiency with cough and wheezing → *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Dioscoreae hypoglaucae rhizoma* (*bi xie*) p. 312, *Corni fructus* (*shan zhu yu*) p. 822
- Lung yin deficiency with dry cough, panting, haemoptysis → *Codonopsis radix* (*dang shen*) p. 710, *Ophiopogonis radix* (*mai men dong*) p. 802, *Rehmanniae radix praeparata* (*shu di huang*) p. 780, *Corni fructus* (*shan zhu yu*) p. 822
- Kidney deficiency with spermatorrhoea, enuresis → *Mantidis oötheca* (*sang piao xiao*) p. 836, *Cuscutae semen* (*tu si zi*) p. 746, *Psoraleae fructus* (*bu gu zhi*) p. 764, *Cistanchis herba* (*rou cong rong*) p. 840
- Yin deficiency with thirst, profuse sweating → *Trichosanthis radix* (*tian hua fen*) p. 142, *Ostrea concha* (*mu li*) p. 428, *Tritici fructus* (*xiao mai*) p. 854
- Yin deficiency, night sweats → *Ostrea concha* (*mu li*) p. 428, *Ephedrae radix* (*ma huang gen*) p. 824
- Yang deficiency with spontaneous sweating → *Astragali radix* (*huang qi*) p. 706
- Wasting and thirsting disorder, strong thirst → *Astragali radix* (*huang qi*) p. 706, *Ophiopogonis radix* (*mai men dong*) p. 802, *Trichosanthis radix* (*tian hua fen*) p. 142

Compatibility

- Promoted by *Cistanchis herba* (*rou cong rong*) p. 738
- Impaired by *Polygonati odorati rhizoma* (*yu zhu*) p. 806, *Aconiti radix lateralis praeparata* (*zhi fu zi*) p. 388

Contraindications internal and external heat or fire pathogens, early stages of cough, early stages of skin rashes, rubella

Pregnancy use is allowed

Sepiae endoconcha

Hai piao xiao

海嫖蛸

Family:	Sepiidae
Standard species:	<i>Sepia esculenta</i>
Variation:	Sepiae seu Sepiellae os, Sepiae os
German:	Tintenfischknochen
English:	cuttlefish bone

Temperature

- warm tendency
- neutral

Taste

- salty
- astringent

Organ relationship

- Liver
- Kidney
- Spleen
- Stomach

Direction of action

- deep

Site of action

Lower burner

Actions/Indications

●●● Tonifies jing

Bleeding, uterine bleeding, spermatorrhoea, premature ejaculation, leucorrhoea

●● Stops bleeding

Bleeding, uterine bleeding especially due to qi deficiency

●● Acts as an astringent and collects

Bleeding, spermatorrhoea, chronic diarrhoea

●● Harmonizes and tonifies the yin

Bleeding, spermatorrhoea, leucorrhoea, premature ejaculation

●● Tonifies the Kidneys

Leucorrhoea, premature ejaculation

●● Harmonizes and tonifies the Spleen and Stomach

Chronic diarrhoea, dysentery, umbilical pain, gastric ulcers, increased gastric acids, upper abdominal pain, gastrointestinal disturbances

●● Drains damp-heat

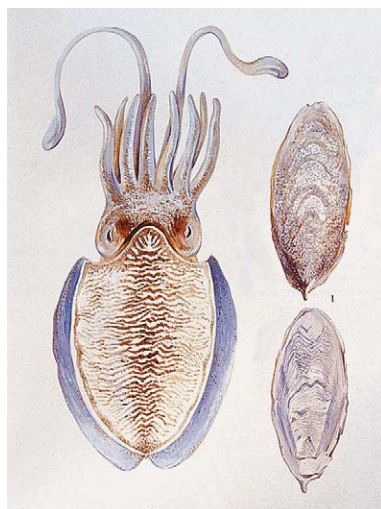
Ulcers, oozing skin eczema (external use)

Physiological/pharmacological effects antacid, haemostatic (use following tooth extraction, nosebleeds, operations), promotes wound healing. Contains calcium carbonate, magnesium chloride, calcium phosphate.

Toxicity long-term use may lead to constipation; add a small amount of Rhei rhizoma (*da huang*) p. 92 to the prescription to improve digestion.

Dosage 3–12 g, standard 5 g

Cooking time 60 minutes total



Combinations

- Heavy uterine bleeding → Rubiae radix (*qian cao gen*) p. 606, Astragali radix (*huang qi*) p. 706
- Kidney yin deficiency, spermatorrhoea, leucorrhoea → Corni fructus (*shan zhu yu*) p. 822, Cuscutae semen (*tu si zi*) p. 746, Astragali radix (*huang qi*) p. 706, Angelicae dahuricae radix (*bai zhi*) p. 22, Ostrea concha (*mu li*) p. 428
- Cold deficiency of the Spleen and Stomach with abdominal pain, belching, acid regurgitation, gastric bleeding, gastric and duodenal ulcers → Fritillariae bulbus (*bei mu*) p. 648, Glycyrrhizae radix (*gan cao*) p. 716
- Damp skin rashes, ulcerations, weeping eczemas, delayed wound healing (powder for external use) → Coptidis rhizoma (*huang lian*) p. 172, Phellodendri cortex (*huang bai*) p. 180, Indigo naturalis (*qing dai*) p. 160
- Liver and Kidney yang deficiency, uterine bleeding → Astragali radix (*huang qi*) p. 706, Rubiae radix (*qian cao gen*) p. 606, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Codonopsis radix (*dang shen*) p. 710, Asini corii colla (*e jiao*) p. 770, Rehmanniae radix praeparata (*shu di huang*) p. 780
- Cough, bloody sputum → Bletillae tuber (*bai ji*) p. 588, Fritillariae bulbus (*bei mu*) p. 648
- Bloody vaginal discharge → Angelicae dahuricae radix (*bai zhi*) p. 22
- Chronic, poorly healing ulcers (topical application) → Gypsum (*shi gao*) p. 130, Mastodi fossilium ossis (*long gu*) p. 426

Compatibility limited by Bletillae tuber (*bai ji*) p. 588, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388

Contraindication yin deficiency with heat or fire symptoms

Pregnancy use is allowed

Tritici fructus

Xiao mai

浮小麦

Family: Graminaceae
 Standard species: *Triticum aestivum*
 Variation: Tritici aestivi levis semen
 German: gekeimte Weizenkörner
 English: light wheat grain, 'floating little wheat'

Temperature

○○ cool

Taste

○○ sweet

○○ salty

Organ relationship

●● Heart

Direction of action

○○ sinking

Site of action

Exterior/surface

Actions/Indications

○○ Clears deficient heat

Sweating due to Heart deficiency, palpitations, insomnia, irritability, disorientation

●● Inhibits sweating

Sweating due to qi or yin deficiency, nightsweats, spontaneous sweating

○○ Calms and anchors the spirit

Irritability, agitation, disorientation, palpitations, insomnia

○○ Secures the essence

Sweating due to qi deficiency, spontaneous sweating

○○ Harmonizes and tonifies the yin

Sweating due to yin deficiency, nightsweats

○○ Contains urine

Enuresis in children

Dosage 10–15 g, standard 10 g

Cooking time 20 minutes



Combinations

- Qi deficiency with spontaneous sweating → Astragali radix (*huang qi*) p. 706, Ostrea concha (*mu li*) p. 428
- Incontinence, enuresis in children → Mantidis oötheca (*sang piao xiao*) p. 836, Alpinia oxyphyllae fructus (*yi zhi ren*) p. 730
- Spleen qi deficiency, Heart blood deficiency with emotional disturbances, disorientation, mood swings, irritability → Glycyrrhizae radix (*gan cao*) p. 716, Jujubae fructus (*da zao*) p. 718
- Qi and yin deficiency with sweating → Ephedrae radix (*ma huang gen*) p. 824, Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708, Schisandrae fructus (*wu wei zi*) p. 850, Astragali radix (*huang qi*) p. 706, Ostrea concha (*mu li*) p. 428

Pregnancy use is allowed

XVII

Herbs that expel parasites

Overview

Allii sativi bulbus (<i>da suan</i>)	858
Arecae semen (<i>bing lang</i>)	860
Carpesii fructus (<i>he shi</i>)	862
Dichroae febrifugae radix (<i>chang shan</i>)	864
Dryopteridis rhizoma (<i>guan zhong</i>)	866
Quisqualis fructus (<i>shi jun zi</i>)	868
Torreyae semen (<i>fei zi</i>)	870
Ulmī fructus praeparatus (<i>wu yi</i>)	872

Characteristics

Properties

These herbs are especially used to treat intestinal parasites: roundworms, ascaris, hookworms, pinworms, tapeworms, taeniae, echinococcus, flatworms, trichomonas.

Taste and Temperature

The herbs in this category are, as a rule, bitter or pungent, cold or warm and frequently toxic. They exert their effect on the Large and Small Intestine.

Comparison between the individual herbs in this category

Herbs that are effective against different types of parasite

Quisqualis fructus (<i>shi jun zi</i>) p. 868	→ roundworms, pinworms, trichomonas; lubricates the Intestines
Arecae semen (<i>bing lang</i>) p. 860	→ roundworms, ascaris, tapeworms, pinworms, giant intestinal flukes; promotes qi flow
Torreyae semen (<i>fei zi</i>) p. 870	→ tapeworms, taeniae, flatworms, hookworms, pinworms; lubricates the Intestines
Carpesii fructus (<i>he shi</i>) p. 862	→ roundworms, ascaris, tapeworms, taeniae, flatworms, hookworms, pinworms
Ulmī fructus praeparatus (<i>wu yi</i>) p. 872	→ roundworms, ascaris, tapeworms, flatworms; cures tinea, fungal infections, tinea capitis
Dryopteridis rhizoma (<i>guan zhong</i>) p. 866	→ hookworms, pinworms; cools heat and draws out toxins, stops bleeding, treats tinea, fungal disease, tinea capitis

Herbs from other categories that have antiparasitic effects

Allii fistulosi bulbus (*cong bai*) 20
Granati pericarpium (*shi liu pi*) 830
Mume fructus (*wu mei*) 838
Stemonae radix (*bai bu*) 676
Toosendan fructus (*chuan lian zi*) 512



Allii sativi bulbus

大蒜

Da suan

Family:	Liliaceae
Standard species:	<i>Allium sativum</i>
Variation:	Allii bulbus
German:	Knoblauchknolle
English:	garlic bulb

Temperature

●●○ warm

Taste

●●○ pungent

Organ relationship

●●○ Spleen

●●○ Stomach

●●○ Lung

●●○ Large Intestine

Direction of action

●○○ ascending

Site of action

Digestive tract

Actions/Indications●●○ **Resolves accumulations**

Early stages of ulceration, abscesses, boils (internal and external use)

●●○ **Detoxifies and disinfects**

Skin sores, abscesses, boils, dysentery, pertussis, influenza, fish poisoning

●●○ **Antiparasitic**

Hookworms, pinworms, vaginal infections due to amoebas or trichomonas

●○○ **Eczema, burns and ulcerations**

Skin sores, abscesses (internal and external use), fungal infections, tinea capitis, pruritic rashes (external use)

●○○ **Harmonizes and strengthens the Stomach**

Warms the stomach and tonifies the middle, moves the qi of the middle, relieves stagnation: diarrhoea, dysentery, epidemic toxic infections, food stagnation

Physiological/pharmacological effects lowers blood pressure, lipid: anti-atherosclerotic; antibiotic, inhibits platelet aggregation, prolongs bleeding and clotting time and increases fibrinolytic activity; antineoplastic, anti-oxidative; animal experiments have shown hepatoprotective action following exposure to tetrachlorides, and also lowering of blood sugar: use with care in combination with diabetes medications (theoretical danger of hypoglycaemia).

Toxicity can rarely cause skin irritation, redness and burning (eczema on the palms) and should therefore be used topically only for short periods; ingestion of large amounts may lead to gastric irritation.

Dosage 3–5 pieces (4.5–9 g); fresh, as a decoction, syrup or food ingredient

Cooking time 20 minutes



Combinations

- Intestinal parasites: hookworms, roundworms → *Arecae semen (bing lang)* p. 478, *Carpesii fructus (he shi)* p. 862
- Dysentery due to damp-heat → *Coptidis rhizoma (huang lian)* p. 172

Contraindications yin deficiency with heat; mucosal membrane irritation of the eyes, throat, mouth, tongue and gums

Pregnancy use is allowed (do not apply locally around the anus or administer as an enema during pregnancy)

Arecae semen**Bing lang**

槟榔

Family:	Palmae
Standard species:	<i>Areca catechu</i>
German:	Betelnuss
English:	betel nut, areca seeds

Temperature

●○ warm

Taste

●● bitter

●○ pungent

Organ relationship

●○ Stomach

●● Large Intestine

●○ Spleen

Direction of action

●○ sinking

Site of action

Digestive tract

Actions/Indications●● **Antiparasitic**

Intestinal parasites: roundworms, pinworms, tapeworms, pork tapeworms, giant flukes

●○ **Breaks up stagnation**

Intestinal blockages, constipation, hard abdomen, qi stagnation

●○ **Promotes urination**

Ascites, swelling

●○ **Unblocks the Intestines/laxative**

Intestinal obstructions, constipation, hard abdomen

●○ **Drains dampness**

Ascites, swelling

●○ **Detoxifies and disinfects**

Intestinal parasites, malaria, worm infestations

Physiological/pharmacological effects parasymphomimetic, causes spasm, psychoactive. Arecolin stimulates the parasympathetic nerve endings and promotes secretion of saliva, bronchial and intestinal glandular secretions, increases peristalsis, causes muscular contractions in intestinal worms. Betel nut has been used throughout time as an antiparasitic agent. It is seldom used in a 1% solution as a mydriatic. Newest research has shown that it has an antimalarial action, in vitro antibiotic, antiviral, antifungal and antiparasitic. It is possible that high doses used in combination with neuroleptic agents may induce extrapyramidal symptoms.

Toxicity overdose may cause increased saliva production, vomiting, diuresis, stupor. Approximately 8–10 g may cause deadly poisoning due to respiratory arrest. Long-term chewing of betel nut may lead to carcinomas of the mouth.

Commentary important complementary medicinal in the treatment of malaria.

Dosage 6–15 g, standard 6 g

Cooking time 20 minutes



Combinations

- Acute dysentery with abdominal pain, tenesmus → *Aurantii fructus (zhi ke)* p. 482, *Aucklandiae radix (mu xiang)* p. 480, *Coptidis rhizoma (huang lian)* p. 172
- Dampness symptoms, oedema, leg swelling → *Citri reticulatae pericarpium (chen pi)* p. 488, *Chaenomelis fructus (mu gua)* p. 354, *Evodiae fructus (wu zhu yu)* p. 383
- Dampness, leg oedema → *Phytolaccae radix (shang lu)* p. 108, *Clematidis armandii caulis (chuan mu tong)* p. 306, *Alismatis rhizoma (ze xie)* pp. 300, 928–930
- Phlegm dampness, malarial disorders → *Dichroae febrifugae radix (chang shan)* p. 864, *Magnoliae cortex (hou po)* p. 292, *Tsaoko fructus (cao guo)* p. 294
- Intestinal parasites (roundworms, pinworms, tapeworms) → *Curcubitaee semen (nan gua zi)*

Contraindication qi deficiency

Pregnancy use is **forbidden**

Carpesii fructus

鹤虱

He shi

Family:	Asteraceae
Standard species:	<i>Carpesium abrotanoides</i>
Variation:	Carpesii abrotanoidis fructus
German:	Carpesium-Frucht
English:	carpesium fruit

Temperature

●○○ neutral

Taste

●●○ bitter

●○○ pungent

●○○ toxic

Organ relationship

●○○ Spleen

●○○ Stomach

Direction of action

●○○ descending

Site of action

Digestive tract

Actions/Indications

●●○ Antiparasitic

Intestinal parasites such as roundworms, tapeworms, hookworms, pinworms

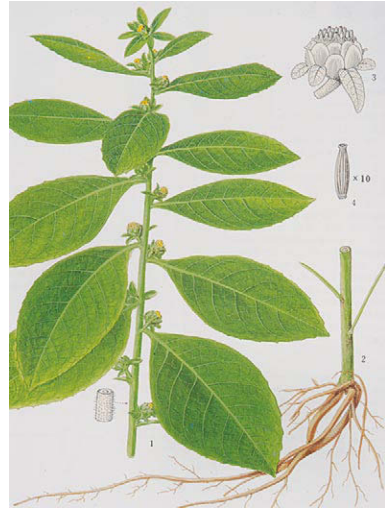
●●○ Relieves pain

Abdominal pain due to intestinal parasites

Physiological/pharmacological effects antiparasitic.

Toxicity side-effects have been observed within hours or on the first day after intake; however, these subside after a short period. These include: giddiness, tinnitus, belching, nausea, abdominal pain, diarrhoea. Overdose may lead to signs of poisoning: nausea, vomiting, headache, weakness of the limbs and clonic spasms in severe cases.

Dosage 3–15 g**Cooking time** 20 minutes



Combinations

- Roundworms, pinworms, tapeworms, hookworms → *Arecae semen* (*bing lang*) p. 478, *Quisqualis fructus* (*shi jun zi*) p. 868, *Toosendan fructus* (*chuan lian zi*) p. 512
- Vaginal pruritus, external use as a lotion or wash → *Sophorae flavescentis radix* (*ku shen*) p. 186, *Stemonae radix* (*bai bu*) p. 676, *Cnidii fructus* (*she chuang zi*) p. 740

Contraindication use with caution in weak or debilitated patients

Pregnancy use with care

Dichroae radix

Chang shan

常山

Family:	Hydrangeaceae
Standard species:	<i>Dichroa febrifuga</i>
Variation:	<i>Dichroae febrifugae radix</i>
German:	Dichroa-Wurzel, Fevertrugblumenwurzel
English:	dichroa root

Temperature

●●● cold tendency

Taste

●●○ bitter

●●○ pungent

Organ relationship

●●○ Heart

●○○ Liver

●●○ Lung

Direction of action

●●○ ascending

Actions/Indications

●●○ Disperses heat

Classic malaria herb, fever, tertian and quartan malaria, relapse of malaria

●●○ Antiparasitic

Malaria

●●● Emetic

Chronic phlegm accumulation in the chest, phlegm-induced vomiting

●●○ Dislodges phlegm

Chronic phlegm accumulation in the chest

Physiological/pharmacological effects contains alkaloids which have a 25-fold greater effect than quinine in the treatment of malaria and can also treat amoebiasis. Antipyretic, antiviral, and lowers blood pressure.

Toxicity in animal experiments, the herb caused nausea, vomiting and diarrhoea due to vagus stimulation of the gastrointestinal tract.

Commentary toxic herb: the strong emetic qualities can damage the qi, therefore use with care in debilitated patients.

Dosage 3–6 g

Cooking time 20 minutes



Combinations

- Malaria → Magnoliae cortex (*hou po*) p. 292, Citri reticulatae viride pericarpium (*qing pi*) p. 490, Tsaoko fructus (*cao guo*) p. 294
- Phlegm accumulation in the chest, food stagnation → Glycyrrhizae radix (*gan cao*) p. 716 and honey

Compatibility

- Promoted by Trichosanthis fructus et semen (*gua lou*) p. 662
- Limited by onions, cabbage, Sanguisorbæ radix (*di yu*) p. 608

Contraindications pregnancy, debilitated patients; do not take together with chicken or onions

Pregnancy use is **forbidden**

Dryopteridis rhizoma

Guan zhong

贯众

Family:	Dryopteridaceae
Standard species:	<i>Dryopteris crassirhizoma</i>
Variation:	Cyrtomii rhizoma (<i>guan zhong</i>); <i>mian ma guan zhong</i>
German:	Wurmfarn-Rhizom
English:	dryopteris root, shield-fern

Temperature

○○ cold

Taste

●● bitter

Organ relationship

●● Liver

○○ Spleen

○○ Stomach

Direction of action

○○ deep

Site of action

Interior, channels

Actions/Indications

●● Antiparasitic

Intestinal parasites: hookworms, roundworms, pinworms, tapeworms

●● Cools fire

Infected sores, boils, viral or bacterial infections: influenza, parotitis, encephalitis, pneumonia

●● Cools heat

Infections: common cold, measles

●● Detoxifies and disinfects

Infected sores, boils, toxic diseases

●● Cools blood

Uterine bleeding with dark clots, abdominal pain

○○ Stops bleeding

Bleeding, especially uterine bleeding, bloody vomiting, epistaxis, bleeding postpartum

Physiological/pharmacological effects antiparasitic, antibiotic, stimulates the smooth muscle of the uterus.

Toxicity the herb is mildly toxic, contains fumarone, which is lipid soluble and may cause side-effects if taken simultaneously with a fatty meal: irritation of gastrointestinal tract, retinal artery spasm, damage to the optic nerve, CNS disturbances, tremor, convulsions, headache, miscarriage. The side-effects are dose dependent, related to inadequate boiling and obesity. Do not administer to children or debilitated patients. The herb may be nephrotoxic and may lead to glycosuria; there are no definite toxicological reports. Prescribe with care and remain within recommended dosage limits.

Dosage 5–15 g in a decoction

Cooking time 20 minutes



Combinations

- Tapeworms → Quisqualis fructus (*shi jun zi*) p. 868, Omphalia (*lei wan*), Arecae semen (*bing lang*) p. 860
- Roundworms → Quisqualis fructus (*shi jun zi*) p. 868, Meliae cortex (*ku lian pi*)
- Pinworms → Ullmi fructus praeparatus (*wu yi*) p. 872, Toxicodendri resina (*gan qi*)
- Common cold prevention → Mori folium (*sang ye*) p. 62
- Viral infections, parotitis, bronchitis → Lonicerae flos (*jin yin hua*) p. 216, Isatidis radix (*ban lan gen*) p. 210, Isatidis folium (*da qing ye*) p. 162, Forsythiae fructus (*lian qiao*) p. 200
- Heavy uterine bleeding due to heat or fire in the blood → Platycladi cacumen (*ce bai ye*) p. 604, Agrimoniae herba (*xian he cao*) p. 584, Ecliptae herba (*han lian cao*) p. 790

Contraindications deficiency heat, deficiency with cold in the Spleen and Stomach

Pregnancy use is **forbidden**

Quisqualis fructus**Shi jun zi**

使君子

Family:	Combretaceae
Standard species:	<i>Quisqualis indica</i>
German:	Quisqualisfrüchte
English:	Rangoon creeper fruit and seeds, 'envoy seeds'

Temperature

●○○ warm

Taste

●●○ sweet

Organ relationship

●●○ Spleen

●●○ Stomach

Direction of action

●○○ sinking

Site of action

Spleen and Stomach, middle burner

Actions/Indications

●●● Antiparasitic

Roundworms, pinworms, tapeworms, parasites, digestive disturbances

●●○ Harmonizes and tonifies the Spleen and Stomach

Childhood nutritional impairment, abdominal distension, loss of appetite, weak constitution

●○○ Harmonizes and tonifies the qi

Childhood nutritional impairment, abdominal distension, loss of appetite, weak constitution

●●○ Breaks up obstruction

Roundworms, pinworms, digestive disorders, childhood nutritional impairment, distension of the abdomen

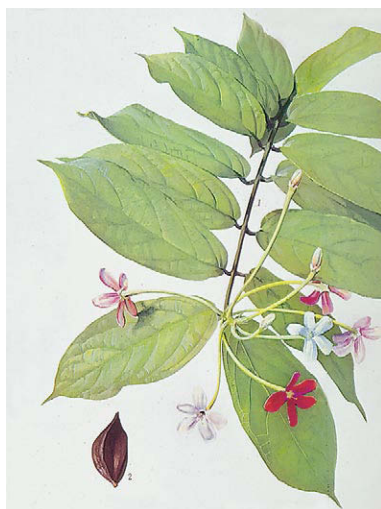
Physiological/pharmacological effects used to treat roundworm infestations; in vitro antiparasitic and antifungal (skin fungal diseases).

Toxicity mildly toxic: side-effects such as nausea, vomiting and belching (toasting the herb decreases its toxicity), occasionally allergic reactions with skin rashes with or without itching, painful swollen ankles, increase in body temperature. Overdose: headache, dizziness, nausea, vomiting, diarrhoea, abdominal pain, sweating, cold limbs leading to seizures, drop in blood pressure. Treat overdose with a decoction of *Caryophylli flos* (*ding xiang*) p. 392 and *Glycyrrhizae radix* (*gan cao*) p. 716.

Commentary because of its sweetness, appropriate in the treatment of children: 1 fruit for every year, maximum of 20 fruits per day.

Dosage 3–9 g, standard 6 g

Cooking time 20 minutes



Combinations

- Childhood nutritional impairment, abdominal distension, lack of appetite → *Picrorhizae rhizoma* (*hu huang lian*) p. 182
- Childhood nutritional impairment, abdominal distension, lack of appetite: in severe cases of emaciation and icterus → *Picrorhizae rhizoma* (*hu huang lian*) p. 182, *Codonopsis radix* (*dang shen*) p. 710, *Atractylodis macrocephalae rhizoma* (*bai zhu*) p. 22
- Roundworms, pinworms, tapeworms → *Arecae semen* (*bing lang*) p. 860, *Meliae cortex* (*ku lian pi*)
- Tapeworms → *Stemonae radix* (*bai bu*) p. 676

Contraindications diarrhoea and belching may occur if taken together with hot tea

Pregnancy use with care

Torreyae semen

榧子

Fei zi

Family: Taxaceae
 Standard species: *Torreyya grandis*
 German: chinesische Nuß-Eibe
 English: torreyya seeds

Temperature

●○○ neutral

Taste

●○○ sweet

Organ relationship

●●○ Large Intestine

●○○ Lung

●○○ Stomach

Direction of action

●○○ descending

Site of action

Digestive tract

Actions/Indications●●○ **Antiparasitic**

Intestinal parasites, including roundworms, hookworms, tapeworms, pinworms

●○○ **Resolves accumulations**

Intestinal accumulation due to parasites, parasitosis, intestinal flukes

●○○ **Generates fluids**

Moistens the Intestines: constipation. Moistens the Lung: cough

●○○ **Stops cough**

Dry, non-productive cough or cough with thick, gum-like phlegm

●○○ **Harmonizes the Intestines**

Moistens the Intestines, promotes intestinal peristalsis, resolves constipation, especially that due to haemorrhoids

Physiological/pharmacological effects antiparasitic; folk medicine use as an abortive agent, increases uterine contractions.**Toxicity** overdose may cause diarrhoea.**Commentary** antiparasitic action without causing damage to the middle burner, an important herb that can also be administered as a single herb.**Dosage** 15–30 g in a decoction, 9–15 g as a single herb**Cooking time** 20 minutes



Combinations

- Tapeworms → *Arecae semen (bing lang)* p. 860, *Ulmi fructus praeparatus (wu yi)* p. 872
- Parasitic infections, intestinal worms → *Quisqualis fructus (shi jun zi)* p. 868, *Allii sativi bulbos (da suan)* p. 858
- Dry cough → *Scrophulariae radix (xuan shen)* p. 170, *Glehniae radix (bei sha shen)* p. 792, *Ophiopogonis radix (mai men dong)* p. 802, *Asini corii colla (e jiao)* p. 770, *Mori folium (sang ye)* p. 62
- Constipation → *Cannabis semen (huo ma ren)* p. 96, *Sesami semen nigrum (hei zhi ma)* p. 808, *Pruni semen (yu li ren)*, *Angelicae sinensis radix (dang gui)* p. 768

Compatibility limited by *Phaseoli radiati semen (lü dou)* p. 226

Contraindication loose stools

Pregnancy use is **forbidden**

Ulmī fructus praeparatus

芡蕒

Wu yi

Family:	Ulmaceae
Standard species:	<i>Ulmus macrocarpa</i>
Variation:	Ulmī fructus praeparatus praeparatus
German:	präparierte Früchte einer Ulmenart
English:	elm cake, paste made from the fruit of the stinking elm

Temperature

●●○ warm

Taste

●●○ bitter

●●○ pungent

Organ relationship

●○○ Spleen

●○○ Stomach

Direction of action

●○○ descending

Site of action

Digestive tract

Actions/Indications

●●● Antiparasitic

Roundworms, tapeworms, tinea (external use)

Physiological/pharmacological effects antiparasitic, antifungal.**Dosage** 3–9 g**Cooking time** 20 minutes



Combinations

- Childhood nutritional impairment, abdominal pain, intestinal parasites → *Arecae semen (bing lang)* p. 860, *Toosendan fructus (chuan lian zi)* p. 512, *Quisqualis fructus (shi jun zi)* p. 868, *Carpesii fructus (he shi)* p. 862
- Abdominal pain, parasitic infections, chronic diarrhoea, childhood nutritional disorder → *Chebulae fructus (he zi)* p. 820, *Atractylodis macrocephalae rhizoma (bai zhu)* p. 708, *Gigeria galli endothelium comeum (ji nei jin)* p. 684, *Aucklandiae radix (mu xiang)* p. 480

Contraindication Spleen deficiency

Pregnancy use is allowed

XVIII

Substances for external use

Overview

Alumen (<i>ming fan</i>)	876
Calamina (<i>lu gan shi</i>)	878
Hydnocarpi semen (<i>da feng zi</i>)	880
Mylabris (<i>ban mao</i>)	882
Sulfur (<i>liu huang</i>)	884
Vespae nidus (<i>feng fang</i>)	886

Characteristics

Properties

The substances in this section can be applied topically to:

- eliminate toxins
- kill parasites
- diminish swelling
- relieve pain
- heal sores
- expel pus and abscesses
- improve wound healing
- stop itching
- stop bleeding.

Summary

Sulfur (<i>liu huang</i>) p. 884	→ itching, antiparasitic, tinea
Alumen (<i>ming fan</i>) p. 876	→ all types of itching
Allii sativi bulbos (<i>da suan</i>) p. 858	→ diminishes swelling, draws out toxins, antiparasitic
Mylabris (<i>ban mao</i>) p. 882	→ eliminates heat or fire and toxins
Cnidii fructus (<i>she chuang zi</i>) p. 740	→ urticaria, antiparasitic, disperses wind-cold
Vespae nidus (<i>feng fang</i>) p. 886	→ draws out toxins, dispels wind, antiparasitic, relieves pain (internal use to treat nodules, tumours, lymph node swelling, carcinomas)
Daemonoropsis resina (<i>xue jie</i>) p. 542	→ promotes blood and tissue, heals ulcerations and wounds
Camphora (<i>zhang nao</i>) p. 272	→ dries dampness, antiparasitic, stops pain
Hydnocarpi semen (<i>da feng zi</i>) p. 880	→ dispels wind, dries dampness, draws out toxins, antiparasitic
Luffae fructus (<i>si gua luo</i>) p. 218	→ draws out toxins, breaks up phlegm, dispels wind, opens the channels and collaterals
Arcae concha (<i>wa leng zi</i>) p. 642	→ breaks up phlegm, haematomas, crushing injuries, softens hardness, dispels nodes
Calamina (<i>lu gan shi</i>) p. 878	→ draws out toxins, dries dampness, promotes new tissue growth, stops itching

Alumen

Ming fan

明矾

Chemical composition: Potassium aluminium sulfate, $KAl(SO_4)_2 \cdot 12H_2O$

German: Alaun

English: alum

Temperature

●○○ cold

Taste

●○○ sour

●○○ astringent

Organ relationship

●○○ Spleen

●○○ Stomach

●○○ Lung

●○○ Large Intestine

Direction of action

●○○ deep

Site of action

Lower burner

Actions/Indications

●○○ Acts as an astringent and collects

Chronic diarrhoea, amoebiasis, bloody stools, uterine bleeding, vaginal discharge. Topical use: epistaxis, bloody haemorrhoids, bleeding from the gums, external injuries

●○○ Stops diarrhoea

Spleen and Stomach deficiency, chronic diarrhoea, amoebiasis

●○○ Stops bleeding

Blood in the stools, uterine bleeding, epistaxis, bleeding haemorrhoids, bleeding from the gums, external injuries

●○○ Expels phlegm

Phlegm in the channels: epilepsy, loss of consciousness, seizures, irritability, delirium, sputum that is difficult to expectorate

●○○ Dries dampness

External dampness, external use: weeping moist eczemas, cradle cap, itchy rashes

●○○ Stops itching

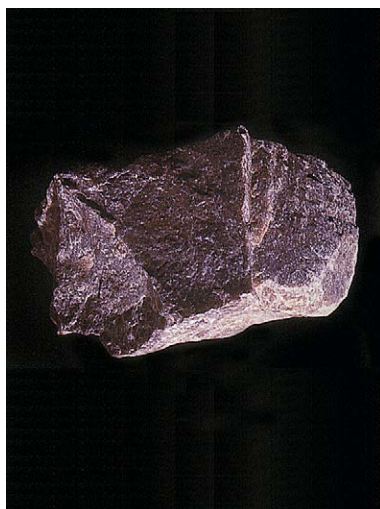
Itching exanthemas (external use)

Physiological/pharmacological effects aluminium sulfate is used to stop bleeding (after shaving) and as an astringent. Newest research reports external use in the treatment of otitis media, in vitro antibiotic action.

Toxicity mostly for external use; use with care for internal administration, overdose may lead to ulcers, vomiting, diarrhoea and shock.

Dosage 0.5–3 g, standard 0.5 g

Cooking time 60 minutes total; boil the crushed mineral for 40 minutes then combine with the remainder of the pre-soaked herbs and cook together for a further 20 minutes



Combinations

- Itching vaginal discharge, eczema (topical application) → *Cnidii fructus* (*she chuang zi*) p. 740
- Dampness, eczema (topical application) → *Stemonae radix* (*bai bu*)
- Chronic diarrhoea in elderly patients (powder form) → *Chebulae fructus* (*he zi*) p. 820
- Seizures, convulsions, delirious states, irritability with sputum in the throat → *Curcumae radix* (*yu jin*) p. 538
- Phlegm-wind, wind-damp, epilepsy, fainting, seizures → *Pinelliae rhizoma* (*ban xia*) p. 630, *Gleditsiae fructus* (*zao jiao*) p. 630, *Glycyrrhizae radix* (*gan cao*) p. 716
- Scabies, pruritus → *Sulfur* (*liu huang*) p. 884
- Eczema → *Stemonae radix* (*bai bu*) p. 676

Compatibility

- Promoted by *Glycyrrhizae radix* (*gan cao*) p. 716
- Impaired by *Ostrea concha* (*mu li*) p. 428
- Limited by *Ephedrae herba* (*ma huang*) p. 30

Contraindication yang deficiency

Pregnancy use is allowed

Calamina**Lu gan shi**

炉甘石

Pharmaceutical name:	Mineral
Variation:	Galamina
German:	Carbonat-Mineral
English:	smithonite, calamine

Temperature

●● neutral

Taste

●● sweet

Organ relationship

●● Liver

●● Stomach

Direction of action

●● descending

Site of action

Head/eyes, skin

Actions/Indications●●● **Detoxifies and disinfects**

External use to treat a variety of eye diseases with redness, swelling, pain, tearing, photophobia, pterygium

●●● **Clears the eyes and head**

Reddened eyes, pterygium, swelling, increased tearing

●●● **Dries dampness**

Open sores, secondary wound healing, dermatological diseases

●●● **Eczema, burns and ulcerations**

Dermatological diseases, chronic skin sores, eczemas

●●● **Alleviates itching**

Dermatological affections, skin sores, eczemas

Toxicity this herb is highly toxic and should only be used externally; only the prepared mixture with water (*shui fen*) can be used to treat eye diseases.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner.



Combinations

- Increased tearing → *Sepiae endoconcha* (*hai piao xiao*) p. 852
- Eye diseases → *Cinnabaris* (*zhu sha*) p. 418, *Borax* (*peng sha*)
- Chronic skin sores → *Mastodi fossilium ossis* (*long gu*) p. 426, *Gypsum* (*shi gao*) p. 130
- Genital sores, as a single herb → mix with sesame oil

Contraindication not for internal administration

Pregnancy use is allowed

Hydnocarpi semen

大风子

Da feng zi

Family: Flacourtiaceae
 Standard species: *Hydnocarpus anthelmintica*
 German: Hydnocarpus-Samen
 English: hydnocarpus seed, chaulmoogra

Temperature

●●○ hot

Taste

●●○ pungent

●●● toxic

Organ relationship

●○○ Liver

●○○ Spleen

●○○ Kidney

Direction of action

●●○ ascending

Site of action

Skin

Actions/Indications

●●● Detoxifies and disinfects

Parasites: scabies, tinea

●●● Antiparasitic

Scabies, tinea, leprosy

●●○ Expels wind

Wind-exanthemas such as rosacea, pruritic exanthemas

●●○ Dries dampness

Ulcerations, oozing sores

Physiological/pharmacological effects antiparasitic.

Toxicity toxic if ingested; overdose (greater than 3 g) or long-term use: light-headedness, fever, abdominal pain, vomiting leading up to nephritis, proteinuria, haemolytic anaemia.

Commentary only for external use, with the single exception of infections with *Mycobacterium leprae* (standard treatment).

Dosage as a powder external use as needed; internal 0.1–1 g in pill form



Combinations

- Externally: scabies → Kochiae fructus (*di fu zi*) p. 316, Sulfur (*liu huang*) p. 884, Camphora (*zhang nao*) p. 272
- Externally: tinea → Dictamni cortex (*bai xian pi*) p. 174, Zanthoxyli fructus (*hua jiao*) p. 406, Phellodendri cortex (*huang bai*) p. 180
- Internally (exceptionally) in pill form together with tea to treat *Mycobacterium leprae* infections → Saposhnikoviae radix (*fang feng*) p. 42, Sophorae flavescens radix (*ku shen*) p. 186, Scorpio (*quan xie*) p. 460

Contraindications use only with extreme caution; yin deficiency due to heat

Pregnancy use is **forbidden**

Mylabris**Ban mao**

斑蝥

Family: Miloidae
 Zoological name: *Mylabris phalerata*, *M. cichorii*
 German: Kantharide, Ölkäfer, spanische Fliege
 English: mylabris, cantharides, blister beetle

Temperature

●○○ cold

Taste

●●○ pungent

●○○ toxic

Organ relationship

●○○ Small Intestine

●●○ Large Intestine

●●○ Liver

●○○ Kidney

Direction of action

●○○ deep

Site of action

Interior, channels

Actions/Indications●●● **Detoxifies and disinfects**

Sores, boils, swelling of the lymph nodes (external use), dog bite (as a paste)

●●○ **Breaks up blood stagnation**

Amenorrhoea due to blood stasis

●●○ **Softens hardness**

Palpable, fixed masses, swellings

●●○ **Breaks up swelling**

Nodes, palpable masses, hepatic or gastrointestinal tumours

●●○ **Breaks up and dissolves concretions**

Hepatic or gastrointestinal tumours, neoplasias (various stages of malignancy)

Physiological/pharmacological effects animal experiments have demonstrated that cantharidine has an inhibitory effect on tumour cells (carcinoma of the liver, sarcoma), and it is postulated that small doses may have an immune-stimulating effect due to the increase in leucocytes; nephrotoxic.

Toxicity highly toxic, even in tiny doses, therefore only use for short periods. Overdose: abdominal pain, dry mouth, nausea, bloody vomiting, burning in the mouth and throat leading up to mucosal ulceration, diarrhoea, blood in the stools, dehydration, dilation of the pupils, decreased urine output, hyperalbuminaemia, arrhythmias, drop in blood pressure, circulatory collapse, delirium, coma, convulsions. If applied locally skin irritation with redness, burning as well as skin necroses; excessive topical use may lead to dermatitis, nephritis, renal failure and toxic shock. Even a dose of 30 mg may be lethal. No long-term use or extensive application.

Commentary cantharidine plasters are used in western natural medicine to treat rheumatism, arthritis, nerve pain and, in earlier times, as an aphrodisiac.

Warning because of its toxicity, this herb should be used exclusively and with great care by an experienced TCM practitioner. The recommended dosage should not be exceeded.

Dosage external use, internal only in very low doses, maximum of 0.03 g/day and here only for short periods

Cooking time because of toxicity, mainly external use in powder or pill form in a decoction 20 minutes



Combinations

- Non-healing skin sores → Alumen (*ming fan*) p. 876, Indigo naturalis (*qing dai*) p. 160
- Amenorrhoea → Persicae semen (*tao ren*) p. 564, Rhei rhizoma (*da huang*) p. 92
- Hepatic tumours → Evodiae fructus (*wu zhu yu*) p. 383, Pinelliae rhizoma praeparata (*zhi ban xia*), Dioscoreae rhizoma (*shan yao*) p. 712, Bletillae tuber (*bai ji*) p. 588

Contraindication debilitated patients

Pregnancy use is **forbidden**

Sulfur

Liu huang

硫磺

Pharmaceutical name: Mineral
 German: Schwefel
 English: sulfur

Temperature

●●● warm

Taste

●●○ sour

●●○ toxic

Organ relationship

○○○ Kidney

○○○ Large Intestine

○○○ Pericardium

Direction of action

○○○ ascending

Site of action

Skin, lower burner, interior

Actions/Indications

●●○ Detoxifies and disinfects

External use: parasites, eczemas, sores, boils, tinea

●●○ Antiparasitic

Tinea, scabies

●○○ Alleviates itching

Skin fungal infections, scabies, ulcers, sores, eczemas

●○○ Tonifies the yang

Weakness, cold sensation of the lower extremities, enuresis, impotence, loss of libido, asthma, constipation

●○○ Tonifies the Kidneys

Pain and cold sensation of the lower back and knees, impotence, loss of libido, asthma

Physiological/pharmacological effects antiparasitic, antifungal, stimulates the gastrointestinal tract; animal experiments have demonstrated antitussive effects; dermatological use in salves, lotions (Sulfur sublimatum) but its use has been discontinued due to contamination with arsenic.

Toxicity toxic effects at high oral doses (10–20 g): light-headedness, headache, generalized weakness, nausea, vomiting, abdominal pain, diarrhoea, blood in the stools, fever, disorientation, miosis, decreased pupil reaction to light, hypotension leading to coma and shock.

Commentary frequently applied externally as a powder or paste.

Dosage 1–3 g internal in pill form; external use as needed as a powder



Combinations

- Externally to treat scabies → Mylabris (*ban mao*) p. 164, Borneol (*bing pian*) p. 270
- Externally for pruritus, perianal or inguinal sores → Alumen (*ming fan*) p. 876, Cnidii fructus (*she chuang zi*) p. 740
- Externally for acne → Rhei rhizoma (*da huang*) p. 92
- Impotence, back pain, wheezing → Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Cinnamomi cassiae cortex (*rou gui*) p. 394
- Impotence, copious frequent urination, pain in the lower extremities, lumbar pain → Cervi cornu (*lu rong*) p. 734, Psoraleae fructus (*bu gu zhi*) p. 764
- Impotence, weakness, cold sensation in the lower extremities → Rehmanniae radix praeparata (*shu di huang*) p. 780, Morindae radix (*ba ji tian*) p. 762, Epimedii herba (*yin yang huo*) p. 754, Cinnamomi cassiae cortex (*rou gui*) p. 394, Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388, Ginseng radix (*ren shen*) p. 714

Contraindications deficient yin heat, do not use long term

Pregnancy use is **forbidden**

Vespaee nidus

蜂房

Feng fang

Family:	Vespidae
Standard species:	<i>Polistes olivaceus</i> , etc.
Variation:	<i>Lu feng fang</i>
German:	Wespennest
English:	wasp nest

Temperature

●○○ neutral

Taste

●○○ neutral

●○○ sweet

●○○ toxic

Organ relationship

●○○ Stomach

●○○ Lung

Direction of action

●○○ deep

Site of action

Interior, skin

Actions/Indications●●● **Detoxifies and disinfects**

Sores, mastitis, boils (also for external use as a wash or salve)

●●● **Eczema, burns and ulcerations**

Sores, mastitis, ulcerations

●●● **Expels wind**

Pruritic skin rashes, rheumatoid diseases, arthritis, deformed, swollen joints, diminished joint mobility

●○○ **Relieves pain**

Sores, boils, toothache, sore throat

●○○ **Alleviates itching**

Urticaria with itching, exanthemas

●○○ **Softens lumps**

Hardened lymph nodes, tumours: fibrotic breast changes, breast tumours, necrotizing breast abscesses, nasopharyngeal carcinoma, lymph-node metastases

●○○ **Antiparasitic**

Parasites (external use), scabies, fungal infections, tinea, lichen

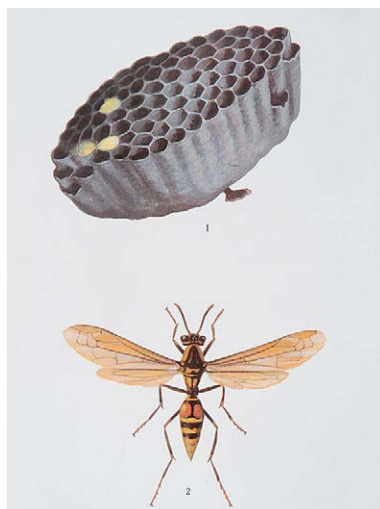
Physiological/pharmacological effects antiparasitic, in vitro antineoplastic.

Toxicity metabolites of some of the volatile oils can cause acute nephritis accompanied by headache, back pain, oedema. These volatile oils evaporate during boiling and therefore only very high doses or consumption of the unprepared herb can lead to toxic reactions.

Commentary decoction only for external use as a mouthwash, do not swallow or use as a powder or as a wash.

Dosage 2–6 g in a decoction

Cooking time 20 minutes



Combinations

- Early stages of sores with heat, redness, swelling; mix together with rice wine to form a paste → *Arisaematis rhizoma praeparata* (*zhi tian nan xing*) p. 624, *Aconiti kusnezoffii radix praeparata* (*zhi cao wu*) p. 384, *Phaseoli semen* (*chi xiao dou*) p. 326, *Alumen* (*ming fan*) p. 876
- Hardened breast sores, topical use → *Taraxaci herba* (*pu gong ying*) p. 250, *Forsythiae fructus* (*lian qiao*) p. 200
- Various tumour types → *Scorpio* (*quan xie*) p. 460, *Cremastrae pseudobulbus* (*shan ci gu*) p. 822

Compatibility antagonizes *Salviae miltiorrhizae radix* (*dan shen*) p. 570, *Zingiberis rhizoma* (*gan jiang*) p. 408, *Paeoniae radix lactiflora* (*bai shao*) p. 776, *Ostrea concha* (*mu li*) p. 428

Contraindications qi or blood deficiency, open, pus-filled sores

Pregnancy use is allowed

Treatment guidelines according to the main patterns of disharmony

Energetic disharmony in the organs	888
Liver	888
Gall bladder	891
Heart	892
Spleen and Stomach	893
Lung	897
Kidney	900
Bladder	902
Small and Large Intestine	902
Energetic disharmony due to pathogenic factors	903
Dampness and phlegm	903
Cold	905
Wind	906
Heat and fire	907
Summerheat	908
Dryness	908
Influence of herbs on the qi and blood circulation	909
Qi circulation	909
Blood circulation	911

Energetic disharmony in the organs

Liver

Physiology

The Liver corresponds to the Wood phase and to the shao yang conformation and is assigned the role of the commander of all the organs.

- The Liver's main function is to ensure the smooth flow of qi in all directions: to allow the qi to unfold in an upward direction, to control all outward movements and to promote the upward movement of qi.
- The Liver is responsible not only for drive and propulsion, but also for planning, deliberation and decision-making.
- The Liver can also be considered as the mediator for the entire energetic system; the healthy unfolding of its energies is linked with images of relaxation, letting go, expansion, softening, circulating, balance and harmony.

- The Liver stores the blood ('Sea of blood'), the Heart moves the blood. Blood is distilled from the food processed in the Spleen and Stomach and is transported to the meridians over the ying. Blood circulates to provide energy to the entire body and is thus the yin complement to the active qi.
- The Liver controls the muscles and sinews.
- The Liver opens into the eyes; maintenance of vision depends on the Liver.
- The Liver is also responsible for supplying blood to the extraordinary channels, the extraordinary yang organ Uterus; it also regulates menstruation.
- The Liver and the Kidney have the same root and the yin of the Kidney nourishes the Liver yin.
- The Liver's climate is wind.
- The Liver is affected by anger, internal restlessness, irascibility and outbreaks of anger.
- The taste of the Liver is sour.

Pathology

Excess patterns

Liver qi stagnation

Symptoms: depressed mood, lack of motivation, fatigue, lassitude, frustration, irritability, nervousness, distension in the hypochondrium, belching, nausea, dry heaves, epigastric pain, lack of appetite, abdominal distension, flatulence, winds, globus hystericus, menstrual disturbances, premenstrual syndrome, cystitis, wiry pulse.

Treatment: relieve Liver stagnation, smooth the Liver:

- Cyperi rhizoma (*xiang fu*) p. 494
- Aurantii fructus immaturus (*zhi shi*) p. 484
- Citri reticulatae viride pericarpium (*qing pi*) p. 490
- Toosendan fructus (*chuan lian zi*) p. 512
- Bupleuri radix (*chai hu*) p. 50
- Paeoniae radix lactiflora (*bai shao*) p. 776
- Angelicae sinensis radix (*dang gui*) p. 768
- Glycyrrhizae radix (*gan cao*) p. 716
- Jujubae fructus (*da zao*) p. 718

Liver blood stasis

Symptoms: painful menstruation, dark menstrual blood with clots, abdominal pain, hardness and indurations in the abdomen, stagnant, blue, mottled tongue body, wiry pulse.

Treatment: smooth the Liver, move blood:

- Angelicae sinensis radix (*dang gui*) p. 768
- Chuanxiong rhizoma (*chuan xiong*) p. 530
- Corydalis rhizoma (*yan hu suo*) p. 532
- Curcumae longae rhizoma (*jiang huang*) p. 536
- Sparganii rhizoma (*san leng*) p. 574
- Curcumae rhizoma (*e zhu*) p. 540
- Carthami flos (*hong hua*) p. 528
- Curcumae radix (*yu jin*) p. 538
- Leonuri herba (*yi mu cao*) p. 554
- Achyranthis bidentatae radix (*niu xi*) p. 522
- Persicae semen (*tao ren*) p. 564

Liver fire blazing

Symptoms: irritability, nervousness, becomes easily angry, tinnitus, deafness, headache, pain in the orbits, dizziness, red face, red eyes, bitter taste in the mouth, tension, muscular twitching, palpitations, skin irritation, red tongue body and rapid pulse.

Treatment: in addition to Liver qi stagnation and Liver blood stasis:

- Clear the Liver and drain fire
 - Gentianae radix (*long dan cao*) p. 178
 - Scutellariae radix (*huang qin*) p. 184
 - Gardeniae fructus (*zhi zi*) p. 126
 - Prunellae spica (*xia ku cao*) p. 140
 - Chrysanthemi flos (*ju hua*) p. 52
 - Cassiae semen (*jue ming zi*) p. 146
 - Celosiae semen (*qing xiang zi*) p. 148
- Cool blood
 - Moutan cortex (*mu dan pi*) p. 164
 - Paeoniae radix rubra (*chi shao yao*) p. 166
- Subdue ascending Liver yang–Gastrodiae rhizoma (*tian ma*) p. 450
 - Haliotidis concha (*shi jue ming*) p. 454
 - Mastodi fossilium ossis (*long gu*) p. 426
 - Ostrea concha (*mu li*) p. 428

Liver wind ascending

Symptoms: outbreaks of anger, tinnitus, deafness, dizziness, vertigo, fainting, pareses, opisthotonos, tremor, paralysis, hemiplegia.

Treatment: clear and cool heat and fire, harmonize the Liver, extinguish wind, harmonize blood and nourish yin:

- Cool heat and fire
 - Rehmanniae radix (*sheng di huang*) p. 168
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
 - Gardeniae fructus (*zhi zi*) p. 126
 - Coptidis rhizoma (*huang lian*) p. 172
 - Moutan cortex (*mu dan pi*) p. 164
 - Scutellariae radix (*huang qin*) p. 184
 - Chrysanthemi flos (*ju hua*) p. 52
- Subdue ascending Liver yang and extinguish wind
 - Gastrodiae rhizoma (*tian ma*) p. 450
 - Haliotidis concha (*shi jue ming*) p. 454
 - Scolopendra (*wu gong*) p. 458
 - Achyranthis bidentatae radix (*niu xi*) p. 522
 - Haematitum (*dai zhe shi*) p. 80
 - Cicadae periostracum (*chan tui*) p. 54
- Subdue ascending Liver yang
 - Haliotidis concha (*shi jue ming*) p. 454
 - Mastodi fossilium ossis (*long gu*) p. 426
 - Ostrea concha (*mu li*) p. 428
- Tonify Liver yin and blood
 - Rehmanniae radix praeparata (*shu di huang*) p. 780
 - Polygoni multiflori radix (*he shou wu*) p. 778
 - Paeoniae radix lactiflora (*bai shao*) p. 776
 - Asini corii colla (*e jiao*) p. 770
 - Corni fructus (*shan zhu yu*) p. 822
 - Ligustri lucidi fructus (*ni zhen zi*) p. 794
 - Phaseoli radiati semen (*lü dou*) p. 226
 - Lycii fructus (*gou qi zi*) p. 800
 - Angelicae sinensis radix (*dang gui*) p. 768
 - Spatholobi caulis et radix (*ji xue teng*) p. 576
 - Ziziphi spinosae semen (*suan zao ren*) p. 446
 - Platycladi semen (*bai zi ren*) p. 438

Cold blockage of the Liver

Symptoms: fullness and distension of the lower abdomen, aching pain in the genitals, hemias, swelling of the testicles, pain relieved by cold.

Treatment: warm the channel:

- Foeniculi fructus (*xiao hui xiang*) p. 398
- Angelicae sinensis radix (*dang gui*) p. 768
- Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Evodiae fructus (*wu zhu yu*) p. 383
- Linderae radix (*wu yao*) p. 498
- Aurantii semen (*ju he*) p. 486

Blood and Liver yin deficiency

Symptoms: dizziness, tinnitus, numbness of the limbs, insomnia, night blindness, dry eyes, scanty menstrual blood, amenorrhoea, pale complexion, pale lips, cramps, dry nails, pale tongue body.

Treatment: tonify the Liver and nourish blood in addition to the herbs in Liver wind ascending:

- Ecliptae herba (*han lian cao*) p. 790
- Mori fructus (*sang shen*) p. 774
- Taxilli herba (*sang ji sheng*) p. 810

Gall bladder

Physiology

The Gall bladder is the complementary yang organ to the Liver.

- The Gall bladder is the only yang organ with a 'refined' content, namely the bile, and is thus also considered an extraordinary yang organ. The 'bile' is obtained from the Liver; if this is insufficient, the Stomach cannot fulfill its descending function.
- The Gall bladder is also the yang complement to the yin Liver on an emotional and intellectual level; whereas plans are forged in the Liver, the energy of the Gall bladder is needed in order to carry these out. The Gall bladder is thus associated with decisiveness, decision-making, courage and willpower.
- The Gall bladder is responsible for the decisiveness in all other organs; Chapter 9 of the *Su Wen* states: 'All eleven organs depend on the decision-making of the Gall bladder.'
- The Gall bladder ensures the proper movement and agility of the sinews by providing these with qi; the Liver nourishes the sinews with its blood.

Pathology

Because of its proximity to the Spleen and Stomach, the Gall bladder is also subject to dampness; it can also be affected by fire from the Liver. A frequent pathological pattern encountered in the Gall bladder is damp-heat.

Symptoms: pain beneath the ribs, nausea, dry heaves, intolerance of fatty foods, jaundice, yellow sclera, dark urine, light-coloured stools, feverishness, thirst, constipation or diarrhoea, bitter taste in mouth, thick and sticky tongue coating, slippery and wiry pulse.

Treatment: drain damp-heat:

- Coptidis rhizoma (*huang lian*) p. 172
- Artemisiae scopariae herba (*yin chen hao*) p. 302
- Gardeniae fructus (*zhi zi*) p. 126
- Gentianae radix (*long dan cao*) p. 178
- Rhei rhizoma (*da huang*) p. 92
- Scutellariae radix (*huang qin*) p. 184
- Alismatis rhizoma (*ze xie*) p. 300
- Poria (*fu ling*) p. 334
- Coicis semen (*yi yi ren*) p. 308
- Talcum (*hua shi*) p. 340

Heart

Physiology

- The Heart corresponds to the fire phase and to the tai yang. It is the ruler of the organs, providing clear guidelines.
- It is the seat and houses shen or Spirit, the active force that determines the person's external appearance, consciousness, mood and mental activity. The shen is the energy that imprints personality; it represents clarity of thought, mental activity, consciousness, memory and thinking ability, but is also responsible for sleep.
- The transformation of ying or nutritive qi into blood takes place in the Heart.
- The Heart is responsible for the circulation of blood.
- When shen resides in the Heart, sleep will be sound. If the Heart yin is deficient, insomnia and restlessness will occur.
- The Heart controls sweat; sweat is an active fluid (ye) and flows in the channels, where it is transformed into blood.
- The taste of the Heart is bitter; bitter opens to the exterior, roughens, collects and restrains yin. Bitter taste may also provoke accumulation of phlegm, which affects the channels that are dependent on the function of the Heart.

Pathology

Heart yang and qi deficiency

Symptoms: palpitations, fatigue, shortness of breaths, sweating, paleness, indifference, cold sensation, pericardial pain, cyanotic lips.

Treatment:

- Tonify Heart qi
 - Ginseng radix (*ren shen*) p. 714
 - Codonopsis radix (*dang shen*) p. 710
 - Astragali radix (*huang qi*) p. 706
 - Cinnamomi cassiae ramulus (*gui zhi*) p. 26
 - Polygalae radix (*yuan zhi*) p. 440
 - Glycyrrhizae radix tosta (*pao gan cao*)
- Tonify Heart yang
 - Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
 - Zingiberis rhizoma praeparatum (*pao jiang*) p. 410
 - Allii macrostemi bulbus (*xie bai*) p. 474
 - Astragali radix (*huang qi*) p. 706

Deficiency of Heart yin and blood

Symptoms: insomnia, difficulties falling asleep, wakes up frequently, palpitations, forgetfulness, dizziness, stupor, many dreams, fearfulness, frightens easily, pale lips, restlessness, nervousness, heat sensation, night sweats, dry mouth, hot soles of the feet.

Treatment: tonify the yin and blood of the Heart:

- Angelicae sinensis radix (*dang gui*) p. 768
- Rehmanniae radix praeparata (*shu di huang*) p. 780
- Paeoniae radix lactiflora (*bai shao*) p. 776
- Salviae miltiorrhizae radix (*dan shen*) p. 570
- Longanae arillus (*long yan rou*) p. 772
- Spatholobi caulis et radix (*ji xue teng*) p. 576
- Schisandrae fructus (*wu wei zi*) p. 850
- Dendrobii caulis (*shi hu*) p. 788
- Ophiopogonis radix (*mai men dong*) p. 802
- Poria (*fu ling*) p. 334

Fire in the Heart caused by stasis

Symptoms: severe thirst, mouth ulcers, restlessness, mania, heat sensation, severe sleep disturbances, dark urine, blood in urine, bitter taste in the mouth.

Treatment: clear heat and fire:

- Gardeniae fructus (*zhi zi*) p. 126
- Scrophulariae radix (*xuan shen*) p. 170
- Rehmanniae radix (*sheng di huang*) p. 168
- Forsythiae fructus (*lian qiao*) p. 200
- Ophiopogonis radix (*mai men dong*) p. 802
- Phragmitis rhizoma (*lu gen*) p. 138
- Arnebiae/Lithospermi radix (*zi cao*) p. 152
- Coptidis rhizoma (*huang lian*) p. 172

Blood stasis in the channels

Symptoms: palpitations, restlessness, angina pectoris, stupor, cyanotic lips and nails, cold hands.

Treatment: move the blood, warm the channels:

- Persicae semen (*tao ren*) p. 564
- Carthami flos (*hong hua*) p. 528
- Salviae miltiorrhizae radix (*dan shen*) p. 570
- Curcumae radix (*yu jin*) p. 538
- Trogopterori faeces (*wu ling zhi*) p. 150
- Trichosanthis fructus et semen (*gua lou*) p. 662
- Allii macrostemi bulbus (*xie bai*) p. 474
- Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Cnidii fructus (*she chuang zi*) p. 740
- Paeoniae radix rubra (*chi shao yao*) p. 166

Spleen and Stomach

Physiology

The so-called 'middle' – made up of the Spleen and Stomach organs – corresponds to the earth phase and is the pivot of the entire functional organ system. The middle is responsible for 'separating the clear from the impure' and for clarity in an individual's life. The middle is the censor; the Spleen's function as the clarifier is related not only to food and fluids but also to energetic influences upon the person, such as intellectual, emotional and psychological factors.

Spleen

- The Spleen is responsible for assimilation and integration. Transformation – the process of converting 'something else into oneself' – follows the uptake of external influences. The valuable components are assimilated and integrated whereas the useless parts are excreted.
- The Spleen is the root of the post-heaven qi. Fresh qi is mainly obtained from the food (gu or food qi).
- The Spleen is the seat of the ying or nutritive qi.
- The middle constitutes the basis of the generation of qi and blood. The generation of gu and ying qi is the precondition for the supply of fresh qi and clear fluids.
- The Spleen controls the ascending of qi. Fresh qi energies must move upwards and unfold in the tissues. They are responsible for maintaining the firmness and stability in the membranes; the holding forces of the qi prevent tissue weakness, prolapses, ptoses, bleeding and diarrhoea.
- The qi forces of the middle control blood. The blood is kept within the channels, preventing bleeding and extravasation.

- The Spleen controls the muscles and the four limbs and finds its manifestation in the flesh, giving it a strong form and providing it with clear fluids.
- The taste corresponding to the Spleen is sweetness; it nourishes and tonifies this organ's qi and its fluid-generating ability.
- Dampness is the pathogenic factor which most affects the Spleen; impure fluids (dampness) bind the active energies which are needed for the clarifying processes.

Stomach

- The Stomach is a storage organ and a reservoir. All nutritive reserves are taken up here and the pure fluids are made available to the person.
- The stomach is thus the origin of fluids.
- Together with its paired yin organ the Spleen, it is the root of the post-heaven constitution.
- The qi of the Stomach controls the descending of qi in the body; the separated, impure fluids are sent down to the Large and Small Intestine.

Stomach	Spleen
Yang organ	Yin organ
High activity	High material aspect
Likes wetness	Likes dryness
Yin must be retained	Yang must be developed
Moves downwards	Moves upwards
Descends	Elevates
If too much dryness is present, the qi cannot move downwards, the fluids do not reach the Large and Small Intestines (constipation frequent)	If there is too much dampness, qi is obstructed and cannot rise upwards (frequent diarrhoea)
Tendency to hyperactivity, development of excess heat	Tendency to cold deficiency, qi deficiency, development of dampness and cold

Pathology

Deficiency of the Spleen and Stomach

Deficiency of the qi of the middle

Symptoms: tiredness, lack of appetite, weak digestion, thin soft stools, bloating of the lower abdomen, abdominal pain, weak voice, dislike of speaking, shortness of breath, fatigue, pale tongue body with tooth marks, white tongue coating, fine pulse.

Deficiency of Spleen yang

Additional symptoms: sensation of cold in the upper abdomen, craves hot drinks, cold limbs, profuse clear urine or scanty urine with oedema.

Dampness invading the Spleen

Additional symptoms: fullness, lack of appetite, nausea, sweetish taste in the mouth, heaviness of the head, stupor, weakness of the limbs, tiredness, fatigue, lack of thirst, thin white vaginal discharge, white, thick and sticky tongue coating, fine pulse.

Prolapsed Spleen qi

Symptoms: aching sensation in the lower abdomen, abdominal pain, prolapse, ptoses, urinary urgency, haemorrhoids, varicose veins, pale tongue body, empty, fine pulse.

Spleen not controlling the blood

Additional symptoms: purpurae, subcutaneous bleeding, blood in the stools or in urine, menorrhagia, irregular menstrual bleeding, pale complexion.

Damp-heat invading the Spleen

Symptoms: swelling and pressure in the upper abdomen, fatigue, tiredness, fever, yellow sclera, jaundice, pruritus, bitter taste in the mouth, diarrhoea or constipation, light-coloured stools, dark urine, yellow sticky tongue coating.

Treatment: tonify the Spleen qi, regulate qi, unblock obstructions, transform and eliminate dampness, transform phlegm, unblock blood stasis, drain damp-heat:

- Tonify Spleen qi, supplement qi
 - Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
 - Astragali radix (*huang qi*) p. 706
 - Codonopsis radix (*dang shen*) p. 710
 - Ginseng radix (*ren shen*) p. 714
 - Dioscoreae rhizoma (*shan yao*) p. 712
- Move qi
 - Citri reticulatae pericarpium (*chen pi*) p. 488
 - Citri reticulatae viride pericarpium (*qing pi*) p. 490
 - Aurantii fructus (*zhi ke*) p. 482
 - Citri sarcodactylis fructus (*fo shou*) p. 492
 - Aucklandiae radix (*mu xiang*) p. 480
- Raise collapsed qi
 - Puerariae radix (*ge gen*) p. 64
 - Cimicifugae rhizoma (*sheng ma*) p. 56
 - Bupleuri radix (*chai hu*) p. 50
 - Nelumbinis folium (*he ye*) p. 134
- Tonify yang
 - Cuscutae semen (*tu si zi*) p. 746
 - Psoraleae fructus (*bu gu zhi*) p. 764
 - Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730
- Warm yang
 - Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
 - Cinnamomi cassiae cortex (*rou gui*) p. 394
 - Evodiae fructus (*wu zhu yu*) p. 383
- Transform dampness
 - Atractylodis rhizoma (*cang zhu*) p. 286
 - Agastachis herba (*huo xiang*) p. 278
 - Magnoliae cortex (*hou po*) p. 292
- Drain dampness
 - Poria (*fu ling*) p. 344
 - Coicis semen (*yi yi ren*) p. 308
 - Arecae semen (*bing lang*) p. 860
 - Arecae pericarpium (*da fu pi*) p. 478
- Eliminate phlegm
 - Pinelliae rhizoma (*ban xia*) p. 82
 - Zingiberis rhizoma (*gan jiang*) p. 408
- Dislodge phlegm
 - Raphani semen (*lai fu zi*) p. 692
 - Acori rhizoma (*chang pu*) p. 268
 - Acori calami rhizoma (*shui chang pu*) p. 266
- Drain damp-heat
 - Sojae semen germinatum (*dou juan*) p. 242
 - Rhei rhizoma (*da huang*) p. 92
 - Coptidis rhizoma (*huang lian*) p. 172
 - Gentianae radix (*long dan cao*) p. 178
 - Artemisiae scopariae herba (*yin chen hao*) p. 302
 - Dictamni cortex (*bai xian pi*) p. 174
 - Bambusae caulis in taeniam (*zhu ru*) p. 78
 - Polyporus (*zhu ling*) p. 332
 - Alismatis rhizoma (*ze xie*) p. 300
 - Aurantii fructus immaturus (*zhi shi*) p. 484

Full patterns

Stomach heat

Symptoms: thirst, craving for cold drinks, increased appetite, upper abdominal pain, sensitive to pressure, vomiting after meals, bad breath, swollen gums, toothache, red tongue body, yellow coating, slippery, rapid pulse.

Stomach yin due to heat

Decrease of Stomach yin

Symptoms: lack of appetite, subfebrile temperatures, constipation, dry mouth, fullness, deep red, dry tongue body without coating.

Stomach fire as a result of Stomach qi stagnation, fluid deficiency

Symptoms: thirst, craving for cold drinks, bleeding gums, bloody vomiting, nosebleeds, mania, acid regurgitation, dry mouth, bitter taste in the mouth, red, mottled tongue body, tongue appears to be stripped or may have a thick yellow coating, rapid pulse.

Treatment: move Stomach qi, eliminate stagnation, moisten, collect and cool Stomach yin, descend Stomach qi, regulate blood:

- Regulate qi
 - Aurantii fructus immaturus (*zhi shi*) p. 484
 - Aurantii fructus (*zhi ke*) p. 482
 - Arecae pericarpium (*da fu pi*) p. 478
 - Hordei fructus germinatus (*mai ya*) p. 686
 - Curcumae longae rhizoma (*jiang huang*) p. 536
- Descend Stomach qi
 - Bambusae caulis in taeniam (*zhu ru*) p. 78
 - Haematitum (*dai zhe shi*) p. 80
 - Raphani semen (*lai fu zi*) p. 692
 - Aurantii fructus (*zhi ke*) p. 482
 - Aurantii fructus immaturus (*zhi shi*) p. 484
 - Pinelliae rhizoma (*ban xia*) p. 82
- Cool Stomach heat
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
 - Imperatae rhizoma (*bai mao gen*) p. 158
 - Trichosanthis radix (*tian hua fen*) p. 142
 - Phragmitis rhizoma (*lu gen*) p. 138
- Clears Stomach fire
 - Rhei rhizoma (*da huang*) p. 92
 - Natrii sulfas (*mang xiao*) p. 90
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
 - Gardeniae fructus (*zhi zi*) p. 126
 - Gypsum (*shi gao*) p. 130
 - Isatidis folium (*da qing ye*) p. 162
 - Scutellariae radix (*huang qin*) p. 184
 - Coptidis rhizoma (*huang lian*) p. 172
 - Scrophulariae radix (*xuan shen*) p. 170
- Nourish Stomach yin, generate fluids
 - Puerariae radix (*ge gen*) p. 64
 - Ophiopogonis radix (*mai men dong*) p. 802
 - Glehniae radix (*bei sha shen*) p. 792
 - Adenophorae radix (*nan sha shen*) p. 782
 - Dendrobii caulis (*shi hu*) p. 788
 - Jujubae fructus (*da zao*) p. 718
- Move and regulate blood
 - Curcumae longae rhizoma (*jiang huang*) p. 536
 - Corydalis rhizoma (*yan hu suo*) p. 532
 - Arcae concha (*wa leng zi*) p. 642

- Correct counterflow qi and stop vomiting
 - Haematitum (*dai zhe shi*) p. 80
 - Magnoliae cortex (*hou po*) p. 292

Cold in the Stomach preventing qi from descending

Symptoms: fullness, distension in the upper abdomen, pain in the epigastrium, alleviated by warmth, vomiting clear fluids, lack of appetite, hiccough, craves warm food and drinks or lack of thirst, cold limbs, tiredness, white, greasy tongue coating, pale and swollen tongue body.

Treatment: warm the Stomach, move qi, expel cold:

- Warm the movement of qi and expel cold
 - Evodiae fructus (*wu zhu yu*) p. 383
 - Amomi fructus rotundus (*bai dou kou*) p. 282
 - Foeniculi fructus (*xiao hui xiang*) p. 398
 - Allii macrostemi bulbosus (*xie bai*) p. 474
 - Aquilariae lignum (*chen xiang*) p. 476

Promote digestion

Symptoms: lack of appetite, belching, hiccough, nausea, vomiting, difficulties defecating, focal distension in the upper and lower abdomen, blocked digestion.

Treatment: harmonize and tonify the middle:

- Perillae folium (*zi su ye*) p. 40
- Agastachis herba (*huo xiang*) p. 278
- Eupatorii herba (*pei lan*) p. 288
- Crataegi fructus (*shan zha*) p. 682
- Massa medicata fermentata (*shen qu*) p. 688
- Hordei fructus germinatus (*mai ya*) p. 686
- Oryzae fructus germinatus (*gu ya*) p. 690

Lung

Physiology

- The Lung corresponds to the metal phase and to the tai yin.
- The Lung governs qi and respiration and provides the material and energetic basis for the qi. The Lung generates qi in:
 - the big qi (da qi) from air, oxygen, light, etc.
 - the food qi (gu qi) from the Spleen and Stomach, which combines in the chest with the da qi to form the zong qi, or gathering qi, as well as the post-heaven, or hou tian qi.
- Together with the yuan qi, or original qi, the Lung provides the basis for the production of ying qi, or nutritive qi, and wei qi, or defensive qi.
- The Lung is responsible for the rhythmic regulation of all physiological activities; it is the Prime Minister in charge of regulation.
- Through the production of wei qi, the Lung dominates the exterior or surface. External pathogens can affect the dynamics of the wei qi and thus affect the body's defence mechanisms.
- Cold is the external pathogen that most affects the Lung qi flow and the wei qi.
- Wind affects the surface or exterior and can enter the body if the wei qi is weakened.
- The Lung is responsible for the distribution of the clear fluids (jin) from the Spleen. The energetic component of the fluids moistens the surface and the tissues and is like a fine mist or fog. This moistening leads to a cooling of the entire body.
- Dryness and its related pathogens heat and fire represent a special challenge for the Lung yin; fluids are decreased.
- The Lung has a descending function. The gathering or zong qi is transported to the rest of the body and to the Kidneys by the Lung. If this function is impaired, qi

accumulates in the chest causing cough, breathlessness and a feeling of oppression in the chest.

- Dampness and phlegm affect the Lung; the Lung is called the vessel of phlegm. Phlegm is generated in the middle (Spleen and Stomach).
- The surface, the skin and the hair pertain to the Lung.
- The Lung opens into the nose and affects olfaction.

Pathology

Lung deficiency

Lung qi deficiency

Symptoms: shortness of breath, cough, weak voice, spontaneous daytime sweating, dislike of cold, tiredness, pale complexion, chills.

Treatment: tonify the Lung qi, warm the yang:

- Tonify Lung qi
 - Codonopsis radix (*dang shen*) p. 710
 - Ginseng radix (*ren shen*) p. 714
 - Astragali radix (*huang qi*) p. 706
 - Atractylodis macrocephalae rhizoma (*bai zhu*) p. 708
 - Jujubae fructus (*da zao*) p. 718
 - Glycyrrhizae radix (*gan cao*) p. 716
 - Schisandrae fructus (*wu wei zi*) p. 850
- Warm the yang
 - Cinnamomi cassiae ramulus (*gui zhi*) p. 26
 - Perillae folium (*zi su ye*) p. 40
 - Zingiberis rhizoma (*gan jiang*) p. 408
 - Zingiberis rhizoma recens (*sheng jiang*) p. 46

Lung yin deficiency

Symptoms: dry cough, feeling of heat in the evening, nightsweats, five-palm heat, insomnia, dry mouth, hoarseness, loss of voice, dry skin, red tongue body without coating or peeled tongue.

Treatment: moisten, tonify Lung yin, clear deficient heat:

- Tonify Lung yin
 - Ophiopogonis radix (*mai men dong*) p. 802
 - Glehniae radix (*bei sha shen*) p. 792
 - Asparagi radix (*tian men dong*) p. 784
 - Adenophorae radix (*nan sha shen*) p. 782
 - Lilii bulbus (*bai he*) p. 796
 - Platycodi radix (*jie geng*) p. 636
 - Polygonati odorati rhizoma (*yu zhu*) p. 806
- Clear deficient heat, generate fluids
 - Fritillariae bulbus (*bei mu*) p. 648
 - Asini corii colla (*e jiao*) p. 770
 - Scrophulariae radix (*xuan shen*) p. 170
 - Scutellariae radix (*huang qin*) p. 184
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
 - Rehmanniae radix (*sheng di huang*) p. 168

Excess patterns

Invasion of wind-cold

Symptoms: cold aversion, sneezing, cough, fever, chills, lack of sweating, hoarseness, stuffy or runny nose, headache, aching limbs, pain or burning sensation in the throat.

Treatment: dispel wind-cold, warm and stimulate the Lung so that it can fulfil its diffusing and descending functions:

- Release the exterior
 - Ephedrae herba (*ma huang*) p. 30
 - Cinnamomi cassiae ramulus (*gui zhi*) p. 26
 - Perillae folium (*zi su ye*) p. 40
 - Schizonepetae herba (*jing jie*) p. 44
 - Notopterygii rhizoma (*qiang huo*) p. 256
 - Saposhnikoviae radix (*fang feng*) p. 42
 - Angelicae dahuricae radix (*bai zhi*) p. 22
 - Asari herba (*xi xin*) p. 24
 - Magnoliae flos (*xin yi*) p. 34
 - Zingiberis rhizoma recens (*sheng jiang*) p. 46
- With additional phlegm-dampness
 - Pinelliae rhizoma (*ban xia*) p. 82
 - Citri reticulatae pericarpium (*chen pi*) p. 488
 - Magnoliae cortex (*hou po*) p. 292
 - Armeniacae semen (*xing ren*) p. 664
 - Platycodi radix (*jie geng*) p. 636
 - Asteris radix (*zi wan*) p. 666
 - Poria (*fu ling*) p. 334

Invasion of the Lung by wind-heat

Symptoms: clear sweating tendency, thirst, dry mouth, red throat, swollen tonsils, thick, yellow, viscous sputum, red tongue body, rapid pulse.

Treatment: release the exterior, expel the pathogen, cool heat, stimulate the Lung:

- Cool and release the exterior
 - Menthae herba (*bo he*) p. 60
 - Arctii fructus (*niu bang zi*) p. 48
 - Cicadae periostracum (*chan tui*) p. 54
 - Mori folium (*sang ye*) p. 62
 - Chrysanthemi flos (*ju hua*) p. 52
- Cool and clear
 - Lonicerae flos (*jin yin hua*) p. 216
 - Forsythiae fructus (*lian qiao*) p. 200
 - Isatidis folium (*da qing ye*) p. 162
 - Isatidis radix (*ban lan gen*) p. 210
 - Phragmitis rhizoma (*lu gen*) p. 138
- Dislodge viscous yellow phlegm
 - Scutellariae radix (*huang qin*) p. 184
 - Trichosanthis radix (*tian hua fen*) p. 142
 - Fritillariae bulbus (*bei mu*) p. 648
 - Houttuyniae herba cum radice (*yu xing cao*) p. 206
- Phlegm that is difficult to expectorate
 - Platycodi radix (*jie geng*) p. 636
- Bloody sputum
 - Imperatae rhizoma (*bai mao gen*) p. 158

Damp and phlegm inhibit the Lung and block qi flow

Symptoms: chronic cough, profuse white sputum, pale complexion, stifling sensation in the chest, shortness of breath, dislike of lying down, white, sticky tongue coating.

Treatment: transform and expel phlegm, restore the descending function of the Lung:

- Cold phlegm
 - Pinelliae rhizoma (*ban xia*) p. 82
 - Arisaematis rhizoma praeparata (*zhi tian nan xing*) p. 624
 - Perillae fructus (*zi su zi*) p. 634
 - Platycodi radix (*jie geng*) p. 636
 - Inulae flos (*xuan fu hua*) p. 632
 - Centipedae herba (*e bu shi cao*) p. 626

- Armeniacae semen (*xing ren*) p. 664
- Eriobotryae folium (*pi pa ye*) p. 670
- Tussilaginis farfarae (*kuan dong hua*) p. 678
- Asteris radix (*zi wan*) p. 666
- Asari herba (*xi xin*) p. 24
- Magnoliae flos (*xin yi*) p. 34
- Zingiberis rhizoma recens (*sheng jiang*) p. 46
- Xanthii fructus (*cang er zi*) p. 376
- Sinapis albae semen (*bai jie zi*) p. 638
- Zingiberis rhizoma (*gan jiang*) p. 408
- Citri reticulatae pericarpium (*chen pi*) p. 488
- Raphani semen (*lai fu zi*) p. 692
- Ephedrae herba (*ma huang*) p. 30
- Poria (*fu ling*) p. 334
- Belamcandae rhizoma (*she gan*) p. 188
- Hot phlegm
 - Platycodi radix (*jie geng*) p. 636
 - Fritillariae bulbus (*bei mu*) p. 648
 - Peucedani radix (*qian hu*) p. 656
 - Trichosanthis fructus et semen (*gua lou*) p. 662
 - Sterculiae scaphigerae semen (*pang da hai*) p. 660
 - Mori cortex (*sang bai pi*) p. 674
 - Lycii cortex (*di gu pi*) p. 260
 - Scutellariae radix (*huang qin*) p. 184
 - Plantaginis semen (*che qian zi*) p. 328
 - Coicis semen (*yi yi ren*) p. 308
 - Benincasae semen (*dong gua zi*) p. 304
 - Bambusae caulis in taeniam (*zhu ru*) p. 78
 - Eriobotryae folium (*pi pa ye*) p. 670
 - Houottuyniae herba cum radice (*yu xing cao*) p. 206

Kidney

Physiology

- The Kidneys correspond to the water phase and to the tai yin.
- They store the jing (essence) which is the material basis. Essence governs birth, growth, reproduction and development; it provides the foundation that is needed by all life functions.
- Essence is the collection of all energies that form the basis an individual's potential development; it includes the genetic endowment, a fixed constitution, a healthy body, and high amounts of vitality, sexual function and reproductive ability.
- The Kidneys are the seat of the inherited constitution, the inherited genetic make-up. They constitute the deepest level, the material section, the old, past and the backbone of the individual.
- They are the area where energies are potentiated; the preconditions for constant, heavy work required by a good constitution are thus met.
- The Kidneys control determination and willpower, and provide the body with endurance and stamina.
- The energy from the Kidney yang – the ming men – is the origin of the minister fire and this energy is the root of original (yuan) qi. The minister fire warms the middle, activates sexual function and is the source of physiological fire for the Lung and Heart.
- The Kidneys belong to water and they govern the transformation and transportation of body fluids, especially in the lower burner. Drainage and excretion of dampness in the lower burner depends on the Bladder, which takes over the yang functions of the Kidneys in this area.

- The Kidney qi supports the Bladder and Lung, tonifies the Intestines and stabilizes Spleen and Stomach.
- The Kidney qi opens into the ear and dominates hearing. It also controls the two lower orifices.
- The Kidneys are easily damaged by dryness, which decreases fluids. Heat or fire can also lead to a diminution of fluid and damage to Kidney yin. Cold can cause blockage of Kidney yang.
- Salty taste corresponds to the Kidneys. Salty and cool tonify Kidney yin; hot and pungent tonify the upward movement of Kidney yang.

Pathology

Deficiency of Kidney yang and qi

Symptoms: shortness of breath, increased sweating, cold limbs, profuse urination, enuresis, incontinence, weak lower back, deafness, tinnitus, back pain, weakness of the knees.

Treatment:

- Tonify Kidney yang
 - Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
 - Cinnamomi cassiae cortex (*rou gui*) p. 394
 - Epimedii herba (*yin yang huo*) p. 754
 - Psoraleae fructus (*bu gu zhi*) p. 764
 - Trigonellae semen (*hu lu ba*) p. 766
 - Bletillae tuber (*bai ji*) p. 588
 - Curculiginis rhizoma (*xian mao*) p. 744
 - Cynomorii caulis (*suo yang*) p. 748
 - Cistanchis herba (*rou cong rong*) p. 738
- Tonify Kidney qi
 - Juglandis semen (*hu tao ren*) p. 760
 - Dioscoreae rhizoma (*shan yao*) p. 712
 - Eucorniae cortex (*du zhong*) p. 756
 - Cuscutae semen (*tu si zi*) p. 746
 - Schisandrae fructus (*wu wei zi*) p. 850
 - Corni fructus (*shan zhu yu*) p. 822
 - Morindae radix (*ba ji tian*) p. 762

Deficiency of Kidney yin and jing/essence

Symptoms: nightsweats, dry mouth, attacks of vertigo, stupor, insomnia, constipation, decreased urination, tinnitus, deafness, weak back, subfebrile body temperature, five-palm heat, deep red, dry, peeled tongue body.

Treatment:

- Tonify Kidney yin
 - Asparagi radix (*tian men dong*) p. 784
 - Polygoni multiflori radix (*he shou wu*) p. 778
 - Lycii fructus (*gou qi zi*) p. 800
 - Ligustri lucidi fructus (*ni zhen zi*) p. 794
 - Ecliptae herba (*han lian cao*) p. 790
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
- Nourish essence
 - Rehmanniae radix praeparata (*shu di huang*) p. 780
 - Lycii fructus (*gou qi zi*) p. 800
 - Cordyceps sinensis (*dong chong xia cao*) p. 742
 - Corni fructus (*shan zhu yu*) p. 822
 - Eucorniae cortex (*du zhong*) p. 756
 - Cistanchis herba (*rou cong rong*) p. 738

- Secure essence
 - Schisandrae fructus (*wu wei zi*) p. 850
 - Rosae laevigatae fructus (*jin ying zi*) p. 846
 - Euryalis semen (*qian shi*) p. 826
 - Mantidis oötheca (*sang piao xiao*) p. 836
 - Dioscoreae rhizoma (*shan yao*) p. 712
 - Alpiniae oxyphyllae fructus (*yi zhi ren*) p. 730
 - Cuscutae semen (*tu si zi*) p. 746
 - Ostrea concha (*mu li*) p. 428

Bladder

The Bladder is the yang complement to the Kidneys.

- The main function of the Bladder is to transform and excrete fluids.
- It obtains its qi from the Kidneys.
- Cold and dampness are the external evils that most frequently attack the Bladder.

Pathology

Stagnation of dampness usually develops into a damp-heat pathology.

Symptoms: burning urination, cloudy, red urine, difficult or rough urination, pus and blood in the urine.

Treatment: drain damp-heat:

- Benincasae semen (*dong gua zi*) p. 304
- Plantaginis semen (*che qian zi*) p. 328
- Lygodii spora (*hai jin sha*) p. 320
- Kochiae fructus (*di fu zi*) p. 316
- Alismatis rhizoma (*ze xie*) p. 300
- Polygoni avicularis herba (*bian xu*) p. 330

Small and Large Intestine

Physiology

The Small and Large Intestine are responsible for the transportation and excretion of impure fluids.

Pathology

Heat excess in the Small and Large Intestine

Main symptom: constipation.

Treatment: clear heat, move fluids:

- Rhei rhizoma (*da huang*) p. 92
- Cannabis semen (*huo ma ren*) p. 96
- Natrii sulfas (*mang xiao*) p. 90
- Persicae semen (*tao ren*) p. 564
- Armeniacae semen (*xing ren*) p. 664
- Scutellariae radix (*huang qin*) p. 184
- Liquidambaris fructus (*lu lu tong*) p. 500
- Mori fructus (*sang shen*) p. 774
- Lini semen (*ya ma zi*) p. 798

Deficiency in the Small and Large Intestine

Main symptom: diarrhoea.

Treatment: stop diarrhoea:

- Puerariae radix (*ge gen*) p. 64
- Aucklandiae radix (*mu xiang*) p. 480
- Agastachis herba (*huo xiang*) p. 278
- Coicis semen (*yi yi ren*) p. 308
- Cimicifugae rhizoma (*sheng ma*) p. 56
- Amomi xanthioidis fructus (*sha ren*) p. 284
- Alpiniae officinari rhizoma (*gao liang jiang*) p. 390
- Schisandrae fructus (*wu wei zi*) p. 850
- Lablab semen album (*bian dou*) p. 720
- Chebulae fructus (*he zi*) p. 820
- Mume fructus (*wu mei*) p. 838
- Myristicae semen (*rou dou kou*) p. 840
- Alumen (*ming fan*) p. 876
- Euryalis semen (*qian shi*) p. 826
- Nelumbinis semen (*lian zi*) p. 842

Damp-heat in the Small and Large Intestine

Symptoms: dysentery, diarrhoea with pus or blood in the stools, ulcers, stinking stools, burning pain in the anus, inflammation, general symptoms of infection, sweating.

Treatment: tonify the middle, clear heat and transform and eliminate dampness and phlegm:

- Pulsatilla radix (*bai tou weng*) p. 230
- Coptidis rhizoma (*huang lian*) p. 172
- Fraxini cortex (*qin pi*) p. 176
- Phellodendri cortex (*huang bai*) p. 180
- Arecae semen (*bing lang*) p. 860
- Scutellariae radix (*huang qin*) p. 184
- Lonicerae flos (*jin yin hua*) p. 216
- Sophorae flavescens radix (*ku shen*) p. 186
- Sophorae flos (*huai hua mi*) p. 610
- Portulacae herba (*ma chi xian*) p. 228

Energetic disharmony due to pathogenic factors

Dampness and phlegm

The external evil dampness most readily attacks the Spleen and Stomach. When the upright qi of the Spleen and Stomach is strong, no dampness can develop. If there is a deficiency of Spleen yang, however, in addition to dampness, cold symptoms may develop.

Symptoms of Spleen and Stomach: fullness in the abdomen, diarrhoea, rheumatic complaints, swelling, pale tongue body, moist, sticky tongue coating.

Treatment: tonify and warm the Spleen and Stomach, drain and dry dampness:

- Atractylodis rhizoma (*cang zhu*) p. 286
- Coicis semen (*yi yi ren*) p. 308
- Poria (*fu ling*) p. 334
- Citri reticulatae pericarpium (*chen pi*) p. 488
- Arecae pericarpium (*da fu pi*) p. 478
- Agastachis herba (*huo xiang*) p. 278
- Zingiberis rhizoma recens (*sheng jiang*) p. 46

External dampness in the upper burner

Symptoms: heaviness of the head, stupor, tiredness, frequent yawning, stuffy nose, globus hystericus, stifling sensation in the chest and epigastrium, lack of thirst, sweating, joint pain, swelling, sticky tongue coating, slippery pulse.

Treatment: drain and transform dampness:

- Coicis semen (*yi yi ren*) p. 308
- Zingiberis rhizoma recens (*sheng jiang*) p. 46
- Zingiberis rhizoma (*gan jiang*) p. 408
- Angelicae dahuricae radix (*bai zhi*) p. 22
- Magnoliae cortex (*hou po*) p. 292
- Xanthii fructus (*cang er zi*) p. 376

External dampness in the middle burner

Symptoms: fullness, stopped digestion, diarrhoea, tiredness, heavy limbs, thick tongue coating, slippery pulse.

Treatment: transform and dry dampness:

- Atractylodis rhizoma (*cang zhu*) p. 286
- Citri reticulatae pericarpium (*chen pi*) p. 488
- Agastachis herba (*huo xiang*) p. 278
- Coicis semen (*yi yi ren*) p. 308

External dampness in the lower burner

Symptoms: painful frequent urination, white discharge, swollen nose, white, sticky tongue coating, slippery pulse.

Treatment: drain dampness:

- Benincasae semen (*dong gua zi*) p. 304
- Polyporus (*zhu ling*) p. 332
- Talcum (*hua shi*) p. 340
- Coicis semen (*yi yi ren*) p. 308
- Alismatis rhizoma (*ze xie*) p. 300
- Dioscoreae hypoglaucae rhizoma (*bi xie*) p. 312

Dampness in the channels

Symptoms: joint problems, severe pain, immobility, numbness, limitation of movement, swelling.

Treatment: expel dampness and unblock the channels:

- Atractylodis rhizoma (*cang zhu*) p. 286
- Acanthopanax cortex (*wu jia pi*) p. 348
- Angelicae pubescentis radix (*du huo*) p. 350
- Chaenomelis fructus (*mu gua*) p. 354
- Clematidis radix (*wei ling xian*) p. 356
- Erythrinae cortex (*hai tong pi*) p. 360
- Sigesbeckiae herba (*xi xian cao*) p. 370
- Smilacis china rhizoma (*ba qia*) p. 808

Dampness leads to blockage in the skin

Symptoms: abscesses, inflammations, swellings, eczema, exudative diseases.

Treatment: drain dampness:

- Kochiae fructus (*di fu zi*) p. 316
- Lysimachiae herba (*jin qian cao*) p. 322
- Phaseoli semen (*chi xiao dou*) p. 326
- Erythrinae cortex (*hai tong pi*) p. 360
- Xanthii fructus (*cang er zi*) p. 376

Dampness invades the interior and attacks the Spleen and Stomach

Symptoms: lack of appetite.

Treatment: transform dampness:

- Agastachis herba (*huo xiang*) p. 278
- Amomi xanthioidis fructus (*sha ren*) p. 284
- Amomi fructus rotundus (*bai dou kou*) p. 282

- Eupatorii herba (*pei lan*) p. 288
- Atractylodis rhizoma (*cang zhu*) p. 286
- Magnoliae cortex (*hou po*) p. 292

Damp-heat ensues after the addition of heat

Symptoms: sensation of heat, increased thirst, spontaneous sweating, jaundice, dark urine, stifling sensation in the chest, sticky tongue coating, slippery and rapid pulse.

Treatment: drain damp-heat:

- Gentianae radix (*long dan cao*) p. 178
- Artemisiae scopariae herba (*yin chen hao*) p. 302
- Coptidis rhizoma (*huang lian*) p. 172
- Coicis semen (*yi yi ren*) p. 308

Phlegm

Additionally, phlegm leads to disease processes in the Spleen and Stomach and in the Lung and Heart.

Treatment:

- Eliminate phlegm from the Spleen and Stomach
 - Pinelliae rhizoma (*ban xia*) p. 82
 - Raphani semen (*lai fu zi*) p. 692
 - Citri sarcodactylis fructus (*fo shou*) p. 492
 - Arcae concha (*wa leng zi*) p. 642
 - Zingiberis rhizoma (*gan jiang*) p. 408
- Eliminate phlegm from the Lung
 - Pinelliae rhizoma (*ban xia*) p. 82
 - Perillae fructus (*zi su zi*) p. 634
 - Fritillariae bulbus (*bei mu*) p. 648
 - Peucedani radix (*qian hu*) p. 656
 - Centipedae herba (*e bu shi cao*) p. 626
 - Trichosanthis fructus et semen (*gua lou*) p. 662
 - Asteris radix (*zi wan*) p. 666
- Dislodge phlegm from the Heart
 - Acori rhizoma (*chang pu*) p. 268
 - Polygalae radix (*luan zhi*) p. 440
 - Bambusae concretio silicea (*tian zhu huang*) p. 644

Cold

The external evil cold usually attacks together with wind.

Cold in the channels

Symptoms: cramps, painful flexion of the limbs, cyanosis, discoloration of the limbs.

Treatment: warm the channels:

- Foeniculi fructus (*xiao hui xiang*) p. 398
- Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Notopterygii rhizoma (*qiang huo*) p. 38
- Trigonellae semen (*hu lu ba*) p. 766

Cold in the interior

Symptoms: (similar to Kidney yang deficiency): lack of thirst, craves warmth, white, loose stools, blue lips and nails, clear profuse urine, pale tongue, moist coating, slow, deep and tight pulse.

Treatment: warm the interior:

- Aconiti radix lateralis praeparata (*zhi fu zi*) p. 388
- Cinnamomi cassiae cortex (*rou gui*) p. 394
- Trigonellae semen (*hu lu ba*) p. 766

- Psoraleae fructus (*bu gu zhi*) p. 764
- Curculiginis rhizoma (*xian mao*) p. 744

Wind

Wind is aggressive and rapid moving and is frequently the vehicle for other external evils. Thus, combinations such as wind-cold, wind-heat and wind-dampness can develop.

Wind-cold

Symptoms: aversion to cold, chills, sneezing, runny nose, stiff neck, lack of sweating.

Treatment: expel wind-cold:

- Angelicae dahuricae radix (*bai zhi*) p. 22
- Asari herba (*xi xin*) p. 24
- Ephedrae herba (*ma huang*) p. 30
- Saposhnikoviae radix (*fang feng*) p. 42
- Notopterygii rhizoma (*qiang huo*) p. 38
- Schizonepetae herba (*jing jie*) p. 44

Wind-heat

Symptoms: enlarged tonsils, red itchy eyes, exanthemas, pruritus, urticaria, dry skin.

Treatment: expel wind-heat:

- Arctii fructus (*niu bang zi*) p. 48
- Chrysanthemi flos (*ju hua*) p. 52
- Menthae herba (*bo he*) p. 60
- Lonicerae flos (*jin yin hua*) p. 216
- Mori folium (*sang ye*) p. 62
- Spirodela herba (*fu ping*) p. 70

Wind-dampness

Symptoms: itchy skin, urticaria, moist skin rashes, discharge, fever, sweating, joint swelling and pain, heaviness.

Treatment: expel wind-dampness:

- Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Saposhnikoviae radix (*fang feng*) p. 42
- Notopterygii rhizoma (*qiang huo*) p. 38
- Atractylodis rhizoma (*cang zhu*) p. 286
- Angelicae pubescentis radix (*du huo*) p. 350

Wind-cold enters the channels

Symptoms: stiff neck, spasms in the limbs, rigidity, numbness, pareses, joint pains that move from one joint to another.

Treatment: eliminate wind from the channels:

- Angelicae pubescentis radix (*du huo*) p. 350
- Mori ramulus (*sang zhi*) p. 364
- Smilacis china rhizoma (*ba qia*) p. 808
- Chuanxiong rhizoma (*chuan xiong*) p. 530

Internal wind

Symptoms: dizziness, visual disturbances, numbness, shaking hands and feet, loss of feeling, stupor, convulsions, hemiplegia.

Treatment: extinguish and calm internal wind:

- Uncariae ramulus cum uncis (*gou teng*) p. 464
- Gastrodiae rhizoma (*tian ma*) p. 450
- Phaseoli radiati semen (*liu dou*) p. 226
- Scorpio (*quan xie*) p. 460
- Scolopendra (*wu gong*) p. 458

Heat and fire

Heat symptoms are acceleration of normal body functions.

Symptoms: general restlessness, red face, injected sclera, dry or leather-like tongue, red tongue body, absent or yellow-black tongue coating, yellow or green sputum, stinking sweat, craves cold drinks, scanty, dark-red urine, constipation, rapid pulse. Further symptoms include irritability, insomnia, urinary disturbances, burning urination, wasting and thirsting disorder.

Damp-heat

Symptoms: jaundice, hangover, extreme tiredness, fatigue, lack of appetite, thick or sticky tongue coating.

Fire

Fire can cause heat symptoms or additional problems, including high fever, great restlessness, extreme thirst, sore throat, inflammation (tonsillitis, sinusitis, cystitis).

Heat in the blood and fluids

If heat or fire reaches the blood or fluids, these can be moved in a reckless manner.

Symptoms: bleeding, bloody sputum, nosebleeds, blood in the stools, inflammatory exanthemas, furuncles, carbuncles, acne, increased body temperature, palpitations, purple, dry tongue body.

Treatment:

- Clear and cool heat
 - Chrysanthemi flos (*ju hua*) p. 52
 - Schizonepetae herba (*jing jie*) p. 44
 - Anemarrhenae rhizoma (*zhi mu*) p. 120
 - Gardeniae fructus (*zhi zi*) p. 126
 - Nelumbinis folium (*he ye*) p. 134
 - Trichosanthis radix (*tian hua fen*) p. 142
 - Cassiae semen (*jue ming zi*) p. 146
 - Imperatae rhizoma (*bai mao gen*) p. 158
 - Moutan cortex (*mu dan pi*) p. 164
 - Rehmanniae radix (*sheng di huang*) p. 168
 - Forsythiae fructus (*lian qiao*) p. 200
 - Lonicerae flos (*jin yin hua*) p. 216
 - Isatidis radix (*ban lan gen*) p. 210
 - Taraxaci herba (*pu gong ying*) p. 250
 - Eriobotryae folium (*pi pa ye*) p. 670
- Drain damp-heat
 - Gardeniae fructus (*zhi zi*) p. 126
 - Coptidis rhizoma (*huang lian*) p. 172
 - Dictamni cortex (*bai xian pi*) p. 174
 - Gentianae radix (*long dan cao*) p. 178
 - Phellodendri cortex (*huang bai*) p. 180
 - Sophorae flavescens radix (*ku shen*) p. 186
 - Portulacae herba (*ma chi xian*) p. 228
 - Pulsatilla radix (*bai tou weng*) p. 230
 - Artemisiae scopariae herba (*yin chen hao*) p. 302
 - Lygodii spora (*hai jin sha*) p. 320
 - Lysimachiae herba (*jin qian cao*) p. 322
 - Plantaginis semen (*che qian zi*) p. 328
 - Talcum (*hua shi*) p. 340
 - Benincasae semen (*dong gua zi*) p. 304
- Clear and cool fire
 - Natrii sulfas (*mang xiao*) p. 90
 - Rhei rhizoma (*da huang*) p. 92
 - Anemarrhenae rhizoma (*zhi mu*) p. 120

- Prunellae spica (*xia ku cao*) p. 140
- Gardeniae fructus (*zhi zi*) p. 126
- Gypsum (*shi gao*) p. 130
- Rehmanniae radix (*sheng di huang*) p. 168
- Scrophulariae radix (*xuan shen*) p. 170
- Coptidis rhizoma (*huang lian*) p. 172
- Gentianae radix (*long dan cao*) p. 178
- Phellodendri cortex (*huang bai*) p. 180
- Scutellariae radix (*huang qin*) p. 184
- Nelumbinis semen (*lian zi*) p. 842
- Achyranthis bidentatae radix (*niu xi*) p. 522
- Cool blood
 - Gardeniae fructus (*zhi zi*) p. 484
 - Imperatae rhizoma (*bai mao gen*) p. 158
 - Isatidis folium (*da qing ye*) p. 162
 - Moutan cortex (*mu dan pi*) p. 164
 - Paeoniae radix rubra (*chi shao yao*) p. 166
 - Rehmanniae radix (*sheng di huang*) p. 168
 - Scrophulariae radix (*xuan shen*) p. 170
 - Portulacae herba (*ma chi xian*) p. 228
 - Isatidis radix (*ban lan gen*) p. 210
 - Pulsatilla radix (*bai tou weng*) p. 230
 - Salviae multiorrhizae radix (*dan shen*) p. 570
 - Agrimoniae herba (*xian he cao*) p. 584
 - Bletillae tuber (*bai ji*) p. 588
 - Nelumbinis nodus rhizomatis (*ou jie*) p. 596
 - Rubiae radix (*qian cao gen*) p. 606
 - Sanguisorbae radix (*di yu*) p. 608
 - Sophorae flos (*huai hua mi*) p. 610
 - Typhae pollen (*pu huang*) p. 616

Summerheat

This external evil differs from the above-mentioned heat or fire signs and comprises the following.

Symptoms: fever (typical symptoms), stupor, shortness of breath, extreme tiredness, spontaneous sweating, scanty red urine, red tongue body, thin yellow tongue coating, rapid weak, superficial pulse.

Treatment: clear summerheat:

- Sojae semen germinatum (*dou juan*) p. 242
- Nelumbinis folium (*he ye*) p. 134
- Artemisiae annuae herba (*qing hao*) p. 256
- Agastachis herba (*huo xiang*) p. 278
- Eupatorii herba (*pei lan*) p. 288
- Artemisiae scopariae herba (*yin chen hao*) p. 302
- Talcum (*hua shi*) p. 340
- Lablab semen album (*bian dou*) p. 720

Dryness

Heat or fire may lead to a consumption of yin and fluids and thus to dryness. In addition, Spleen and Stomach deficiency or dampness obstruction prevent the generation of clear fluids, which in turn leads to dryness.

Symptoms: increased thirst, dry skin, rough, scaly skin, dry and reddened mucous membranes, burning, pruritus, constipation, red tongue body, decreased dry or yellow sticky tongue coating.

Treatment:

- Moisten the Kidneys
 - Juglandis semen (*hu tao ren*) p. 760
 - Mori fructus (*sang shen*) p. 774
 - Cistanchis herba (*rou cong rong*) p. 738
 - Cynomorii caulis (*suo yang*) p. 748
 - Polygoni multiflori radix (*he shou wu*) p. 778
 - Sesami semen nigricum (*hei zhi ma*) p. 808
- Moisten the Lungs
 - Adenophorae radix (*nan sha shen*) p. 782
 - Glehniae radix (*bei sha shen*) p. 792
 - Lillii bulbosus (*bai he*) p. 796
 - Limonitum (*yu yu liang*) p. 834
 - Juglandis semen (*hu tao ren*) p. 760
 - Glycyrrhizae radix (*gan cao*) p. 716
 - Stemonae radix (*bai bu*) p. 676
 - Magnoliae flos (*xin yi*) p. 34
 - Sterculiae scaphigeriae semen (*pang da hai*) p. 660

Influence of herbs on the qi and blood circulation

Qi circulation

Stomach qi must descend

Counterflow qi leads to vomiting and belching; when the Stomach qi cannot descend, constipation occurs.

Appropriate herbs and minerals:

- Pinelliae rhizoma (*ban xia*) p. 82
- Polyporus (*zhu ling*) p. 332
- Haematitum (*dai zhe shi*) p. 80
- Amomi fructus rotundus (*bai dou kou*) p. 282
- Arecae pericarpium (*da fu pi*) p. 478
- Anemarrhenae rhizoma (*zhi mu*) p. 120
- Ponciri fructus (*gou ju*) p. 506
- Raphani semen (*lai fu zi*) p. 692

Spleen qi must ascend

If the Spleen qi cannot ascend, diarrhoea, weakness and sensation of cold occur.

Appropriate herbs:

- Cimicifugae rhizoma (*sheng ma*) p. 56
- Puerariae radix (*ge gen*) p. 64
- Bupleuri radix (*chai hu*) p. 50
- Nelumbinis folium (*he ye*) p. 134

Lung qi must descend

The Lung qi must descend and make a connection with the Kidneys. If the qi of the Lung cannot descend, cough and wheezing occur.

Appropriate herbs:

- Pinelliae rhizoma (*ban xia*) p. 82
- Inulae flos (*xuan fu hua*) p. 632
- Perillae fructus (*zi su zi*) p. 634
- Peucedani radix (*qian hu*) p. 656
- Asteris radix (*zi wan*) p. 666
- Tussilaginis farfarae (*kuan dong hua*) p. 678
- Raphani semen (*lai fu zi*) p. 692

Liver qi must unfold upwards and spread

If the Liver qi cannot ascend, depression, frustration, inactivity, etc. occur.

Appropriate herbs:

- Bupleuri radix (*chai hu*) p. 50
- Menthae herba (*bo he*) p. 60
- Akebiae fructus (*ba yue zha*) p. 472
- Citri reticulatae viride pericarpium (*qing pi*) p. 490
- Aurantii semen (*ju he*) p. 486
- Aucklandiae radix (*mu xiang*) p. 480
- Citri sarcodactylis fructus (*fo shou*) p. 492
- Ponciri fructus (*gou ju*) p. 506
- Toosendan fructus (*chuan lian zi*) p. 512
- Rosae flos (*mei gui hua*) p. 508
- Corydalis rhizoma (*yan hu suo*) p. 532
- Chuanxiong rhizoma (*chuan xiong*) p. 530

Liver yang has a tendency to outward energy flow and to uncontrolled upwards movement and thus must frequently be directed downwards.

Appropriate herbs and minerals:

- Halotidis concha (*shi jue ming*) p. 454
- Uncariae ramulus cum uncis (*gou teng*) p. 464
- Magnetitum (*ci shi*) p. 422
- Margarita concha (*zhen zhu*) p. 424
- Mastodi fossilium ossis (*long gu*) p. 426
- Ostrea concha (*mu li*) p. 428
- Paeoniae radix lactiflora (*bai shao*) p. 776

Impact the qi on the exterior/surface

Appropriate herbs:

- Cinnamomi cassiae ramulus (*gui zhi*) p. 26
- Saposhnikoviae radix (*fang feng*) p. 42
- Notopterygii rhizoma (*qiang huo*) p. 38
- Schizonepetae herba (*jing jie*) p. 44

Impact the qi in the interior

Appropriate herbs:

- Anemarrhenae rhizoma (*zhi mu*) p. 120
- Prunellae spica (*xia ku cao*) p. 140
- Rehmanniae radix (*sheng di huang*) p. 168
- Scrophulariae radix (*xuan shen*) p. 170
- Viola herba (*zi hua di ding*) p. 254
- Isatidis radix (*ban lan gen*) p. 210
- Pulsatilla radix (*bai tou weng*) p. 230
- Eckloniae thallus (*kun bu*) p. 646
- Sargassum (*hai zao*) p. 658
- Achyranthis bidentatae radix (*niu xi*) p. 522
- Leonuri herba (*yi mu cao*) p. 554
- Fritillariae bulbus (*bei mu*) p. 648
- Rehmanniae radix praeparata (*shu di huang*) p. 780
- Taxilli herba (*sang ji sheng*) p. 810

Move qi

Appropriate herbs:

- Bupleuri radix (*chai hu*) p. 50
- Allii macrostemi bulbus (*xie bai*) p. 474
- Aurantii fructus (*zhi ke*) p. 482
- Citri reticulatae pericarpium (*chen pi*) p. 488
- Cyperi rhizoma (*xiang fu*) p. 494
- Ponciri fructus (*gou ju*) p. 506

- Aurantii semen (*ju he*) p. 486
- Chuanxiong rhizoma (*chuan xiong*) p. 530

Blood circulation

Move blood

Appropriate herbs:

- Angelicae sinensis radix (*dang gui*) p. 768
- Paeoniae radix rubra (*chi shao yao*) p. 166
- Moutan cortex (*mu dan pi*) p. 164
- Achyranthis bidentatae radix (*niu xi*) p. 522
- Carthami flos (*hong hua*) p. 528
- Corydalis rhizoma (*yan hu suo*) p. 532
- Curcumae longae rhizoma (*jiang huang*) p. 536
- Curcumae rhizoma (*e zhu*) p. 540
- Chuanxiong rhizoma (*chuan xiong*) p. 530
- Spatholobi caulis et radix (*ji xue teng*) p. 576
- Myrrhae (*mo yao*) p. 560
- Olibanum (*ru xiang*) p. 562
- Persicae semen (*tao ren*) p. 564
- Trogopteroni faeces (*wu ling zhi*) p. 150
- Salviae miltiorrhizae radix (*dan shen*) p. 570
- Sparganii rhizoma (*san leng*) p. 574
- Verbenae herba (*ma bian cao*) p. 582
- Typhae pollen (*pu huang*) p. 616

Cool and restrain blood

Appropriate herbs:

- Agrimoniae herba (*xian he cao*) p. 584
- Bletillae tuber (*bai ji*) p. 588
- Cirsii herba (*xiao ji*) p. 590
- Nelumbinis nodus rhizomatis (*ou jie*) p. 596
- Rubiae radix (*qian cao gen*) p. 606
- Sanguisorbae radix (*di yu*) p. 608
- Sophorae flos (*huai hua mi*) p. 610
- Typhae pollen (*pu huang*) p. 616
- Corni fructus (*shan zhu yu*) p. 822
- Ecliptae herba (*han lian cao*) p. 790
- Salviae miltiorrhizae radix (*dan shen*) p. 570
- Verbenae herba (*ma bian cao*) p. 582

How to prepare herbs

Decoctions	912
Pills	915
Powders	915
Granules	915
Medicinal wines	915
Ointments	916
Compresses	916

The most commonly used forms of Chinese medicinal preparations are the decoctions, pills, powders, medicinal wines and, recently, granules. Ointments, herbal compresses and moist compresses are used externally.

Decoctions

The most common and most important form of administration of Chinese herbs is the water decoction. The advantage of prescribing a decoction is that it contains the entire medicinal potential of the herbs; boiling not only extracts the pharmacologically active components of each herb, but also promotes the formation of new compounds that have synergistic effects. This enhances the treatment intention of the prescription and also neutralizes undesired and toxic effects.

The herbs are usually boiled twice, and in the case of tonifying herbs, sometimes even three times. This optimizes the effect of the herbs and diminishes the likelihood of severe side-effects. Decoctions are rapidly absorbed by the body and lead to quick therapeutic results. It is generally recommended that decoctions should be taken 2 hours after eating; in acute cases, the decoction can be drunk at any time. Decoctions are usually taken warm; however, in the treatment of extreme heat or cold disease, they should be drunk hot or cold, as appropriate.

Preparing a decoction

The prescribed quantity is usually calculated for 8 days, but it can vary from 1–3 days to 10–14 days. Most herbs should be boiled for 20 minutes, but some herbs need to be boiled for 1 hour. Leaves and flowers should be added at the end of the cooking time and allow to steep for 3 minutes in order to conserve the volatile oils.

- Empty the content of the bag into a pot, pour approximately 1.5 litres of cold water over the herbs and allow to soak for 1 hour. The amount of water depends on the amount of herbs and their properties; some herbs soak up more water than others. In any case, the water should completely cover the herbs.
- Boil the herbs in the water in which they have been soaked. The pharmacy should have indicated cooking times on the bag, based on the boiling point. The herb mixture should be quickly brought to the boil, covered with a lid and the heat lowered so that the mixture simmers.

- If the pharmacy has given you other bags of herbs that have different cooking times, you should start by boiling the herbs that have the longest cooking time and add the remainder at the indicated times.
- During boiling, make sure that there is enough water in the pot; the water should cover the herbs completely.
- Using a fine sieve, strain the boiled liquid into a pitcher. Discard the sediment that may appear after a few minutes.
- Return the boiled herbs to the pot, cover once more with water, and boil for an additional 30 minutes. Strain this second liquid into the pitcher and combine with the first.
- Decant the hot decoction equally into two bottles and keep these in the refrigerator. Each bottle should contain enough decoction for 4 days.
- Take one-quarter of the liquid from one of the bottles and put in a smaller bottle, dilute with freshly boiled water and shake well. The small bottle contains the daily dosage, which should be drunk throughout the day between meals.

Cooking times in the preparation of Chinese decoctions

Cooking time	Medicinal	Comments
30–40 minutes	Shells and all minerals Trionycis carapax (<i>bie jia</i>) Testudinis carapax (<i>gui ban</i>)	Crush minerals
30–40 minutes wrapped in a muslin cloth	Terra flava usta (<i>zao xin tu</i>) Talcum (<i>hua shi</i>) Micae lapis aureus (<i>jin meng shin</i>)	Seldom used in decoction
20 minutes	Caulis Cortex Fructus Herba Pericarpium Poria Radix Ramulus Rhizoma Semen Thallus Tuber	In combination with shells and minerals, add after 40 minutes
20 minutes wrapped in a muslin cloth	Lygodii spora (<i>hai jin sha</i>) Plantaginis semen (<i>che qian zi</i>) Typhae pollen (<i>pu huang</i>) Vespertilionis faeces (<i>ye ming sha</i>)	Very fine or causes phlegm, therefore wrap in a cloth
Cook for a maximum of 15 minutes	Sennae folium (<i>fan xie ye</i>)	
10 minutes	Ephedrae herba (<i>ma huang</i>) Schizonepetae herba (<i>jing jie</i>) Prunellae spica (<i>xia ku cao</i>)	
Add at the end of cooking, steep 10 minutes	Menthae herba (<i>bo he</i>) Cinnamomi cassiae cortex (<i>rou gui</i>)	After boiling, remove pot from the stove, add these herbs, cover with lid and allow to steep

Cooking time	Medicinal	Comments
Add at the end of cooking, boil briefly and steep 10 minutes	Folium Flos Acori rhizoma (<i>chang pu</i>) Myristicae semen (<i>rou dou kou</i>) Rhei rhizoma (<i>da huang</i>) All Amomi fruits Aucklandiae radix (<i>mu xiang</i>) Artemisiae annuae herba (<i>qing hao</i>) Houttuyniae herba (<i>yu xing cao</i>) Nelumbinis stamen (<i>lian xu</i>)	Flowers, leaves and substances with volatile oil content
3 minutes wrapped in a cloth	Inulae flos (<i>xuan fu hua</i>)	Very small flowers
Add at the end of the decoction period	Santali albi lignum (<i>tan xiang</i>)	Long cooking reduces effect
Dissolve in the hot decoction	Asini corii colla (<i>e jiao</i>) Maltose (<i>yi tang</i>)	Add to the strained, hot liquid
Cook an additional 30 minutes	Aconiti radix lateralis praeparata (<i>zhi fu zi</i>)	Reduce toxicity; mostly available in prepared form which must not be boiled further
Cook an additional 30–60 minutes	Aconiti kusnezoffi radix praeparata (<i>zhi cao wu</i>) Aconiti radix praeparata (<i>zhi chuan wu</i>)	See note on toxicity
Boil briefly twice separately	Croci stigma (<i>fan hong hua</i>)	Add this decoction to the rest of the decoction or ingest separately
Cook for 3 hours	Ginseng radix (<i>ren shen</i>)	Optimize extraction by boiling separately in a water bath for up to 3 hours
Do not boil	Fritillariae bulbus (<i>bei mu</i>) Cinnabaris (<i>zhu sha</i>) Indigo naturalis (<i>qing dai</i>) Euphorbiae kansui radix (<i>gan sui</i>)	The powdered medicinal should be added to the finished decoction
Do not decoct, administer only as a pill or powder	Borneol (<i>bing pian</i>) Camphora (<i>zhang nao</i>) Succinum (<i>hu po</i>)	
Do not cook, use externally as a paste or ointment	Bruceae fructus (<i>ya dan zi</i>) Calamina (<i>lu gan shi</i>) Sulfur (<i>liu huang</i>) Daemonoropsis resina (<i>xue jie</i>)	Bruceae: if use internally, put in capsules or embed in Longan fruit flesh

Pills

Pills consist of powdered herbs mixed with an excipient, usually honey. The powdered herbs are kneaded together with honey and rolled into balls. Honey has a tonifying effect on the middle and enhances the tonifying effect of other herbs. Beeswax is a common excipient for herbs that are either toxic or which should be absorbed very slowly, i.e. Cinnabaris (*zhu sha*) p. 418, Indigo naturalis (*qing dai*) p. 160, Realgar (*xiong huang*). Beeswax dissolves slowly – only after having reached the duodenum – which minimizes the risk of gastric irritation.

Powders

The herbs are very finely ground in a mortar and mixed with water or warm wine. Powders can also be put into gelatin capsules. Because of their slow uptake, powdered herbs have a more gradual and milder effect than decoctions. The effect, although milder, is more long-lasting.

Granules

Granules are extracts of raw herbs that are specially prepared. The special preparation includes extraction of the active ingredients, return of volatile oils, low-temperature vacuum extraction and concentration, as well as vacuum drying and spray granulation. The manufacture of granules involves spraying the concentrate on an excipient, usually a starch made from the plant itself. If kept in a cool, dark place, the shelf-life of granules is several years.

Granules can be mixed with warm water; Crataegi fructus (*shan zha*) p. 682 promotes the uptake of granules. Concentration represents a four- to five-fold reduction in the daily dosage of herbs. Minerals, shells and animal substances should be prescribed in even lower dosages because they become even more concentrated through the granulation process. In contrast to single herbs, the concentration factor for prescriptions (formulas) can be very variable. The standard daily dose for granules is 6 g (3 g twice a day).

The pharmacological effect of prescriptions made up of a combination of single granulated herbs may be somewhat different from that of granules made from herbs that have been decocted together in water prior to granulation. The water decoction process leads to chemical changes and to the creation of new compounds with synergistic effects that are not contained in a mixture of single herb granules.

Medicinal wines

The oldest form of administering Chinese herbs is in medicinal wines. *Jiu*, which is frequently translated as simply 'wine', is the collective noun for alcoholic beverages. This includes a wide variety of drinks produced by fermenting rice, wheat, corn, sorghum and, occasionally, grapes. Medicinal wines are made by macerating the herbs in one of these alcohols; these accelerate and potentiate the actions of the herbs. The alcohol itself can move blood, unblock the channels and disperse cold, and promotes the complete expression of the herbs' medicinal actions; alcohol can also resolve stagnation, warm the interior and expel wind, and has a general tonifying action.

Recipe example of a medicinal wine made from grapes and ginseng (*ren shen pu tao jiu*): place 9 g of grapes and 9 g of Ginseng root (Ginseng radix (*ren shen*) p. 714) in 100 ml of clear spirits and allow to steep for 2–4 days. Drink 20 ml every day. The combination of the strong tonic Ginseng root and the grapes increases the qi-tonifying effect on the Liver and Kidneys. This medicinal wine is used in the treatment of Liver and Kidney deficiency presenting with symptoms such as weakness and pain in the hips and lower back.

Ointments

The external application of herbs includes the use of ointments made from mixing powdered herbs with salves (Vaseline, beeswax, sesame oil). Ointments are widely used in the treatment of skin diseases as well as for painful muscle tension and joint disease.

Compresses

Compresses are also used for external applications. The compresses are soaked in the concentrated herbal decoctions and applied to the affected skin area. Examples of this are the use of *Chrysanthemi flos* (*ju hua*) p. 52 and *Mori folium* (*sang ye*) p. 62 to treat infections of the eyes and skin.

Appendix: Quality proof of herbal drugs from Traditional Chinese Medicine (TCM drugs)

H. Wagner, Center of Pharma Research, University of Munich

R. Bauer, Institute of Pharmaceutical Sciences, University of Graz

Introduction

Legal regulation

Drugs from Traditional Chinese Medicine (TCM) have the status of traditional drugs or dietary supplements (foods) in China. In the USA, they are classified as dietary supplements or functional foods. In Germany, they are defined as conventional drugs only if described by physicians and used for human therapy. It is likely that in the near future, according to proposed European legislation, they will be classified as traditional medicines. There is, however, an international consensus that all TCM drugs must meet certain quality standards. Additionally, it must be guaranteed that all TCM drugs prescribed by physicians are safe for patients.

Although TCM drugs exported to other countries have already been investigated in Chinese control laboratories, the German health authority insists on additional quality and safety tests according to 'good manufacturing practice' (GMP) criteria. It can be assumed that the herbal drugs listed in the Chinese Pharmacopoeia are safe, provided that the specifications determined for application and dosage for the individual drugs are fully respected.

In Germany, the licensed pharmacist bears the full responsibility for the quality proof in accordance with these criteria. According to German pharmacy rules and regulations, this quality proof can be carried out in special external control laboratories. Each herbal TCM drug distributed to consumers or patients must be certified, to guarantee its quality and safety.

Which criteria count for the quality proof of TCM drugs?

The special proof methods described in the national pharmacopoeias for herbal drugs have first preference. However, as 90% of all herbal drugs used in China are not contained in other national pharmacopoeias, the official Pharmacopoeia of the People's Republic of China in its most recent edition must be used as the standard. In the 2005 edition 1146 herbal drugs are individually described. In these monographs, the necessary botanical, chemical and specific physicochemical prescriptions are provided. For about 25% of the herbal drugs, the quantitative determinations of characteristic marker compounds or constituents relevant to therapy are also described.

The following criteria of quality must be investigated:

- identity (authenticity)
- purity

- content
- extraneous components, including
 - heavy metals
 - pesticides
 - mycotoxins (aflatoxins, ochratoxin A, patulin)
 - microbial contaminants (impurities).

Among all criteria listed, the identity proof is the most important prerequisite for the therapeutic use of the herbal drug. This includes:

- the macroscopic and morphological investigation of botanical characteristics
- microscopic verification of characteristic anatomical features
- physicochemical reactions
- identity proof using chromatographic methods.

The proof of extraneous components of impermissible amounts of heavy metals, pesticides, aflatoxin and microbial impurities requires special equipment available only in well-equipped laboratories, as well as extensive experience.

Problems in identity proof of TCM herbal drugs

More than 15 years' experience in quality investigations of TCM drugs in various controlled laboratories has shown us that the quality of TCM drugs very often does not meet the standards of the European regulatory authorities. Not all proof methods found in the existing Chinese Pharmacopoeias are compatible with those in other national pharmacopoeias and must be improved or altered. There are several reasons:

- Many TCM herbal drugs are not yet produced under controlled cultivation, but originate from wild collections. Therefore quality deviations, adulterations or errors can occur. Even if the drugs are derived from cultivations, the botanical homogeneity (within a defined plant species) cannot be guaranteed. This uncertainty has resulted in attempts to cultivate important and frequently used Chinese medicinal plants in Germany.
- Since China comprises many climate zones, it is possible that even medicinal plants of defined botanical origin (species) may show deviations in their chemical compositions based on climatic conditions. It is therefore necessary to analyse numerous drug samples of different climatic origins and harvest times to obtain representative chemical fingerprints and to detect subspecies or chemical races.
- Little attention has been given to the fact that many TCM drugs come onto the drug market in a processed form. This means that freshly harvested herbal drugs are steamed, boiled, roasted or pretreated with alcohol, wine, salt solutions or minerals. This processing is used to destroy or eliminate toxic compounds, or to stabilize some herbals drugs or their constituents (Pao Zhi).

Apart from some exceptions, we do not know which biochemical reactions take place during these procedures and what the chemical and pharmacological results are. Today, these alterations of the constituent pattern of pretreated drugs can be determined and comparatively easily documented by means of chromatographic methods described in the following section.

- As mentioned in the preface of this book, a significant problem arises in quality control because of the non-uniform Chinese nomenclature for the same plant in various regions of China. This uncertainty can cause adulterations, impermissible substitutions or falsifications. Treatment of patients with such a drug can have severe consequences, as in the Belgian case of 1995, when the herbal drug *Stephania tetrandra* (Hanfangji) falsified with the root of *Aristolochia fangji* (Guangfangji) was administered to women as tea medication. This resulted in severe nephrotoxic side-effects and generated negative headlines and discussions in newspapers and television. The root of *Aristolochia* contains carcinogenic aristolochic acids and was, after this falsification, banned from the Chinese Pharmacopoeia edition of 2002.
- A further difficulty in the identification of TCM drugs is the fact that, very often for one TCM drug, several plant species in the Chinese Pharmacopoeia are permitted,

without any evidence that the chemical compositions of the various species are qualitatively or quantitatively equivalent and can be substituted for one another.

- Last but not least, it must be emphasized that in numerous drug monographs of the Chinese Pharmacopoeia, only morphological and microscopic identity proofs are demanded. This is a further handicap because, without pharmacognostic experience and the use of authentic standard drugs or chemical fingerprints, the authenticity of a drug cannot be guaranteed with certainty.

In most cases, a definite identity proof of these drugs can be achieved only by analysing the characteristic composition of the bioactive constituents of a drug using chromatographic fingerprinting methods. These considerable deficiencies in the adequate identity proofs for TCM drugs that are the precondition for effective and safe TCM therapy have prompted a group of German and Chinese experts to develop special chromatographic fingerprint methods for TCM drugs and to document them in new analytical monographs (see Prof. H. Wagner, R. Bauer (Universities of Munich and Graz, respectively), Prof. Xiao Peigen and Prof. Ch. Jianming (IMPLAD, Medical University of Peking), published by Dr. Erich Wühr GmbH, Bad Kötzing, Germany).

These monographs are developed for official pharmacies and analytical laboratories to perform a rapid and unequivocal identity proof, in addition to those described in the Chinese Pharmacopoeias. Forty-eight monographs have been published. By the end of 2008, a further 15 monographs will be available. A total of 75 monographs will be published in 2009 (see pp. 947–949). A short description of the two chromatographic methods follows.

Chromatographic fingerprint analysis

Two main methods are used. The first – thin-layer chromatography (TLC) – is applicable in every public pharmacy and can also be performed in a doctor's attached small laboratory. The second – high-pressure liquid chromatography (HPLC) – requires a special laboratory with HPLC apparatus. The latter is available, with several variants, in each control laboratory of the pharmaceutical industry.

Thin-layer chromatography

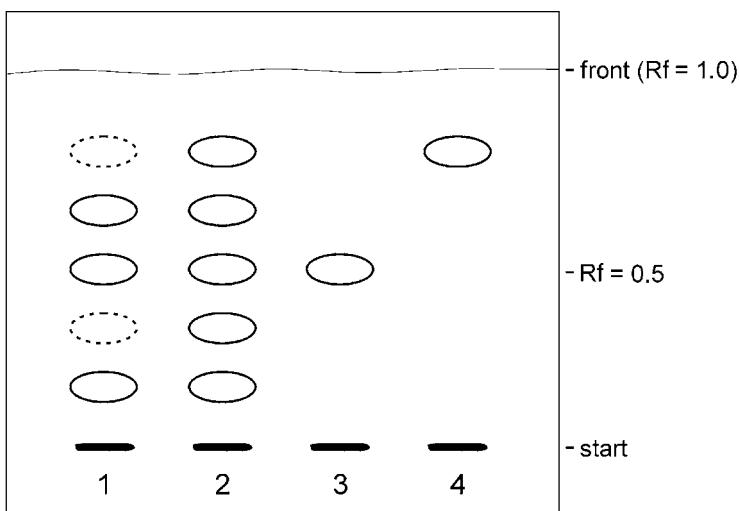
This method is used to separate the major constituents of a plant extract on a glass plate coated with a thin layer of silica gel (e.g. from Merck) or any other adsorbent. The extracts are applied together with reference compounds to the start line of the plate, which is then put into a glass chamber filled with a suitable solvent system. The systems are usually composed of mixtures of three or four solvents.

After 20–30 minutes, when the solvent front has reached the top of the plate, the plate is taken out of the glass chamber and the solvent removed using a dryer. In order to visualize the various constituents separated, the plate is sprayed with one standard reagent and the various spots evaluated under UV light (350 nm) or in daylight (VIS). Most constituents appear under UV as fluorescent and in visible light as coloured spots or zones, as shown in [Figure A.1](#). The spots are localized using R_f values (<1.0), which refer to the value 1.0 (end point of the running distance from start to solvent front = 1.0). If a scanner is available, the fluorescent or coloured spots can also be quantified.

If the number, sequence of R_f values and colour of the spots of an extract agree fully with values published in an analytical monograph or with those of a co-applied standard drug, the herbal drug can be considered as identified. However, if the TLC fingerprint deviates from the standard fingerprint in number, sequence or concentration, and in missing or additional spots, the presence of another herbal drug or one with reduced quality can be suggested. In this case such a TCM drug does not meet the requirements of the Pharmacopoeia.

High-pressure liquid chromatography

This separation method is based on the partition of substances between two immiscible phases. A liquid mobile phase is run through a column of the apparatus filled with the



- | | |
|-------------|--------------------------|
| 1 Extract x | 3 Reference substance I |
| 2 Extract y | 4 Reference substance II |

Fig. A.1

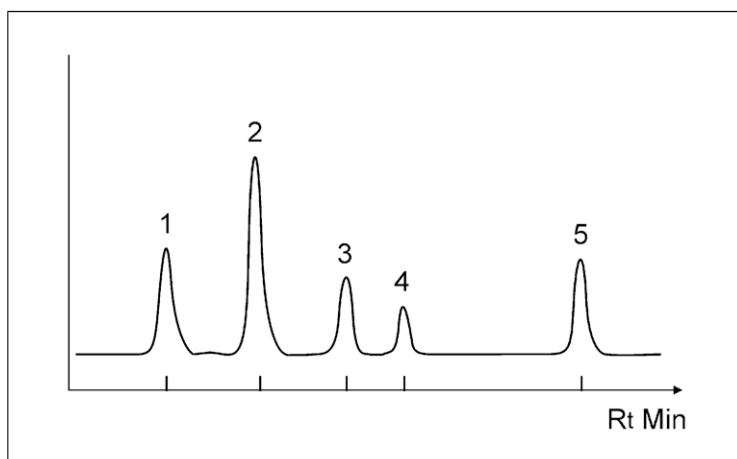
solid separation material as the stationary phase and a pump serves a constant flow rate of the mobile phase. The extracts are injected into the apparatus to separate the various substances, primarily by a partition mechanism, which is then followed by UV, flame ionization or other spectroscopic detection methods. As shown in Figure A.2, a graphic separation profile containing several substance peaks, known as the HPLC fingerprint, is obtained.

The separation procedure from the time of injection until detection (runtime) requires 20–30 minutes. The height of a peak and the breadth of its baseline are used for calculating the approximate concentration of the substances separated. These can be identified or characterized by comparing the retention times (Rt) with those of reference compounds and assigned to known structures by means of online recorded UV spectra. This separation method has an advantage in that it is particularly suitable for quantitative determinations.

The identity of a herbal drug is assured when the separation profile is superimposable with the peak profile published in an original paper or analytical monograph. Falsifications, adulterations and deficiencies of quality can be easily detected. In the following section the efficiency of both chromatographic methods is demonstrated, as adulterations or falsifications of herbal drugs can be detected, even when they are present in minute quantities.

TLC and HPLC proofs of adulterations or falsifications of the root of *Stephania tetrandra* with the root of *Aristolochia fangji*

The root of *Stephania tetrandra* with the Chinese name Hanfangji (a Menispermaceae) is used alone or together with other herbal drugs for the treatment of cardiovascular and rheumatic diseases. It is an alkaloid drug containing the two major bisbenzylisochinoline alkaloids tetrandrine and fangchinoline (Fig. A.3), which, together with some other alkaloids, are responsible for its pharmacological activity and therapeutic efficacy.



R_t (Retention time) of substances 1, 2, 3, 4 with 5

Fig. A.2

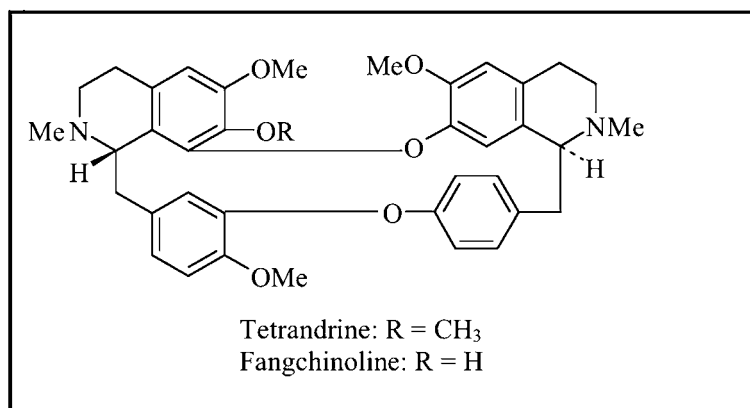


Fig. A.3

TLC fingerprint analysis of the root of *Stephania tetrandra*

Because of the similar Chinese nomenclature of the medicinal plant *Aristolochia fangji* (Guangfangji), which belongs to a quite different family and contains carcinogenic aristolochic acids, an adulteration or falsification of *Stephania tetrandra* (Hanfangji) with this drug is very likely.

Method: The alcoholic extract of *Stephania* root is applied on a silica gel 60 F₂₅₄ plate (Merck) and developed in the solvent system chloroform–methanol–water (60:30:6.5). The plate is removed from the glass chamber, dried and sprayed with the special Dragendorff reagent for visualizing alkaloids (Solution A: 0.859 basic bismuth nitrate

dissolved by heating in a mixture of 10 ml glacial acetic acid and 40 ml water; Solution B: 8 g potassium iodide dissolved in 30 ml water). Solutions A and B are mixed 1:1 (stock solution). For spraying the plate, 1 ml stock solution is mixed with 2 ml glacial acetic acid and 10 ml water. After drying, the characteristic orange/yellow spots of the major alkaloids fangchinoline (T_1) ($R_f = 0.65$) and tetrandrine (T_2) ($R_f = 0.85$) appear together with that of another alkaloid at $\sim R_f = 0.45-0.50$ and two further ones in smaller concentration at $R_f = 0.75$ and $R_f = 0.45$ (Fig. A.4).

The authenticity of *Stephania* root is hereby proven, but possible substitutions or impurities with *Aristolochia* root can be detected only by using the following additional TLC method.

TLC detection of adulterations

Method: The extract is chromatographed on a silica gel plate using the solvent system toluene-ethyl acetate-distilled water-formic acid (upper phase) and as spray reagent with 0.1 % tin (II) chloride solution. The result can be seen in Figure A.5, evaluated

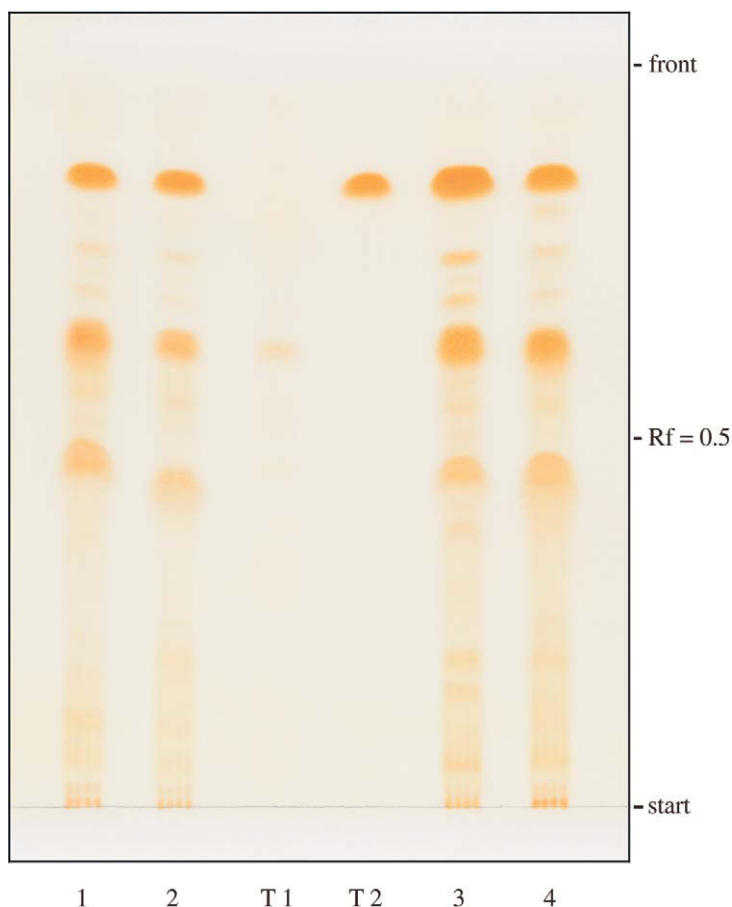


Fig. A.4

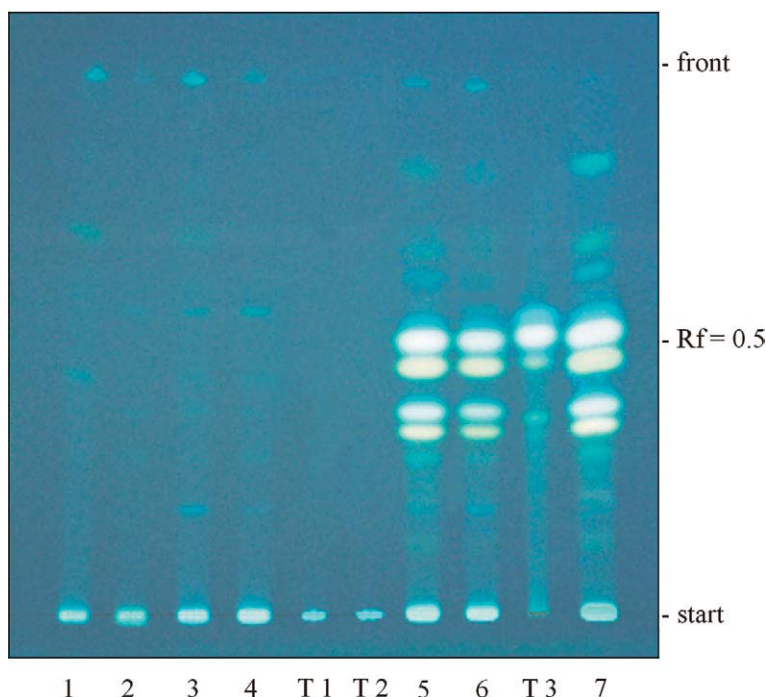


Fig. A.5

under UV 365 nm. Whereas *Stephania* root samples 1–4 show only green fluorescent zones on the start point (alkaloids of *Stephania* root), adulterations of *Stephania* root with *Aristolochia* root can be easily detected by the appearance of four green fluorescent zones in the Rf range ~0.4–0.55 (aristolochic acids T₃ 1–4). Sample 5 shows the extract of *Aristolochia* alone, whereas samples 6 and 7 are artificial 80:20 and 50:50 mixtures of *Stephania* and *Aristolochia* root, respectively. Using this method with a herbal drug, even 400 µg aristolochic acids can be detected.

HPLC detection of adulterations

Method: A 2.0 ml ethanol extract of the putative *Stephania* root or the artificial 50:50 and 80:20 mixtures of *Stephania* and *Aristolochia* root are treated with a solution of 2 g hexane sulfonic acid/1 l distilled water + H₃PO₄ (pH = 3.0) in an ultrasonic bath for 1 hour. 1.0 ml ethanol is added to the extracts, followed by filtering over Millipore® unit type 0.45 µm. 3 µl of the extracts are injected into the HPLC apparatus.

HPLC data:

- **Apparatus:** Merck Hitachi D-6000 A Interface; Merck Hitachi L-4500 A Diode Array Detector; Merck Hitachi AS-2000 Autosampler; Merck Hitachi L-6200 A Intelligent Pump. Separation column: LiChroCART® 125-4 with LiChrospher® 60 RP select B (5 µm), Merck. Precolumn: LiChroCART® 4-4 with LiChrospher® 60 RP select B, Merck.
- **Solvent system:** A: 2 g hexane sulfonic acid (Aldrich), 1 l distilled water (Acros Organics) + H₃PO₄ 85% (Grüssing) (pH = 3.0); B: acetonitrile (Acros Organics).
- **Gradient:** 10–50% B in 25 min, 50% B in 5 min; total runtime: 30 min.
- **Flow rate:** 1.0 ml/min.

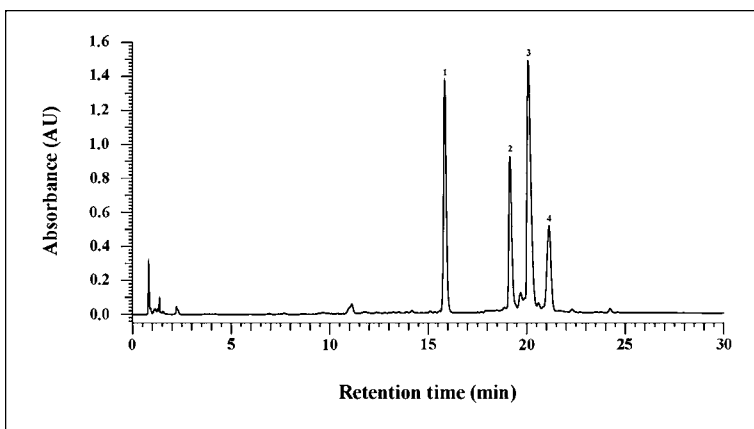


Fig. A.6

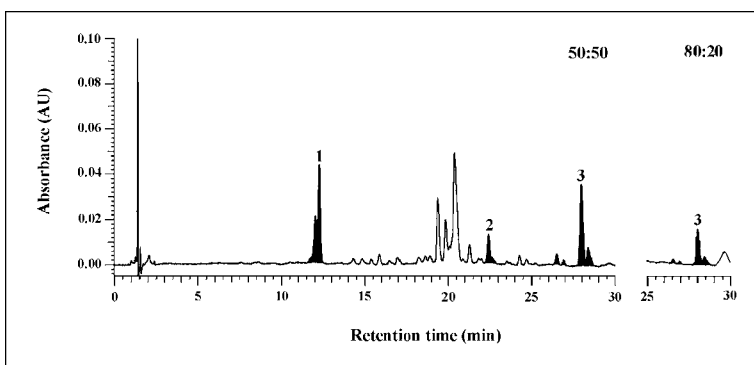


Fig. A.7

Description of the HPLC analysis

Figure A.6 shows a typical HPLC fingerprint of authentic *Stephania* root with the four characteristic peaks of the *Stephania* alkaloids. Figure A.7 shows the HPLC profile of the same *Stephania* root extract adulterated with 50% and 80% *Aristolochia* extract, respectively. The black-enhanced characteristic peaks refer to a flavonoid mixture (1), a caffeic acid derivative (2) and the mixture of aristolochic acids of the *Aristolochia* root extract. The unmarked peaks at $R_f \approx 20.0$ derive from the *Stephania* alkaloids. With the special method, even 6 μg aristolochic acids in extracts can be detected.

Conclusion

As a consequence of the reported intoxication of patients by a TCM medication administered as a tea of putative *Stephania* but falsified with *Aristolochia*, *Aristolochia* roots were banned from the new Chinese Pharmacopoeia of 2005 and are no longer permitted for medication.

Chromatographic fingerprint analyses of Chinese drugs in a short version*

As examples, the fingerprint analyses of seven TCM drugs from 48 published monographs are described in excerpted form. They are selected from the new series of *Chinese Drug Monographs and Analyses* developed by H. Wagner, R. Bauer and Xiao Peigen and published by Dr. Erich Wühr GmbH, Bad Kötzing, Germany (1996–2006).

- *Scrophulariae radix* (Xuanshen) → p. 170 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, E. Grieblinger, 2006 – Vol. 7, No. 39)
- *Alismatis rhizoma* (Zexie) → p. 300 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, E. Grieblinger, 2006 – Vol. 7, No. 41)
- *Acanthopanax senticosi radix* (Ciwujia) → (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, E. Grieblinger, 2005 – Vol. 6 No. 38)
- *Carthami flos* (Honghua) → p. 528 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, S. Bächer, 2006 – Vol. 7, No. 42)
- *Sophorae flos* (Huaimi/Huaihua) → p. 610 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, E. Grieblinger, 2004 – Vol. 5, No. 27)
- *Epimedii herba* (Yinyanghuo) → p. 754 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, S. Bächer, 2006 – Vol. 7, No. 43)
- *Polygoni multiflori radix* (Heshouwu) → p. 778 (H. Wagner, R. Bauer, Xiao Peigen, Ch. Jianming, E. Grieblinger, 2006 – Vol. 7, No. 40)

Scrophulariae radix (Xuanshen) → p. 170

Official drug: The dried root of *Scrophularia ningpoensis* (Hemsl) (Chinese Pharmacopoeia 2005).

Main constituents: Iridoid glycosides (harpagoside, harpagide) and phenylpropanoid glycosides (ningposide A, B, C; acteoside and angoposide C). It is suggested that all main constituents synergistically contribute to the overall efficacy (Fig. A.8).

Thin-layer chromatographic (TLC) fingerprint analysis

1.0 g powdered root is ultrasonicated with 10 ml *n*-butanol for 30 min; the extract obtained is filtered and evaporated to dryness. The residue is dissolved in 1 ml methanol, and 10 µl, together with the reference solutions, applied to an HPTLC silica gel 60 F₂₅₄ Merck plate.

Solvent system: Ethyl acetate–methanol–H₂O (77:15:8).

Detection: With anisaldehyde sulphuric acid reagent and evaluated in VIS (Fig. A.9).

Drug samples

- Samples 1–6: samples of *Scrophularia ningpoensis* from various provinces of China and import companies.
- Sample 7: sample of Radix Harpagophyti of *Harpagophytum procumbens* (Caelo, Hilden, Germany) for comparison.
- Sample 8: sample of Herba Scrophulariae of *Scrophularia nodosa* (Caelo, Hilden, Germany).

* As well as the description of the chromatographic fingerprint analyses, including the TLC colour pictures and HPLC graphs, the monographs contain data about the geographic origin of the collected drugs, a description of the characteristic anatomical and morphological features of the raw drugs, the methods of their pretreatment, their use in TCM and in general therapy, the reported isolated constituents of the drugs and the *in vitro* and *in vivo* pharmacological effects, together with key references.

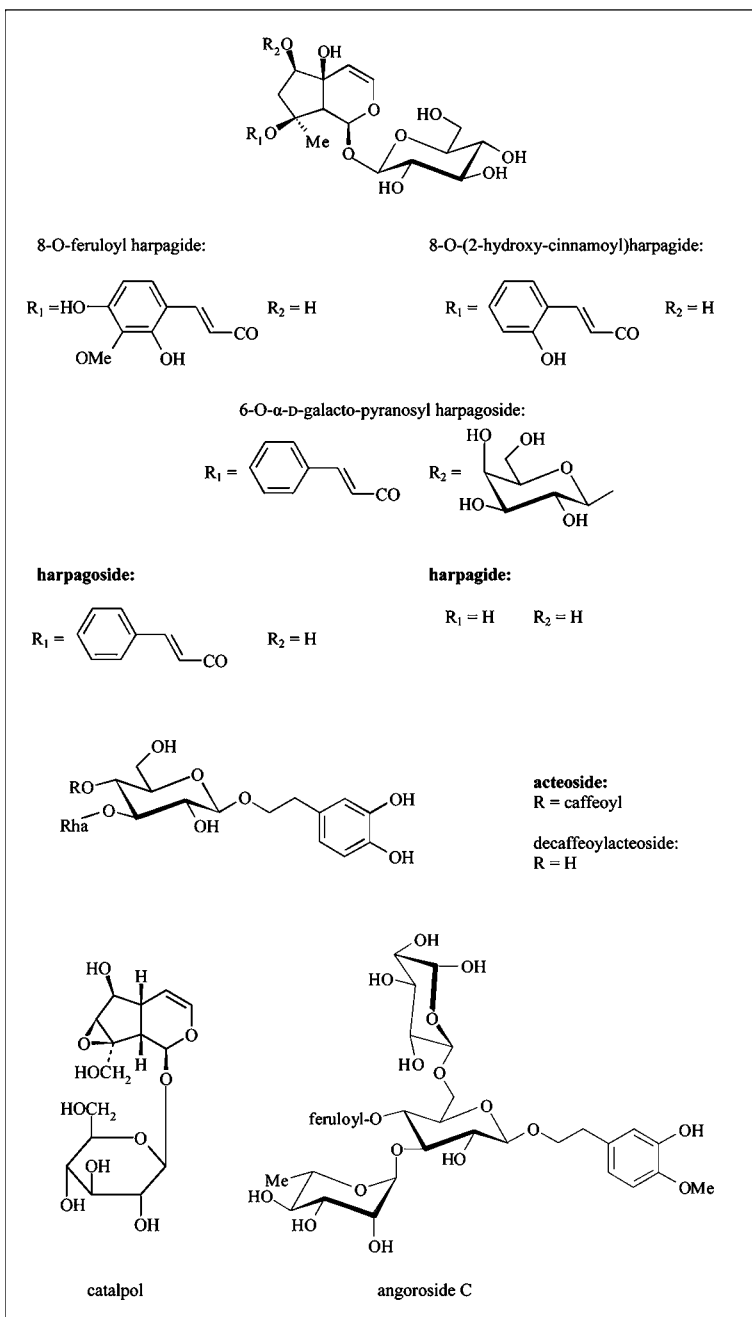


Fig. A.8

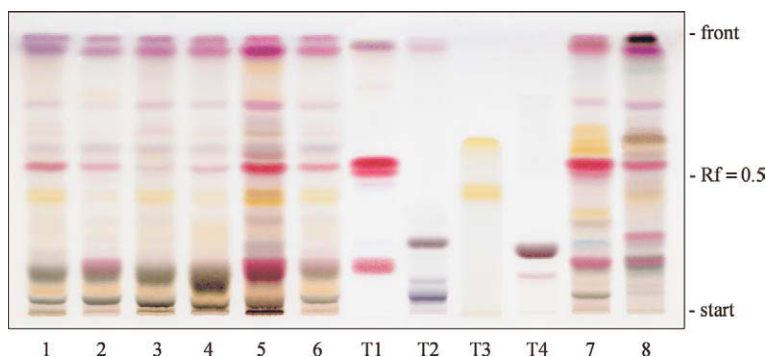


Fig. A.9

Reference substances

- T₁ Mixture of harpagide, procumbide and harpagoside: Rf = 0.18/0.54
- T₂ Aucubin and aescin: Rf = 0.25/0.05
- T₃ Acteoside and angoroside C: Rf = 0.62/0.46
- T₄ Catalpol: Rf = 0.23

TLC description

All root samples of *Scrophularia ningpoensis* show a nearly homogeneous pattern of pink/violet bands (harpagide, procumbide and harpagoside), bands in the middle Rf range (acteoside, angoroside C) and brown bands in the lower Rf range (aucubin, aescin, catalpol). Radix Harpagophyti (7), known in Europe as an antirheumatic drug, shows a very similar TLC fingerprint.

Herba Scrophulariae nodosae shows a fingerprint similar to that of other *Scrophularia* species, but lacking aucubin, aescin and catalpol.

HPLC fingerprint analysis

1.0 g powdered drug is extracted with 20 ml methanol in a 70°C water bath under reflux for 30 min; the extract is filtered and evaporated to dryness. The residue is dissolved in 1 ml methanol, filtered through Millipore® (type HV 0.45 µm) and 20 µl injected into the HPLC apparatus.

HPLC data:

- **Apparatus:** apparatus and column as for Rhizoma Alismatis (No. 41).
- **Solvent system:** A: water, Millipore Ultra Clear UV plus® filtered, containing 10 ml 0.1% H₃PO₄/l; B: acetonitrile, HPLC quality (Acros Organics), containing 10 ml 0.1% H₃PO₄/l.
- **Gradient:** 0% B for 5 min (isocratic), 0–5% B in 5 min (linear), 15% B for 5 min (isocratic), 15–35% B in 10 min (linear), 35% B for 10 min (isocratic).
- **Flow rate:** 1.0 ml/min.
- **Detection:** 278 nm.

Retention times and identity of the main peaks (Fig. A.10):

- Peak 1 (Rt = 24.5) acteoside
- Peak 2 (Rt = 26.0) angoroside C
- Peak 3 (Rt = 28.5) harpagoside
- Peak 4 (Rt = 30.4) cinnamic acid

HPLC description: The HPLC fingerprint for all *Scrophularia ningpoensis* drug samples (1–6) shows the four main peaks of acteoside (Rt = 24.5) (1), angoroside C (Rt = 26.0)

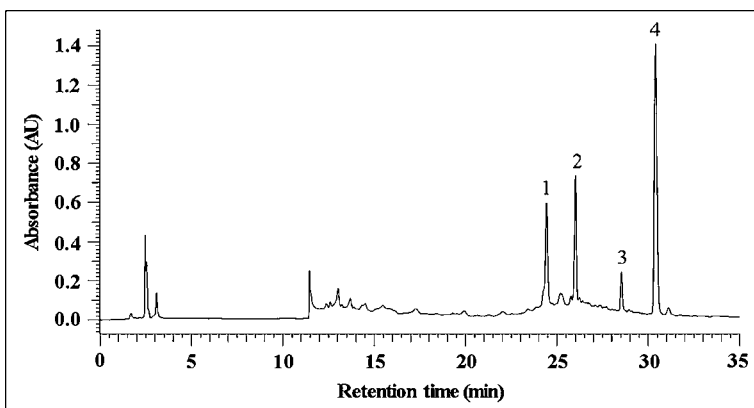


Fig. A.10

(2), harpagoside (Rt = 28.5) (3) and cinnamic acid (Rt = 30.4) (4). There are only quantitative differences of the harpagoside content.

The *Harpagophytum* drug differs from the *Scrophularia* drug by a significant high harpagoside content.

Conclusion

The identity of all *Scrophularia ningpoensis* root samples investigated could be confirmed by both TLC and HPLC fingerprints. Since it is not known whether *Radix Scrophulariae* possesses nearly an equal qualitative composition of constituents as the *Harpagophytum* root, the latter may be useful as a standard drug for the quality proof. The TLC fingerprint revealed that aescin may also contribute to the therapeutic efficacy of the *Scrophularia* drug.

Alismatis rhizoma (Zexie) → p. 300

Official drug: Rhizoma of *Alisma orientalis* (Sam) Juzep, collected in winter and eliminated from the fibrous root and coarse outer tissue (Chinese Pharmacopoeia 2005).

Main constituents: Propane and dammarane triterpenoids alisol A + B and alisol monoacetate A + B, sesquiterpenoids and polysaccharides. The triterpenoids can be regarded as the major pharmacologically and therapeutically effective constituents of the drug (Fig. A.11).

Thin-layer chromatographic (TLC) fingerprint analysis

1.0 g powdered drug is ultrasonicated with 30 ml methanol for 30 min to give the extract, which is filtered through a Sep-pak® C18 Cartridge, Waters-Millipore column. The cartridge is eluted with 50 ml 60% methanol and the elute evaporated to dryness. The residue is redissolved in 1 ml methanol and 10 µl applied to an HPTLC silica gel 60 F₂₅₄ Merck plate.

Solvent system: Petroleum ether–ethyl acetate (8:9).

Detection: With the anisaldehyde–sulphuric acid reagent and evaluation in VIS (Fig. A.12).

Drug samples

- Sample 1: Reference drug from Hong Kong University
- Sample 2: Commercial drug market (China)

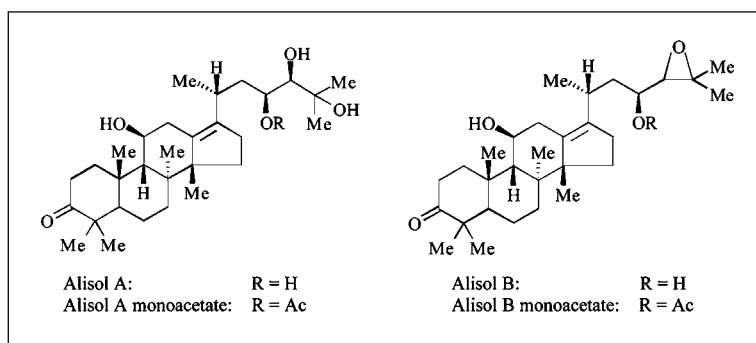


Fig. A.11

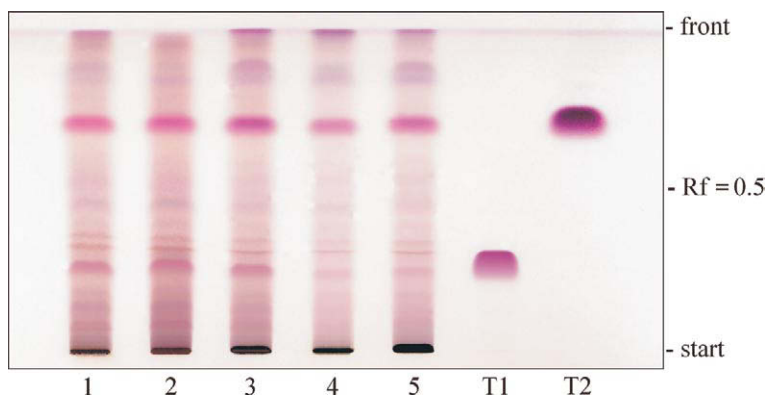


Fig. A.12

- Sample 3: Sichuan Province (China)
- Samples 4 and 5: Fujian Province (China)

Reference substances

- T₁ Alisol B: Rf = 0.25
- T₂ Alisol B monoacetate: Rf = 0.72

TLC description

The fingerprint of all drug samples over the whole TLC plate shows a very homogeneous pattern of red-violet coloured zones with both main constituents, alisol B (T₁) at Rf = 0.25 and alisol B monoacetate (T₂) at Rf = 0.72.

HPLC fingerprint analysis

1.0 g powdered drug is macerated with 25 ml petroleum ether for 30 min and the macerate heated under reflux for 1 hour. After cooling, the extract is filtered and evaporated to dryness. The residue is dissolved in 1 ml methanol, filtered through Millipore® (type HV 0.45 µm) and 10 µl injected into the HPLC apparatus.

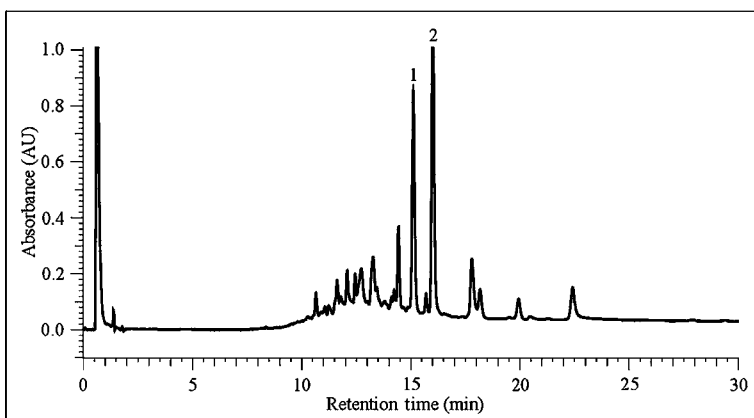


Fig. A.13

HPLC data:

- *Apparatus:* L-6200 A Intelligent pump, AS-2000 Autosampler, L-4500 A Diode Array Detector, D-6000 A Interface; Merck Hitachi. Column: LiChroCART® 125-4 LiChrospher® 60 RP-18 with LiChroCART® 4-4 LiChrospher® 60 RP-18 (5 µm), Merck.
- *Solvent system:* A: water, Millipore Ultra Clear UV plus® filtered; B: acetonitrile, HPLC quality (Acros Organics).
- *Gradient:* 15% B for 3 min (isocratic), 15–95% B in 5 min (linear), 95% B for 22 min (isocratic).
- *Flow rate:* 0.8 ml/min.
- *Detection:* 210 nm.

Retention times and identity of the main peaks (Fig. A.13):

- Peak 1 (Rt = 15.1) alisol B
- Peak 2 (Rt = 16.0) alisol B monoacetate

HPLC description: All five petroleum ether extracts (1–5) give a qualitatively homogeneous peak profile with the main constituents 1 (alisol B) and 2 (alisol B monoacetate) shown for extract sample 5. The deviations of the samples are only quantitative. In samples 4 and 5 the alisol B monoacetate is present only in minute concentration.

Conclusion

Because of the relatively homogeneous pattern of zones and peaks of both chromatographic fingerprints, including the reference compounds, the identities of all *Alismatis rhizoma* samples could be confirmed.

***Acanthopanax senticosi radix* (Ciwujia)**

Official drug: The dried root of *Acanthopanax* (*Eleutherococcus*) *senticosus* (Rupr. et Maxim. Harms) (Chinese Pharmacopoeia 2005).

Main constituents: Lignans (eleutheroside E, E₁, B₄, D), phenylpropan derivatives (eleutheroside B = syringin, sinapin alcohol), coumarins (eleutheroside B₁, isofraxidin) and phenol carboxylic acid (isochlorogenic acids) (Fig. A.14).

Thin-layer chromatographic (TLC) fingerprint analysis

1.2 g powdered drug is heated under reflux for 15 min with 15 ml 50% methanol. The extract is filtered, evaporated to dryness and the residue dissolved in 10 ml water to be

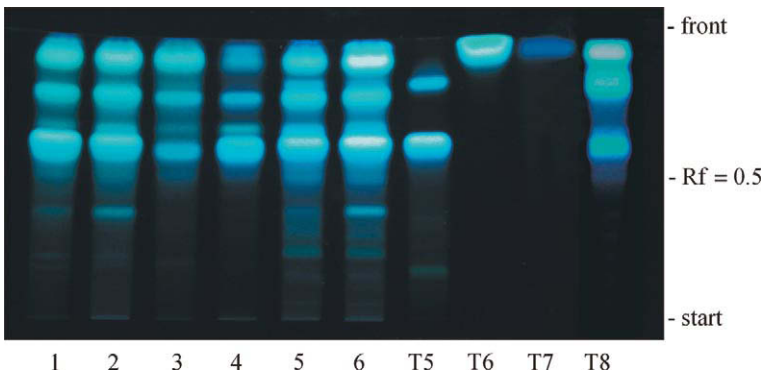
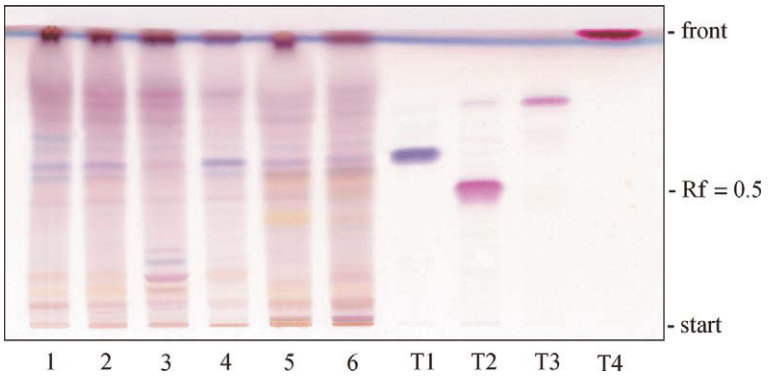
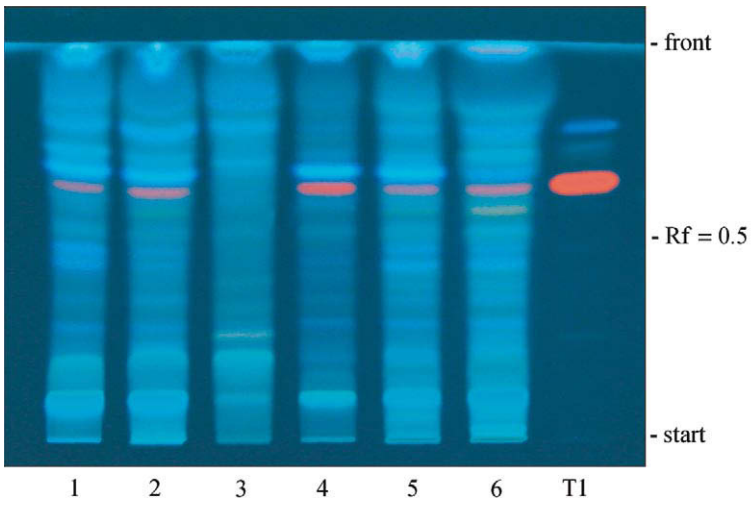


Fig. A.15 a, b, c

Drug samples

- Sample 1: Jirin Province (China)
- Sample 2: Herb market (China)
- Sample 3: Tonfeng, Kirin Province (China)
- Sample 4: Antun, Kirin Province (China)
- Sample 5: Herb market (Korea)
- Sample 6: Herb market (Korea)

Reference substances

- T₁ Eleutheroside B: Rf = 0.63
- T₂ Eleutheroside E: Rf = 0.54
- T₃ Eleutheroside E₁: Rf = 0.82
- T₄ Eleutheroside B₄: Rf = 0.98
- T₅ Chlorogenic acid: Rf = 0.61
- T₆ Caffeic acid: Rf = 0.93
- T₇ Isofraxidin: Rf = 0.93
- T₈ Isochlorogenic acids: Rf = 0.55/0.80/0.92

TLC description

- Fig. A.15a (UV 365 nm): With the exception of sample 3, all drug samples show the characteristic red zone of eleutheroside B and the light blue fluorescent band in the upper and lower Rf range.
- Fig. A.15b (VIS): This shows the characteristic lignans (T₁, T₂, T₃, T₄) with violet or red/violet colour. Sample 3 differs from all the others in its band pattern.
- Fig. A.15c (UV 365 nm): In this fingerprint, all coumarin and phenylpropan derivatives characteristic for the drug can be observed with light blue fluorescent bands. Only a few quantitative differences can be seen in this fingerprint.

HPLC fingerprint analysis

For this fingerprint the same extract as prepared for the TLC analysis and filtered through Millipore® was used.

HPLC data:

- *Apparatus*: Apparatus and column as described for Rhizoma Alismatis (No. 41).
- *Solvent system*: A: water + 10 ml 0.1% H₃PO₄/l, HPLC quality (Acros Organics); B: acetonitrile, HPLC quality (Acros Organics).
- *Gradient*: 10–17% in 4 min (linear), 17% B for 21 min (isocratic), 17–30% B in 30 min (linear).
- *Flow rate*: 0.6 ml/min.
- *Detection*: 220 nm.

Retention times and identity of the main peaks (Fig. A.16):

- Peak 1 (Rt = 12.0) eleutheroside B
- Peak 2 (Rt = 12.8) chlorogenic acid
- Peak 3 (Rt = 16.4) caffeic acid
- Peak 4 (Rt = 20.7) eleutheroside E
- Peak 5 (Rt = 28.9) isofraxidin
- Peak 6 (Rt = 40.9) eleutheroside E₁
- Peak 7 (Rt = 44.1/48.6) isochlorogenic acid mixture

HPLC description: All drug samples (1–6) deliver a nearly identical characteristic peak pattern, in which the main peaks could be assigned by means of reference substances and online recorded UV spectra. The dominant and characteristic peaks are in the Rt range of 10.1–14.0 with eleutheroside B (1) (Rt = 12.0) and chlorogenic acid (2) (Rt = 12.8). All other substances can hardly be detected without preceded enrichment.

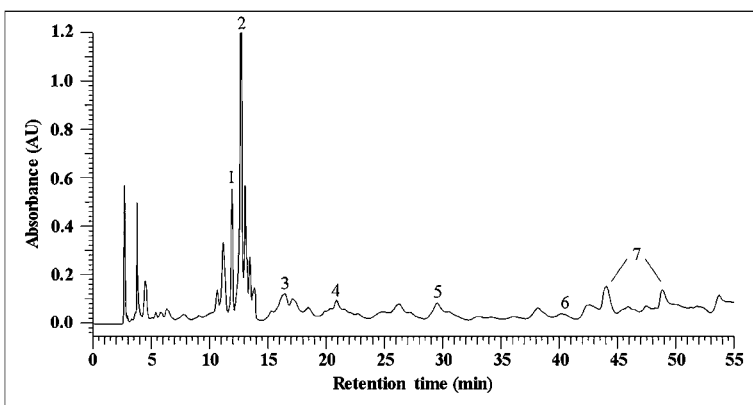


Fig. A.16

Conclusion

Apart from drug sample 3, all other samples analysed contain the main constituents as expected for the official drug. Since according to pharmacological investigations eleutheroside B is supposed to be one of most bioactive principles of *Acanthopanax senticosus*, drug sample 3 must be considered of minor quality.

Carthami flos (Honghua) → p. 528

Official drug: The dried summer-collected flowers of *Carthamus tinctorius* L. (Chinese Pharmacopoeia 2005).

Main constituents: Red and yellow chalcones and quinochalcones (e.g. carthamin, safflor yellow A + B, hydroxysafflor yellow A) (Fig. A.17).

Thin-layer chromatographic (TLC) fingerprint analysis

5 ml 80% acetone are added to 0.5 g powdered drug in a small lockable glass bottle. The bottle is tightly stoppered, shaken constantly for 15 min and the yellow solution filtered. For comparison a possible adulteration (substitute), Croci stigma from *Crocus sativa*, is extracted in the same manner and from both acetone extracts 5 µl are applied to an HPTLC silica gel 60 F₂₅₄ Merck plate.

Solvent system: *n*-butanol–glacial acetic acid–water (20:5:10).

Detection: Natural products–polyethylene glycol reagent (NP/PEG) (see *Acanthopanax senticosi* radix monograph).

Drug samples

- Sample 1: Guizhou Province (China)
- Sample 2: Henan Province (China)
- Samples 3–6: from various drug markets in Japan and China
- Sample 7: Croci stigma (*Crocus sativa*)

TLC description

- Fig. A.18a (VIS): Drug samples 1–6 show a very homogeneous fingerprint with carthamin as red zone at $R_f = 0.52$ and three yellow bands in the R_f range 0.32–0.49 (e.g. hydroxysafflor yellow A). The *Crocus* drug, which is known in Europe as both a drug and the dye saffron, is characterized by two yellow bands between $R_f = 0.32$ and 0.49.

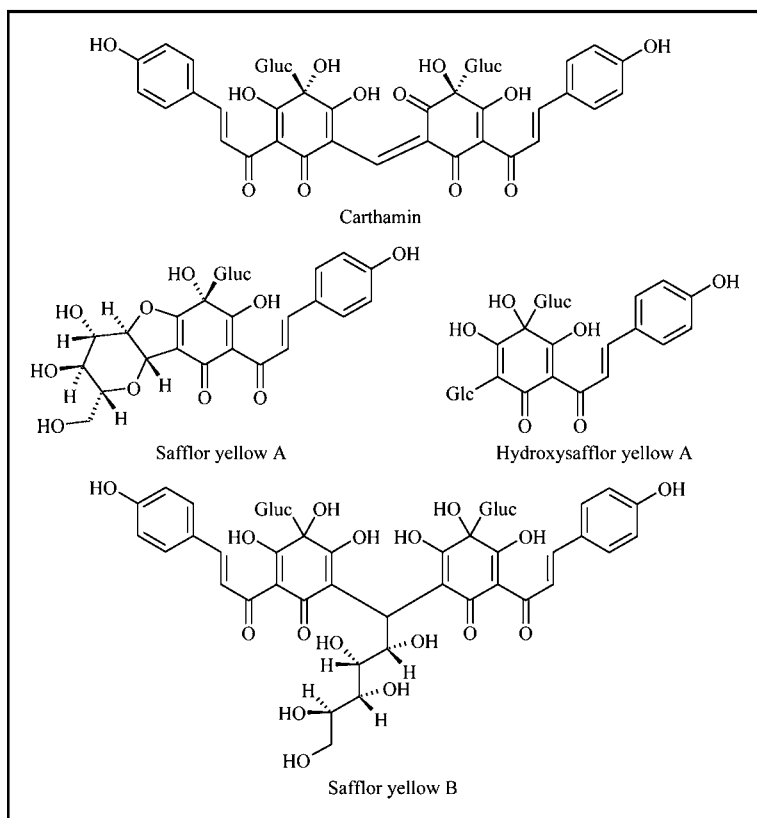


Fig. A.17

- Fig. A.18b (UV 365 nm): The fingerprint of samples 1–6 is characterized by two orange fluorescent bands at $R_f = 0.52$ and $R_f = 0.20$ (except sample 2 from Henan). The band with the highest R_f value represents carthamin. The three yellow/green fluorescent bands between $R_f = 0.30$ and $R_f = 0.37$ correspond with those in Fig. 18a. The *Crocus* sample gives two light yellow zones at $R_f = 0.36$ and $R_f = 0.57$ and two red/brown zones at $R_f = 0.37$ and $R_f = 0.45$.

HPLC fingerprint analysis

20 μ l of the acetone extract are injected into the HPLC apparatus.

HPLC data:

- **Apparatus:** Merck Hitachi D-6000 A Interface, L-4500 D Diode Array Detector, AS-2000 Autosampler, L-6200 A Intelligent Pump. Separation column: LiChroCART® 250-4 with LiChrospher, 60 RP select B (5 μ m), Merck. Precolumn: LiChroCART® 4-4 with LiChrospher®, 60 RP select B, Merck.
- **Solvent systems:** A: 10 ml 0.1% H_3PO_4 /l water; B: acetonitrile.
- **Gradient:** 0% B in 8 min, 0–50% B in 42 min, 50–100% B in 2 min, 100% B in 3 min; total runtime: 55 min.
- **Flow rate:** 0.6 ml/min.
- **Detection:** 400 and 510 nm.

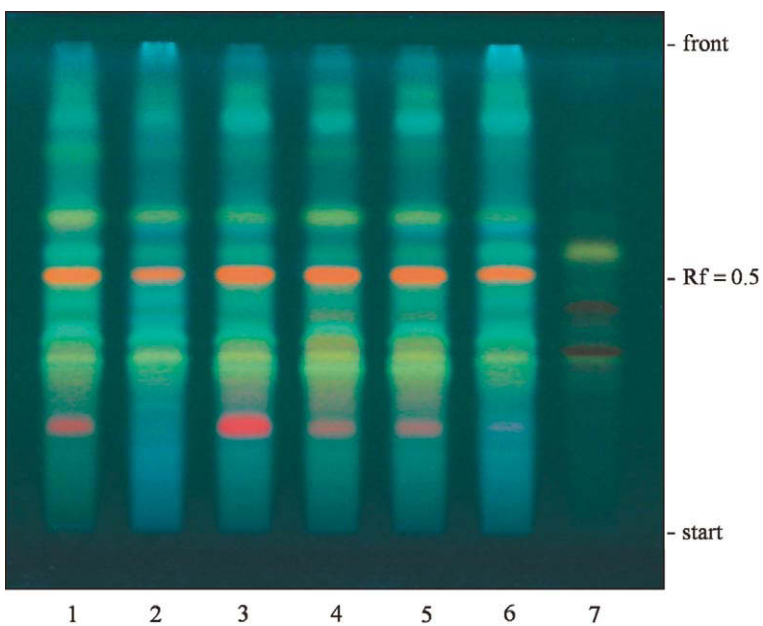
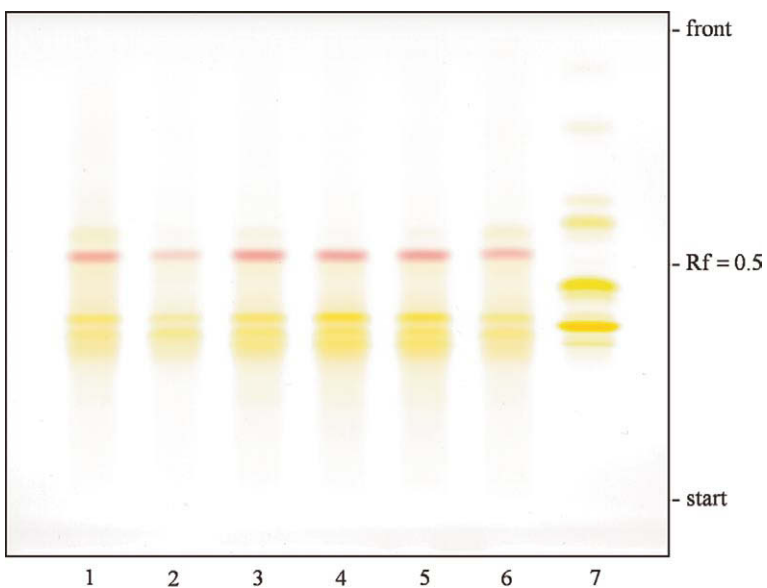


Fig. A.18 a, b

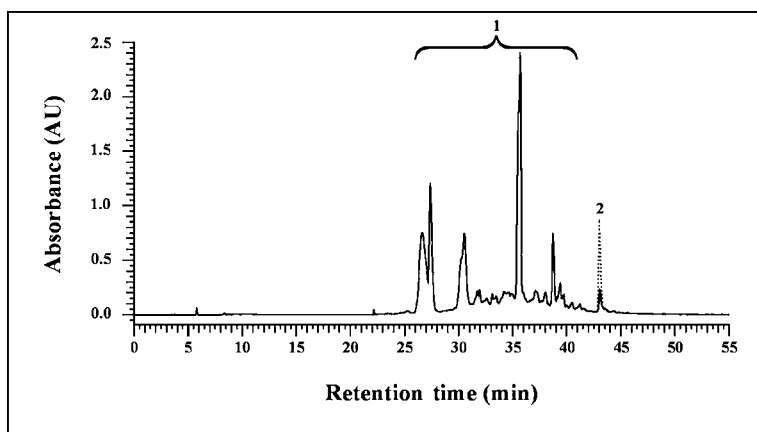


Fig. A.19

Retention times and identity of the main peaks (Fig. A.19):

- Peak 1 (Rt = 26.6–38.7) yellow pigments (e.g. hydroxysafflor yellow A)
- Peak 2 (Rt = 43.0) red pigment carthamin

HPLC description: The HPLC fingerprint of all samples shows in the Rt range 26.6–38.7 (1) the various yellow pigments (e.g. hydroxysafflor yellow A) (400 nm) and at Rt = 43.0 (2) the red pigment carthamin (510 nm dashed peak).

Conclusion

The TLC and HPLC fingerprints confirm the authenticity of all *Carthamus* flower samples. *Carthamus* flowers and *Crocus stigma* can easily be discriminated by TLC.

Sophorae flos (Huaimi/Huaihua) → p. 610

Official drug: The dried summer-collected flower buds ('Huaimi') or flowers of *Sophora japonica* L. ('Huaihua') (Chinese Pharmacopoeia 2005).

Main constituents: Flavonoids (e.g. quercetin-kaempferol-genistein glycosides and their aglycones); triterpenoids (e.g. soyasapogenol or betulin glycosides); sugar (e.g. the diglucose sophorose) (Fig. A.20).

Thin-layer chromatographic (TLC) fingerprint analysis

8.0 g powdered drugs of Huaimi and Huaihua are Soxhlet extracted with 80 ml methanol until colourless, followed by filtration of the extract and evaporation to 5 ml. This solution is filtered once more, added to a volumetric flask and topped up to 10 ml with methanol. 1 ml of this diluted solution is extracted and topped up to 5 ml with methanol. 10 µl each of the flower bud and the flower extract are applied to a silica gel 60 F₂₅₄ Merck plate.

Solvent system: Ethyl acetate–formic acid–glacial acetic acid–water (100:11:11:26).

Detection: Natural products–polyethylene glycol reagent (NP/PEG) in UV 365 nm (Fig. A.21).

Drug samples

- Sample 1: *Sophora* flower buds, herb market (China)
- Sample 2: *Sophora* flower buds, herb market (China)

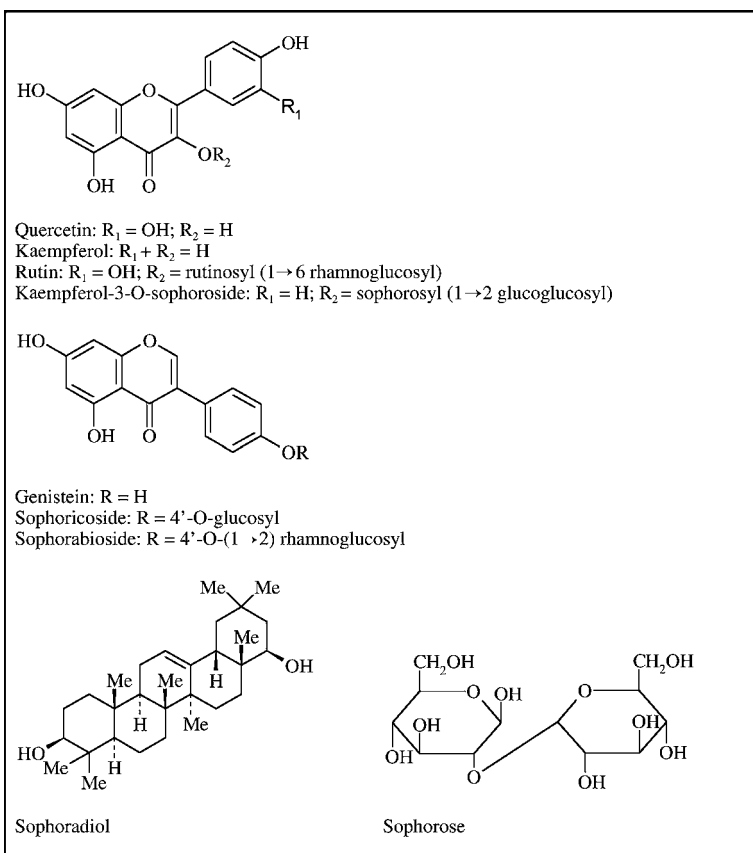


Fig. A.20

- Sample 3: *Sophora* flowers, Anhwei Province (China)
- Sample 4: *Sophora* flowers, Shandong Province (China)

Reference substances

- T₁ Rutin: $R_f = 0.35$
- T₂ Hyperoside: $R_f = 0.62$
- T₃ Quercetin: $R_f = 0.99$
- T₄ Kaempferol-3-gentiobioside: $R_f = 0.46$
- T₅ Kaempferol-3-sophoroside: $R_f = 0.28$

TLC description

The *Sophora* extracts (samples 1–4) contain as the main flavonoid glycoside the yellow fluorescent rutin, directly above it the greenish/yellow fluorescent kaempferol-3-gentiobioside and directly beneath, and to a large extent overlapped by rutin, the kaempferol-3-sophoroside. In minor concentration can be detected hyperoside ($R_f = 0.62$), quercetin (solvent front), and kaempferol and quercetin triglycosides in the R_f range 0.1–0.25. It can be easily seen that the flower buds contain a higher rutin content (~15%) than the flowers (~6%).

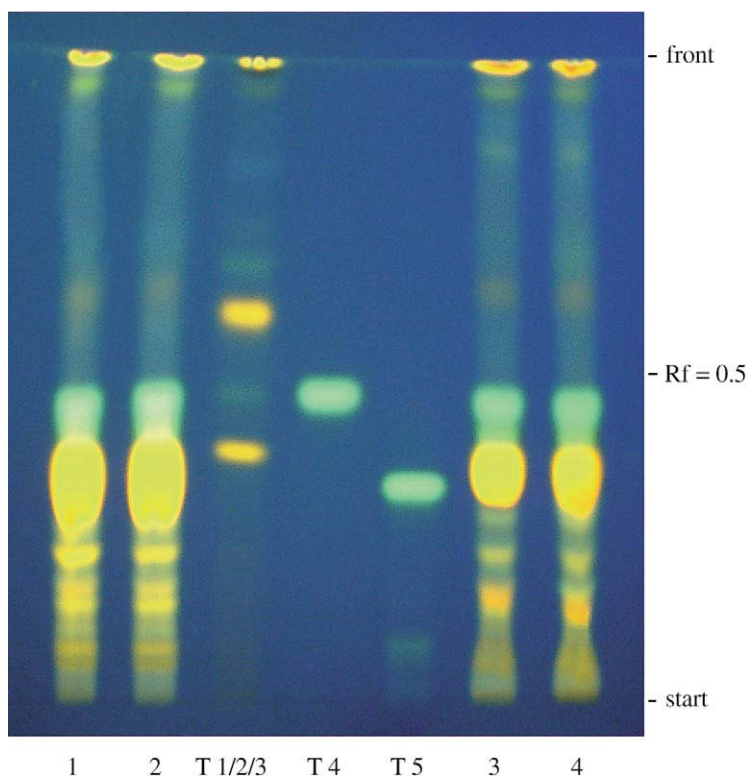


Fig. A.21

HPLC fingerprint analysis

From the extracts used for the TLC and filtered through Millipore®, 1 µl is injected into the HPLC apparatus.

HPLC data:

- *Apparatus:* Apparatus and column as described for Rhizoma Alismatis (No. 41)
- *Solvent systems:* A: acetonitrile–distilled water–0.1 M H₃PO₄ (110:890:20) (Acros Organics); B: acetonitrile–distilled water–0.1 M H₃PO₄ (500:500:20) (Acros Organics). 0.1 M H₃PO₄ 85%: 11.4 g H₃PO₄ are dissolved in water and topped up with distilled water to 1000 ml.
- *Gradient:* 0–25% B in 20 min, 25–70% B in 10 min, 70% B in 10 min; total runtime: 40 min.
- *Flow rate:* 1 ml/min.
- *Detection:* 210 nm.

Retention times and identity of the main peaks (Fig. A.22):

- Peak 1 (Rt = 17.1) rutin
- Peak 2 (Rt = 18.6) hyperoside
- Peak 3 (Rt = 20.6) kaempferol-3-sophoroside
- Peak 4 (Rt = 21.0) kaempferol-3-gentiobioside
- Peak 5 (Rt = 29.9) quercetin

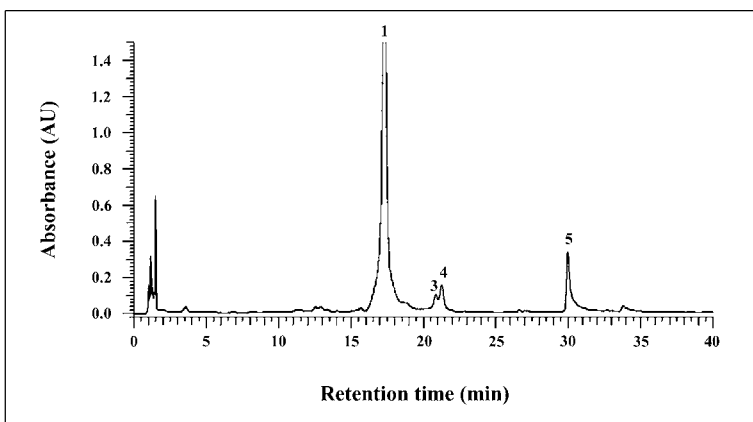


Fig. A.22

Description of the HPLC fingerprints: Both *Sophora* drugs show the same fingerprint apart from quantitative differences in the content of rutin and other flavonol glycosides.

Conclusion

The identity of both *Sophora* drugs can be easily guaranteed by the characteristic TLC and HPLC fingerprints. If the total raw or cut drugs are available, the flower buds and the total flower can also be discriminated by morphological or anatomical characteristics. An additional indicator is the different rutin content which can be determined according to the method described in the Chinese Pharmacopoeia 2005.

Epimedii herba (Yinyanghuo) → p. 754

Official drug: The dried herb of *Epimedium brevicornum* Maxim, *E. sagittatum* (Sieb. et Zucc.) Maxim, *E. pubescens* Maxim, *E. wushanense* T.S. Ying or *E. koreanum*.

Main constituents: Prenylated flavonol glycosides (e.g. icariin, icarisiside I, sagittatoside B, epimedin C) (Fig. A.23).

Thin-layer chromatographic (TLC) fingerprint analysis

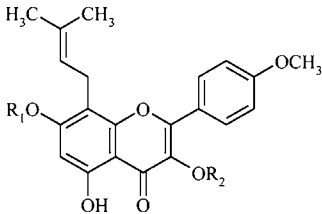
0.5 g of the powdered drug is heated under reflux with 10 ml ethanol and filtered. The filtrate is evaporated to dryness, the residue dissolved in 1 ml ethanol and 5 μ l applied to a silica gel 60 F₂₅₄ Merck plate.

Solvent system: Ethyl acetate–formic acid–glacial acetic acid–water (50:5.5:5.5:5.0).

Detection: Natural products reagent (I) and polyethylene glycol (II) (Fig. A.24a) (see also Flos Carthami No. 42) and vanillin–sulphuric acid reagent (Fig. A.24b).

Drug samples

- Sample 1: from *E. brevicornum*, Shaanxi Province (China)
- Sample 2: from *E. sagittatum*, Sichuan Province (China)
- Sample 3: from *E. pubescens*, Sichuan Province (China)
- Sample 4: from *E. koreanum*, Jilin Province (China)
- Sample (not identified): not known
- Sample 6: from *E. acuminatum*, Shaanxi Province (China)



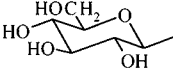
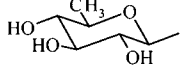
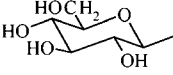
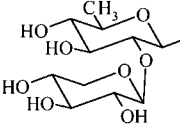
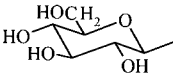
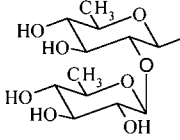
Compound	R ₁	R ₂
icariin		
icariside I		H
sagittatoside B	H	
epimedin C		

Fig. A.23

Reference substances

- T₁
 - Epimedin C: Rf = 0.28
 - Icarin: Rf = 0.65
 - Sagittoside: Rf = 0.72
- T₂
 - Epimedokoreanoside C: Rf = 0.28
 - Epimedeside A: Rf = 0.59
 - Anhydroicaritin: Rf = 0.93
- T₃
 - Icariside C: Rf = 0.15
 - Icariside F: Rf = 0.66
 - Bachuoside I (icariside II): Rf = 0.93
- T₄
 - Magnoflorin: Rf = 0.09
 - Hyperoside: Rf = 0.63
 - Syringaresinol: Rf = 0.99

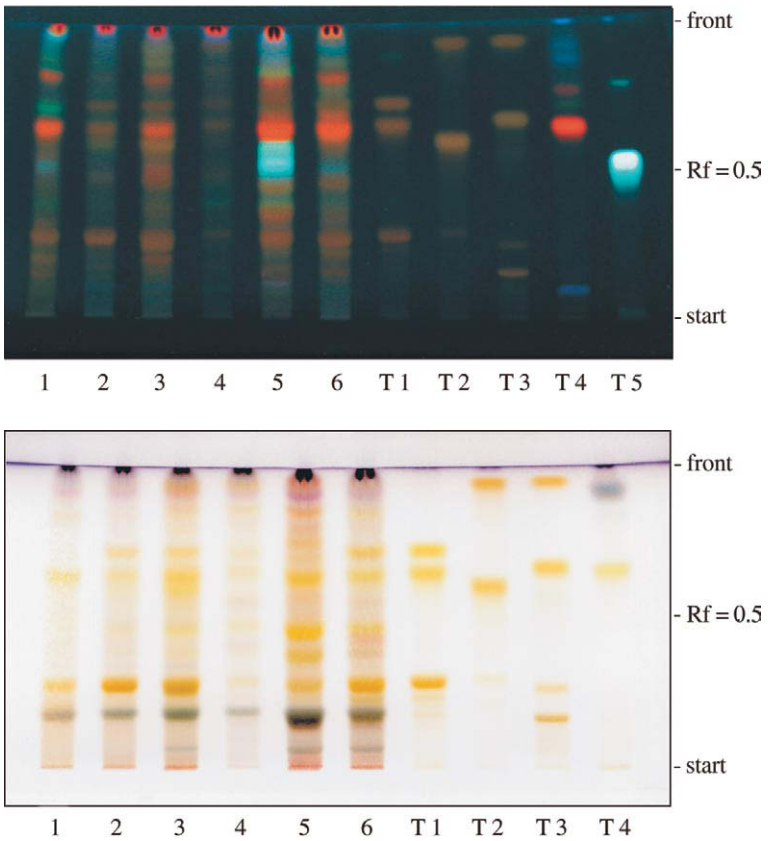


Fig. A.24 a, b

- T₅
 - Chlorogenic acid: Rf = 0.92

TLC description

- Fig. A.24a (UV 365 nm): The fingerprints of the six drug samples show a homogeneous qualitative pattern of substances with brown or red/orange fluorescent bands, but differ distinctly in the concentration of the single flavonols (e.g. drug sample 4). Hyperoside (red/orange, Rf = 0.63) and the compounds of the T₁ mixture can be considered as the marker substances.
- Fig. A.24b (VIS): With the vanillin-sulphuric acid reagent all main flavonoids appear with yellow/orange colour. The brown/black zones in the Rf range 0.10 derive from sugars.

HPLC fingerprint analysis

10 µl of the same extract made for the TLC and filtered through Millipore® are injected directly into the HPLC apparatus.

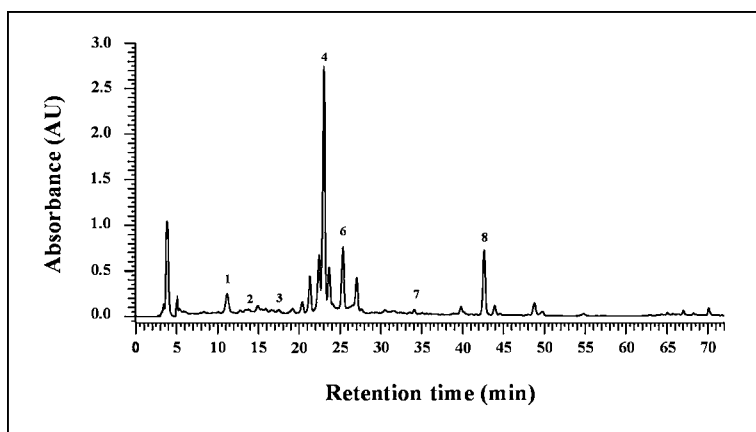


Fig. A.25

HPLC data:

- Apparatus/ solvent system: as described for Flos Carthami (No. 42).
- Gradient: 20–48% B in 55 min, 48–70% B in 5 min, 70% B in 12 min; total runtime: 72 min.
- Flow rate: 0.06 ml/min.
- Detection: 270 nm.

Retention times and identity of the main peaks (Fig. A.25):

- Peak 1 (Rf = 10.7) hyperoside
- Peak 2 (Rf = 13.3) icarisoside C
- Peak 3 (Rf = 16.9) epimedeside A
- Peak 4 (Rf = 23.3) epimedin C
- Peak 6 (Rf = 25.3) icariin
- Peak 7 (Rf = 34.4) icarisoside F
- Peak 8 (Rf = 42.7) sagittatoside F

HPLC description: With the exception of sample 4 from *E. koreanum*, all drug samples show a satisfactory concurring peak pattern, in which the compounds epimedin C and icariin (4 + 6) dominate. Hyperoside (1), detectable in TLC by a conspicuous red colour, appears in HPLC as a small peak only. All prenylated flavonol glycosides show about the same UV spectrum with maxima at 206, 260 and 320 nm, whereas hyperoside gives in the online recorded UV spectrum a characteristic flavonoid spectrum with UV maxima at 256 and 352 nm.

Conclusion

The relationship of all official *Epimedium* drug samples investigated of the genus *Epimedium* can be confirmed except for the sample from *E. koreanum*. It is not possible, however, by TLC or HPLC analysis alone, to discriminate between the single species listed in the Chinese Pharmacopoeia.

Polygoni multiflori (Heshouwu) → p. 778

Official drug: The dried root of *Polygonum multiflorum* Thunb. In the Chinese Pharmacopoeia 2005 the following other *Polygonum* drugs are listed: Radix *Polygoni multiflori* praeparata; Caulis *Polygoni multiflori*; Folium *Polygoni tinctorii*; Fructus *Polygoni orientalis*; Rhizoma *Polygoni cuspidati*; Herba *Polygoni avicularis*; Rhizoma *Polygoni bistortae*.

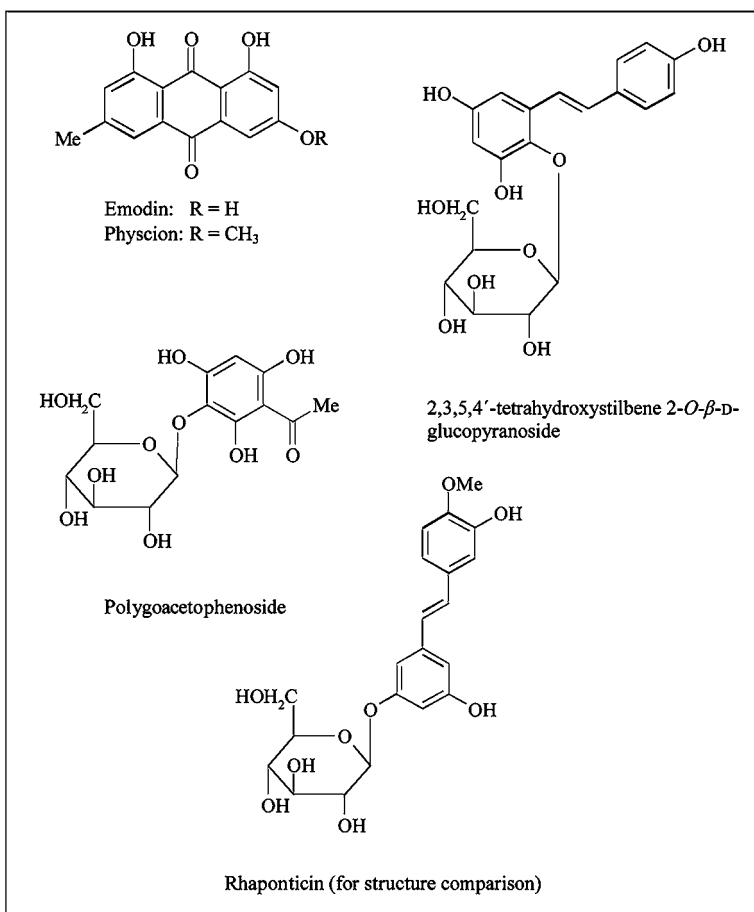


Fig. A.26

Main constituents: Anthraquinones (e.g. physcion and emodin); stilbenoids (1, 3, 5, 4' tetrahydroxystilbene 2-O-β-D-glucopyranoside and the 2- and 3-O-monogalloyl esters); acetophenone glycoside (e.g. polygoacetophenide = 2, 3, 4, 6-tetrahydroxy-acetophenone 3-O-β-D-glucopyranoside) (Fig. A.26).

Thin-layer chromatographic (TLC) fingerprint analysis

1.0 g powdered drug is extracted with 25 ml ethanol in a water bath under reflux for 1 hour. After filtration the extract solution is evaporated to dryness and the residue dissolved in 2 ml methanol. Extracts of other *Polygonum* species and of Rhizoma Rhei rhaponticin, produced in the same manner as above, were used as references drugs for comparative chromatography. 10 μl of the methanol extracts were applied to an HPTLC silica gel 60 F₂₅₄ Merck plate.

Solvent system: Toluene–ethanol (3:1)

Detection: Natural products–polyethylene glycol reagent (see Flos Carthami No. 42) UV 365 nm (Fig. A.27a) and VIS (Fig. A.27b). Phosphomolybdic acid reagent with sulphuric

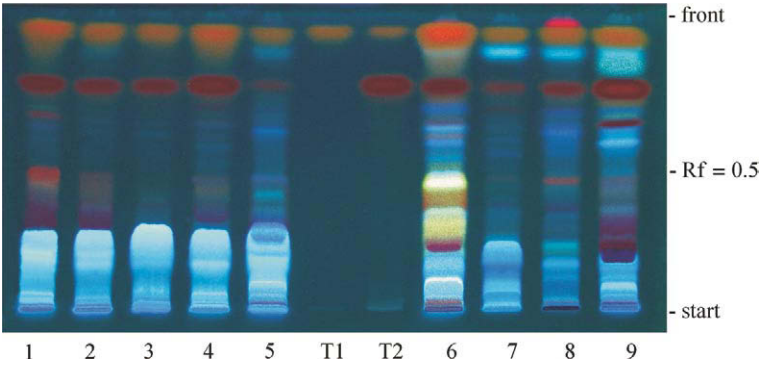


Fig. A.27a Fingerprint/natural products reagent; detection in UV 365 nm

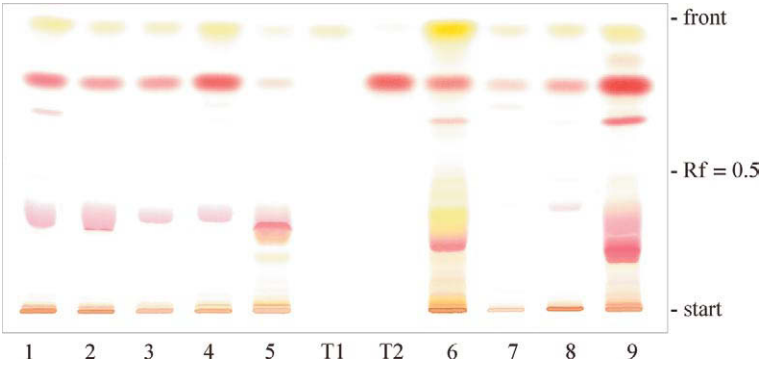


Fig. A.27b Fingerprint/natural products reagent; detection in VIS

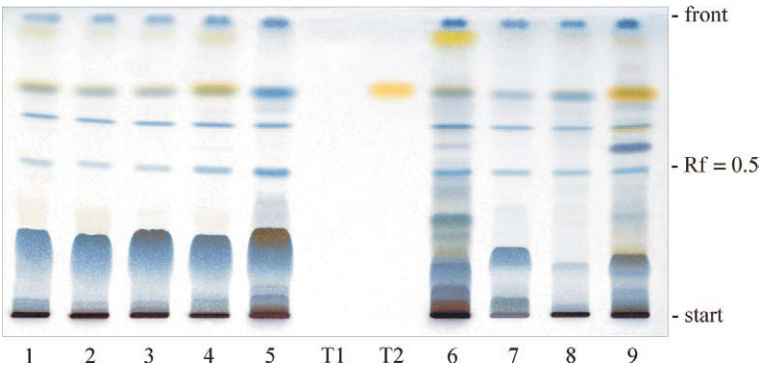


Fig. A.27c Fingerprint/phosphomolybdic acid reagent with sulphuric acid; detection in VIS

acid: 4 g phosphomolybdic acid are dissolved in 40 ml hot water, cooled and 60 ml concentrated sulphuric acid added. The plate is sprayed with 10 ml reagent and then heated for 5 min at 100°C (Fig. A.27c).

Drug samples

- Sample 1: Sinomed Kötzing (Germany)
- Sample 2: Sichuan Ya-an Province (China)
- Sample 3: Sichuan Province (China)
- Sample 4: Quizhou Province (China)
- Sample 5: Guangdong Province (China)
- Sample 6: Rhizoma Rhei rhapontici (*Rheum rhaponticum*), A. Galke (Germany)
- Sample 7: from *P. multiflorum*, Herbasin (Germany)
- Sample 8: from Caulis Polygoni multiflori, Sinomed Kötzing (Germany)
- Sample 9: from Rhizoma Polygoni cuspidati, Sinomed Kötzing (Germany)

Reference substances

- T₁ Physcion: Rf = 0.95
- T₂ Emodin (impurified with physcion): Rf = 0.76

TLC description

The TLC fingerprint of all *Polygonum* probes is characterized by light blue fluorescent zones directly above the start (stilbene glucosides) and two orange and purple/red fluorescent zones in the upper Rf range (physcion and emodin). In the middle Rf range appear the purple fluorescent zones of anthraquinone mono- and diglycosides. The drug sample from another type of *Polygonum* – *P. cuspidatum* – is different from those of *P. multiflorum* because of the additional high emodinyloside content in Rf area 0.20–0.30. Drug sample 6, the root of *Rheum raphonticum* (rhubarb), contains a similarly structured stilbenglycoside (rhapontizin) and can therefore be used as a standard reference drug.

In the fingerprint shown in Figure A.27b, only the characteristic anthraquinones (red = emodin derivatives; yellow = physcion derivatives) are visible.

In all drug probes above the start, a blue/grey band of the stilbene glucoside appears, which is characteristic for all *Polygonum* species and for *Rhizoma Rhei rhapontici*.

HPLC fingerprint analysis

10 µl of the same extracts made for the TLC and filtered through Millipore® are injected directly into the HPLC apparatus.

HPLC data:

- *Apparatus/solvent system*: Column and solvents as described for *Rhizoma Alismatis* (No. 41).
- *Gradient*: 0–95% B in 40 min (linear).
- *Flow rate*: 1.0 ml/min.
- *Detection*: 254 nm.

Retention times and identity of the main peaks (Fig. A.28):

- Peak 1 (Rt = 15.5) 2, 3, 5, 4'-tetrahydroxy-stilbene 2-O-β-D-glucoside
- Peak 2 (Rt = 27.4) emodin
- Peak 3 (Rt = 31.1) physcion

HPLC description

In the HPLC of the various drug samples the stilbene glucoside (peak 1) dominates, accompanied by the anthraquinones emodin (peak 2) and physcion (peak 3).

Conclusion

By using the TLC and HPLC fingerprints, the reference substances and the reference drug *Radix Rhei rhapontici*, the identity of all *Radix Polygoni multiflori* samples 1–5, 7 and 8 could be confirmed. The quantitative differences of the detectable major constituents

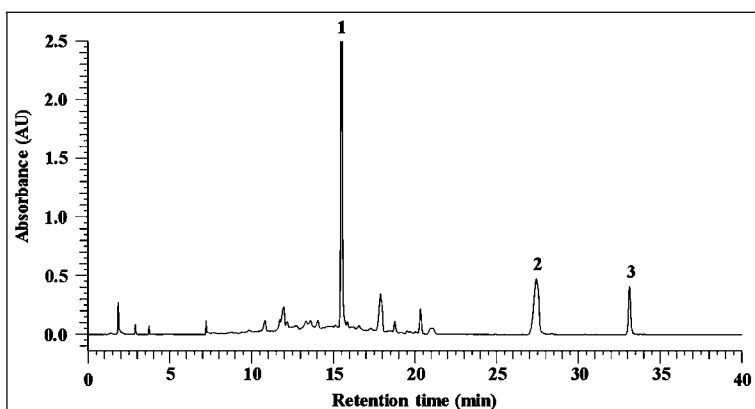


Fig. A.28

of the various drug samples may influence therapeutic efficacy. The drug samples of *Polygonum multiflorum* and *P. cuspidatum* can be discriminated by comparison of the TLC fingerprints.

List of analytical monographs of TCM drugs published or in preparation

The new monographs are developed for official pharmacies and analytical laboratories to perform a fast and reliable authenticity and quality proof of Chinese herbal drugs. They supplement the monographs of the Chinese Pharmacopoeia 2005 with new colour TLC pictures and HPLC fingerprints. Additionally, the monographs contain macroscopic and microscopic descriptions of the herbal drugs and an overview of their chemical constituents, pharmacological activities and therapeutic applications. The various chromatographic methods used are described in detail.

Forty-eight monographs had been published by the middle of 2008 under ISSN 1430-8290 (Monographs Nos 1–48; 1996–2006). A further 15 monographs are complete and will be available by the end of 2008. A total of 75 monographs will be published in 2009 by Dr. Erich Wühr GmbH, Müllerstr. 7, D-93444 Bad Kötzing, <http://www.vgm-portal.de>, E-mail: info@vgm-portal.de, Tel: +49-9941-947900, Fax: +49-9941-9479018.

Published			
(1)	Radix Bupleuri (<i>Chaihu</i>)	(7)	Rhizoma Pinelliae (<i>Banxia</i>)
(2)	Bulbus Fritillariae (<i>Beimu</i>)	(8)	Radix Astragali (<i>Huangqi</i>)
(3)	Radix Rehmanniae (<i>Dihuang</i>)	(9)	Radix Angelicae pubescentis (<i>Duhuo</i>)
(4)	Fructus Schisandrae (<i>Wuweizi</i>)	(10)	Rhizoma Atractylodis macrocephalae (<i>Baizhu</i>)
(5)	Herba Asari (<i>Xixin</i>)	(11)	Rhizoma Belamcandae sinensis (<i>Shegan</i>)
(6)	Herba Houttuyniae cordatae (<i>Yuxingcao</i>)		

Published			
(12)	Herba Lycopi lucidi (<i>Zelan</i>)	(30)	Semen Ziziphi spinosae (<i>Suanzaoren</i>)
(13)	Rhizoma seu Radix Notopterygii (<i>Qianghuo</i>)	(31)	Fructus Amomi rotundus (<i>Sharen</i>), Fructus Amomi (<i>Doukou</i>)
(14)	Radix Angelicae sinensis (<i>Danggui</i>)	(32)	Ramulus Uncariae cum Uncis (<i>Gouteng</i>)
(15)	Radix Angelicae dahuricae (<i>Baizhi</i>)	(33)	Radix Clematidis (<i>Weilingxian</i>)
(16)	Radix Ligustici chuanxiong (<i>Chuanxiong</i>)	(34)	Caulis Sinomenii (<i>Qingfengteng</i>)
(17)	Pericarpium Zanthoxyli (<i>Huajiao</i>)	(35)	Fructus Forsythiae (<i>Lianquiao</i>)
(18)	Cortex Magnoliae officinalis (<i>Houpo</i>)	(36)	Fructus Evodiae (<i>Wuzhuyu</i>)
(19)	Rhizoma Drynariae (<i>Gusuibu</i>)	(37)	Rhizoma Anemarrhenae (<i>Zhimu</i>)
(20)	Radix Puerariae (<i>Gegen</i>)	(38)	Radix Acanthopanax senticosi (<i>Ciwujia</i>)
(21)	Rhizoma Codonopsis pilosulae (<i>Dangshen</i>)	(39)	Radix Scrophulariae (<i>Xuanshen</i>)
(22)	Fructus Gardeniae (<i>Zhizi</i>)	(40)	Radix Polygoni multiflori (<i>Heshouwu</i>)
(23)	Rhizoma Gastrodiae (<i>Tianma</i>)	(41)	Rhizoma Alismatis (<i>Zexie</i>)
(24)	Herba Ecliptae (<i>Mohanlian</i>)	(42)	Flos Carthami (<i>Honghua</i>)
(25)	Herba Andrographitis (<i>Chuanxinlian</i>)	(43)	Herba Epimedii (<i>Yinyanghuo</i>)
(26)	Radix Paeoniae albae/rubrae (<i>Baishao/Chishao</i>)	(44)	Fructus Cnidii (<i>Shechuangzi</i>)
(27)	Flos Sophorae (<i>Huaimi/Huaihua</i>)	(45)	Cortex Lycii radices (<i>Digupi</i>)
(28)	Rhizoma Coptidis (<i>Huanglian</i>)	(46)	Fructus Lycii (<i>Gouqizi</i>)
(29)	Radix Stephaniae tetrandrae (<i>Fangji</i>)	(47)	Cortex Mori radices (<i>Sangbaipi</i>)
		(48)	Folium Mori (<i>Sangye</i>)
Publishing second half of 2008			
(49)	Rhizoma Cimicifugae (<i>Shengma</i>)	(52)	Rhizoma Curcumae longae (<i>Jianghuang</i>)
(50)	Cortex Phellodendri amurensis (<i>Guanhuangbo</i>)		Rhizoma Curcumae (<i>Ezhu</i>)
(50)	Cortex Phellodendri chinensis (<i>Huangbo</i>)		Cortex Fraxini (<i>Qinpi</i>)
(51)	Flos Lonicerae (<i>Shanyinhua</i>)		Rhizoma Dioscoreae oppositae (<i>Shanyao</i>)
(51)	Flos Lonicerae japonicae (<i>Jinyinhua</i>)		Rhizoma Dioscoreae hypoglaucae (<i>Fenbixie</i>)
(51)	Caulis Lonicerae japonicae (<i>Rendongteng</i>)		Rhizoma Dioscoreae nipponicae (<i>Chuanshanlong</i>)
(52)	Radix Curcumae (<i>Yujin</i>)		Rhizoma Dioscoreae septemlobae (<i>Mianbixie</i>)

Publishing second half of 2008			
	Fructus Chaenomelis (<i>Mugua</i>)		Radix Isatidis (<i>Banlangen</i>)
	Fructus Piperis longi (<i>Bibo</i>)		Radix Scutellariae (<i>Huangqin</i>)
	Radix Atractylodis lanceae (<i>Cangzhu</i>)		Flos Magnoliae (<i>Xinyi</i>)
			Herba Leonuri (<i>Yimucao</i>)
	Radix Sophorae flavescens (<i>Kushen</i>)		Flos Daturae metel (<i>Yangjinhua</i>)
In preparation			
	Radix Aconiti lateralis (<i>Fuzi</i>)		Radix Saposhnikoviae (<i>Fangfeng</i>)
	Radix Platycodi (<i>Jiegeng</i>)		Herba Siegesbeckiae (<i>Xixiancao</i>)
	Radix Salviae miltiorrhizae (<i>Danshen</i>)		Spica Prunellae (<i>Xiakucao</i>)
	Radix Rhei (<i>Dahuang</i>)		Fructus Tribuli (<i>Jili</i>)

Bibliography

- Bauer, R., Tittel, G. Quality assessment of herbal preparations as a precondition of pharmacological and clinical studies. *Phytomedicine* 2(3):193–198 (1996).
- Blatter, A., Reich, E. Qualitative and quantitative HPTLC methods for quality control of *Stephania tetrandra*. *J. Liq. Chromatogr. Relat. Technology* 27(13):1–14 (2004).
- Debelle, F.D., Nortier, J.L., de Prez, E. et al. Aristolochic acids induce chronic renal failure in rats. *J. Am. Soc. Nephrol.* 13:431–436 (2002).
- De Smet, P.A.G.M. Toxicological outlook on the quality assurance of herbal drugs. In: De Smet, P.A.G.M., Keller, K., Hänsel, R., Chandler R. (eds) *Adverse Effects of Herbal Drugs*, Volume 1. Springer Verlag, New York, pp. 1–72 (1992).
- Jing-Nuan Wu. *An Illustrated Chinese Materia Medica*. Oxford University Press, Oxford (2001).
- Li, F., Sun, S., Wang, J., Wang, D. Chromatography of medicinal plants and Chinese traditional medicines. *Biomed. Chromatogr.* 12:78–85 (1998).
- Lord, G.M., Tagore, R., Cook, T., Gower, P., Pusey, C.D. Nephropathy caused by Chinese herbs in the UK. *Lancet* 354:481–482 (1999).
- Pharmacopoeia of the People's Republic of China (English Edition): People's Medical Publishing House, Beijing, China (2005).
- Tang, W., Eisenbrand, G. *Chinese Drugs of Plant Origin*. Springer Verlag, Berlin (1992).
- Wagner, H., Bauer, R., Bächer, S. *Radix Stephaniae tetrandrae (Hanfangji)*. Chinese Drug Monographs and Analysis, Vol. 5, No. 29 (2004).
- Wu, K.M., Farrelly, J.G., Upton, R., Chen, J. Complexities of the herbal nomenclature system in traditional Chinese medicine (TCM): lessons learned from the misuse of *Aristolochia*-related species and the importance of the pharmaceutical name during botanical drug product development. *Phytomedicine* 14:273–279 (2007).

General index

A

- Abdomen, 82, 102, 104,
165, 167, 224, 225,
280, 290, 292, 293,
354
distension of, 20, 82, 83,
92, 93, 99, 100, 102,
109, 181, 256, 266,
268, 269, 279, 280,
284, 290, 292, 293,
294, 302, 312, 316,
322, 324, 326, 330,
332, 333, 334, 474,
476, 477, 478, 479,
481, 484, 489, 492,
684, 687, 689, 691,
693, 696, 868
lower *see* Lower abdomen
pain in, 21, 33, 36, 37,
41, 51, 80, 93, 165,
167, 185, 214, 215,
224, 225, 274, 281,
282, 284, 285, 290,
291, 294, 354, 355,
359, 384, 386, 388,
392, 393, 394, 395,
402, 404, 406, 407,
474, 476, 481, 482,
491, 501, 513, 532,
533, 540, 573, 576,
600, 616, 682, 683,
688, 692, 709, 722,
724, 725, 862, 866,
873
and cold, 20, 399, 400,
403, 405, 587
lower abdomen, 398,
401, 430, 472, 477,
486, 500, 502, 586,
682, 693
upper abdomen, 47,
69, 268, 280, 292,
368, 390, 482, 504,
585, 852
sensation of fullness in,
40, 41, 82, 93, 100,
282, 301, 476, 525,
688, 689
sensation of pressure in,
334, 340, 479, 691
upper *see* Upper abdomen
Abortion/miscarriage, 40, 747
Abscesses, 20, 21, 49, 82,
104, 106, 117, 138,
139, 142, 143, 155,
166, 167, 172, 174,
198, 200, 202, 203,
219, 225, 228, 236,
238, 240, 241, 250,
251, 255, 305, 308,
374, 384, 385, 386,
387, 432, 549, 556,
557, 558, 564, 571,
581, 589, 592, 613,
631, 636, 648, 650,
651, 717, 858
breast, 23, 142, 218,
234, 235, 241, 250,
251, 375, 490, 663,
886
intestinal, 92, 93, 118,
164, 165, 185, 202,
203, 216, 217, 225,
229, 236, 237, 250,
304, 305, 308, 309,
565, 663
pulmonary, 138, 142,
206, 207, 251, 308,
433, 637, 662
Accidents and injuries, 236,
546
see also Injuries
Accumulation, 82, 85, 88, 91,
93, 94, 234, 240, 243,
280, 291, 304, 421,
428, 506, 550, 684,
687, 858, 870
dampness/damp-heat, 26,
74, 314, 483
of fluids, 85, 100, 101,
102, 106, 107, 326,
409, 633, 636, 673
of phlegm, 24, 77, 82,
100, 604, 654, 658,
662, 670, 672, 865
Aching, 24, 51, 61, 364
Acid regurgitation, 172, 478,
488, 489, 643, 651,
652, 693, 853
Acne, 254, 670, 717, 885
Adenoid growths, 647
Adenomatous growths, 652,
658, 659
Agitation, 326, 420, 425, 426,
428, 432, 434, 438,
441, 444, 450, 538,
772, 843
Alcohol abuse, 122
Allergies, 44, 48, 52, 60, 70,
71, 184, 201, 462
see also Rhinitis
Alopecia, 604, 752
Amenorrhoea, 92, 164, 165,
167, 306, 307, 311,
394, 395, 486, 522,
523, 524, 525, 528,
531, 534, 535, 536,
540, 542, 543, 546,
547, 551, 557, 558,
559, 561, 565, 570,
574, 575, 576, 577,
578, 580, 582, 607,
768, 769, 814, 815,
882, 883
Amoebiasis, 176, 180, 181,
185, 187, 192, 216,
217, 228, 230
Anaemia, 261, 263, 734
Anal fissures and prolapse,
50, 56, 92
Analgesia, 92
Angina pectoris, 275, 385,
387, 405, 510, 511,
545, 663
Ankles, pain in, 350
Anorexia, 269, 670
Anosmia, 34
Anuria, 303, 551

- Anxiety, 418, 419, 420, 421, 422, 424, 425, 426, 429, 430, 431, 432, 434, 438, 440, 441, 442, 444, 445, 534, 842
- Apathy, 266, 268
- Aphasia, 47
- Aphthous lesions, 418
- Appendicitis, 202, 203, 224, 225, 228, 230
- Appetite loss, 40, 44, 51, 66, 92, 126, 127, 172, 184, 256, 258, 268, 269, 278, 279, 280, 281, 282, 284, 285, 290, 291, 292, 293, 295, 302, 312, 322, 326, 334, 335, 392, 394, 395, 398, 401, 408, 432, 436, 478, 479, 480, 481, 485, 488, 489, 492, 504, 505, 506, 508, 538, 684, 685, 686, 687, 689, 690, 693, 696, 706, 708, 709, 710, 711, 712, 713, 714, 717, 720, 724, 727, 728, 729, 746, 868, 869
- Arms, disorders affecting, 356, 357, 364, 482
- Arrhythmias, 92
- Arthritis, 460, 576, 624, 638, 640, 644, 886
- Ascendant yang, 27, 52, 53, 55, 63, 80, 81, 184, 370, 421, 422, 425, 427, 429, 451, 452, 453, 454, 455, 457, 463, 465, 522, 523, 611, 757, 809, 813
- Ascites, 30, 36, 37, 98, 100, 101, 104, 108, 244, 272, 300, 308, 312, 319, 320, 324, 326, 330, 332, 334, 336, 338, 478, 479, 582, 672, 706, 787
- Asthma, 184, 188, 189, 260, 261, 304, 318, 336, 337, 338, 342, 422, 436, 437, 476, 648, 664, 668, 672, 696, 757, 764, 884
- see also* Breathing difficulties/
- breathlessness;
- Bronchitis;
- Wheezing
- Atopic dermatitis, 54, 462
- B**
- Back disorders, 32, 33, 38, 64, 82, 350, 351, 360, 387
- lower back *see* Lower back conditions
- upper back *see* Upper back
- Bacterial infections, 258
- Bed-wetting *see* Enuresis
- Belching, 27, 80, 81, 82, 92, 158, 281, 282, 289, 290, 292, 294, 390, 398, 404, 434, 476, 477, 481, 482, 488, 489, 492, 496, 508, 632, 633, 670, 671, 693, 853
- Bi* syndrome *see* Painful obstruction disorder
- Biliary disorders, 126, 322, 323, 330, 538
- Bites *see* Insect bites; Snakebite
- Bitter taste, 50, 51, 60, 172, 178, 179, 184, 302, 326, 428, 481
- Bladder, 902
- see also* Kidneys; Urination/urinary problems; Urine
- damp-heat/heat in, 113, 127, 315, 316, 329, 330, 617
- dysfunction, 126, 186, 306, 308, 316, 324, 328, 340, 456, 652, 684
- stones, 310, 320, 336
- Bleeding, 44, 59, 81, 82, 92, 134, 136, 160, 163, 167, 172, 181, 203, 217, 228, 254, 256, 322, 408, 410, 528, 570, 584, 602–606, 738, 768, 852
- see also* Blood; Nosebleeds
- in mouth, 80, 160, 168, 184, 190, 212, 410
- in pregnancy, 750
- stopping, 42, 44, 62, 80, 82, 158, 172, 238, 310, 314
- uterine *see* Uterine bleeding
- Bloated abdomen, 574, 708, 715
- Blockages, 24, 101, 264, 274, 510, 766, 860
- Blocked nose, 16, 376
- Blood, 16, 163, 168, 169, 172, 264, 330, 348, 780
- see also* Bleeding
- cooling *see* Cooling of blood
- deficient, 43, 44, 51, 96, 97, 257, 259, 261, 355, 363, 394, 419, 421, 439, 441, 443, 452, 453, 576, 577, 579, 707, 714, 716, 719, 773, 775, 777, 809
- heat in *see* Blood heat
- movement of, 32, 163, 224, 232, 272, 394, 502, 528, 530, 542, 552, 558, 562, 564, 566, 570, 572, 578, 582, 682, 750, 752
- in sputum *see* Sputum: blood in
- in stools *see* Stools: blood in
- in urine *see* Urine: blood in
- vomiting of, 81, 136, 185, 588, 592, 593, 594, 595, 597, 601, 616
- Blood heat, 59, 81, 157, 159, 163, 164, 165, 169, 171, 214, 257, 259, 261, 585, 589, 606, 791
- Blood pressure, high *see* Hypertension
- Blood stagnation, 38, 51, 92, 95, 167, 224, 236, 306, 310, 324, 358, 384, 385, 430, 472, 474, 483, 485, 490, 524, 540, 542, 544, 546, 550, 551, 553, 568, 569, 594, 598, 600, 602, 769
- Blood stasis, 26, 27, 92, 93, 165, 167, 224, 225, 236, 272, 307, 309, 311, 325, 387, 430,

- 431, 451, 475, 490,
508, 522–525, 527–
531, 533, 536–540,
543, 544, 554–556,
560–563, 565, 567,
570, 571, 574, 575,
578, 579, 583, 607,
616, 617, 642, 683,
693, 769, 882, 889,
893
- Blood vessels, heat damage
to, 310
- Blurred vision, 52, 53, 58, 59,
72, 144, 146, 151,
422, 424, 427, 428,
451, 454, 462, 463,
522, 523, 573, 734,
746, 747, 775, 778,
786, 789, 791, 808,
809
- see also* Eyes/eye disorders;
Visual disturbances;
Visual impairments
- Body
- aches, 33, 39, 42, 43, 70
heaviness in, 308, 322,
332, 334, 339, 343
pain in, 16, 32, 36, 38,
73, 351
- Boils, 22, 31, 48, 49, 52, 53,
100, 108, 126, 127,
142, 143, 153, 154,
165, 174, 190, 196,
198, 200, 202, 203,
217, 228, 238, 250,
251, 254, 255, 308,
320, 326, 354, 358,
372, 418, 430, 432,
433, 458, 564, 566,
592, 858, 882, 886
- Bone conditions, 24, 92, 301,
350, 370, 371, 386,
734
- fractures *see* Fractures
steaming bone disorder
see Steaming bone
disorder
- Borborygmi, 501
- Bowels *see* Intestines
- Brain disorders, 80, 268
- Breast conditions, 21, 25, 50,
51, 61, 80, 140, 141,
199, 218, 219, 234,
240, 241, 250, 304,
320, 324, 325, 470,
473, 495, 687
- abscesses, 23, 142, 218,
234, 235, 241, 250,
251, 375, 490, 663,
886
- inflammation, 90, 214,
216
- mastitis *see* Mastitis
- Breast-feeding problems, 234,
235
- see also* Lactation
disorders
- Breathing difficulties/
breathlessness, 30, 80,
100, 106, 109, 131,
188, 252, 260, 264,
385, 389, 395, 420,
422, 436, 476, 573,
630, 634, 636, 638,
652, 656, 657, 664,
696, 706, 710, 715,
718, 722, 724, 757,
764
- see also* Asthma;
Breathing difficulties/
breathlessness;
Bronchitis;
Emphysema;
Respiratory
complaints;
Wheezing
- Bronchial phlegm, wind-cold,
46
- Bronchial ulcers, 101
- Bronchitis, 26, 142, 184,
224, 225, 336, 342,
588, 589, 631, 636,
637, 648, 652, 670,
678
- see also* Asthma;
Breathing difficulties/
breathlessness;
Wheezing
- chronic, 188, 304, 338,
488
- Bruises, 256, 606, 752
- Bulging disorder, 490, 498,
512, 513
- see also* Hernias
- Burning eyes, 61
- Burns, 20, 52, 82, 92, 93, 96,
100, 102, 128, 130,
131, 153, 184, 192,
196, 198, 206, 216,
234, 236, 238, 254,
306, 316, 324, 326,
386, 424, 426, 430,
432, 530, 564, 567,
588, 592, 594, 604,
608, 636, 648, 650,
724, 812, 832
- C**
- Cancer *see* Carcinomas;
Tumours
- Carbuncles, 22, 82, 154, 162,
200, 251, 254, 255,
308, 326, 528, 529,
560, 562, 590, 624,
778
- Carcinomas, 190, 202, 239,
241, 308
- see also* Neoplasias
- Cardiac conditions, 272, 430,
475, 662, 663
- Caries, toothache caused by,
360
- Cataracts, 54, 58, 148, 149,
150, 170, 171, 176,
329, 423, 454
- Cellulitis, 384, 385
- Cerebrovascular disorders,
264, 580
- Channels, 26, 66, 133, 165,
214, 220, 234, 324,
358, 386, 392, 905
- obstructions in, 25, 43,
309, 398
- opening/unblocking, 60,
62, 214, 218, 219,
352, 354, 360, 364,
374, 376, 378, 441,
448, 450, 456, 460,
500, 576, 580, 640,
644
- Chapped skin, 589
- Chemotherapy, 577
- Chest complaints *see*
Respiratory
complaints
- Chi *see* Qi
- Chickenpox, 28, 44, 54, 64,
70, 152, 166, 186
- Childhood disorders, 53, 54,
61, 96, 150, 151, 181,
222, 262, 263, 314,
315, 325, 329, 363,
448, 578, 579, 598,
728, 734, 811
- see also* Chickenpox;
Enuresis; Measles;
Mumps
- convulsions, 464, 645
- nutritional impairment,
683, 684, 685, 686,
689, 868, 869, 873
- seizures, 80, 160, 222,
223, 419, 425, 430,
431, 448, 449, 451,
458, 459, 460, 644

- whooping cough, 652, 670, 678
- Chills *see* Colds and chills
- Cholangitis, 50
- Cholecystitis, 50, 163, 302
- Cholelithiasis, 302
- Cholesterol, reducing, 682
- Chong mai, 80, 734, 832
- Chronic fatigue syndrome, 260
- Cirrhosis, hepatic, 104, 428, 540, 574, 646
- Clouding of consciousness, 80, 127, 136, 154, 157, 162, 163, 266, 268, 269, 272
- Clumping, 82, 140, 434, 538, 574, 582, 642, 650, 658, 814
- Cock's crow, 759, 765
- Cold, 20, 24, 26, 28, 29, 39, 41, 46, 74, 80, 100, 107, 282, 290, 294, 313, 358, 361, 363, 385, 387–389, 391, 398, 408, 738, 905–906
- abdominal pain, 20, 399, 400, 403, 405, 587
- deficient, 405, 407, 420, 427, 450, 586, 605, 615, 679, 731, 841
- dispelling/expelling, 38, 40, 42, 44, 294, 350, 384, 386, 389, 390, 394, 402, 404, 406, 484
- in limbs, 388, 389, 395, 408, 409, 436, 715, 755
- in lower burner, 21, 46, 280, 291, 400, 406, 495, 499, 614
- in Stomach, 46, 82, 282, 391–393, 399, 402, 404, 409, 496, 497, 504, 505
- warming, 280, 282, 290, 392, 394, 398, 400, 402, 404, 420, 474, 476, 498, 614, 632, 730
- Cold phlegm, 24, 26, 46, 188, 266, 268, 281, 292, 294, 409, 428, 441, 474, 483, 485, 488, 624, 633–635, 638–640, 666
- see also* Hot phlegm
- Cold-*bi* syndrome, 344
- Colds and chills, 16, 24, 26, 27, 30, 31, 32, 36, 38, 40, 42, 44, 46, 47, 48, 50, 64, 68, 71, 200, 201, 278, 289, 295, 389, 410, 436, 490, 636, 670, 678, 742, 866
- Colitis, 176, 184, 224, 228, 230, 308, 480
- Collapse, 136, 154, 270, 274, 275, 715, 721
- Coma, 126, 154, 264, 272, 389, 418, 645
- Complexion, pale, 264, 389, 394, 408, 696, 775, 778
- Concentration, lack of, 268, 436
- Conception vessels, cold of, 395
- Concretions, 92, 164, 165, 171, 198, 433, 472, 482, 529, 540, 565, 571, 575, 582, 583, 643, 646, 653, 659, 684
- Confusion/confused speech, 93, 126, 127, 136, 154, 171, 268, 427, 429, 451, 465
- Congestant *see* Myomas
- Congestion, nasal *see* Nasal congestion
- Conjunctivitis, 144, 148, 254, 454
- Consciousness, conditions
- affecting, 80, 128, 137, 157, 264, 266, 268, 273, 274, 386, 418, 440, 442, 530, 538, 630, 631, 640, 644, 645, 654
- see also* Clouding of consciousness
- Constipation, 48, 66, 85, 88, 90, 92, 93, 95, 96, 97, 98, 99, 101, 146, 147, 152, 153, 165, 168, 170, 190, 292, 293, 302, 303, 310, 311, 324, 325, 362, 363, 477, 478, 482, 484, 500, 506, 507, 550, 551, 564, 565, 630, 631, 634, 636, 654, 663, 664, 724, 725, 738, 748, 760, 762, 768, 774, 778, 785, 798, 799, 803, 860, 870, 871
- see also* Diarrhoea
- Constitution, weak, 339, 868
- Consumption, 263, 629
- Contusions, 272, 524, 542, 544, 568, 572, 600, 752
- Convalescence, 723
- Convulsions, 53, 54, 55, 270, 352, 378, 379, 418, 420, 422, 424, 426, 430, 431, 441, 448, 449, 450, 451, 456, 458, 460, 461, 465, 641, 644, 645, 655, 814
- childhood, 464, 645
- Cooling of blood, 54, 62, 80, 117, 154, 158, 160, 162, 163, 166, 168, 170, 210, 214, 216, 228, 254, 256, 258, 260, 262, 310, 314, 318, 320, 322, 336, 374, 528, 538, 590, 592, 608, 616, 670, 776, 790
- Cooling of heat, 66, 78, 116, 117, 118, 121, 154, 160, 162, 163, 166, 170, 171, 176, 203, 206, 207, 210, 212, 214, 216, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 245, 248, 250, 252, 254, 256, 258, 260, 262, 270, 300, 302, 304, 306, 308, 310, 314, 322, 326, 328, 330, 336, 341, 342, 370, 424, 454, 456, 494, 552, 570, 652, 658, 660
- Corns, 82, 192
- Coronary artery disease, 431
- Cough, 16, 25, 29, 30, 40, 44, 45, 46, 47, 49, 55, 60, 61–63, 78, 138, 169, 184, 185, 188, 189, 206–208, 220, 248, 258, 261, 279, 292, 293, 304, 305,

- 329, 336, 409, 420,
421, 436, 437, 457,
474, 475, 482, 553,
564, 584, 586, 605,
624, 625, 631, 632,
634, 635, 648, 649,
661, 675, 678, 723,
725, 820
dry *see* Dry cough
Lung heat, 79, 219, 221,
248
with phlegm, 79, 83,
121, 143, 218, 304,
318, 328, 338, 655
productive, 24, 42, 47,
83, 334
with sputum, 46, 81, 82,
120, 130, 194, 341,
342, 440, 442, 488,
566, 567, 602, 626,
628
Counterflow, 60, 64, 74, 78,
388, 392, 420, 494,
498, 504, 614, 634,
670, 784
Cramps, 63, 72, 92, 218, 348,
354, 362, 368, 369,
374, 378, 384, 424,
425, 428, 440, 442,
461, 486, 501, 640,
644, 655, 776
 abdominal, 406, 408
Cravings, 133
Crohn's disease, 184, 230
Cystitis, 158, 180, 300, 306,
310, 320, 324, 342,
590
see also Dysuria
- D**
Damp-cold, 23, 31, 34, 38,
82, 282, 285, 303,
335, 354, 355, 356,
384, 407, 485, 586,
709, 741, 745, 755,
757, 763, 767
dispelling, 388, 408, 668
draining, 400, 762
limited movement caused
 by, 385, 387
obstructions/painful
 obstruction disorder,
26, 295, 357, 475,
751
Damp-heat, 23, 102, 127,
159, 175, 177, 179,
181, 185, 187, 203,
211, 225, 242, 243,
251, 255, 279, 282,
289, 303, 305, 313,
315, 316, 320, 321,
323, 335, 341, 342,
343, 363, 375, 433,
481, 483, 549, 583,
671, 675, 717, 787,
895, 903–904, 907
in Bladder, 127, 315,
316, 617
clearing, 66, 92, 120,
126, 172, 174, 176,
178, 180, 202, 216,
228, 238, 242, 254,
300, 302, 304, 308,
316, 320, 328, 330,
356, 360, 362, 370,
372
digestive/gut disorders,
64, 181, 221, 231,
329, 341, 859
draining, 50, 100, 190,
310, 336, 340, 342,
458, 460, 500, 538,
548, 554, 562, 566,
582, 590, 608, 636,
674, 786, 852
in Liver, 127, 243, 323,
592
in lower burner, 121,
126, 304, 311, 314,
331, 337, 609, 827
in middle burner, 125,
126, 282
Dampness, 22, 24, 43, 45,
47, 83, 118, 175, 217,
269, 279, 281, 282,
285, 289, 293, 309,
312, 316, 334, 340,
341, 343, 348, 349,
355, 356, 360, 363,
370, 376, 385, 451,
479, 485, 489, 559,
629, 709, 721, 740,
860, 861, 876, 877,
894
see also Damp-cold;
Damp-heat; Damp-
phlegm; Damp-
wind, expelling
accumulation of, 26, 74,
281, 338
draining, 32, 38, 40, 72,
266, 268, 272, 278,
300, 304, 308, 316,
332, 334, 340, 348,
362, 372, 376, 478,
490, 558, 586, 598
drying, 116, 176, 280,
290, 512
and phlegm, 903–905
transforming, 66, 278,
282, 284, 292, 294,
354, 384, 392,
720
Dampness-*bi*, 66, 344
Damp-phlegm, 279, 625,
629, 637, 693
Damp-summerheat, 279,
289, 303
Damp-wind, expelling, 214,
244, 358, 368, 374,
456, 457, 458, 530,
536, 560, 562, 576,
624, 752
Deafness, 47, 73, 178, 179,
266, 268, 269, 422,
423, 752, 753, 790
Debility, 736, 756
Deficiency, 85, 120, 183, 293,
300, 335, 444, 445,
530, 551, 594, 731
 blood *see* Blood: deficient
 cold, 405, 407, 420, 427,
450, 586, 605, 615,
679, 841
 heat *see* Heat: deficient
 Kidneys *see* Kidneys:
 deficiency in
 Liver, 53, 58, 59, 127,
145, 349, 441
 in lower burner, 477,
829, 837, 849
 qi *see* Qi: deficient
 Spleen *see* Spleen:
 deficient
 Stomach *see* Stomach:
 deficient
 yang *see* Yang deficiency
 yin *see* Yin deficiency
Deformations, 460
Delirium, 54, 126, 128, 136,
137, 154, 157, 173,
272, 654, 876, 877
Depression, 51, 60, 268, 432,
433, 482, 538, 541,
556, 718, 719
Dermatitis, 352, 512
Dermatological diseases *see*
 Skin conditions
Detoxification, 92
Developmental delay, 349,
696, 812
Diabetes, 710, 805
Diaphragm, distension of,
100

- Diarrhoea, 20, 36, 41, 42, 43, 46, 47, 58, 64, 65, 92, 118, 134, 169, 172, 180, 181, 184, 206, 208, 217, 279, 282, 284, 285, 290, 292, 293, 294, 300, 308, 309, 312, 328, 329, 332, 333, 334, 341, 354, 355, 368, 388, 390, 392, 394, 395, 402, 403, 404, 405, 406, 407, 408, 409, 410, 427, 474, 475, 476, 480, 481, 483, 484, 488, 495, 499, 584, 614, 615, 682, 683, 685, 692, 693, 696, 706, 708, 709, 710, 711, 713, 714, 720, 722, 724, 730, 731, 752, 753, 764, 777, 820, 826, 830, 831, 832, 833, 834, 835, 838, 841, 847, 852, 876
see also Constipation
 childhood, 598
 chronic, 56, 57, 183, 281, 405, 449, 746
 daybreak, 759, 765
 Diatheses, bleeding, 170
 Digestive disorders, 28, 40, 46, 66, 82, 83, 88, 181, 289, 294, 434, 474, 478, 481, 484, 489, 491, 495, 524, 682, 684, 706, 720, 722, 723, 842, 868
see also specific conditions
 Diphtheria, 163
 Discharge, 80, 179, 225
 vaginal *see* Vaginal discharge
 Dislocations, 272, 752
 Disorientation, 171, 420, 421, 440, 441, 442, 854
 Distension, 167, 218, 219, 284, 292, 470, 480, 525, 709
see also Abdomen:
 distension
 chest, 100, 268, 269, 272, 292, 691, 696
 epigastrium, 83, 269, 293, 470, 471, 474, 488, 490, 689, 690
 Diuresis, 106
 Dizziness, 42, 50, 51, 52, 53, 55, 60, 63, 73, 81, 88, 89, 121, 140, 141, 146, 148, 165, 185, 256, 284, 285, 300, 301, 302, 334, 422, 423, 450, 451, 452, 453, 454, 455, 462, 463, 464, 465, 499, 523, 530, 573, 576, 610, 612, 625, 640, 746, 756, 771, 774, 775, 778, 779, 780, 781, 786, 787, 790, 794, 800, 801, 808, 822, 823
see also Vertigo
 Draining of damp-heat/
 dampness, 50, 100, 190, 206, 244, 248, 252, 256, 268, 312, 314, 322, 324, 326
see also Dampness:
 draining
 Draining of fire, 58, 88, 90, 92, 121, 136, 146, 148, 154, 164, 166, 170, 171, 178, 180, 184, 196, 198, 212, 216, 306, 314, 320, 512
 Dream-disturbed sleep, 427, 430, 446, 844
 Dry cough, 120, 142, 158, 663, 664, 665, 666, 670, 675, 678, 717, 722, 771, 796, 802, 838
 Dry mouth, 62, 80, 139, 143, 168, 169, 173, 184, 226, 258, 436, 651, 728, 782, 784, 788, 792, 793, 802, 806, 842
 Dry throat, 16, 51, 61, 142, 168, 169, 170, 172, 173, 200, 211, 216, 262, 660, 724
 Dryness, 48, 90, 98, 99, 121, 147, 152, 363, 635, 652, 660, 716, 718, 726, 738, 748, 749, 768, 778, 782, 796, 797, 800, 805, 808, 908–909
 Du mai vessel, 734, 832
 Duodenal ulcers, 390, 585
 Dysentery, 57, 92, 118, 172, 176, 180, 181, 183, 186, 187, 192, 201, 208, 216, 217, 224, 228, 230, 231, 256, 269, 285, 308, 409, 472, 474, 475, 480, 481, 483, 485, 604, 607, 609, 610, 682, 683, 776, 777, 820, 830, 831, 833, 834, 835, 839, 846, 852, 859, 861
 and heat/damp-heat, 64, 65, 173, 177, 221, 229, 859, 860
 Dysmenorrhoea, 26, 127, 164, 166, 167, 236, 394, 395, 486, 494, 495, 498, 499, 500, 506, 508, 522, 523, 525, 527, 528, 530, 531, 532, 533, 536, 537, 538, 539, 540, 543, 547, 554, 557, 558, 560, 561, 562, 563, 565, 570, 574, 576, 578, 579, 582, 586, 616, 767, 768, 769, 776
 Dyspnoea, 27, 80, 101, 188, 436, 456, 654
 Dysuria, 120, 126, 127, 158, 179, 180, 181, 187, 200, 203, 206, 207, 216, 228, 242, 251, 258, 300, 301, 306, 307, 310, 311, 312, 314, 315, 320, 321, 322, 323, 325, 326, 328, 329, 331, 333, 335, 337, 340, 341, 343, 400, 401, 523, 539, 653
see also Urination/urinary tract disorders
- ## E
- Ear complaints/hearing problems, 52, 53, 140, 141, 170, 178, 254
see also Tinnitus
 Earth pattern, 480, 489
 Eclampsia, 464, 465
 Eczema, 20, 44, 52, 60, 82, 96, 100, 102, 108, 128, 130, 131, 153, 170, 172, 174, 175,

- 184, 192, 196, 198,
202, 206, 214, 216,
228, 234, 236, 238,
254, 270, 306, 308,
312, 315, 316, 322,
324, 326, 341, 358,
360, 376, 384, 386,
407, 424, 426, 430,
432, 462, 526, 527,
548, 556, 564, 586,
587, 588, 590, 592,
594, 598, 604, 636,
648, 650, 724, 778,
812, 832, 852, 884
- Elderly patients, disorders
affecting 96, 97, 438,
439, 462, 664, 665,
666, 678, 679, 724,
738, 739, 760, 761,
762, 775, 877
- Electrolyte disturbance,
92
- Emaciation, 263, 727,
728
- Emotional disorders, 60, 431,
719
see also Anxiety;
Depression;
Manic-depression
- Emphysema, 26, 338, 488,
588
- Encephalitis, 130, 160, 162,
866
- Endometriosis, 554
- Enteritis, 184, 308
- Enuresis, 498, 499, 684, 685,
696, 734, 764, 765,
822, 823, 826, 836,
837, 846, 848, 849,
850, 854, 855, 884
- Epigastrium, 282, 284, 292,
470, 508, 547, 692
distension, 83, 269, 293,
470, 471, 474, 483,
488, 490, 633, 689,
690, 693
pain in, 284, 285, 290,
291, 357, 368, 390,
391, 400, 409, 428,
434, 472, 473, 476,
480, 481, 482, 494,
495, 498, 504, 508,
532, 536, 544, 570,
578, 651, 652, 668,
685, 686
sensation of fullness in,
268, 278, 279, 293,
301
- Epilepsy, 80, 101, 154, 155,
379, 418, 422, 424,
430, 449, 450, 457,
458, 460, 461, 465,
624, 631, 638, 640,
641, 644, 654, 876
- Epileptiform symptoms, 274,
275
- Epistaxis, 159, 185, 238, 261,
263, 586, 592, 600,
605, 615, 844
- Erysipelas, 57, 162, 163, 171,
201, 210, 614
- Erythemas, 48, 528
- Exanthemas, 48, 54, 56, 57,
60, 64, 70, 71, 92,
118, 138, 152, 160–
163, 166, 168, 169,
170, 180, 181, 200,
201, 214, 352, 353,
358, 376, 378, 526,
534, 570, 598, 660,
778, 880
- Excitability, 68
- Exhaustion, 66, 122, 279,
728, 735, 764, 805
see also Fatigue; Tiredness
- Exterior, 24, 36, 42
releasing *see* Releasing the
exterior
- Eyes/eye disorders, 60–63, 80,
116, 140, 141, 146–
148, 150, 271, 386,
454, 879
see also Blurred vision;
Glaucoma; Visual
disturbances; Visual
impairments
inflammation, 52, 61, 90,
128, 216, 254, 270
itching, 59, 127, 146
lacrimation *see*
Lacrimation
pain *see* Painful eyes
reddened *see* Red eyes
swollen *see* Swollen
eyes
wind-sensitive, 146, 148,
216
- F**
- Face
nerve palsy *see* Nerve
palsy, facial
oedema, 102, 104, 673
reddening, 211, 264, 465
swelling, 211, 318, 479,
710
- Fainting, 80, 128, 154, 270,
274, 388, 408, 631, 645
- Falls, 150
- Fatigue, 38, 50, 66, 122, 126,
127, 256, 278, 284,
285, 295, 326, 427,
436, 485, 488, 489,
687, 706, 707, 708,
710, 712–714, 724,
727, 728, 734, 756
see also Exhaustion;
Tiredness
- Fear, 424, 430, 432, 436, 446,
538
see also Panic attacks
- Febrile illnesses, 50, 66, 67,
68, 69, 130, 133, 138,
158, 162, 163, 168,
171, 210, 258, 450,
456, 483, 571, 671,
710, 714, 728, 760,
771, 782, 783, 796
- Feet, disorders affecting, 60,
459
- Fetus
calming, 40, 184, 284,
708, 750
restless, 185, 285, 586,
709, 746, 756, 757
- Fevers, 16, 21, 24, 26, 30, 31,
32, 36, 37, 38, 40, 42,
48, 50, 52, 54, 60, 63,
66, 69, 71, 92, 120,
126, 127, 132, 133,
134, 144, 152, 159,
163, 168, 181, 183,
184, 185, 200, 207,
211, 216, 225, 230,
231, 246, 256, 257,
258, 259, 262, 278,
279, 282, 289, 294,
302, 303, 309, 321,
327, 338, 340, 341,
418, 464, 490, 674
see also Sweating
afternoon, 121, 181, 256,
257, 259, 261, 263,
308, 363, 784
high *see* High fever
intermittent, 192, 256,
259, 302
lingering, 258, 260, 262,
263, 302, 779, 797
low-grade, 258, 261, 262,
308, 363, 707, 789,
813
postpartum, 225, 258,
259

- tidal, 120, 192, 302, 362, 363
see also Malaria
 without sweating, 20, 28, 64, 69, 257
- Fibrocystic breast diseases, 473
- Fire, 128, 153, 157, 165, 168, 173, 300, 333, 591, 608, 907–908
 draining *see* Draining of fire
 in Heart, 57, 171, 307, 419
 in Liver *see* Liver fire
 in Stomach *see* Stomach fire
- Fish bone in throat, feeling of, 357
- Fish poisoning, 40
- Fissures, 589
- Fits *see* Seizures
- Five-palm heat, 120, 164
- Flank pain, 50, 51, 93, 167, 178, 429, 474, 480–482, 489, 491, 493–495, 506, 509, 530, 533, 539, 563, 653, 776, 777
- Floater, in eyes, 62, 72, 733, 746
- Fluid compromise, 65
- Fluids, 97, 142, 143, 158, 289, 300, 334
 accumulation of, 85, 100, 101, 102, 104, 106, 107, 326, 409, 633, 636, 673
 generating, 54, 64, 96, 98, 116, 120, 124, 138
 vomiting of, 280, 282, 391
- Food stagnation, 28, 282, 285, 289, 290, 293, 480, 481, 525, 540, 541, 574, 575, 655, 682–693, 865
- Forgetfulness, 269, 370, 422, 427, 430, 431, 436, 438, 440, 442, 714, 754, 850
- Fractures, 83, 166, 272, 432, 524, 542, 543, 544, 546, 547, 568, 569, 572, 600, 734, 735, 750, 752
- Fright mania, 428
- Frostbite, 107, 212
- Fullness, 50, 51, 279, 474, 475, 478, 485, 488, 692
 in abdomen, 40, 41, 82, 93, 100, 282, 301, 476, 525, 541, 688, 689
 in chest, 40, 41, 106, 268, 278, 279, 282, 335, 476, 672
- Fungal diseases, 174, 186, 312, 316, 858, 886
- Furuncles, 100, 101, 162, 196, 203, 228, 239, 240, 241, 250, 255, 326, 354, 358, 566
- G**
- Gallbladder, 93, 113, 592, 684, 685
 damp-heat or heat in, 93, 113, 127, 243, 323
- Gallstones, 566, 567
- Gastric acidity, 652
- Gastric area, burning sensation in, 172
- Gastrointestinal problems, 50, 239, 256, 278, 294, 390, 400, 602, 614, 670
see also specific conditions
- Genitals, disorders affecting, 32, 164, 170, 174, 178, 180, 186, 261
- Geriatric patients *see* Elderly patients, disorders affecting
- Giddiness, 50, 51, 52, 53, 60, 80
- Glandular swellings, 250, 429, 448, 449, 653, 658, 659, 779
- Glaucoma, 52, 140, 146, 147, 150, 454
- Goitre, 171, 428, 559, 646, 647, 652, 653, 658, 659
- Gonorrhoea, 304
- Gum conditions, 56, 57, 130, 131, 212, 249, 522, 562, 584, 595, 604, 752, 753, 876
- Gynaecological complaints, 26, 27, 60, 167, 508, 554
see also Menstrual disorders
- H**
- Haematemesis, 78, 93, 126, 127, 134, 146, 157, 158, 159, 165, 169, 238, 260, 584, 586, 587, 590, 596, 600, 601, 602, 605, 606, 614, 615, 671, 791
- Haematomas, 92, 126, 150, 163, 165, 272, 432, 523, 524, 530, 542–544, 550, 556, 557, 562, 568, 572, 750
- Haematuria, 126, 127, 158, 159, 164, 169, 172, 184, 260, 332, 336, 431, 592, 593, 594, 598, 599, 604, 605, 608, 609, 611, 616, 790
- Haemoptysis, 62, 158, 261, 263, 592, 600, 790, 804
- Haemorrhage, 543, 591
- Haemorrhoids, 50, 58, 59, 92, 181, 500, 501, 598, 608–613, 870
- Hair, premature greying of, 670, 794, 798, 808
- Hair loss, 604, 752
- Hallucinations, 268
- Hangover, 65
- Head, disorders affecting (excluding headaches), 140, 200, 278, 428, 452
- Headaches, 16, 20, 21, 23–26, 30, 32, 33–35, 38–40, 42–44, 47, 52, 53, 57, 60, 61, 62, 64, 67–73, 81, 88, 89, 122, 127, 130, 131, 134, 140, 141, 147, 148, 178, 184, 200, 233, 278, 282, 284, 285, 302, 334, 343, 350, 351, 367, 370, 371, 376, 377, 384, 386, 426, 428, 429, 449, 450, 451, 452, 454, 455, 459–464, 499, 512, 522, 531, 538, 612, 613, 640, 641, 756, 776, 808
see also Migraine severe, 366, 460
- Hearing problems, 52, 53
see also Deafness

- Heart, 26, 27, 100, 170, 315,
334, 335, 418, 436,
474, 796
deficient, 421, 444, 445,
716
fire in, 57, 171, 307, 419
heat in, 163, 307
phlegm in, 418
yang, 420, 424, 425, 428,
440
yin/yin deficiency, 438,
443, 446, 447
- Heat, 31, 57, 63, 68, 78, 80,
85, 88, 92, 93, 94,
108, 113, 127, 128,
133, 134, 146, 153,
157, 159, 165, 169,
170, 173, 177, 178,
181, 184, 201, 216,
217, 226, 235, 258,
271, 309, 310, 311,
314, 323, 329, 333,
343, 708, 907–908 *see*
Liver heat; Lung heat
in Bladder, 113, 329,
330
blood *see* Blood heat
clearing, 48, 52, 56, 62,
96, 158, 340, 464
cooling *see* Cooling of
heat
deficient, 119, 164, 168,
170, 180, 256, 258,
260, 261, 262, 263,
362, 854
five palm, 120, 164,
258
in Heart, 136, 163, 307,
310
in Intestines, 85, 93, 113,
132
in nutritive level, 216,
217, 259
in Small Intestine, 93,
132, 238, 307
in Stomach *see* Stomach
heat
- Heat-*bi* syndrome, 344
Heatstroke, 264
Heat-wind, 463
Heaves, dry, 78, 80, 81, 83,
138, 172, 278, 279,
282, 284, 285, 290,
292, 392, 400, 401,
404, 406, 484, 497,
544, 545, 614, 670,
671, 693, 788
see also Vomiting
- Heaviness, 30, 38, 42, 72,
335, 350, 370, 423,
450
in body, 308, 322, 332,
334, 339, 343
in limbs, 72, 312, 316,
324, 340, 624, 638,
640, 644, 696
- Hemiplegia, 352, 353, 362,
363, 370, 378, 384,
386, 450, 456, 457,
460, 552, 624, 625,
638, 640, 644
- Hepatic cirrhosis, with ascites,
104
- Hepatitis, 51, 124, 126, 160,
162, 163, 256, 302,
308, 312, 326, 494,
556, 590, 670, 685
- Hepatomegaly, 524, 525, 547
- Hepatosplenomegaly, 540,
574, 646
- Hemias, 33, 384, 385, 387,
398, 400, 472, 473,
486, 499, 502, 507,
533, 682, 683, 693,
725, 766, 767
see also Bulging disorder
- Herpes/herpes zoster, 172,
178, 184
- Heteropathies (external
pathogens), 16
- Hiccoughs, 79, 81, 391, 392,
400, 401, 476, 477,
492, 493, 496, 632,
633, 670
- High blood pressure *see*
Hypertension
- High fever, 56, 57, 126, 127,
128, 130, 131, 136–
138, 152, 154, 157,
160, 166, 173, 178,
185, 201, 211, 218,
230, 257, 264, 282,
340, 418, 456, 457,
461, 465, 534, 654
see also Fevers
- High temperature *see* High
fever
- Hip problems, 360, 366
- Hoarseness, 54, 55, 189, 194,
195, 269, 449, 637,
660, 661, 782, 820
- Hookworms, 858, 862, 863,
870
- Hot flashes, 50
- Hot phlegm, 47, 78, 79, 83,
143, 448, 449, 488,
489, 538, 604, 633,
644, 645, 646, 648,
650, 656, 658, 660,
661, 662, 675, 677,
900
see also Cold phlegm
- Hydrocele, 178, 886
- Hyperactivity, 262
- Hyperaemia, 574
- Hyperaldosteronism, 92
- Hyperemesis gravidarum, 614
- Hyperlipidaemia, 590
- Hypertension, 52, 60, 90,
140, 148, 149, 178,
266, 426, 454, 457,
494, 522, 554, 590,
591, 592, 593, 612,
613, 692, 778
- Hypoadosteronism, 88
- Hypochondrium, conditions
affecting, 163, 166,
172, 218, 470, 471,
473, 482, 492, 530,
538, 543–545, 570
- I**
- Icterus, 539
- Impotence, 388, 389, 392,
393–395, 476, 734,
735, 738, 739, 740,
742–746, 748, 756,
757, 763–787, 790,
800, 801, 822, 823,
843, 884, 885
- Incontinence, 259, 313, 696,
730, 736, 744, 764,
826, 828, 833, 834,
855
- Indifference, 706
- Indigestion, 289, 685, 691
- Infections, 85, 106, 120, 128,
130, 134, 144, 152,
162, 163, 166, 169,
170, 172, 180, 184,
190, 196, 201, 210,
216, 217, 220, 222,
226, 238, 246, 251,
256, 258, 264, 300,
304, 318, 321, 322,
326, 341, 342, 418,
552, 556, 566, 741
intestinal, 184, 186, 216,
720
see also Dysentery
of throat *see* Throat
infections
- Infertility, 394, 420, 421, 494,
528, 554, 555, 586,

- 734, 738, 741, 748,
755, 762, 764
- Inflammation, 56, 90, 131,
160, 165, 178, 180,
188, 203, 206, 208,
210, 214–216, 218,
224, 225, 228, 230,
232, 237, 244, 250,
254, 336, 457, 557,
568, 590, 612, 631,
674
- of eyes, 52, 61, 90, 128,
216, 254, 270
- of throat *see* Throat
inflammation
- Influenza/flu-like symptoms,
30, 38, 208, 244, 246,
866
- Inguinum, phlegm nodules,
140
- Injuries, 24, 61, 82, 83, 126,
150, 166, 238, 270,
272, 358, 359, 368,
384, 386, 432, 523,
524, 525, 529, 531,
532, 542–544, 547,
550, 551, 556, 557,
562, 564–567, 572,
573, 582, 583, 600,
617, 735, 750,
751
- Insect bites, 138, 190, 228,
232, 238, 246, 318,
358, 626
- Insomnia, 67, 68, 69, 79, 83,
88, 126, 136, 168,
170, 171, 173, 178,
306, 307, 314, 315,
334, 335, 370, 418–
422, 424, 426–441,
444, 445, 447, 494,
512, 534, 570, 571,
611, 649, 714, 729,
770, 772, 773, 775,
778, 779, 781, 796,
843, 850
- see also* Sleep disorders
- Intestines, disorders affecting
85, 94, 95, 98, 103,
142, 147, 152, 164,
184, 186, 216, 236,
239, 250, 304, 308,
362, 363, 410, 472,
474, 610, 636, 870
- see also* Large Intestine,
disorders affecting;
Small Intestine,
disorders affecting
- abscesses *see* Abscesses:
intestinal
- constipation *see*
Constipation
- diarrhoea *see* Diarrhoea
- parasites in *see* Parasites:
intestinal
- unblocking of bowels,
324, 438, 482, 630
- Intoxication, 181, 236
- Irritability, 27, 67, 69, 78, 79,
88, 89, 120, 121, 128,
136, 139, 142, 143,
159, 168, 170, 173,
178, 184, 226, 227,
259, 264, 269, 306,
307, 314, 315, 326,
327, 335, 340, 341,
370, 423, 426, 427,
432–434, 436, 438,
441, 447, 456, 464,
482, 494, 508, 512,
513, 570, 657, 671,
707, 718, 729, 771,
797, 803, 854, 876,
877
- Irritable bowel, 484
- Itching, 42, 44, 45, 48, 55,
59, 60, 61, 76, 174,
175, 178, 186, 187,
214, 261, 270, 273,
294, 315, 316, 330,
352, 353, 358–361,
370, 377, 441, 448,
462, 526, 586, 741,
779, 793, 876, 877,
878, 884
- eczema, 407
- vaginal, 152, 186, 231,
863, 877
- J**
- Jaundice, 92, 93, 124, 126,
132, 158, 159, 163,
172, 180, 184, 186,
187, 203, 210, 211,
242, 243, 244, 248,
250, 251, 255, 256,
302, 303, 320, 322,
323, 326, 332, 334,
362, 363, 538, 566,
567, 592, 593
- with damp-heat, 127,
179, 181
- Jing fright mania syndrome,
421
- Jing qi, 136, 389, 822, 826,
836, 842, 848
- Jitteriness, 418
- Joint conditions, 126, 306,
433, 457
- hot joints, 162, 215, 242,
364
- pain in *see* Joint pain
- stiffness, 368
- swelling, 38, 162, 242,
361, 364, 370, 372
- Joint pain, 24, 26, 38, 42, 66,
162, 214, 215, 232,
233, 236, 242, 243,
282, 308, 309, 312,
313, 338, 350, 355,
356, 357, 358, 360,
361, 362, 363, 364,
365, 366, 367, 368,
369, 370, 372, 376,
384, 386, 387, 388,
460, 500, 536, 558,
560, 582, 606, 624,
638, 639, 745, 774
- K**
- Kidneys, 31, 80, 113, 120,
164, 170, 180, 300,
311, 314, 320, 329,
348, 350, 370, 389,
392, 900–902
- deficiency in, 53, 63, 81,
145, 147, 181, 183,
349, 393, 395, 422,
423, 427, 428, 438,
453, 685, 713, 715,
733, 739, 741, 747,
749, 753, 755, 761,
763, 765, 787, 823,
827, 837, 847,
849
- Knees, disorders affecting,
360, 361, 366, 368
- pain, 350, 354, 360
- L**
- Lacrimation, 58, 59, 62, 63,
72, 140, 141, 144,
146, 147, 270, 462
- Lactation disorders, 90, 218,
219, 234, 235, 306,
307, 324, 325, 342,
343, 462, 500, 558,
559, 581, 683, 686
- Large Intestine, disorders
affecting, 48, 88, 91,
92, 93, 177, 185, 325,
481, 565, 654, 821,
839, 902–903
- heat, 93, 113, 238, 309

- Laryngitis, 194, 210, 220,
221, 232, 248, 636,
652, 670
see also Voice loss
- Larynx, swelling of, 270
- Lassitude, 432, 718, 727, 729
- Laxatives, 48, 85, 88, 90, 92,
94, 96, 98, 152, 324,
362, 564, 630, 738,
802
- Legs, disorders affecting, 38,
104, 181, 300, 308,
326, 350, 351, 354,
356, 357, 360, 389,
457, 737
oedema, 104, 300, 308,
646
painful obstruction of,
175, 350
weakness, 348, 355, 370,
392, 394, 696, 726
- Lethargy, 278, 279
- Leucopenia, 337, 577
- Leucorrhoea, 304, 312, 313,
427, 428, 566, 734,
828, 830, 834, 846,
852
- Libido, loss of, 884
- Lice, 675
- Lichen, 886
- Light-headedness, 22, 52, 53,
55, 72, 73, 121, 256,
454, 573, 612, 734,
746, 755, 770, 771,
773, 806, 812, 814
- Limbs, 27, 36, 104, 352, 368,
388, 450, 451, 558,
576
cold in, 388, 389, 394,
395, 408, 409, 436,
715, 755
heaviness in, 72, 312,
316, 324, 340, 624,
638, 640, 644, 696
lower *see* Legs, disorders
affecting
numbness, 352, 371, 580
pain in, 364, 388, 394,
427, 441, 456, 458,
460, 500, 528, 529
swelling, 372, 674, 706
- Lipomas, 140
- Liver, 42, 50, 53, 55, 63, 80, 88,
89, 140, 141, 146, 164,
219, 239, 291, 329,
348, 426, 428, 447
see also specific conditions,
such as Hepatitis
- damp-heat in, 127, 243,
323, 592
deficient, 53, 58, 59, 63,
127, 145, 349, 441,
733
fire in *see* Liver fire
harmonizing and toning,
52, 80, 150, 426,
428, 612, 735
heat in *see* Liver fire/heat
qi stagnation in, 141,
219, 291, 463, 470,
473, 492, 493, 495,
509, 777, 889
Liver fire/heat, 93, 113, 141,
145, 147, 149, 160,
165, 179, 185, 255,
263, 328, 329, 425,
465, 513, 539, 593,
889–890
Liver qi, 51, 219, 268, 324
Liver yang, descending, 60
Lochia, retention of, 528,
529, 571, 578, 617,
683, 751
Lockjaw, 264, 631
Loins, disorders affecting, 522
Lower abdomen, 80, 98, 165,
400
see also Abdomen
pain in, 398, 401, 430,
472, 477, 500, 502,
506, 586, 682, 693
Lower back conditions, 350,
366, 370, 436, 734,
738
pain, 312, 313, 348, 350,
354, 359, 368, 726,
740
Lower burner, 82, 180, 206,
300, 304, 323, 329,
338, 394, 398, 410,
472, 507, 554, 579,
616, 658
blocked, 766
cold in *see* Cold: in lower
burner
damp-heat in, 121, 126,
304, 311, 314, 331,
337, 609, 827
deficient, 477, 829, 837,
849
Lumbar region conditions,
350, 354, 366, 394
pain, 427, 457, 500, 734,
737, 747, 761
Lumps, 25, 171, 200, 202,
210, 228, 238, 242,
254, 270, 472, 474,
478, 482, 486, 560,
562, 564, 630, 646
see also Swellings
- Lung, 897–900
disorders *see* Respiratory
complaints
Lung heat, 79, 113, 121, 130,
158, 189, 207, 208,
219, 221, 238, 248,
258, 261, 309, 337,
456, 457, 596, 625,
657, 665, 671, 677,
797
Lymph node swelling, 61,
104, 171, 200,
201, 240–242, 251,
428, 448, 458, 461,
472, 559, 643, 650,
658
Lymphadenitis, 170, 242,
646, 652, 658
Lymphatic carcinoma, 241
Lymphatic system, nodules
in, 141
Lymphomas, 240
- ## M
- Malaria, 190, 192, 231, 256,
257, 294, 295, 860,
864, 865
Mania, 77, 100, 266, 268,
426, 428, 654
Manic-depression, 428,
484
Mastitis, 20, 22, 23, 82, 200,
201, 203, 214, 234,
235, 240, 244, 250,
251, 254, 558, 886
see also Breasts
early stages, 324, 342
Measles, 28, 44, 48, 54, 55,
56, 64, 70, 71, 130,
152, 153, 166, 254,
462, 535, 866
early stages, 45, 60, 65
Memory, poor, 268
Ménière's disease, 670
see also Vertigo
Meningitis, 130
Menopausal conditions, 164,
300, 306, 326, 522,
755
Menorrhagia, 164, 509, 554,
608
Menstrual disorders, 50, 51,
163, 165, 167, 261,
494, 495, 499, 501,

- 508, 509, 513, 522, 523, 527, 531, 534, 536, 540, 542, 546, 554, 556, 566, 567, 571, 575, 576, 578–581, 587, 593, 599, 600, 604, 605, 616, 768, 776, 777, 780, 781, 815, 832
see also Amenorrhoea;
 Dysmenorrhoea;
 Gynaecological complaints
 heavy bleeding, 42, 58, 164, 420
 irregular bleeding, 164, 214
 missed period, 431
 Mental disturbances, 488
 Metrorrhagia, 592
 Micturition disorders, 98, 109, 202, 300, 325, 522, 523, 556, 616, 617, 636, 672, 846
see also Urination/urinary tract disorders;
 Urine
 disturbances, 303, 328, 338
 dysuria *see* Dysuria
 Middle burner, 28, 41, 50, 172, 269, 279, 284, 300, 301, 308, 578, 654, 686, 688, 709
 and cold, 21, 46, 280, 291, 400, 406, 614, 731
 damp-heat/dampness, 125, 126, 279, 282, 289, 904
 excess in, 479, 483, 485, 507
 pain in, 410, 579
 warming, 400
 Migraine, 42, 450, 512, 580, 624, 638, 640, 644, 670
see also Headaches
 Ming men, warming, 752
 Mobility problems, 384, 387
 Mononucleosis, 260
 Mood swings, 534, 535, 718
 Morning sickness of
 pregnancy, 40, 41, 78, 278, 279, 284, 285, 614, 615, 670
 Motion sickness, hot phlegm, 79
 Motor impairment, 736, 749
 Mouth, 49, 76, 80, 97, 160, 162, 386
 bitter taste in, 50, 51, 60, 172, 178, 179, 302, 326, 428, 481
 bleeding in, 80, 160, 168, 184, 190, 212, 410
 dry *see* Dry mouth
 sores, 57, 90, 91, 120, 121, 132, 133, 163, 172, 249
 ulcers in, 49, 162, 306, 307, 320, 418, 424
 Mucous membranes,
 inflammation, 254
 Mumps, 48, 49, 103, 160, 162, 200, 201, 210, 211, 220, 221, 224, 254, 320, 321, 581
 Muscle atrophy, 348
 Muscle contractions, 348
 Muscle cramps, 66, 80, 352
 Muscle disorders, 218, 352, 354, 370, 372, 384, 433, 443
 spasms *see* Spasms
 Muscular atrophy, 384, 727, 749
 Musculoskeletal system, pain in, 232, 386
 Myalgias, 583
 Myocarditis, 160, 162
 Myomas, 546, 554, 564, 565, 570, 574, 582, 583, 652
- N**
 Nasal congestion, 22–25, 32, 34, 35, 40, 41, 376, 377, 495, 626, 627
 Nasal discharge, purulent, 34
 Nasal secretion, purulent, 270
 Nausea, 36, 40, 44, 46, 78, 158, 159, 172, 184, 256, 278, 279, 280, 282, 284, 285, 290, 291, 292–294, 335, 354, 362, 388, 390, 392, 393, 400, 401, 402, 404–409, 476, 477, 480, 484, 485, 488, 490, 495, 497, 544, 545, 614, 632, 692, 708–710, 713
see also Vomiting
 Neck complaints, 140, 141, 200, 216, 250, 251, 351, 376
 pain, 23, 32, 38
 stiffness, 64, 65
 swelling, 162, 190, 200, 210, 250, 252, 448, 642, 643, 646, 652, 678
 Neoplasias, 164, 170, 171, 192, 198, 202, 244, 308, 318, 428, 540, 546, 565, 583, 643, 882
see also Carcinomas;
 Tumours
 Nephritis, 304, 312, 314, 338, 555, 590
 chronic, 312, 316, 324, 328, 330, 332, 334, 336
 Nephrolithiasis, 595
 Nephropathies, 92
 Nephrotic syndrome, 312
 Nerve palsy, facial, 352, 370, 378, 386, 448, 456, 459, 460, 461, 638, 640, 644
 Nervous tics, 654
 Nervousness, 334, 335, 418, 428, 430, 432, 434, 716, 719
 Neuralgias, 366, 367, 450, 452, 453, 460, 624, 638, 640
 Neurological disturbances, 580
 Neurovascular diseases, 576
 Night blindness, 150, 151, 455
 Night terrors, 54, 314
 Nightmares, 443
 Nightsweats, 120, 121, 169, 180, 256, 257, 258, 260, 300, 426, 428, 429, 438, 446, 447, 452, 453, 742, 776, 780, 781, 812, 814, 815, 823, 825, 851
see also Sweating
 with yin deficiency, 427, 439
 Nocturnal seizures, 55
 Nodules, 102, 104, 140, 141, 170, 171, 198, 201, 507, 638, 642, 643, 652, 653
 Nose
 bleeds of *see* Nosebleeds
 blocked *see* Blocked nose

- congested *see* Nasal congestion
 runny *see* Runny nose
 stuffy *see* Stuffy nose
- Nosebleeds, 44, 78, 80, 81, 92, 93, 126, 127, 158–160, 163, 164, 168, 169, 172, 184, 190, 256, 260, 261, 410, 523, 539, 584, 585, 587–590, 592, 594–597, 600, 601, 606–608, 610, 611, 616
- Numbness, 38, 313, 350–353, 356, 360, 369, 370, 371, 441, 464, 576, 580, 640, 644, 707
- Nutritional impairment, 150, 151, 181, 263
- O**
- Obstructions, 42, 54, 56, 90, 103, 151, 175, 269, 285, 334, 350, 354, 357, 451, 454, 490, 539, 561, 596, 628, 662, 709, 789, 860
see also Painful obstruction disorder
- in channels, 25, 43, 309, 398
- cold conditions, 357, 388, 398, 475
- damp conditions, 295, 313, 334, 343, 348, 357, 361, 370, 388, 398, 475
- phlegm, 189, 292, 294, 300, 304, 441, 539, 679
- of qi *see* Qi: obstruction of
- in throat *see* Throat: obstruction of
- unblocking, 356, 360, 362, 364, 366, 376
- wind conditions, 31, 218, 274, 313, 348, 349, 351, 353, 356, 361, 363, 377, 388
- wind-dampness, 313, 351, 353, 769
- Occipital lymphatic swelling, 429
- Oedema, 26, 27, 30, 31, 36, 66, 80, 92, 98, 100, 102, 106, 108, 109, 158, 159, 187, 188, 226, 272, 273, 301, 304, 306, 307, 312, 314, 315, 316, 318, 319, 322, 324–330, 332, 333–336, 338, 340, 343, 349, 364, 388, 456, 478–501, 548, 554, 555, 557, 582, 583, 629, 636, 646, 674, 675, 696, 706, 708, 709, 786
- facial, 102, 104, 673
- leg, 104, 300, 308, 646
- superficial, 37, 70, 108, 339
- Oliguria, 336, 349, 787
- Opisthotonos, 450, 451, 458, 459, 460, 461, 624
- Optic nerve atrophy, 454
- Orchitis, 581
- Orifices
- bleeding from, 584, 590, 591, 616
- obstruction of, 269, 441
- opening, 60, 62, 154, 266, 268, 270, 272, 274, 356, 440, 441, 500, 576, 630
- Otitis, 82
- Ovarian cysts, 554
- P**
- Pain, 21, 23, 24, 27, 30, 32, 33, 43, 51, 80, 82, 90, 91, 92, 97, 120, 179, 218, 219, 220, 224, 225, 248, 254, 271, 272, 280, 291, 306, 312, 313, 350, 352, 356, 358, 366, 398, 407, 410, 458, 489, 569
- abdominal *see* Abdomen: pain in
- body, 16, 32, 36, 38, 73, 351
- breast, 50, 51, 234
- burning, 200, 211, 214, 216, 307, 311
- in chest *see* Respiratory complaints: pain
- in epigastrium *see* Epigastrium: pain in
- flank *see* Flank pain
- joint *see* Joint pain
- in limbs, 364, 388, 394, 427, 441, 456, 458, 460, 500, 528, 529
- lower back, 312, 313, 348, 350, 354, 359, 368, 740
- in lower burner/middle burner, 410
- in lumbar region, 427, 457, 500, 734, 737, 747
- post-traumatic, 27, 167, 272, 358
- Painful eyes, 54, 55, 62, 63, 72, 126, 127, 140, 141, 144, 146, 147, 148, 149, 167, 176, 178, 225, 250, 255, 448, 454, 455, 462, 463, 529
- Painful obstruction disorder, 26, 38, 42, 43, 66, 176, 214, 215, 218, 220, 244, 268, 306, 308, 313, 338, 339, 348, 349, 350, 354, 356, 359, 362, 363, 364, 365, 368, 370, 374, 375, 384, 388, 392, 450, 451, 456, 458, 459, 461, 500, 501, 509, 530, 536, 563, 576, 707, 744, 754, 755, 768
- Painful periods *see* Dysmenorrhoea
- Painful urination *see* Dysuria
- Palpitations, 27, 79, 126, 127, 171, 266, 334, 335, 395, 418–431, 436, 438–442, 444, 446, 447, 534, 570, 649, 654, 696, 728, 770, 773, 780, 781, 796, 797, 842, 843
- Palsies, 457
see also Nerve palsy, facial
- Panic attacks, 132, 434, 438, 447, 571, 654, 772
see also Fear
- Panting, 188, 318, 628, 850, 851
- Papillomas, 192
- Paraesthesias, 38, 43, 72, 351, 356, 362, 370, 377, 378, 443, 448, 450, 451, 456, 457, 499, 580, 624, 640, 641,

- 644, 707, 748, 754, 774
- Paralysis, 352, 370, 450, 576, 577, 624, 625, 748, 811
- Parasites, 186, 192, 272, 513, 548, 582, 584, 675, 677, 838, 839, 859, 860, 868, 871, 880, 886
- intestinal, 20, 21, 76, 88, 106, 184, 312, 330, 406, 512, 861, 862, 866, 870, 873
- skin, 246, 330, 360
- Paresis, 625, 630, 640, 754
- Parotitis, 240, 448, 659, 866
- Paroxysmal cough, 675
- Pathogens, 68
- warm pathogen disease, 185, 201, 217
- Pelvic conditions, 32, 92, 312, 540, 554, 555, 560, 564
- Penetrating vessels, cold of, 395
- Periods *see* Amenorrhoea; Dysmenorrhoea; Menstrual disorders
- Peristalsis, increasing, 96, 98, 142
- Pharyngeal, sores, 153
- Pharyngitis, 162, 194, 220, 248, 636, 652, 670
- Phlegm, 22, 25, 41, 43, 46, 47, 76, 80, 82, 83, 100, 106, 140, 171, 189, 269, 274, 292, 293, 334, 436, 477, 586
- see also* Sputum
- accumulation of, 24, 77, 82, 100, 188, 604, 654, 658, 662, 670, 672, 865
- cold *see* Cold phlegm
- with cough, 83, 121, 143, 218, 304, 318, 328, 338
- and dampness, 903–905
- dislodging of, 34, 80, 82, 218, 266, 268, 328, 334, 338, 386, 418, 436, 440, 442, 488, 626, 632, 634, 636, 642, 650, 652, 654, 670, 692, 742, 828, 864
- hot, 47, 78, 188, 305, 336, 337
- obstruction of, 189, 292, 294, 300, 304, 441, 539, 679
- seizures due to, 460
- in throat, 100, 101, 188, 269
- viscous, 78, 79, 121, 189
- yellow, 121, 328
- Phlegm nodules, neck, 140
- Phlegm-damp, 301, 451, 639
- Phlegm-water, pathogenic, 338
- Phlegm-wind, 460, 638, 644
- Phobias, 268
- Photophobia, 140, 141, 144, 454
- Piles *see* Haemorrhoids
- Pinworms, 860, 862, 868, 869, 870
- Placenta, retained, 598, 606
- Pleurisy, 484
- Pneumonia, 142, 184, 185, 484, 636, 652
- Poisoning, 40, 76, 236, 716
- Polyuria, 80, 685, 737, 749, 752, 757, 763, 765, 829, 847, 849
- Postoperative problems, 358
- Postprandial obstruction, 490
- Post-traumatic symptoms, 432, 433, 501, 538, 560, 606, 607
- Pregnancy, 41, 187, 284, 586
- see also* Hyperemesis gravidarum; Lochia, retention of; Placenta, retained; Premature contractions or birth
- bleeding in, 750, 811
- contraindicated during, 25, 27, 55, 59, 77, 89, 91, 93, 95, 101, 103, 105, 107, 109, 131, 143, 155, 189, 191, 193, 223, 229, 245, 271, 371, 433, 461, 523, 551, 559, 565, 573, 577, 581, 583, 613, 617
- morning sickness, 40, 78, 278, 279, 284, 285, 614, 615, 670
- use with caution during, 11, 31, 35, 51, 57, 73, 81, 83, 97, 99, 133, 147, 151, 193, 237, 391, 403, 411, 457, 479, 483, 485, 487, 511, 601, 669, 711
- Premature contractions or birth, 40, 184, 586, 587, 708, 746, 750, 756, 810
- Premature ejaculation, 712, 734, 739, 746, 749, 754, 837, 844, 847, 848, 849, 852
- Premenstrual syndrome, 60, 470, 471, 503, 538, 556
- Productive cough, 24, 42, 47, 83, 334, 629, 692, 693
- Prolapse, 50, 56, 57, 399, 482, 491, 495, 706, 707, 710, 714, 830, 832, 833, 846
- Prostatitis, 306, 312, 326, 342
- Pruritus *see* Itching
- Psoriasis, 548
- Pterygium, 58, 454
- Pulse, 128, 130, 169, 264, 465
- faint, 388, 394, 408, 714
- Purpuric rashes, 157
- Pus, 22, 23, 82, 173, 224, 230, 250, 304, 549, 592, 821, 833
- Pustules, 706
- Pyelonephritis, 310, 320, 326, 342, 590
- Pyuria, 306
- Q**
- Qi, 16, 26, 27, 50, 56, 64, 80, 83, 85, 256, 258, 264, 284, 292, 437, 462, 686, 706, 710
- circulation, 909–911
- counterflow, 60, 64, 74, 78, 388, 392, 420, 494, 498, 504, 614, 632, 634, 784
- deficient, 73, 99, 134, 159, 307, 394, 477, 565, 607, 665, 689, 706, 707, 716, 894
- Spleen, 64, 83, 134
- Stomach, 79, 339, 391
- descending, 78, 82, 98, 142, 282, 392, 400, 422, 470, 536, 652, 654, 656, 666, 670,

- 672, 678, 692, 820, 909–910
- disharmony between
defensive/nutritive, 719
- harmonizing and toning, 710, 712, 714, 716, 718, 722, 726, 728, 760, 824, 826, 838, 842, 868
- movement and regulation
of, 21, 30, 32, 34, 40, 50, 60, 96, 140, 216, 268, 270, 280, 282, 284, 290, 292, 342, 358, 398, 432, 434, 470, 476, 478, 480, 482, 484, 486, 490, 492, 498, 506, 512, 536, 556, 562, 636, 638, 660, 662, 686, 688, 756, 776
- obstruction of, 284, 285, 348, 626
- rebellious, 83, 391, 635
- stagnation *see* Qi
stagnation
- Qi stagnation, 24, 98, 167, 200, 269, 285, 293, 325, 384, 441, 474, 475, 476, 477, 479, 481, 482, 483, 485, 490, 511, 529, 536, 539, 540, 545, 565, 571, 628, 648, 663, 709, 860, 896
- with dampness, 281, 282, 285
- in Liver, 141, 219, 291, 463, 470, 492, 493, 495, 503, 509, 538, 777, 889
- R**
- Raietherapy, 577
- Rashes, 28, 42, 44, 45, 48, 52, 54, 57, 61, 64, 130, 138, 153, 157, 160, 162, 165, 171, 174, 214, 257, 370, 376, 377, 441, 449, 501, 571, 660, 717, 779, 858, 876, 886
- see also* Skin conditions
infectious, 152, 166, 170
- Raynaud's syndrome, 26
- Rebellious qi, 83, 391
- Rectal bleeding, heat, 134, 146
- Red eyes, 20, 45, 52–55, 58–63, 72, 126, 127, 132, 140, 141, 144, 146–150, 165, 167, 170, 172, 176, 177, 184, 196, 216, 250, 251, 254, 255, 263, 328, 424, 448, 449, 454, 455, 462, 463, 464, 512, 529, 612, 660, 812, 814, 878
- Regurgitation, 289
acid *see* Acid regurgitation
- Releasing the exterior, 20, 22, 26, 28, 30, 32, 36, 38, 40, 41, 44, 45, 46, 48, 50, 52, 54, 60, 62, 64, 66, 68, 70, 216, 278, 302, 356, 376
- Renal stones, 310, 325, 331, 472, 539, 555, 567, 684, 685
- Respiratory complaints, 30, 40, 60, 62, 81, 82, 100, 102, 106, 118, 121, 131, 133, 134, 139, 158, 170, 184, 188, 189, 216, 224, 255, 256, 292, 293, 295, 304, 305, 308, 315, 335, 409, 421, 474, 629, 631, 632, 638, 645, 678, 696, 759
- see also* Asthma;
Breathing difficulties/
breathlessness;
Bronchitis; Colds
and chills; Cough;
Emphysema
angina *see* Angina pectoris
asthma *see* Asthma
bronchitis *see* Bronchitis
cough *see* Cough
distension, 100, 268, 269, 272, 292, 691, 696
- emphysema *see*
Emphysema
- fluid accumulation, 104, 106, 107
- fullness *see* Fullness: in
chest
- pain, 24, 25, 142, 165, 178, 179, 218, 224, 225, 272, 274, 294, 384, 385, 474, 475, 553, 560, 616
- sensation of fullness, 40, 41, 106, 268, 278, 279, 282, 335
- sensation of pressure, 266, 268, 282, 289, 340, 434, 493
- stifling sensation, 37, 40, 78, 82, 83, 142, 256, 282, 305, 343, 384, 477, 482, 488, 494, 498, 499, 510, 538, 539, 624, 625, 631, 634, 639, 648, 657, 662, 664, 683, 807
- wind-heat, 55, 63, 329
- Restlessness, 78, 88, 124, 126, 127, 130–132, 136, 154, 168, 170, 200, 201, 216, 258, 310, 418–420, 422, 426, 428, 430, 434, 436, 438, 440–442, 444, 446, 570, 714, 716
- fetus, 285, 586, 709, 746, 756, 757
- Retching, 36, 290, 405
- Reverse menstruation, 80
- Rheumatic complaints, 24, 221, 306, 308, 384, 386, 566, 567, 769, 886
- see also* Arthritis
- Rhinitis, 22, 24, 34, 144, 148, 377, 462, 501
- Rib pain, 429, 462
- Rigidity, 461
- Rot, 234
- Roundworms, 20, 21, 88, 406, 512, 630, 831, 839, 860, 863, 867, 868, 869, 870, 872
- Rubella, 462
- Running piglet syndrome, 80, 502, 503
- Runny nose, 24, 34
- S**
- Sadness, 432
- Salpingitis, 180, 554
- Scabies, 272, 273, 378, 877, 880, 881, 885
- Scarlet fever, 130
- Schizophrenia, 268, 428
- Sciatica, 38, 312, 360, 361
- Scrapes, 126, 589
- Scrofula, 140

- Scrotum, complaints
affecting, 179, 180,
398, 430, 502, 507
- Securing the essence, 733,
734, 738, 748, 770,
800, 850
- Seizures, 53, 54, 55, 61, 76,
100, 102, 154, 155,
178, 179, 190, 266,
268, 352, 379, 440,
441, 449, 456, 464,
538, 539, 624, 625,
630, 640, 644, 654
childhood, 80, 160, 222,
223, 419, 425, 430,
431, 448, 449, 451,
458, 459, 460, 644
epileptic, 76, 100, 102,
190, 461
phlegm, 460
- Sensation, loss of, 451
- Sepsis, 172
- Septic fever, 127
- Septic lesions, 173
- Sexual difficulties *see*
Impotence
- Sexually transmitted
infections, 304
- Shellfish poisoning, 40, 41
- Shen, hot phlegm
obstructing, 488
- Shivering, 20, 30, 36, 37, 38,
40, 42, 68, 278, 279,
302, 392, 743, 744,
745
- Shortness of breath *see*
Breathing
difficulties/ breathlessness
- Shoulder conditions, 26, 364,
365, 536, 537, 707
- Sinuses, nasal, diseases of, 22,
34
- Sinusitis, 22, 24, 34, 35, 72,
73
- Skeletal deformities, 734
- Skin conditions, 54, 55, 128,
152, 174, 200, 202,
216, 236, 238, 240,
315, 316, 352, 376,
589, 670
see also Abscesses; Acne;
Boils; Carbuncles;
Eczema; Furuncles;
Rashes
allergic, 48, 52, 70, 71
chronic, 462
parasites, 246, 330, 360
sores, 128, 240, 270, 430
- Sleep disorders, 27, 132, 168,
172, 257, 427,
755
see also Insomnia
- Sleepiness, 38
- Small Intestine, disorders
affecting, 48, 91, 93,
177, 185, 481, 654,
902–903
heat, 93, 132, 238, 307,
309
- Smell, loss of, 34
- Snakebite, 190, 202, 203,
220, 228, 232, 238,
254, 318, 319, 322,
358, 418, 458, 459,
566, 626
- Somnolence, 122, 427
- Sore and painful throat, 44,
49, 54, 56, 57, 61, 90,
91, 162, 172, 189,
194, 195, 211, 212,
213, 252, 270, 307,
375, 424, 553, 660,
661
- Soreness, 443
- Sores, 22, 23, 48, 52, 53, 56,
61, 82, 96, 97, 100,
101, 104, 108, 126,
127, 142, 153, 154,
160, 163, 164, 170–
174, 180, 186, 196,
198, 199, 200, 202,
206, 214, 215, 218,
224, 225, 226, 228,
236, 238, 242, 244,
246, 250, 252, 254,
255, 272, 312, 316,
326, 354, 358, 359,
370, 372, 385, 418,
424, 432, 458, 459,
461, 548, 549, 556,
558, 559, 560, 562,
565, 590, 592, 608,
614, 706, 716, 751,
753, 832, 858, 866,
878, 882, 886, 887
breast, 21, 250, 320, 324,
325
external and internal,
200, 201, 202, 203,
216, 217, 222
mouth, 57, 90, 91, 120,
121, 132, 133, 163,
172, 249
skin, 128, 240, 270, 430
tongue, 57, 133, 163,
168, 172, 249
- Spasms, 63, 178, 218, 219,
349, 353, 355, 363–
365, 368, 374, 375,
378, 384, 387, 388,
420, 422, 424, 448,
450, 456, 458, 459,
460, 562, 563, 624,
638, 640, 644, 645,
654, 655, 717, 754,
776, 810
- Spasticity, 72, 625, 645
- Speech, confused *see*
Confusion/confused
speech
- Spermatorrhoea, 120, 136,
180, 388, 394, 426–
429, 684, 696, 712,
713, 730, 732, 734,
742, 745, 746, 747,
748, 755, 756, 760,
763, 764, 767, 780,
823, 826, 828, 837,
843–846, 848, 852,
853
- Spirit, calming and
anchoring, 68, 370,
418, 420, 422, 424,
426, 428, 430, 432,
434, 436, 448, 450,
462, 464, 654, 714,
718, 842, 850, 854
- Spleen, 42, 57, 74, 93, 172,
295, 389
cold in, 408
dampness in, 43, 282,
285, 293, 309
deficient, 64, 279, 281,
282, 309, 334, 339,
394, 449, 483, 485,
489, 541, 614, 687,
691, 696, 709, 710,
712–714, 719, 723,
727, 843
appetite loss, 281, 685,
711, 717
cold deficiency, 294,
392, 393, 409
with dampness, 335,
721
diarrhoea, 65, 308,
615, 713, 827
harmonizing and toning,
268, 278, 284, 312,
334, 354, 392, 400,
402, 404, 504, 614,
670, 682, 686, 690,
692, 708, 710, 712,
714, 720, 722

- qi, 40, 47, 50
 deficient, 64, 83, 134, 447
 obstruction of, 285
 weak, 57
- Sport injuries, 543, 544, 545, 566
- Sprains, 524, 542, 544, 563, 568, 572, 600, 606, 751, 752
- Sputum, 24, 40, 82, 100, 142, 143, 261, 292, 293, 329, 408, 420, 421, 474, 475, 632, 639, 650
see also Phlegm
- blood in, 78, 80, 81, 82, 83, 126, 127, 139, 159, 164, 308, 309, 337, 588, 589, 594, 597, 603, 606, 616, 743
- cough with *see* Cough:
 with sputum
- dislodging of, 656
- purulent, 142, 207, 251, 304, 305, 309, 432, 433, 564, 565, 636, 637, 662, 667
- thick, yellow or green, 61, 78, 120, 130, 138, 184, 194, 206, 260, 566, 567, 636, 637, 648, 651–653, 660, 662, 663
- viscous, 441, 489, 657, 660, 663
- Stabilizing the exterior, 706, 708
- Stagnation, 28, 30, 38, 85, 95, 240, 282, 292, 293, 294, 326, 358, 489, 536, 663, 682
- blood *see* Blood
 stagnation
- damp-cold, 384
- digestive, 474, 478, 483, 485, 491
- dispersing, 224, 234, 250
- food *see* Food stagnation
- intestinal, 85, 98, 474
- Liver qi, 51, 219, 268, 324, 473
- qi *see* Qi stagnation
- Steaming bone disorder, 259, 261, 263
- Stiffness, 64, 65, 72, 214, 215, 218, 350, 352, 354, 360, 368, 370, 378, 388, 460, 500, 558, 562, 580, 736, 814
- Stomach, 74, 81, 88, 90, 91, 121, 169, 177, 181, 282, 324, 654, 858
- cold in, 46, 82, 282, 391, 392, 393, 399, 402, 404, 409, 496, 497, 504, 505
- dampness in, 285, 293, 355
- deficient, 393, 409, 449, 483, 541, 614, 696, 709, 718, 723
- harmonizing and toning, 268, 312, 354, 686, 690, 708, 710, 712, 722
- heat in *see* Stomach
 fire/heat
- qi, 50, 79, 83, 285, 339, 342, 391
- Stomach fire/heat, 47, 64, 74, 93, 97, 113, 130, 131, 138, 139, 143, 158, 163, 171, 173, 604, 671, 896
- Stomatitis, 128
- Stones, 311, 320, 322, 323, 431, 685
- Bladder, 310, 323, 336
- renal, 310, 325, 331, 472, 539, 555, 567, 684, 685
- urinary tract, 320, 324
- Stools, 192, 684
see also Constipation;
 Diarrhoea
- blood in, 42, 82, 83, 92, 126, 172, 183–185, 218, 228, 230, 308, 409, 475, 590, 592, 600, 606, 608, 610, 611, 615, 770, 821, 838
- loose, 280, 696, 707, 711, 717
see also Diarrhoea
- Strokes, 450, 458, 522
- Stuffy nose, 20, 21, 32, 664
- Stupor, 257, 266, 268, 302, 423
- Summer colds, 36
- Summerheat, 37, 66, 134, 135, 227, 256, 257, 278, 279, 289, 302, 327, 340, 341, 355, 721, 839, 908
- cooling, 36, 118, 124, 226, 598
- Suppuration, 548
- Surgery, constipation
 following, 96
- Sweating, 26, 27, 43, 45, 128, 130, 134, 137, 164, 257, 260, 362, 388, 389, 426, 427, 428, 429, 438, 446, 447, 667, 696, 706, 707, 709, 712, 714, 715, 728, 729, 757, 772, 776, 777, 822–825, 850, 854, 855
see also Fevers
- lack of, 20, 24, 30, 32, 36, 60, 66, 351, 394
- nightsweats *see* Nightsweats
- Swellings, 22, 32, 36, 38, 48, 49, 53, 56, 57, 61, 66, 70, 82, 90, 98, 102, 103, 108, 109, 117, 140, 154, 162–164, 167, 170, 178–180, 198, 202, 203, 206–208, 214, 215, 218, 220, 224, 234, 236, 237, 242, 250, 252, 261, 270–272, 348, 354, 357, 360, 362, 364, 387, 429, 432, 486, 502, 522, 524, 529, 542, 548, 556–558, 560, 562, 568, 569, 580, 582, 583, 590, 614, 624, 630, 638, 639, 646, 650, 659, 814, 887
see also Lumps;
 Neoplasias; Swollen
 Eyes; Tumours
- breaking up, 98, 190, 205, 206, 218, 234, 236, 240, 244, 246, 358, 374, 386, 592
- dispersing, 272, 300, 322, 324, 326, 332, 334, 338, 364, 428, 440, 460, 646
- facial, 211, 318, 479, 710
- glandular *see* Glandular
 swellings
- gum conditions, 57, 130, 131

- inflamed, 203, 206, 208, 250
 joint, 38, 162, 242, 361, 364, 370
 limbs, 372, 674, 706
 lymph node *see* Lymph node swelling
 neck, 162, 190, 200, 210, 250, 252, 448, 642, 643, 646, 652, 678
 painful, 164, 246, 270, 356
 of throat *see* Swollen throat
 Swollen eyes, 20, 52, 63, 72, 126, 127, 140, 144, 145, 146, 147, 148, 165, 166, 167, 170, 177, 225, 250, 251, 254, 255, 328, 448, 454, 455, 462, 463, 529
 Swollen throat, 44, 48, 49, 56, 57, 61, 90, 91, 154, 169, 178, 189, 201, 212, 249, 251, 270, 320, 448, 636, 637, 717
 Syphilitic sores, 242
- T**
 Tai yang, 16, 85
 Talking to oneself, 268
 Tapeworms, 88, 330, 331, 406, 407, 831, 860, 863, 866, 867, 868, 869, 870, 871
 Tendons, weakness in, 352
 Tenesmus, 480, 483, 485, 861
 Tension/tension headache, 148, 329, 409, 512, 582
 Testicular disorders, 179, 502, 503
 Tetanus, 54
 Tetany, 450, 451, 458, 459, 460
 Thirst, 16, 79, 92, 121, 124, 128, 130–134, 138, 139, 142–144, 158, 159, 163, 169, 170, 194, 200, 201, 211, 227, 262, 263, 326, 340, 707, 711, 712, 783, 784, 792, 793, 800, 814, 850, 851
 with diabetes, 710
 increased, 64, 65, 122, 226, 262
 lack of, 394, 410, 504, 505
 severe, 122, 340, 341
 strong, 120, 138, 216
 with summerheat, 327, 355
 Thirsting and wasting disorder, 120, 121, 142, 168, 300
 Thorax conditions, 544, 545
 Threadworm, 330
 Throat, 55, 80, 154, 194, 249, 357, 551
see also Tonsillitis
 clearing, 210, 212, 248, 252
 obstruction of, 54, 56, 76, 163, 188, 194, 196, 208, 211, 217, 220, 221, 222, 246, 248, 249, 253, 254
 with voice loss, 212
 pain in *see* Sore and painful throat
 phlegm in, 100, 101, 188, 269
 sores, 163, 200
 swollen *see* Swollen throat
 Throat infections, 154, 155, 168, 170, 171
 Throat inflammation, 49, 124, 128, 160, 163, 170, 188, 194, 195, 210, 212, 216, 314, 418, 449, 637
 Thrombosis, 529, 543, 565, 574
 Thyroid disorders, 428
see also Goitre
 Tightness, 64, 510, 546, 660, 736
 Tinea, 106, 272, 858, 872, 881, 884, 886
 Tingling, 350, 356, 370, 441, 443, 450, 454, 778
 Tinnitus, 50, 51, 52, 53, 73, 80, 81, 88, 178, 266, 268, 269, 300, 422, 423, 424, 426, 428, 429, 734, 746, 753, 774, 794, 795, 801, 808, 812, 814
 Tiredness, 66, 322, 696, 710, 718, 720
see also Exhaustion;
 Fatigue
 Tongue, 49, 278, 614
 red tongue body, 130, 133, 163, 168
 sores, 56, 57, 133, 163, 168, 172, 249
 sticky coating, 266, 278, 282, 292, 302, 308
 thick coating, 78, 172, 264, 268, 278, 280, 292, 334
 ulcers in, 306
 white coating, 268, 278, 280, 282, 292, 316, 408
 yellow coating, 78, 172, 302, 308, 340, 512, 670
 Tonsillitis, 162, 163, 184, 201, 210, 232, 318, 321, 636
 Toothache, 23, 25, 57, 130, 131, 139, 350, 351, 360, 404, 405, 522, 752, 886
 Toxins, 116, 117, 118, 214, 216, 218
 Trauma, 92, 164, 165, 166, 236, 272, 509, 522, 532, 536, 543, 544, 550, 556, 557, 560, 567, 569, 600, 624, 750, 752
 Tremors, 42, 54, 154, 352, 378, 422, 424, 430, 448, 450, 456, 458, 460, 464, 812, 813
 Trichomonas, 184, 675
 Trichomoniasis, 172
 Trigeminal neuralgia, 452, 460
 Tuberculosis, 648
 Tumours, 164, 167, 170, 190, 222, 224, 235, 238, 240, 244, 318, 358, 428, 430, 472, 482, 540, 543, 546, 547, 550, 551, 554, 559, 560, 564, 570, 574, 575, 582, 642, 643, 646, 882, 883, 886
see also Carcinomas;
 Neoplasias
 Turbidity, 179, 243, 282, 312
 Twitching, 448, 617, 717
 Typhus, 152, 166
- U**
 Ulcers, 20, 21, 49, 52, 56, 57, 82, 90, 96, 100–103,

- 117, 128, 153, 154,
155, 160, 170, 172,
173, 181, 184, 190,
192, 196, 198, 200,
201, 203, 206, 208,
216, 217, 222, 224,
228, 234, 235, 236,
238, 240, 242, 252,
254, 270, 306, 308,
309, 316, 320, 322,
324, 326, 352, 374,
385, 386, 387, 424,
426, 430, 432, 440,
458, 459, 523, 528,
543, 549, 564, 565,
570, 571, 588, 589,
590, 592, 594, 604,
606, 607, 614, 630,
631, 636, 648, 650,
658, 706, 716, 724,
734, 751, 812, 832,
852, 853, 880
- duodenal, 390, 494, 585,
652
- gastric, 642, 652
- mouth, 49, 162, 306,
307, 320, 418, 424
- open, 130, 244
- with swelling, 206, 236,
384
- Upper abdomen, 80, 278,
280, 282, 294, 362
- pain in, 47, 69, 268, 280,
292, 334, 368, 390,
482, 483, 504, 585,
852
- Upper back conditions, 65,
376
- Upper burner, 637, 654,
663
- Urethra, purulent discharge
from, 304
- Urination/urinary tract
disorders, 36, 70, 92,
98, 108, 109, 181,
187, 259, 313, 316,
335, 336, 337, 340,
388, 389, 556
- see also* Urine
- bed wetting *see* Enuresis
- decreased urination *see*
Urine: decreased
output
- difficult urination, 70,
99, 108, 121, 244,
308, 320
- dribbling, 310, 395, 430,
476, 498, 499, 594,
730, 733, 746, 756,
828
- frequency, 712, 730, 733,
746, 748, 826, 848
- incontinence *see*
Incontinence
- in menopause, 300, 306
- pain *see* Dysuria
- and promoting urination,
30, 98, 102, 124,
126, 132, 158, 186,
202, 238, 300, 304,
310, 312, 316, 318,
320, 322, 332, 334,
338, 340, 360, 672
- retention, 208, 323, 335,
340
- rough urination, 322,
328, 329, 336, 430,
431, 674
- stones, 320
- ulcers, 311, 314, 315,
320
- Urine
- see also* Urination/urinary
tract disorders
- blood in, 67, 69, 310,
311, 320, 324, 336,
337, 522, 554, 555,
582, 584, 585, 590
- cloudy, 312, 313, 333,
335, 400, 566
- copious, 261
- dark, 133, 173, 179, 279,
282, 300, 309, 314,
316, 324, 336, 341,
342, 583, 674, 797
- decreased output, 122,
174, 190, 202, 226,
244, 316, 318, 319,
330, 340, 341, 348,
364, 431, 539, 672,
708
- purulent, 312
- red, 124, 132, 134, 144,
147, 300
- retention, 311
- scanty, 124, 132, 134,
144, 147, 180, 184,
251, 279, 300, 301,
302, 306, 308, 309,
312, 314, 316, 324,
327, 328, 329, 330,
332, 333, 334, 336,
340, 341, 342, 400,
430, 554, 582, 674,
675, 797
- turbid, 179, 243, 312
- Urogenital tract, purulent
discharge from, 304
- Urticaria, 44, 48, 54, 60, 378,
462, 886
- Uterine bleeding, 42, 44, 80,
169, 214, 336, 408,
409, 410, 421, 426,
427, 429, 525, 578,
584, 585, 586, 590,
592, 594, 598, 605,
607, 608, 610, 611,
616, 706, 707, 734,
735, 750, 751, 769,
780, 790, 813, 830,
831, 835, 844, 845,
853, 866, 867, 876
- during pregnancy, 811
- Uterine prolapse, 50, 56,
57
- Uterus, 587, 744
- V**
- Vaginal discharge, 22, 23, 32,
58, 152, 176, 178,
180, 186, 187, 228,
231, 305, 332, 392,
426, 427, 429, 522,
566, 567, 607, 609,
653, 682, 709, 712,
713, 720, 721, 734,
735, 736, 740, 741,
746, 750, 776, 778,
827, 833–835, 837,
845, 853, 876
- Vaginal pruritus, 152
- Vaginitis, 180
- Varicella, 370, 462
- Vasculitis, 26
- Vertigo, 53, 63, 80, 81, 146,
149, 256, 301, 370,
371, 418, 424, 426,
428, 451, 452, 455,
464, 577, 613, 756
- see also* Dizziness;
- Ménière's disease
- Viral infections, 258
- Viscous phlegm, with cough,
79
- Visual disturbances, 53, 54,
55, 72, 140, 144, 145,
148, 149, 329, 371,
422, 452, 453, 455,
786, 794, 795, 848
- Visual impairments, 58, 72,
171, 328, 329, 426,
428, 454, 746
- Visual obstructions,
superficial, 176

- Vocal cords, swollen and oedematous, 269
- Voice loss, 44, 54, 55, 76, 194, 212, 213, 248, 249, 448, 636, 660, 782, 783, 804, 820
see also Hoarseness;
Laryngitis
- Vomiting, 27, 36, 40, 44, 46, 47, 74, 76, 78–80, 82, 83, 138, 139, 158, 159, 184, 278, 281, 284, 448, 292–294, 335, 354, 388, 390, 402–404, 408, 409, 476, 477, 481, 488–490, 492, 495, 499, 633, 642, 670, 671, 692, 721, 731, 864
see also Heaves, dry;
Nausea; Retching
- of blood, 81, 136, 185, 588, 592, 593, 594, 595, 597, 601, 616
- of fluids, 280, 282, 391
- in pregnancy *see* Morning sickness of pregnancy
- Spleen deficiency, 279
- Vulva, conditions affecting, 430
- W**
- Walking difficulties, 356, 357, 750
see also Mobility problems
- Warts, 192, 308
- Wasp stings, 228
- Wasting and thirsting disorder, 120, 121, 142, 168, 261, 300, 713, 715, 727, 774, 775, 780, 781, 789, 851
- Water retention, 90
- Weakness, 370, 378, 389, 436, 488, 522, 707, 710, 714, 719, 724, 734, 742, 744, 749, 756, 810, 884
constitution, 339, 868
digestive, 478, 483
in legs, 348, 355, 370, 392, 394, 696, 726
of limbs, 451, 576
muscle, 443
- Wei qi, 16, 339
- Weight loss, 713
- Wen bing (warm pathogens), 128
- Wheezing, 25, 30, 80, 81, 100, 130, 188, 260, 292, 293, 304, 336, 338, 342, 421, 422, 436, 441, 456, 457, 474, 476, 477, 586, 628, 629, 631–635, 638, 649, 653, 656, 665, 667, 668, 670, 672, 674, 678, 679, 692, 693, 714, 716, 742, 743, 804, 828, 829, 851
see also Asthma
- Whooping cough, 652, 670, 678
- Wind conditions, 24, 43, 44, 45, 53, 54, 63, 174, 175, 185, 351, 358, 366, 367, 377, 378, 384, 385, 418, 449, 458, 484, 574, 890–891, 906
see also Wind-cold; Wind-dampness; Wind-heat; Wind-phlegm
- dispelling/extinguishing, 24, 154, 186, 222, 350, 352, 360, 364, 366, 372, 448, 450, 462
- exanthemas, 880
- internal wind, 42, 80, 178, 179, 266, 426, 452, 454, 456, 457, 461, 464, 624, 640, 808, 814, 906
- obstructions, 31, 218, 274, 313, 348, 349, 351, 353, 356, 361, 363, 364, 388
- Wind-bi syndrome, 344
- Wind-cold, 21, 22, 23, 25, 27, 28, 29, 30, 31, 32, 33, 35, 40, 42, 44–47, 65, 189, 213, 279, 351, 629, 636, 656, 717, 723, 898–899, 906
- obstruction, 25, 31, 351
- with yang deficiency, 389
- Wind-dampness, 39, 72, 233, 309, 312, 339, 357, 359, 361, 363, 365, 369, 371, 376, 460, 501, 526, 527, 625, 768, 906
- dispelling, 24, 26, 42, 176, 210, 272, 306, 338, 348, 350, 354, 356, 362, 364, 370, 372, 448, 636, 736
- obstructions, 313, 351, 353, 769
- Wind-heat, 25, 53, 55, 61, 63, 65, 67, 69, 146, 148, 201, 217, 329, 364, 377, 449, 531, 636, 637, 651, 656, 657, 663, 665, 807, 899, 906
- dispelling/dispersing, 50, 52, 144, 188, 196, 200, 216, 448, 450, 462
- with headache, 23, 69, 147
- with red, painful and swollen eyes, 45, 63, 147
- Wind-phlegm, 76, 77, 450, 625, 641
- Wind-sensitivity, eyes, 146, 148, 216
- Wind-stroke, 76, 77, 154, 155, 352, 353, 378, 450, 456, 457, 460, 461, 576, 577, 640, 641, 644, 645
- Wood pattern, 480, 489
- Worms, 548, 675, 838
see also Hookworms;
Pinworms;
Roundworms;
Tapeworms
- Wound healing, 53, 128
- Wounds, 196, 234, 240, 246, 322, 524, 528, 542, 544, 560, 562, 566, 584, 585, 588–600, 616, 617, 626, 707, 750, 813
- X**
- Xue, movement of, 21
- Y**
- Yang, 51, 60, 392, 438, 441, 462, 464
- ascendant *see* Ascendant yang

- deficient *see* Yang
 deficiency
 descending, 146, 172,
 178, 184, 418, 612,
 756, 778
 devastated, 427
 Heart, 420, 424, 425,
 428, 440
 raising, 50, 134
 reviving/warming, 388,
 738, 740, 744
 tonifying, 348, 366, 389,
 736, 740, 744, 746,
 748, 750, 752, 754,
 760, 762, 836
 Yang deficiency, 27, 31, 313,
 389, 395, 410, 427,
 743, 851
- Yang ming, 57, 130
 Yang qi, collapse of, 389
 Yin, 25, 131, 144, 152,
 295
 harmonizing and toning,
 850, 852
 Heart, 438, 446
 injury to, 143, 169
 tonifying and nourishing,
 80, 130, 138, 158,
 168, 170, 434, 652,
 782, 788, 790, 792,
 794, 800, 802, 804,
 808, 810, 812,
 814
 Yin deficiency, 31, 68, 96,
 121, 146, 164, 168,
 169, 171, 181, 258,
 259, 262, 267, 363,
 423, 455, 589, 649,
 677, 679, 771, 775,
 777, 783, 785, 789,
 793, 795, 801, 803–
 805, 807, 809, 811,
 815, 821, 823, 851,
 901
 with ascendant yang,
 427, 429
 cough due to, 675
 Heart, 443, 447
 in Kidneys, 31, 120, 164,
 180, 300, 422, 428,
 853
 in Liver, 426, 447
 with night sweats, 427,
 439

Latin herb names

A

- Acanthopanax cortex** •
Wujiapi • Stachelpanax-
wurzelnrinde • acantho-
panax root bark, 'bark of
five additions' • 348
- Acanthopanax senticosi**
radix • Ciwujia • 930–934
- Achyranthis bidentatae** radix
• Niuxi • Ochsenkiewur-
zel • achyranthes root, 'ox
knee' • 522
- Aconiti kusnezoffii** radix
praeparata • Zhicaowu •
präparierte wilde Eisenhut-
Wurzel • processed wild
aconite root • 384
- Aconiti radix lateralis**
praeparata • ZhiFuZi •
Eisenhutwurzel, präparierte
Nebenwurzeln der
Eisenhutwurzel • processed
aconite accessory root •
388
- Aconiti radix praeparata** •
Zhichuanwu •
präparierte Eisenhut-
Hauptwurzel • processed
Sichuan aconite main root
• 386
- Acori calami rhizoma** •
Shuichangpu • Kalmuswur-
zelstock • sweetflag
rhizome • 266
- Acori rhizoma** • Changpu •
grasblättriger, Kalmus •
grassleaf sweetflag rhizome,
acorus, 'flourishing reeds' •
268
- Acori tatarinowii rhizoma** •
268
- Adenophorae radix** •
Nanshashen • Becherglock-
enwurzel • adenophora
root, ladybell root, 'sand
root' • 782
- Adenophora seu Glehniae**
radix • 782
- Adenophorae seu Glehniae**
radix • 792
- Aesculi semen** • Suoluozi •
chinesische Kastaniensam-
men • horse chestnut •
470
- Agastachis herba** • Huoxiang
• Patchoulikraut •
agastache, patchouli •
278
- Agrimoniae herba** •
Xianhecao • Odermennig-
kraut, Fingerkraut •
agrimony, 'immortal crane
herb' • 584
- Akebiae fructus** • Bayueza •
Akebiafrüchte, Osterluzei-
gewächs • akebia, 'eight
month sticker' • 472
- Akebiae quinatae fructus** •
472
- Albiziae cortex** • Hehuanpi •
Seidenakazienrinde •
mimosa tree bark,
'collective happiness bark' •
432
- Albiziae flos** • Hehuanhua •
Seidenakazienblüten •
mimosa tree flower • 434
- Alismatis rhizoma** • Zexie •
Orient-Froschlöffelwurz-
stock • alisma rhizome,
water plantain • 300,
928–930
- Allii bulbosus** • 858
- Allii fistulosi bulbosus** •
Congbai • Frühlingsz-
wiebel, chinesischer Porree
• scallion, spring onion •
20
- Allii macrostemi bulbosus** •
Xiebai • chinesische
Schnittlauchknolle •
Chinese garlic, garlic chives
• 474
- Allii sativi bulbosus** • Dasuan •
Knoblauchknolle • garlic
bulb • 858
- Aloe folii extractus** • Luhui •
eingedickter Presssaft aus
Aloe-Blättern • dried
concentrate of the juice of
the aloe leaf • 88
- Aloe herba, Aloe folium** • 88
- Alpiniae katsumadai semen** •
Caodoukou • Katsumadai-
Samen • Katsumada's
galangal seeds, katsumadai
• 280
- Alpiniae officinari rhizoma** •
Gaoliangjiang •
Galgantwurzelnstock • lesser
galangal rhizome, galanga
• 390
- Alpiniae oxyphyllae fructus** •
Yizhiren • Schwarzer Ingwer
• alpinia oxyphyllae fruit,
black cardamom, 'benefit
intelligence nut' • 730
- Alumen** • Mingfan • Alaun •
alum • 876
- Amethystum** • 420
- Amomi costatis fructus** • 294
- Amomi fructus** • 284
- Amomi fructus rotundus** •
Baidoukou • Karda-
momfrucht • round
cardamom, white
cardamom • 282
- Amomi globosi fructus** • 280
- Amomi rotundus fructus,**
Amomi cardamomi fructus
• 282
- Amomi xanthioidis fructus** •
Sharen • Amomi-Sharen-
Früchte • amomum fruit,
grains-of-paradise fruit •
284
- Anemarrhenae rhizoma** •
Zhimu • Muttergedenken-
wurzelnstock • anemarrhena
rhizome, 'knowing mother'
• 120
- Angelicae dahuricae radix** •
Baizhi • Engelwurzelnstock •
angelica root • 22

- Angelicae formosanae radix • 22
- Angelicae pubescentis radix • Duhuo • Angelica-pubescens-Wurzel, Bärenklauwurzel (Heracleum) • pubescent angelica root, 'self-reliant existence' • 350
- Angelicae sinensis radix • Danggui • chinesische Engelwurz-Wurzel • Chinese angelica root, 'state of return' • 768
- Aquilariae lignum • Chenxiang • chinesisches Adlerholz, Aloeholz, Seidelbastgewächs • aquilaria wood, aloeswood, 'sinking fragrance' • 476
- Aquilaria lignum resinatum • 476
- Arcae concha • Walengzi • Arca-Muschel • ark shell, cockleshell • 642
- Artcii fructus • Niubangzi • Klettenfrucht • arctium, great burdock fruit • 48
- Arcae pericarpium • Dafupi • Betelnusschale • betel husk, 'big abdomen peel' • 478
- Arcae semen • Binglang • Betelnuss • betel nut, areca seeds • 860
- Arisaematis rhizoma praeparata • Tiannanxing • Feuerkolbenwurzelstock • arisaema rhizome, jack-in-the-pulpit • 624
- Armeniacae amarae semen • 664
- Armeniacaе semen • Xingren • bittere or armenische Aprikosensamen • apricot seed, apricot kernel • 664
- Arnebiae/Lithospermi radix • Zicao • Purpurkrautwurzel, Steinsamenwurzel • lithospermum, arnebia, groomwell root, 'purple herb' • 152
- Artemisiae annuae herba • Qinghao • einjähriges Beifußkraut • wormwood • 256
- Artemisiae anomalaе herba • Liujin • Kraut der Artemisia anomala (Beifuß-Art) • anomalous artemisia, anomala • 524
- Artemisiae apiacea herba • 256
- Artemisiae argyi folium • Aiye • Beifußblätter • mugwort leaf, artemisia • 586
- Artemisiae scopariae herba • Yinchenhao • haarförmiges Beifußkraut • yinchenhao shoots and leaves • 302
- Artemisiae Yinchenhao herba, Artemisiae capillaris herba • 302
- Asari radix • 24
- Asari herba • Xixin • Haselwurzwurzel, Ingwerwurzel, wilde • Chinese wild ginger, asarum, 'thin acrid' • 24
- Asini corii colla • Ejiao • aus Eselhaut gewonnene schwarze Gelatine • ass-hide glue, donkey-hide gelatine • 770
- Asparagi cochinchinensis tuber • 784
- Asparagi radix • Tianmendong • chinesische, Spargelwurzel • asparagus tuber, 'lush winter aerial plant' • 784
- Asteris radix • Ziwan • Asterwurzel • purple aster root • 666
- Astragali mongolici radix • 706
- Astragali radix • Huangqi • Tragantwurzel, Astragaluswurzel • astragalus root, milk-vetch root • 706
- Astragali semen • Shayuan jili • Tragantsamen • flattened milkvetch seed • 732
- Attractylodis macrocephalae rhizoma • Baizhu • Attractylodeswurzelstock, Korbblütlergewächs • (white) atractylodis rhizome • 708
- Attractylodis rhizoma • Cangzhu • Speichelkrautwurzelstock • atractylodes rhizome • 286
- Aucklandiae radix • Muxiang • Alantwurzel • aucklandia, saussurea, 'wood fragrance' • 480
- Aurantii fructus • Zhike • Pomeranzenfrüchte • bitter orange • 482
- Aurantii fructus immaturus • Zhishi • Grüne (unreife) Pomeranze • unripe bitter orange • 484
- Aurantii fructus immaturus, Aurantii sive Citri immaturus fructus • unripe bitter orange • 484
- Aurantii immaturus pericarpium • 490
- Aurantii pericarpium • 488
- Aurantii semen • Juhe • Pomeranzensamen • bitter orange seeds • 486
- B**
- Bambusae caulis in taeniam • Zhuru • Bambusrohrstreifen • bamboo shavings • 78
- Bambusae concretio silicea • Tianzhuwang • Bambuskiesel • bamboo sugar, siliceous secretions of bamboo • 644
- Bardanae fructus • 48
- Batatatis rhizoma • 712
- Belamcandae rhizoma • Shegan • Leopardenblumenwurzelstock, Brombeerliienwurzelstock • belamcanda rhizome, 'arrow shaft' • 188
- Benincasae semen • Dongguazi • rauher, Wackskürbissamen • winter melon seed, wax gourd seed, benincasa • 304
- Biotae folium et ramulus, Biotae cacumen • 604
- Bistortae rhizoma • Zushen • Schlangenknoterich-Wurzelstock, Drachenwurz • adderwort, bistort • 190
- Bletillae rhizome • 588
- Bletillae radix • Baiji • Bletilla-Knolle, Orchideengewächs • bletilla rhizome • 588
- Bolus rubra • 832
- Bombyx batrycatus • Jiangcan • durch einen Pilz

- mumifizierte Seidenraupen
 • silkworm body • 448
 Bombyx cum Batryte • 448
 Borneol • Bingpian • Borneol
 • borneol, 'ice slice' • 270
 Bovis calculus • Niuhuang •
 Gallensteine des Hausrinds
 • cattle gallstone, bezoar •
 154
 Broussonetiae fructus •
 Chushizi • Papiermaul-
 beerfrüchte • paper
 mulberry fruit • 786
 Bruceae fructus • Yadanzi •
 Bruceafrucht • brucea fruit,
 java brucea fruit, 'crow gall
 bladder seed' • 192
 Brunella flos et fructus • 140
 Bubali cornu • Shuiniujiao •
 Wasserbüffelhorn • horn of
 the water buffalo • 156
 Buddlejae flos • Mimenghua
 • Sommerfliederblüten •
 buddleia flower bud •
 144
 Bungarus • Jinqian baihuashe
 • Regenschirmschlange •
 multibanded kratí, 'white
 pattern snake', bungarus •
 352
 Bungarus minimus, Bungarus
 parvus • 352
 Bupleuri radix • Chaihu •
 chinesische Hasenohrwur-
 zel • bupleurum, hare's ear
 root, thorowax root,
 'kindling of the barbarians'
 • 50
- C**
 Calami rhizoma • 266
 Calamina • Luganshi •
 Carbonat-Mineral •
 smithonite, calamine •
 878
 Calcium sulfate • 130
 Camelliae folium • 122
 Camelliae sinensis folium •
 Chaye • Teeblätter • tea
 leaf • 122
 Camphora • Zhangnao •
 Kampfer • camphor •
 272
 Campsitis flos • Lingxiaohua
 • Trompetenblumen-
 Blüten • campsis flower,
 trumpet creeper flower •
 526
 Canarii fructus • Qingguo •
 Früchte der chinesischen
 weißen Olive • Chinese
 white olive • 194
 Cannabis fructus • 96
 Cannabis semen • Huomaren
 • Hanfsamen • cannabis
 seeds, 'fire hemp seeds' •
 96
 Carpesii abrotanoidis fructus
 • 862
 Carpesii fructus • Heshi •
 Carpesium-Frucht •
 carpesium fruit • 862
 Carthami flos • Honghua •
 Saflorblüten, Safran, wilder,
 Färberdistel • safflower,
 carthamus 'red flower' •
 528
 Caryophylli flos • Dingxiang
 • Gewürznelke,
 Kreidenelke • clove flower
 bud, 'spike fragrance' • 392
 Cassiae ramulus • 26
 Cassiae semen • Juemingzi •
 Cassia-Samen, Sicklepodsa-
 men • cassia seeds, foetid
 cassia seeds, 'realized
 brightness seed' • 146
 Celosiae semen • Qingxiangzi
 • Brandschopfsamen •
 celosia seeds • 148
 Centipedae herba •
 Ebushicao • Centipeden-
 kraut • small centipeda
 herb, 'herb not eaten by
 geese' • 626
 Cephalanopli herba • 590
 Cervi cornu • Lurong •
 Hirschhorn • deer velvet •
 734
 Cervi cornu pantotrichum •
 734
 Chaenomelis fructus • Muguā
 • chinesische Quittenfrucht
 • chaenomeles fruit,
 Chinese quince fruit, 'wood
 melon' • 354
 Chebulae fructus • Hezi •
 Myrobalani-Frucht •
 myrobalan fruit, terminalia
 • 820
 Chrysanthemii flos • Juhua •
 Chrysanthemblüten •
 chrysanthemum flower •
 52
 Chrysanthemii indicii flos •
 Yejuhua • wilde
 Chrysanthemblüten •
 wild chrysanthemum
 flower • 196
 Chuanxiong rhizoma •
 Chuanxiong • Szechuanli-
 ebstöckel-Wurzelstock •
 chuanxiong root, Szechuan
 lovage root, cnidium • 530
 Cibotii rhizoma • Goujizhi •
 Cibotiumwurzelstock,
 Farnart • chain fern
 rhizoma, 'dog spine' •
 736
 Cicadae periostracum •
 Chantui • Zikadenpanzer •
 cicada moulting • 54
 Cimicifugae rhizoma •
 Shengma • Silberkerzen-
 wurzelstock, Schlangenwur-
 zel • cimicifuga, bugbane
 rhizome, black cohosh,
 'ascendant hemp' • 56
 Cinnabaris • Zhusha •
 Zinnober, Cinnabarit •
 cinnabar, 'vermillion sand'
 • 418
 Cinnamomi cassiae cortex •
 Rougou • Cassia-Zimtrinde
 • cinnamon bark, inner
 bark of Saigon cinnamon •
 394
 Cinnamomi cassiae ramulus
 • Guizhi • Cassia-
 Zimtzwige • cinnamon
 twig, cassia twig • 26
 Cirsii herba • Xiaojie •
 Cephalanoplos-Kraut •
 small thistle, field thistle,
 cephalanoplos • 590
 Cirsii japonici herba seu radix
 • Daji • japanisches
 Distelkraut • Japanese
 cirsium, Japanese thistle,
 'big thistle' • 592
 Cistanchis herba •
 Roucongong •
 Wüstencistanchenkraut •
 cistanche, fleshy spine of
 the bloom rape • 738
 Cistanchis salsae caulis • 738
 Citri fructus immaturus • 482
 Citri reticulatae pericarpium •
 Chenpi • Mandarin-
 schale • tangerine peel,
 'aged peel' • 488
 Citri reticulatae viride peri-
 carpium • Qingpi • unreife
 Mandarinenschalen •

- unripe tangerine peel,
green tangerine peel •
490
- Citri rubrum semen • 486
- Citri sarcodactylis fructus •
Foshou • Zedratzitrone •
finger citron fruit, Buddha's
hand • 492
- Citri shangyuan fructus
(Xiangyuan) • 492
- Citrulli fructus • Xigua •
Wassermelone •
watermelon fruit • 124
- Clematidis radix •
Weilingxian • chinesische
Waldrebenwurzel •
Chinese demaris root,
'awesome spiritual
immortal' • 356
- Clematidis armandii caulis •
Chuanmutong •
Clematisstängel •
clematidis caulis • 306
- Cnidii fructus • Shechuangzi
• Brenndoldenfrucht •
cnidium seeds, 'snake's bed
seeds' • 740
- Codonopsis radix •
Dangshen • Glockenwin-
denwurzel • codonopsis
root • 710
- Coicis semen • Yiyiren •
Hiobstränensamen,
Christstränengrassamen •
coix seeds, Job's tears •
308
- Coptidis rhizoma •
Huanglian • Goldfaden-
wurzelstock • coptis
rhizome, 'yellow link' •
172
- Cordyceps sinensis •
Dongchong xiacao • Pilz
der Mottenlarven •
cordyceps, Chinese
caterpillar fungus • 742
- Coriandri herba et fructus •
Husui • Koriander •
coriander • 28
- Comi fructus • Shanzhuyu •
Kornelkirschenfrüchte,
Hartriegelfrüchte • cornus,
Asiatic cornelian cherry
fruit • 822
- Corydalis rhizoma •
Yanhusuo • Lärchenspom-
wurzelstock • corydalis
rhizome • 532
- Corydalis tuber, Corydalis
yanhusuo rhizoma • 532
- Crataegi fructus • Shanzha •
Fiederweißdornbeeren •
hawthorn fruit, crataegus •
682
- Cremastrae pseudobulbus •
Shancigu • Shancigu-
Wurzelknolle • cremastra,
bulb of the Chinese tulip •
198
- Crinis carbonisatus •
Xueyutan • verkohltes
Menschenhaar • charred
human hair • 594
- Croci stigma • Fanghonghua
• Safran (Blütennarben
des Krokus) • saffron • 534
- Crotonis fructus • Badou •
Croton-Samen,
Purgierkörner • croton seed
• 100
- Cubebae fructus • 400
- Curculiginis rhizoma •
Xianmao • Rüssellilienwur-
zelstock • golden eye grass
rhizome, 'immortal grass' •
744
- Curcumae Ezhu rhizoma •
540
- Curcumae longae rhizoma •
Jianghuang • Gelbwurz-
Wurzelstock, Curcumawur-
zel • turmeric rhizome,
'ginger yellow' • 536
- Curcumae radix • Yujin •
Gelbwurzelknollen,
Curcumaknollen • turmeric
tuber, 'constrained metal' •
538
- Curcumae rhizoma • Ezhu •
Zitwerwurzelstock •
curcuma rhizome • 540
- Curcumarum tuber et radix •
538
- Cuscutae semen • Tusizi •
Teufelszwirnsamen •
Chinese dodder seeds •
746
- Cyanthulae radix • 522
- Cynanchi atrati radix • Baiwei
• Cynanchumwurzel •
swallow-wort root,
cynanchi root, 'white rose'
• 258
- Cynanchi baiqian radix et
rhizoma • 628
- Cynanchi baiwei radix • 258
- Cynanchi paniculatae radix •
Xuchangpu • Seidenpflanz-
engewächs • paniculate
cynanchum, paniculate
swallow-wort • 358
- Cynanchi stauntonii radix •
Baiqian • Schwalbenwurz-
Wurzel • cynanchum root
and rhizome • 628
- Cynomorii caulis • Suoyang •
Hundskolbenkraut,
Feuersporkraut • fleshy
stem of cynomorium, 'lock
yang' • 748
- Cynomorii songarici herba •
748
- Cyperii rhizoma • Xiangfu •
Nussgraswurzelstock • nut-
grass rhizome, 'aromatic
appendage' • 494
- Cyrtomii rhizoma • 866

D

- Daemonoropis resina •
Xuejie • Harz des
Drachenblutbaumes •
dragon's blood (resinous
secretion) • 542
- Dalbergiae lignum • Jianxiang
• Palisander, gelber
(Rosenholzart) • dalbergia
heartwood, scented
rosewood • 544
- Dalbergiae odoriferae lignum,
Acronychiae lignum • 544
- Daphnis genkwae • 106
- Daqingye folium, Baphica-
canthi folium • 162
- Daturae albae flos •
Yangjinhua • Metelapfel-
blüten, Stachpelfelart •
thorn apple flower • 668
- Dendrobii caulis • Shihu •
chinesische Spargelwurzel •
dendrobium, 'bushel of
stone' • 788
- Dendrobii herba • 788
- Desmodii herba • 322
- Dianthi herba • Qumai •
Nelkenkraut • dianthus,
fringed pink, Chinese pink
• 310
- Dichroae febrifugae radix •
864
- Dichroae radix • Changshan
• Dichroa-Wurzel,
Fevertrogblumenwurzel •
dichroa root • 864

- Dictamni cortex • Baixianpi • Escherwurzelnrinde • Chinese dittany root bark, 'white fresh bark' • 174
- Dioscoreae hypoglaucae rhizoma • Bixie • Yamswurzelnstock • fish-poison yam rhizome, tokoro • 312
- Dioscoreae rhizoma • Shanyao • Yamswurzelnknollen • Chinese yam, 'mountain herb' • 712
- Dipsaci radix • Xuduan • chinesische Kardenwurzel • 'Japanese teasel root, 'repair what is broken' • 750
- Dolomitum • 602
- Drabae semen • 672
- Draconis os, Mastodi ossum sive dentium fossilia • 426
- Draconis sanguis, Draconis resina • 542
- Drynariae rhizoma • Gusuibu • Drynariawurzelnstock • drynaria rhizome, 'mender of shattered bones' • 752
- Dryopteridis rhizoma • Guanzhong • Wurmfarne-Rhizom • dryopteris root, shield-fern • 866
- E**
- Eckloniae thallus • Kunbu • Süßtang • kelp • 646
- Ecliptae herba • Hanliancao • Ecliptakraut • eclipta, 'lush winter aerial plant' • 790
- Elsholtziae herba • 36
- Ephedrae herba • Mahuang • Ephedra • ephedra stem • 30
- Ephedrae radix • Mahuanggen • Meerträubelnwurzel • ephedra root, 'hemp yellow root' • 824
- Epimedii herba • Yinyanghuo • Elfenblumenkraut • aerial part of epimedium, 'licentious goat wort' • 754
- Equiseti hiemalis herba • Muzei • Winterschachtelhalmkraut • equisetum, scouring rush, shave grass, 'wood thief' • 58
- Eriobotryae folium • Pipayae • Wollmispelnblätter, Loquatblätter • loquat leaf • 670
- Erythrinae cortex • Haitongpi • Korallenbaumrinde • erythrina bark, coral-bean bark • 360
- Eucommiae cortex • Duzhong • chinesische Guttapercharinde • eucommia bark • 756
- Eupatorii herba • Peilan • Glückswasserdostkraut, Wasserhanf • eupatorium, 'ornamental orchid' • 288
- Euphorbiae kansui radix • Gansui • Wolfsmilchwurzel • kansui root • 102
- Euphorbiae pekinensis radix • Daji • Euphorbia-Wurzel (Wolfsmilchgewächs) • euphorbiae root knoxia • 104
- Euphorbiae radix, Euphorbiae seu Knoxiae radix • 104
- Euphorbiae fructus, Longan arillus • 772
- Eupolyphaga • Tubiechong • Kakerlake • ground beetle, wingless cockroach, eupolyphaga • 546
- Euryalis semen • Qianshi • Makaanestensamen, Seerosengewächs • euryale seeds • 826
- Evodiae fructus • Wuzhuyu • Stink-Eschenfrüchte • evodia fruit • 396
- F**
- Farfarae flos • Kuandonghua • Hufattichblüten • coltsfoot flower, 'welcome winter flower' • 678
- Fluoritum • Zishiyang • Fluorit, Flussspat • fluorite, 'purple stone radiance' • 420
- Foeniculi fructus • Xiao huixiang • Fenchelsamen • fennel fruit • 398
- Foenugraeci semen • 766
- Forsythiae fructus • Lianqiao • Forsythienfrüchte, Goldglöckchenfrüchte • forsythia fruit • 200
- Fraxini cortex • Qinpi • chinesische Eschenrinde • fraxinus bark, Korean ash bark • 176
- Fritillariae bulbus • Beimu • Szechuan-Schachblumenzwiebel • Sichuan fritillaria bulb, 'shell mother from Sichuan' • 648
- Fritillariae roylei bulbus • 648
- Fritillariae thunbergii bulbus • Zhebeimu • Schachblumenzwiebel • Zhejiang fritillaria bulb, Thunberg fritillaria bulb • 650
- G**
- Galamina • 878
- Galangae fructus • Hongdougou • Galangatfrüchte • major galangal seeds, spice ginger seeds, 'red cardamom' • 290
- Galangae rhizoma • 390
- Galli endothelium corneum, Galli corium stomachicum • 684
- Gambir • 464
- Ganoderma • Lingzhi • Ganoderma • ganoderma, 'spiritual mushroom' • 436
- Gardeniae fructus • Zhizi • Gelbbeere, Jasminglanz • gardenia fruit, Cape Jasmine fruit • 126
- Gastrodiae rhizoma • Tianma • Himmelshanfwurzelnstock • gastrodia rhizome, 'heavenly hemp' • 450
- Gecko • Gejie • Gecko • gecko • 758
- Gelatina nigra (Asinii), Corii asinii • 770
- Genkwae flos • Yuanhua • Daphneblume, Seidenbastgewächs • genkwa flower, daphne flower • 106
- Gentianae macrophyllae radix • Qinjiao • großblättrige Enzianwurzel • large gentian root, gentiana macrophylla root • 362
- Gentianae qinjiao radix • 362
- Gentianae radix • Longdancao • kahle Enzianwurzel • Chinese gentian root, 'dragon gall bladder herb' • 178

Gigeria galli endothelium corneum • Jineijin • Hühnermagenendothel • gizzard lining, 'chicken inner gold' • 684

Ginkgo semen • Baiguo • Ginkgosamen • ginkgo nut, 'silver almond' • 828

Ginseng radix • Renshen • Ginsengwurzel • ginseng root, 'man root' • 714

Glauberitum • Hanshuishi • Calciumcarbonat (CaCO₃) • calcium • 128

Gleditsia abnormalis fructus • 630

Gleditsiae fructus • Zaojia • Seifenbohnenfrüchte, Schotenbaumfrüchte • gleditsia fruit, honeylocust fruit • 630

Gleditsiae spina • Zaojiaoci • Seifenbohnenendornen, Schotenbaumdornen • gleditsia thorn • 548

Glehniae radix • Beishashen • Glehniawurzel • adenophora or glehnia root, 'sand root' • 792

Glycynis germinatum semen • 66

Glycinis testa • Lüdouyi • Sojabohnenschalen • soybean skin • 452

Glycyrrhizae radix • Gancao • Süßholzwurzel • liquorice root, 'sweet herb' • 716

Granati pericarpium • Shiliupi • Granatapfelschale • pomegranate husk, granatum rind • 830

Gua lou gen • 142

Gypsum • Shigao • Gips, mineralischer • gypsum, 'stone paste' • 130

H

Haematitum • Daizheshi • roter Ocker, Eisenglanz • haematite, 'Dai country red stone' • 80

Haliotidis concha • Shijueming • Abalonschalen, Seeohrenschaalen • abalone shell, 'stone sense brightness' • 454

Halloysitum rubrum • Chishizhi • roter Ton • halloysite, kaolin • 832

Hedyotidis diffusae herba • Baihuasheshicao • Hedyotiskraut • hedyotis, oldenlandia, 'white-patterned snake's tongue herb' • 202

Heraclei radix • 350

Hibisci mutabilis flos • Fujunghua • Baumwollrosenblüten • hibiscus flower • 204

Hirudo • Shuizhi • Blutegel • leech • 550

Hordei fructus germinatus • Maiya • gekeimte Gerstenkörner • barley sprout, malt • 686

Houttuyniae herba • 206

Houttuyniae herba cum radice • Yuxingcao • Houttuynia-Kraut mit Wurzel (Chamäleonpflanze, chin. Eidechsen-schwanz, Buntblatt) • 'fishy-smelling herb' • 206

Hydnocarpi semen • Dafengzi • Hydnocarpus-Samen • hydnocarpus seed, chaulmoogra • 880

I

Ilicis pedunculosae herba • Dongqing • langstielige Stechpalme • ilex • 208

Ilicis pubescentis radix • Maodongqing • Ilex-Wurzel (langstielige Stechpalme) • hairy holly root • 552

Imperatae rhizoma • Baimaogen • Alang-Alang-Graswurzelstock • woolly grass • 158

Indigo naturalis • Qingdai • Indigo • indigo • 160

Inulae flos • Xuanfuhua • Alantblüten • inula flower, 'rotated, upturned flower' • 632

Inulae racemosae radix, Saussurea radix, Aucklandiae lappa radix • 480

Isatidis folium • Daqingye • Färberwaidblätter • woad

leaf, isatis leaf, big green leaf' • 162

Isatidis/Baphicacanthi radix • Banlangen • Färberwaidwurzel • isatis root, woad root • 210

Isatidis seu Baphicacanthi radix • 210

J

Jixueteng radix et caulis, Spatholobi caulis, Millettieae caulis • isatis • 576

Juglandis semen • Hutaoren • Walnuss, Baumnuss • walnut, 'barbarian peach pit' • 760

Jujubae fructus • Dazao • Jujubenfrüchte, chinesische Dattelfrüchte • Chinese date, 'big date' • 718

Junci medulla • Dengxinciao • Flatter-Binse • juncus pith, rush pith • 314

K

Kaki calyx • 496

Kaki diospyri calyx • Shidi • Kaki-Blütenkelch • persimmon calyx, kaki • 496

Kochiae fructus • Difuzi • Besenradmellenfrüchte • broom cypress fruit, kochia fruit, 'earth skin seeds' • 316

L

Lablab semen album • Biandou • Helmbohnensamen • hyacinth bean, 'flat bean' • 720

Lablab semen, Dolichoris semen album • 720

Lasiosphaera • Mabo • Lasiosphaera-Schwamm, Riesenbovist • fruiting body of puffball, lasiosphaera • 212

Lasiosphaerae seu Calvatiae fructificatio, Lashiophaera • 212

Ledebourieliae radix • 42

Lemma seu Spirodela herba, Spirodela herba • 70

Leonuri herba • Yimucuo • chinesisches Mutterkraut,

- Löwenschwanzkraut • Chinese motherwort, leonurus, 'benefit mother herb' • 554
- Lepidii/Descurainiae semen • Tinglizi • Felsenblümchen • lepidium seed, descurainia seed • 672
- Ligustici radix, chuanxiang rhizoma • 530
- Ligustici sinensis radix • Gaoben • chinesischer Liebstöckel-Wurzelstock • Chinese lovage root, ligusticum root • 32
- Ligustici sinensis rhizoma et radix • 32
- Ligustri lucidi fructus • Nüzhenzi • Ligusterfrüchte • ligustrum, privet fruit, 'female chastity seed' • 794
- Lilii bulbosus • Baihe • Lilienzwiebel • lily bulb, 'hundred meetings' • 796
- Limonium • Yuyuliang • braune Eisenerde • limonite, limonitum • 834
- Limonium cum terra • 834
- Linderae radix • Wuyao • Fieberstrauchwurzel • lindera root • 498
- Lini semen • Yamazi • Leinsamen • linseed, flax seed • 798
- Liquidambaris formosanae fructus • 500
- Liquidambaris fructus • Lulutong • Amberbaumfrüchte, Süßgum-mibaumfrüchte • liquidambar fruit, sweetgum fruit, 'all roads open' • 500
- Liquiritiae radix • 716
- Litchi semen • Lizhihe • Litchi-Samen • lychee nut, lychee pip • 502
- Litsea fructus • Bichengqie • Kubebenpfeffer, javanischer Pfeffer • cubeb fruit • 400
- Lobelia chinensis herba • Banbianlian • chinesisches Lobelienkraut, Indianertabak (*Lobelia inflata*) • Chinese lobelia • 318
- Lobeliae radicans herba, Lobelia herba cum radice • 318
- Longanae arillus • Longyanrou • Longanenfrucht • flesh of the longan fruit, 'dragon eye flesh' • 772
- Lonicerae caulis • Rendongteng • Geißblattstängel • honeysuckle vine, lonicera vine • 214
- Lonicerae flos • Jinyinhua • japanische Geißblattblüten • honeysuckle flower, 'gold-silver flower' • 216
- Lophatheri gracilis herba, • 132
- Lophateri herba • Xianzhuyue Danzhuyue • Bambusblätter • lophatheri stem and leaves • 132
- Loti embryo • 136
- Loti folium • 134
- Loti nodus rhizomatis • 596
- Loti semen • 842
- Lu feng fang • 886
- Luffae fructus • Sigualuo • Luffa-Schwamm, Schwammgurke • loofah, luffa, dried skeleton of vegetable sponge • 218
- Lycii cortex • Digupi • Bocksdornwurzelrinde • cortex of wolfberry root, 'earth bone bark' • 260
- Lycii fructus • Gouqizi • Bocksdornfrüchte • Chinese wolfberry, 'matrimony vine fruit' • 800
- Lycopi herba • Zelan • Wolfstrappkraut • lycopus, bugleweed, 'marsh orchid' • 556
- Lygodii herba • 320
- Lygodii spora • Haijinsha • Schlingfamsporen, Kletterfamsporen • lygodium spore, 'sea gold sand' • 320
- Lysimachiae herba • Jinjiancao • Gilbweiderichkraut, Pfennigkraut • lysimachia, 'gold money herb' • 322
- M**
- Magnetitum • Cishi • Magnetit, Magneteisenstein • magnetite, 'magnetic stone' • 422
- Magnoliae cortex • Houpo • Magnolienrinde • magnolia bark • 292
- Magnoliae flos • Xinyi • Magnolienblüten • magnolia flower • 34
- Maltose • Yitang • Getreidezucker, Malzzucker • barley malt sugar • 722
- Malvae semen • Dongkuizi • Malvensamen • musk mellow seeds • 324
- Mantis squama • Chuanshanjia • Schuppen des Gürteltieres • pangolin scales • 558
- Mantidis oötheca • Sangpiaoxiao • Eierdepot der Gottesanbeterin • mantis egg-case • 836
- Mantidis ovarium vagina • 836
- Margarita concha • Zhenzhu • Schale der Perlmuschel • pearl shell • 424
- Margarita conchaferae concha • 424
- Massa fermentata • 688
- Massa medicata fermentata • Shenqu • fermentierte Medizinalmischung • medicated leaven, 'divine fermented mass' • 688
- Mastodi fossilium ossis • Longgu • fossile Tierknochen, 'Drachenknochen' • dragon bone, fossilized vertebrae and bones (usually of mammalian origin) • 426
- Mel • Fengmi • Bienenhonig • bee honey • 724
- Menispermii rhizoma • Beidougen • Mondsamen-Wurzelstock • asiatic moonseed rhizome • 220
- Menthae herba • Bohe • chinesisches Ackermintze-kraut • field mint • 60
- Meretricis/Cyclinae concha • Haigeke • Venusmuschel-schale • clamshell • 652
- Micae lapis aureus • Jimengshi • Vermiculit • vermiculite schist • 654

Mirabilitum • 90
 Mori cortex • Sangbaipi •
 Maulbeerwurzelrinde •
 bark of mulberry root,
 'mulberry white bark' •
 674
 Mori folium • Sangye •
 Maulbeerblätter • white
 mulberry leaf • 62
 Mori fructus • Sangshen •
 Maulbeerfrüchte •
 mulberry, morus fruit •
 774
 Mori ramulus • Sangzhi •
 Maulbeerzweige • mulberry
 twig • 364
 Morindae radix • Bajitian •
 Morindawurzel • morinda
 root • 762
 Moslae herba • Xiangru •
 Elsholtzia-Kraut, Kamm-
 Minzenkraut • aromatic
 madder, elsholtzia • 36
 Moutan cortex • Mudanpi •
 Strauchpäonienwurzelrinde
 • moutan root bark, tree
 peony root bark • 164
 Mume fructus • Wumei •
 Japanaprikosenfrüchte •
 mume fruit, 'dark plum' •
 838
 Mungo fructus et testa •
 226
 Mylabris • Banmao •
 Kantharide Olkäfer,
 spanische Fliege • mylabris,
 cantharides, blister beetle •
 882
 Myristicae semen •
 Roudoukou • Muskatnuss
 • nutmeg seeds, 'fleshy
 cardamom' • 840
 Myrobalani fructus, Chebulae
 fructus • 820
 Myrrha • Moyao • Myrrhe,
 Gummiharz des
 Myrrhebaumes • myrrh •
 560

N

Nardostachys rhizoma •
 Gansong • Nardostachys-
 Wurzel, Narde-Wurzelstock
 • nardostachys root •
 504
 Natrii sulfas • Mangxiao •
 Glaubersalz • Glauber's
 salt, mirabilite • 90

Nelumbinis folium • Heye •
 Lotosblatt • lotus leaf •
 134
 Nelumbinis nodus rhizomatis
 • Oujie • Nodien des
 Lotoswurzelstock • node of
 the lotus rhizome • 596
 Nelumbinis plumula •
 Lianxin • Keimling des
 Lotos-Samen • lotus
 plumule • 136
 Nelumbinis receptaculum •
 Lianfang • Lotusblume,
 Blütenboden • lotus
 receptacle, lotus peduncle •
 598
 Nelumbinis semen • Lianzi •
 Lotossamen • lotus seed •
 842
 Nelumbinis stamen • Lianxu
 • Lotus-Fäden, Lotus-
 Staubbeutel • lotus stamen
 • 844
 Notoginseng radix • Sanqi •
 Notoginseng-Wurzel •
 notoginseng root,
 pseudoginseng root • 600
 Notopterygii rhizome •
 Qianghuo • Gebirgsange-
 likawurzel • notopterygium
 root • 38
 Notopterygium rhizoma et
 radix • 38

O

Ocherum rubrum • 80
 Oldenlandia herba • 202
 Olibanum • Ruxiang •
 Weihrauch, Mastix •
 frankincense, 'fragrant milk'
 • 562
 Olibanum gummi, Mastix •
 562
 Ophicalcitum • Huaruishi •
 Ophicalcit • ophicalcite •
 602
 Ophiopogonis radix •
 Maimendong •
 Schlangenbartwurzel •
 ophiopogon tuber, 'lush
 winter wheat' • 802
 Oryzae fructus germinatus •
 Guya • gekeimte
 Reiskörner • rice sprout •
 690
 Ostrea concha • Muli •
 Austernschale • oyster shell
 • 428

P

Paeoniae radix alba • 776
 Paeoniae radix lactiflora •
 Baishao • weisse
 Pfingstrosenwurze • white
 peony root • 776
 Paeoniae radix rubra •
 Chishayao • Pfingstrosen-
 wurzel, rote • red peony
 root • 166
 Panacis quinquefolii radix •
 Xiyangshen • Panax
 Ginseng • American
 ginseng root • 804
 Paradisi rhizoma • Chonglou
 • Paris-Wurzelstock,
 Einbeeren-Wurzelstock •
 Paris rhizome • 222
 Patriniae herba • Baijiangcao
 • Täschelkraut • thlaspi,
 patrinia • 224
 Perillae folium • Zisuye •
 Schwarznesselblätter und -
 stängel • perilla leaf • 40
 Perillae fructus • Zisuzi •
 Schwarznessel Früchte •
 purple perilla fruit, perilla
 seed • 634
 Persicae semen • Taoren •
 Pfirsichsamen • peach
 kernel, persica • 564
 Peucedani radix • Qianhu •
 Haarstrangwurzel •
 peucedanum root,
 hogfennel root, 'before
 barbarians' • 656
 Phaseoli radiatae semen •
 Lüdou • Mungbohne •
 mung bean, phaseolus •
 226
 Phaseoli semen • Chixiaodou
 • Azukibohne • adzuki
 bean, phaseolus, 'dark red
 little bean' • 326
 Phellodendri cortex •
 Huangbo • Gelbbaum-
 rinde, Korkbaumrinde •
 phellodendron bark, Amur
 cork-tree bark, 'yellow fir' •
 180
 Pheretima • Dilong •
 Regenwurm • earthworm,
 'earth dragon' • 456
 Photiniae folium •
 Shinan(ye) • Photini-
 ablätter, Rosengewächs,
 Glanzmispel • Chinese
 photinia leaf • 366

- Phragmitis rhizoma • Lugen
• Schilfrohrwurzelstock •
reed rhizome • 138
- Phytolacca radix • Shanglu •
Phytolacca-Wurzel,
asiatische Kermesbeeren-
Wurzel • poke root,
phytolacca • 108
- Picrorhizae rhizoma •
Huhuaglian • Picrorhiza-
Wurzelstock • picrorhiza
rhizome, 'barbarian yellow
link' • 182
- Pinelliae rhizoma • Banxia •
Mittsommerknolle •
pinellia rhizome, 'half
summer' • 82
- Pinelliae tuber et rhizoma •
82
- Piperis caulis • Haifengteng •
Futokadsura-Pfeffer-Stängel
• kadsura stem,
futokadsura stem • 368
- Piperis fructus • Huijiao •
schwarzer Pfeffer • pepper
• 402
- Piperis futokadsura caulis,
Piperis kadsurae caulis •
368
- Piperis longi fructus • Biba •
Früchte des langen Pfeffer •
long pepper fruit • 404
- Plantaginis semen •
Cheqianzi • asiatische
Wegerichsamen • plantago
seeds, 'before the cart seeds'
• 328
- Platycladi cacumen • Cebaiye
• Spitzen der Blätter und
beblätterten Zweige des
Lebensbaumes • oriental
arborvitae leafy twig,
Chinese arborvitae biota •
604
- Platycodi radix • Jiegeng •
Seifenbohnenfrüchte,
Schotenbaumfrüchte •
platycodon root, balloon
flower root • 636
- Platycladi semen • Baiziren •
Lebensbaumsamen,
orientalische Thujasamen •
arborvitae seed, biota •
438
- Polygalae radix • Yuanzhi •
Kreuzblumenwurzel,
Senegawurzel • polygala,
Chinese senega • 440
- Polygonati odorati rhizoma •
Yuzhu • wohlriechender
Weißwurz-Wurzelstock •
polygonatum, scented
Solomon's seal rhizome,
'jade bamboo' • 806
- Polygonati officinalis rhizoma
• 806
- Polygonati rhizoma •
Huangjing • Sibirischer-
Weißwurz-Wurzelstock,
Salomonsiegel •
polygonatum rhizome,
Siberian Solomon's seal,
'yellow essence' • 726
- Polygoni avicularis herba •
Bianxu • Vogelknöterich-
kraut • knotweed,
polygonum • 330
- Polygoni bistortae rhizoma •
190
- Polygoni cuspidati radix •
566
- Polygoni cuspidati rhizoma •
Huzhang • Rhizom des
Japan-Staudenknöterich
(spitzblättriger Knöterich) •
bushy knotweed rhizome,
giant knotweed • 566
- Polygoni multiflori caulis •
Yejiatong • vielblütiger
Knöterichstängel •
fleeceflower caulis, 'vine to
pass through the night' •
442
- Polygoni multiflori radix •
Heshouwu • vielblütiger
Knöterich-Wurzel •
fleeceflower root, 'black-
haired Mr Wu' • 778
- Polypori umbellate
sclerotium • 332
- Polyporus • Zhuling •
Polyporusmyzel, Eichenhase
• polyporus • 332
- Ponciri fructus • Gouju •
Bitterorange • immature
fruit of the bitter orange •
506
- Poria • Fuling • Kokospilz-
myzel • poria, sclerotium
of Tuckahoe, China root,
hoelen • 334
- Poriae cocos sclerotium • 334
- Portulacae herba • Machixian
• Portulak, Burzelkraut •
purslane, portulaca, 'horse's
teeth amaranth' • 228
- Prunellae spica • Xiakucao •
Braunellenähren • selfheal
spike, 'summer withered
herb' • 140
- Pruni persicae semen • 564
- Pruni semen • Yuliren •
japanische Mandelkirscha-
men • bush cherry pit •
98
- Pseudoginseng radix • 600
- Pseudostellariae radix •
Haierhen • Sternmieren-
wurzel • pseudostellaria,
'child root' • 728
- Psoraleae corylifoliae fructus
• 764
- Psoraleae fructus • Buguzhi •
Asphatkleesamen,
Harzkleesamen • psoralea
fruit, 'tonify bone raisin' •
764
- Pteropi excrementum • 578
- Puerariae radix • Gegen •
Kopoubohnenwurzel •
pueraria, kudzu root • 64
- Pulsatillae radix • Baitouweng
• chinesische Anemonen-
wurzel • pulsatilla, Chinese
anemone root, 'hoary-
headed geezer' • 230
- Pycnostelmae herba • 358
- Pyritum • Zirantong • Pyrit,
Katzengold, Eisenkies,
Schwefelkies • pyrite •
568
- Pyrosiae folium • Shiwei •
Pyrosiakraut • pyrosia
leaf, 'stone reed' • 336
- Pyrosiae herba • 336
- Q**
- Quisqualis fructus • Shijunzi
• Quisqualisfrüchte •
Rangoon creeper fruit and
seeds, 'envoy seeds' • 868
- R**
- Rabdosiae herba • Dongling
• Rabdosia-Kraut •
rabdosia, blush red
rabdosia herb • 232
- Raphani semen • Laifuzi •
Rettichsamen • radish seed
• 692
- Rehmanniae glutinosae
conquatae radix,
Rehmanniae praeparata
radix et rhizoma • 780

- Rehmanniae radix •
Shengdihuang •
Rehmannia-Wurzel,
Braunwurzgewächs •
Chinese foxglove root,
rehmannia root, 'fresh
earth yellow' • 168
- Rehmanniae radix
praeparatae • Shudihuang
• Rehmanniawurzel,
Braunwurzgewächs •
cooked rehmannia root,
prepared foxglove root •
780
- Rehmanniae rhizoma viridis
• 168
- reishi (japanese) • 436
- Rhapontici radix • Loulu •
Alpenscharte • rhaponti-
cum root • 234
- Rhei rhizoma • Dahuang •
Rhabarberwurzelstock •
rhubarb rhizome, 'big
yellow' • 92
- Rosae flos • Meiguihua •
chinesische Rosenblüten •
young flower of the
Chinese rose • 508
- Rosae laevigatae fructus •
Jinyingzi • Rosa-laevigata-
Früchte • Cherokee
rosehip, 'golden cherry
fruit' • 846
- Rubi fructus • Fupenzi •
chinesische Wildhimbeer-
früchte • Chinese
raspberry, 'overturned bowl
fruit' • 848
- Rubiae radix • Qiancaogen •
Krappwurzel, ostindische,
Färberröte • madder root,
rubia root • 606
- S**
- Saccharum granorum •
722
- Salviae miltiorrhizae radix •
Danshen • Rotwurzelsal-
bei-Wurzel • salvia root •
570
- Sanguisorbae radix • Diyu •
Wiesknopfwurzel,
Blutkrautwurzel •
sanguisorba, bumet-
bloodwort root • 608
- Sanjisheng ramulus, Loranthi
ramulus, Taxilli ramulus •
810
- Santali albi lignum •
Tanxiang • (weißes)
Sandelholz, geschältes
Kernholz des Sandelbau-
mes • heartwood of
sandalwood, santalum •
510
- Santsigu tuber, Pleionis tuber,
Shancigu pseudobulbus •
198
- Saposhnikoviae radix •
Fangfeng • Saposhniko-
viae-Wurzel • ledebouriella
root, siler, guard against
wind • 42
- Sappan lignum • Sumu •
Sappan-Holz, Japanholz,
ostindisches Rotholz •
sappan wood • 572
- Sargassi herba • 658
- Sargassum • Haizao •
Meerlinsen • Sargassum,
seaweed • 658
- Sargentodoxae caulis •
Hongteng • Sargentodoxa-
Stängel • sargentodoxa vine
• 236
- Sargentodoxae cuneatae caulis
• 236
- Scaphigeriae fructus, Sterculae
lychnophorae semen •
660
- Schisandrae fructus •
Wuweizi • chinesische
Beerentraubenfrüchte,
Schisandra-früchte •
schisandra fruit, 'five-
flavoured seed' • 850
- Schizonepetae herba • Jingjie
• Schizonepeta-Kraut,
Katzenminzkräuter, Nepeta
• schizonepeta stem or bud
• 44
- Schizonepetae tenuifoliae
herba seu flos • 44
- Scolopendra • Wugong •
Hundertfüßler • centipede,
scolopendra • 458
- Scorpio • Quaxie •
Skorpion • scorpion • 460
- Scrophulariae ningpoensis
radix • 170
- Scrophulariae radix •
Xuanshen • Ningpo-
Braunwurz Wurzel •
scrophularia, ningpo
figwort root, 'dark root' •
170
- Scutellariae herba •
Banzhilian • Helmkraut,
bärtiges • barbat skullcap,
'half-branch lotus' • 238
- Scutellariae radix • Huangqin
• Baikal-Helmkraut •
Scutellaria, baical skullcap
root • 184
- Semiaquilegiae radix •
Tiankuizi • Semiaquilegia-
Wurzel • semiaquilegia
root tuber • 240
- Sennae folium • Fanxieye •
Sennes-Blätter • senna leaf
• 94
- Sepiae endoconcha •
Haipiaoxiao • Tintenfisch-
knochen • cuttlefish bone
• 852
- Sepiae seu Sepiellae os •
852
- Sesami indicis semen • 808
- Sesami semen nigrum •
Heizhima • Sesamsamen •
black sesame seeds • 808
- Setariae germinatus fructus •
690
- Sigesbeckiae herba •
Xiancao • Sigesbeckia-
Kraut, Korbblütler •
sigesbeckia • 370
- Sinapis albae semen •
Baijjezi • weißer
Senfsamen • white mustard
seed • 638
- Smilacis china rhizoma •
Baqia • Chinawurzelstock,
Stechwinde • Chinaroot,
greenbrier rhizome • 372
- Smilacis glabrae rhizoma •
Tufuling • Stechwinden-
wurzelstock • glabrous
greenbrier rhizome, smilax,
'local poria' • 242
- Sojae semen germinatum •
Dadoujuan • Sojasprossen,
gekeimte Sojabohnen •
young soybean sprouts •
66
- Sojae semen praeparatum •
Dandouchi • Sojasprossen,
unterschiedlich vorehandelt
• prepared soybean • 68
- Solani herba • Longkui •
schwarzer Nachtschatten,
Giftbeere, Monds-
cheinkraut Schweinstod •
black nightshade • 244

- Solani lyrati herba • 244
 Solidaginis herba •
 Liuzhihuang • Goldrutenkraut, Edelwandkraut • solidago • 246
 Sophorae flavescens radix •
 Kushen • Schnurbaumwurzel • sophora root, 'bitter root' • 186
 Sophorae flavescens semen • 612
 Sophorae flos • Huaihuami • Schnurbaumblüten, Pagodenbaumblüten • sophora flower, pagoda tree flower • 610
 Sophorae fructus • Huaijiao • Pagodenbaumfrüchte, Schnurbaumfrüchte • sophora fruit • 612
 Sophorae japonicae flos immaturus • 610
 Sophorae radix • 186
 Sophorae subprostratae radix, Menispermii radix • 248
 Sophorae tonkinensis radix •
 Shandougen • Sophora-Wurzel, Tonkin-Schnurbaum-Wurzel • subprostrate, sophora root • 248
 Sparganii rhizoma • Sanleng • astiger Igelkolbenwurzelstock • sparganium, burr reed rhizome, scirpus, 'three edges' • 574
 Sparganii tuber, Scirpi rhizoma • 574
 Spatholobi caulis et radix •
 Jixueteng • Milletia-Wurzel und Stängel, Hülsenfrüchtler • spatholobus root and vine, 'chicken blood vine' • 576
 Spirodelae herba • Fuping •
 Teichlinsenkraut • spirodela, duckweed • 70
 Steleophaga • 546
 Stellariae radix • Yinchaihu •
 Vogelmierenzwurzel • stellaria root, 'silver barbarian kindling' • 262
 Stemonae radix • Baibu •
 Stemonawurzel • stemonae root • 676
 Stephaniae radix • Fangji •
 Stephaniawurzel • stephania root • 338
 Sterculiae scaphigeriae semen •
 Pangdahai • Sterculiensamen, Stinkbaumsamen • sterculia seed, 'big fat seed' • 660
 Storax • 274
 StyraX • Suhexiang • StyraX, Harz des orientalischen Amberbaumes • resin of rose maloes, styraX • 274
 Succinum • Hupo • Bernstein •
 amber • 430
 Sulfur • Liuhuang • Schwefel •
 sulfur • 884
- T**
 Talcum • Huashi • Talk •
 talcum, 'slippery rock' • 340
 Taraxaci herba • Pugongying •
 mongolisches Löwenzahnkraut • dandelion, taraxacum • 250
 Taraxaci herba cum radice • 250
 Taxilli herba • Sangshiheng •
 Maulbeermistelästchen • mistletoe, taxillus, mulberry mistletoe stems • 810
 Terra flava usta • Zaoxintu •
 gebrannte gelbe Lehmerde • oven earth, 'ignited yellow earth' • 614
 Testudinis carapax • Guiban •
 Panzer der Wasserschildkröte • fresh-water turtle plastron, testudinis, tortoise plastrum • 812
 Testudinis plastrum • 812
 Tetrapanacis medulla •
 Tongcao • Tetrapanax-Stängelmark • rice paper plant pith, tetrapanax, 'unblocking herb' • 342
 Thlaspi herba, Baijiangcao herba • 224
 Tiglii semen, Crotonis semen, Croton tiglii semen • 100
 Tinosporae radix • Jinguolan •
 Tinospora-Wurzel • tinospora root • 252
 Toosendan fructus •
 Chuanlianzi • chinesische Holunderfrüchte, Patemosterbaum-Früchte •
 Sichuan pagoda tree fruit • 512
 Torreyae semen • Feizi •
 chinesische Nuß-Eibe • torreyae seeds • 870
 Trachelospermi caulis •
 Luoshiteng • Sternjasmin-Stängel • star jasmine stem, 'collateral stone vine' • 374
 Trachelospermi jasminoidis caulis • 374
 Tribuli fructus • Baijili •
 Burzeldornfrüchte • caltrop fruit • 462
 Trichosanthis fructus et semen • Gualou •
 Schlangenkürbisfrüchte • trichosanthes fruit • 662
 Trichosanthis radix •
 Tianhuafen • Schlangenkürbiswurzel, Schlangengarurkenwurzel • trichosanthes root, 'heavenly flower powder' • 142
 Trigonellae semen • Huluba •
 Bockshornkleesamen • fenugreek seed • 766
 Trionycis carapax • Biejia •
 Panzer der chinesischen Schildkröte • Chinese soft-shelled turtle shell • 814
 Tritici aestivi levis semen • 444
 Tritici aestivi levis semen • 854
 Tritici fructus • Xiaomai •
 gekeimte Weizenkörner • light wheat grain, 'little wheat' • 444
 Tritici fructus • Xiaomai •
 gekeimte Weizenkörner • light wheat grain, 'floating little wheat' • 854
 Trogopteriori faeces •
 Wulingzhi •
 Flughörnchenexkremete • flying squirrel faeces, pteropus • 578
 Tsaoko fructus • Caoguo •
 Amomum-Caoguo-Früchte, Nepal-Kardamom • tsaoko fruit • 294
 Tussilaginis farfare •
 Kuandonghua •
 Huflattichblüten • coltsfoot flower, 'welcome winter flower' • 678

Typhae pollen • Puhuang • Rundkolbenpollen, Rohrkolbenpollen • cattail pollen, bulrush • 616
Typhonii rhizoma praeparatum • Baifuzi (Yubaifu) • Typhonium-wurzelstock • prepared typhonium rhizome • 640

U

Ulmi fructus praeparatus praeparatus • 872
Ulmi fructus praeparatus • Wuyi • präparierte Früchte einer Ulmenart • elm cake, paste made from the fruit of the stinking elm • 872
Uncariae ramulus cum unci • Gouteng • Indischer Morgensternzweig, Klimmstrauchzweig • gambir vine stems and thorns, 'hook vine' • 464

V

Vaccariae semen • Wangbuliuxing • Vaccaria-Samen • vaccaria seeds • 580
Veratri nigri rhizoma et radix • Lilu • schwarzer Germer • veratrum root and rhizome • 76

Verbenae herba • Mabiancao • Eisenkraut • verbena, European verbena, 'horse whip herb' • 582
Vespae nidus • Fengfang • Wespennest • wasp nest • 886
Vesperilionis murini excrementum • 150
Vespertilli faeces • Yemingsha • Fledermausexkreme • bat faeces • 150
Violae herba • Zihuadiding • Veilchenkraut, Ackerstiefmütterchenkraut • violet, Yedeon's violet, 'purple flower earth spike' • 254
Violae herba cum radice • 254
Vitis fructus • Manjingzi • Vitex-Frucht • vitex fruit • 72

X

Xanthii fructus • Cangerzi • sibirische Spitzklettenfrüchte • xanthium fruit, cocklebur fruit, 'deep green ear seeds' • 376

Z

Zanthoxyli fructus • Huajiao • täuschende Stachelesche,

Sechuan-Pfeffer • fruit of the Szechuan pepper, Chinese prickly ash, zanthoxylum • 406
Zaocys • Wushaoshe • Zaocys (eine Natterart) • zaocys, black-striped snake • 378
Zingiberis nigri fructus • 730
Zingiberis officinalis rhizoma recens, Zingiberis viridis rhizoma • 46
Zingiberis rhizoma • Ganjiang • Ingwerwurzelstock • dried ginger rhizome • 408
Zingiberis rhizoma praeparata • 410
Zingiberis rhizoma praeparatum • Paojiang • gerösteter Ingwerwurzelstock • quick-fried ginger rhizome • 410
Zingiberis rhizoma recens • Shengjiang • Ingwerwurzel, frische • fresh ginger rhizome • 46
Ziziphi spinosae semen • Suanzaoren • Stacheljuben-samen, wilde Dornkirschensamen • sour jujube seed, sour date seed • 446
Zizyphi jujubae fructus • 718

Pinyin herb names

A

Aiye • *Artemisia argyi* folium
• Beifußblätter • mugwort
leaf, artemisia • 586

B

Badou • *Crotonis fructus* •
Croton-Samen,
Purgierkörner • croton seed
• 100
Baibu • *Stemona radix* •
Stemonawurzel • stemona
root • 676
Baidoukou • *Amomi fructus*
rotundus • Karda-
momfrucht • round
cardamom, white
cardamom • 282
Baifuzi • *Typhonii rhizoma*
praeparatum • Typhoni-
umwurzelstock, • prepared
typhonium rhizome • 640
Baiguo • *Ginkgo semen* •
Ginkgosamen • ginkgo
nut, 'silver almond' • 828
Baihe • *Lilii bulbosus* •
Lilienzwiebel • lily bulb,
'hundred meetings' • 796
Baihuasheshicao •
Hedyotis diffusae herba •
Hedyotiskraut • hedyotis,
oldenlandia, 'white-
patterned snake's tongue
herb' • 202
Baiji • *Bletillae rhizoma* •
Bletilla-Knolle, Orchi-
deengewächs • bletilla
rhizome • 588
Baijiangcao • *Patriniae herba*
• Täschelkraut • thlaspi,
patrinia • 224
Baijiezi • *Sinapis albae semen*
• Senfsamen, weißer •
white mustard seed • 638
Baijili • *Tribuli fructus* •
Burdeldomfrüchte • caltrop
fruit • 462
Baimaogen • *Imperatae*
rhizoma • Alang-Alang-

Graswurzelstock • woolly
grass • 158
Baiqian • *Cynanchi*
stauntonii radix •
Schwalbenwurz-Wurzel •
cynanchum root and
rhizome • 628
Baishao • *Paeoniae radix*
lactiflora • weisse
Pfingstrosenwurze • white
peony root • 776
Baitouweng • *Pulsatillae radix*
• Anemonenwurzel,
chinesische • pulsatilla,
Chinese anemone root,
'hoary-headed geezer' •
230
Baiwei • *Cynanchi atrati radix*
• *Cynanchum*wurzel •
swallowwort root,
cynanchi root, 'white rose'
• 258
Baixianpi • *Dictamnii cortex* •
Escherwurzelrinde •
Chinese dittany root bark,
'white fresh bark' • 174
Baizhi • *Angelicae dahuricae*
radix • Engelwurzwurzel •
angelica root • 22
Baizhu • *Atractylodis*
macrocephalae rhizoma •
*Atractylodes*wurzelstock,
Korbblütlergewächs •
(white) *atractylodis*
rhizome • 708
Baiziren • *Platycladi semen* •
Lebensbaumsamen,
Thujasamen, orientalische
• *arborvitae* seed, biota •
438
Bajitian • *Morindae radix* •
*Morinda*wurzel • morinda
root • 762
Banbianlian • *Lobeliae*
chinensis herba •
chinesisches Lobelienkraut,
Indianertabak (*Lobelia*
inflata) • Chinese lobelia
• 318

Banlangen • *Isatidis/*
Baphicacanthis radix •
Färberwaidwurzel • *isatis*
root, woad root • 210
Banmao • *Mylabris* •
Kantharide • 164
Banxia • *Pinelliae rhizoma* •
Mittsommerknolle •
pinellia rhizome, 'half
summer' • 82
Banzhilian • *Scutellariae*
herba • Helmkraut,
bärtiges • *barbat skullcap*,
'half-branch lotus' • 238
Baqia • *Smilacis china*
rhizoma • Chinawurzel-
stock • 372
Bayueza • *Akebiae fructus* •
Akebiafrüchte, Osterluzei-
gewächs • *akebia*, 'eight
month sticker' • 472
Beidougen • *Menispermii*
rhizoma • Mondsamen-
wurzelstock • asiatic
moonseed rhizome • 220
Beimu • *Fritillariae bulbosus* •
Szechuan-Schachblumenz-
wiebel • *Sichuan fritillaria*
bulb, 'shell mother from
Sichuan' • 648
Beishashen • *Glehniae radix* •
Glehniawurzel •
adenophora or *glehnia*
root, 'sand root' • 792
Biandou • *Lablab semen*
album • Helmhohnensam-
men • hyacinth bean, 'flat
bean' • 720
Bianxu • *Polygoni avicularis*
herba • Vogelknöterich-
kraut • knotweed,
polygonum • 330
Biba • *Piperis longi fructus* •
Früchte des langen Pfeffer •
long pepper fruit • 404
Bichengqie • *Litsea fructus* •
Kubebenpfeffer, javanischer
Pfeffer • cubeb fruit •
400

- Biejia • *Trionycis carapax* • Panzer der chinesischen Schildkröte • Chinese soft-shelled turtle shell • 814
- Binglang • *Arecae semen* • Betelnuss • 860
- Bingpian • *Borneol* • *Borneol* • borneol, 'ice slice' • 270
- Bixie • *Dioscoreae hypoglaucae rhizoma* • Yamswurzelstock • fish-poison yam rhizome, tokoro • 312
- Bohe • *Menthae herba* • Ackermintzelkraut, chinesisches • field mint • 60
- Buguzhi • *Psoraleae semen* • Asphaltklee Samen, Harzklee Samen • psoralea fruit, 'tonify bone raisin' • 764
- C**
- Cangerzi • *Xanthii fructus* • Spitzklettenfrüchte, sibirische • *xanthium* fruit, cocklebur fruit, 'deep green ear seeds' • 376
- Cangzhu • *Atractylodis rhizoma* • Speichelkraut-wurzelstock • *atractylodes rhizome* • 286
- Caodoukou • *Alpiniae katsumadai semen* • Katsumadai-Samen • Katsumada's galangal seeds, katsumadai • 280
- Caoguo • *Tsaoko fructus* • *Amomum-Caoguo*-Früchte, Nepal-Kardamom • tsaoko fruit • 294
- Cebaiye • *Platycladi cacumen* • Spitzen der Blätter und beblätterten Zweige des Lebensbaumes • oriental arborvitae leafy twig, Chinese arborvitae biota • 604
- Chaihu • *Bupleuri radix* • Hasenohrwurzel, chinesische • *bupleurum*, hare's ear root, thorowax root, 'kindling of the barbarians' • 50
- Changpu • *Acori rhizoma* • Kalmus, grasblättriger • grassleaf sweetflag rhizome, acorus, 'flourishing reeds' • 268
- Changshan • *Dichroae radix* • *Dichroa*-Wurzel, Feuertrugblumenwurzel • *dichroa* root • 864
- Chantui • *Cicadae periostracum* • Zikadenpanzer • *cicada* moulting • 54
- Chaye • *Camelliae sinensis folium* • Teeblätter • tea leaf • 122
- Chenpi • *Citri reticulatae pericarpium* • Mandarinen-schale • tangerine peel, 'aged peel' • 488
- Chenxiang • *Aquilariae lignum* • Adlerholz, chinesisches, Aloeholz, Seidelbastgewächs • *aquilaria* wood, aloeswood, 'sinking fragrance' • 476
- Cheqiancao • *Plantaginis herba* • *Stephania*wurzel • *stephania* root • 338
- Cheqianzi • *Plantaginis semen* • Wegerichsamen, asiatische • *plantago* seeds, 'before the cart seeds' • 328
- Chishaoyao • *Paeoniae radix rubra* • Pfingstrosenwurzel, rote • red peony root • 166
- Chishizhi • *Halloysitum rubrum* • roter Ton • halloysite, kaolin • 832
- Chixiaodou • *Phaseoli semen* • Azukibohne • 326
- Chonglou • *Paridis rhizoma* • Paris-Wurzelstock, Einbeeren-Wurzelstock • Paris rhizome • 222
- Chuanlianzi • *Toosendan fructus* • Holunderfrüchte, chinesische, Paternosterbaum-Früchte • Sichuan pagoda tree fruit • 512
- Chuanmutong • *Clematidis armandii caulis* • Clematisstängel • *clematidis caulis* • 306
- Chuanshanjia • *Manitis squama* • Schuppen des Gürteltieres • pangolin scales • 558
- Chuanwu • *Aconiti radix praeparata* • präparierte Eisenhut-Hauptwurzel • processed Sichuan aconite main root • 386
- Chuanxiong • *Chuanxiong rhizoma* • Szechuanlieb-stöckel-Wurzelstock • *chuanxiong* root, Szechuan lovage root, cnidium • 530
- Chushizi • *Broussonetiae fructus* • Papiermaulbeerfrüchte • paper mulberry fruit • 786
- Cishi • *Magnetitum* • Magnetisenstein, Magnetit • magnetite, 'magnetic stone' • 422
- Ciwujia • *Acanthopanax senticosi radix* • 930-934
- Congbai • *Allii fistulosi bulbus* • Frühlingszwiebel, chinesischer Porree • scallion, spring onion • 20
- D**
- Dafengzi • *Hydnocarpi semen* • *Hydnocarpus*-Samen • *hydnocarpus* seed, chaulmoogra • 880
- Dafupi • *Arecae pericarpium* • Betelnuss-schale • betel husk, 'big abdomen peel' • 478
- Dahuang • *Rhei rhizoma* • Rhabarberwurzelstock • rhubarb rhizome, 'big yellow' • 92
- Daizheshi • *Haematitum* • Ocker, roter, Eisenglanz • haematite, 'Dai country red stone' • 80
- Daji • *Cirsii japonici herba seu radix* • Distelkraut, japanisches • 592
- Daji • *Euphorbiae pekinensis* • *Euphorbia*-Wurzel (Wolfsmilchgewächs) • *Euphorbiae pekinensis* • 104
- Dandouchi • *Sojae semen praeparatum* • Sojasprossen, unterschiedlich vorehandelt • prepared soybean • 68
- Danggui • *Angelicacinae radix* • chinesische Engelwurz-Wurzel • Chinese angelica root, 'state of return' • 768

- Dangshen • Codonopsis radix • Glockenwindenwurzeln • codonopsis root • 710
- Danshen • Salvia miltiorrhizae radix • Rotwurzelsalbei-Wurzel • salvia root • 570
- Daqingye • Isatidis folium • Färberwaidblätter • woad leaf, isatis leaf, 'big green leaf' • 162
- Dasuan • Alli sativi bulbus • Knoblauchknolle • garlic bulb • 858
- Dazao • Jujubae fructus • Jujubenfrüchte, Dattelfrüchte, chinesische • Chinese date, 'big date' • 718
- Dengxincao • Junci medulla • Flatter-Binse • juncus pith, rush pith • 314
- Difuzi • Kochiae fructus • Besenradmellenfrüchte • broom cypress fruit, kochia fruit, 'earth skin seeds' • 316
- Digupi • Lycii cortex • Bocksdornwurzelrinde • cortex of wolfberry root, 'earth bone bark' • 260
- Dilong • Pheretima • Regenwurm • earthworm, 'earth dragon' • 456
- Dingxiang • Caryophylli flos • Gewürznelke, Kreidenelke • clove flower bud, 'spike fragrance' • 392
- Diyu • Sanguisorbae radix • Wiesenknopfwurzel, Blutkrautwurzel • sanguisorba, burnet-bloodwort root • 608
- Dongchong xiaocao • Cordyceps • Pilze der Mottenlarven • cordyceps, Chinese caterpillar fungus • 742
- Dongguazi • Benincasae semen • Wachskürbissamen, rauer • winter melon seed, wax gourd seed, benincasa • 304
- Dongkuizi • Malvae semen • Malvensamen • musk mellow seeds • 324
- Dongling • Rabdosiae herba • Rabdosia-Kraut • rabdosia, blush red rabdosia herb • 232
- Dongqing • Ilicis pedunculosa herba • langstielige Stechpalme • ilex • 208
- Doujuan • Sojae semen germinatum • Sojasprossen, gekeimte • 242
- Duhuo • Angelicae pubescentis radix • Angelica-pubeszens-Wurzel, Bärenklauswurzel (Heracleum) • pubescent angelica root, 'self-reliant existence' • 350
- Duzhong • Eucommiae cortex • Guttapercharinde, chinesische • eucommia bark • 756
- E**
- Ebushicao • Centipedae herba • Centipedenkraut • small centipeda herb, 'herb not eaten by geese' • 626
- Ejjiao • Asini corii colla • Gelatine, aus Eselhaut gewonnene schwarze • ass-hide glue, donkey-hide gelatine • 770
- Ezhu • Curcumaе zedoariae rhizoma • Zitwerwurzelstock • curcuma rhizome • 540
- F**
- Fangfeng • Saposhnikoviaе radix • Saposhnikovia-Wurzel • ledebouriella root, siler, guard against wind • 42
- Fangji • Stephaniae radix • Stephania-wurzel • stephania root • 338
- Fanhonghua • Croci stigma • Safran (Blütennarben des Krokus) • saffron • 534
- Fanxieye • Sennae folium • Sennes-Blätter • senna leaf • 94
- Feizi • Torreyae semen • chinesische Nuß-Eibe • torreya seeds • 870
- Fengfang • Vespae nidus • Wespennest • wasp nest • 886
- Fengmi • Honig • Bienenhonig • bee honey • 724
- Foshou • Citri sarcodactylis fructus • Zedratzitrone • finger citron fruit, Buddha's hand • 492
- Fujunghua • Hibiscus mutabilis flos • Baumwollrosenblüten • hibiscus flower • 204
- Fuling • Poria • Kokospilzmyzel • poria, sclerotium of Tuckahoe, China root, hoelen • 334
- Fupenzi • Rubi fructus • Wildhimbeerfrüchte, chinesische • Chinese raspberry, 'overturned bowl fruit' • 848
- Fuping • Spirodelaе herba • Teichlinsenkraut • spirodela, duckweed • 70
- G**
- Gancao • Glycyrrhizae radix • Süßholzwurzel • liquorice root, 'sweet herb' • 716
- Ganjiang • Zingiberis rhizoma • Ingwerwurzelstock • dried ginger rhizome • 408
- Gansong • Nardostachyis rhizoma • Nardostachys-Wurzel, Narde-Wurzelstock • nardostachys root • 504
- Gansui • Euphorbiae kansui radix • Wolfsmilchwurzel • kansui root • 102
- Gaoben • Ligustici sinensis radix • Liebstöckel-Wurzelstock, chinesischer • Chinese lovage root, ligusticum root • 32
- Gaoliangjiang • Alpiniae officinarum rhizoma • Galgantwurzelstock • lesser galangal rhizome, galanga • 390
- Gegen • Puerariae radix • Kopoubohnenwurzel • pueraria, kudzu root • 64
- Gejie • Gecko • Gecko • gecko • 758
- Gouji • Cibotii rhizoma • Cibotiumwurzelstock, Farnart • chain fern rhizoma, 'dog spine' • 736

- Gouju • Ponciri fructus • Bitterorange • immature fruit of the bitter orange • 506
- Couqizi • Lycii fructus • Bocksdomfrüchte • Chinese wolfberry, 'matrimony vine fruit' • 800
- Gouteng • Uncariae ramulus cum uncis • Morgensternzweig, indischer, Klimmstrauchzweig • gambir vine stems and thorns, 'hook vine' • 464
- Gualou • Trichosanthis fructus et semen • Schlangenkürbisfrüchte • trichosanthes fruit • 662
- Guanzhong • Dryopteridis rhizoma • Wurmfarn-Rhizom • dryopteris root, shield-fern • 866
- Guiban • Testudinis carapax • Panzer der Wasserschildkröte • fresh-water turtle plastron, testudinis, tortoise plastrum • 812
- Guizzi • Cinnamomi cassiae ramulus • Cassia-Zimtzwige • cinnamon twig, cassia twig • 26
- Gusuibu • Drynariae rhizoma • Drynariawurzelstock • drynaria rhizome, 'mender of shattered bones' • 752
- Guya • Oryzae fructus germinatus • Reiskörner, gekeimte • rice sprout • 690
- H**
- Haierhen • Pseudostellariae radix • Stermmierenwurzel • pseudostellaria, 'child root' • 728
- Haifengteng • Piperis caulis • Futokadsura-Pfeffer-Stängel • kadsura stem, futokadsura stem • 368
- Haigeke • Meretricis/Cyclinae concha • Venusmuschelschale • clamshell • 652
- Haijinsha • Lygodii spora • Schlingfamsporen, Kletterfamsporen • lygodium spore, 'sea gold sand' • 320
- Haipiaoxiao • Sepiae endoconcha • Tintenfischknochen • cuttlefish bone • 852
- Haitongpi • Erythrinae cortex • Korallenbaumrinde • erythrina bark, coral-bean bark • 360
- Haizao • Sargassum • Meerlinsen • Sargassum, seaweed • 658
- Hanliancao • Ecliptae herba • Ecliptakraut • eclipta, 'lush winter aerial plant' • 790
- Hanshuishi • Glauberitum • Calciumcarbonat (CaCO₃) • calcitum • 128
- Hehuanhua • Albiziae flos • Seidenakazienblüten • mimosa tree flower • 434
- Hehuanpi • Albiziae cortex • Seidenakazienrinde • mimosa tree bark, 'collective happiness bark' • 432
- Heizhima • Sesami semen nigrum • Sesamsamen • black sesame seeds • 808
- Heshi • Carpesii fructus • Carpesium-Frucht • carpesium fruit • 862
- Heshouwu • Polygoni multiflori radix • Knöterich-Wurzel, vielblütiger • fleecflower root, 'black-haired Mr Wu' • 778, 943–947
- Heye • Nelumbinis folium • Lotosblatt • lotus leaf • 134
- Hezi • Chebulae fructus • Myrobalani-Frucht • myrobalan fruit, terminalia • 820
- Hongdoukou • Galangae fructus • Galgant-Früchte • Galangae fructus • 290
- Honghua • Carthami flos • Saflorblüten, Safran, wilder, Färberdistel • safflower, carthamus 'red flower' • 528
- Hongteng • Sargentodoxae caulis • Sargentodoxa-Stängel • sargentodoxa vine • 236
- Houpo • Magnoliae cortex • Magnolienrinde • magnolia bark • 292
- Huaihuami • Sophorae flos • Schnurbaumb Blüten, Pagodenbaumb Blüten • sophora flower, pagoda tree flower • 610
- Huaijiao • Sophorae fructus • Pagodenbaumfrüchte, Schnurbaumfrüchte • sophora fruit • 612
- Huajiao • Zanthoxyli fructus • täuschende Stachelesche, Sechuan-Pfeffer • fruit of the Szechuan pepper, Chinese prickly ash, zanthoxylum • 406
- Huangbo • Phellodendri cortex • Gelbbaumrinde, Korkbaumrinde • phellodendron bark, Amur cork-tree bark, 'yellow fir' • 180
- Huangjing • Polygonati rhizoma • Weißwurz-Wurzelstock, sibirischer; Salomonsiegel • polygonatum rhizome, Siberian Solomon's seal, 'yellow essence' • 726
- Huanglian • Coptidis rhizoma • Goldfadenwurzelstock • coptis rhizome, 'yellow link' • 172
- Huangqi • Astragali radix • Tragantwurzel, Astragaluswurzel • astragalus root, milk-vetch root • 706
- Huangqin • Scutellariae radix • Baikal-Helmkraut • Scutellaria, baical skullcap root • 184
- Huaruishi • Ophicalciturum • Ophicalcit • ophicalcite • 602
- Huashi • Talcum • Talk • talcum, 'slippery rode' • 340
- Huhuanglian • Picrorhizae rhizoma • Picrorhiza-Wurzelstock • picrorhiza rhizome, 'barbarian yellow link' • 182
- Hujiao • Piperis fructus • schwarzer Pfeffer • pepper • 402

Huluba • Trigonellae semen • Bockshornkleesamen • fenugreek seed • 766
 Huomaren • Cannabisi semen • Hanfsamen • cannabis seeds, 'fire hemp seeds' • 96
 Huoxiang • Agastachis herba • Patchoulikraut • agastache, patchouli • 278
 Hupo • Succinum • Bernstein • amber • 430
 Husui • Coriandri herba et fructus • Koriander • coriander • 28
 Hutaoren • Juglandis semen • Walnuss, Baumnuss • walnut, 'barbarian peach pit' • 760
 Huzhang • Polygoni cuspidati rhizoma • Rhizom des Japan-Staudenknöterich (spitzblättriger Knöterich) • bushy knotweed rhizome, giant knotweed • 566

J
 Jiangcan • Bombyx batrycatus • Seidenraupen, durch einen Pilz mumifizierte • silkworm body • 448
 Jianghuang • Curcumae longae rhizoma • Gelbwurzel-Wurzelstock, Curcumawurzel • turmeric rhizome, 'ginger yellow' • 536
 Jiangxiang • Dalbergiae lignum • Palisander, gelber (Rosenholzart) • dalbergia heartwood, scented rosewood • 544
 Jiegeng • Platycodi radix • Seifenbohnenfrüchte, Schotenbaumfrüchte • platycodon root, balloon flower root • 636
 Jineijin • Gigeriae galli endothelium comeum • Hühnermagenendothel • gizzard lining, 'chicken inner gold' • 684
 Jingjie • Schizonepetae herba • Schizonepeta-Kraut, Katzenminzekraut, Nepeta

• schizonepeta stem or bud • 44
 Jinguolan • Tinosporae radix • Tinospora-Wurzel • tinospora root • 252
 Jinnengshi • Micae lapis aureus • Vermiculit • 654
 Jinqian baihuashe • Bungarus • Regenschirmschlange • multibanded krati, 'white pattern snake', bungarus • 352
 Jinqiancao • Lysimachiae herba • Gilbweiderichkraut, Pfennigkraut • lysimachia, 'gold money herb' • 322
 Jinyingzi • Rosae laevigatae fructus • Rosa-laevigata-Früchte • Cherokee rosehip, 'golden cherry fruit' • 846
 Jinyinhua • Lonicerae flos • Geißblattblüten, japanische • honeysuckle flower, 'gold-silver flower' • 216
 Jixueteng • Spatholobi caulis et radix • Milletia-Wurzel und Stängel, Hülsenfrüchtler • spatholobus root and vine, 'chicken blood vine' • 576
 Juemingzi • Cassiae semen • Cassia-Samen, Sicklepodsaamen • cassia seeds, foetid cassia seeds, 'realized brightness seed' • 146
 Jube • Aurantii semen • Pomeranzensamen • bitter orange seeds • 486
 Juhua • Chrysanthemi flos • Chrysanthenblüten • chrysanthemum flower • 52

K
 Kuandonghua • Farfarae flos • Huftattichblüten • coltsfoot flower, 'welcome winter flower' • 678
 Kunbu • Eckloniae thallus • Süßtang • kelp • 646
 Kushen • Sophorae flavescens radix • Schnurbaumwurzel • sophora root, 'bitter root' • 186

L

Laifuzi • Raphani semen • Rettichsamen • radish seed • 692
 Lianfang • Nelumbinis receptaculum • Lotusblume, Blütenboden • lotus receptacle, lotus peduncle • 598
 Lianqiao • Forsythiae fructus • Forsythienfrüchte, Goldglöckchenfrüchte • Forsythiae fructus • 200
 Lianxin • Nelumbinis plumula • Lotossamen • lotus seed • 842
 Lianxu • Nelumbinis stamen • Lotus-Fäden, Lotus-Staubbeutel • lotus stamen • 844
 Lianzi • Nelumbinis semen • Lotossamen • lotus seed • 842
 Lilu • Veratri nigri rhizoma • schwarzer Germer • veratrum root and rhizome • 76
 Lingxiaohua • Campsitis flos • Trompetenblumen-Blüten • campsis flower, trumpet creeper flower • 526
 Lingzhi • Ganoderma • Ganoderma • ganoderma, 'spiritual mushroom' • 436
 Lihuang • Sulfur • Schwefel • sulfur • 884
 Liujinu • Artemisiae anomala herba • Kraut der Artemisia anomala (Beifuss-Art) • anomalous artemisia, anomala • 524
 Liuzhihuang • Solidaginis herba • Goldrutenkraut, Edelwandkraut • solidago • 246
 Lizhihe • Litchi semen • Litchi-Samen • lychee nut, lychee pip • 502
 Longdancao • Gentianae radix • Enzianwurzel, kahle • Chinese gentian root, 'dragon gall bladder herb' • 178
 Longgu • Mastodi fossilium ossis • Tierknochen, fossile, 'Drachenknochen' • dragon bone, fossilized vertebrae

- and bones (usually of mammalian origin) • 426
- Longkui • Solani herba • schwarzer Nachtschatten, Gifibeere, Mondscheinkraut Schweinstod • black nightshade • 244
- Longyanrou • Longanae arillus • Longanenfrucht • flesh of the longan fruit, 'dragon eye flesh' • 772
- Loulou • Rhapontici radix • Alpenscharte • rhaponticum root • 234
- Lidou • Phaseoli radiate semen • Mungbohne • mung bean, phaseolus • 226
- Lidouyi • Glycinis testa • Sojabohnenschalen • soybean skin • 452
- Luganshi • Calamina • Carbonat-Mineral • smithonite, calamine • 878
- Lugen • Phragmitis rhizoma • Schilfrhizomstock • reed rhizome • 138
- Luhui • Aloe folii extractus • eingedickter Presssaft aus Aloe-Blättern • dried concentrate of the juice of the aloe leaf • 88
- Lulutong • Liquidambaris fructus • Amberbaumfrüchte, Süßgummibaumfrüchte • liquidambar fruit, sweetgum fruit, 'all roads open' • 500
- Luoshiteng • Trachelospermi caulis • Sternjasmin-Stängel • star jasmine stem, 'collateral stone vine' • 374
- Lurong • Cervi cornu • Hirschhorn • deer velvet • 734
- M**
- Mabiancao • Verbenae herba • Eisenkraut • verberna, European verberna, 'horse whip herb' • 582
- Mabo • Lasiosphaera • Lasiosphaera-Schwamm, Riesenbovist • fruiting body of puffball, lasiosphaera • 212
- Machixian • Portulacae herba • Portulak, Burzelkraut • purslane, portulaca, 'horse's teeth amaranth' • 228
- Mahuang • Ephedrae herba • Ephedra • ephedra stem • 30
- Mahuanggen • Ephedrae radix • Meerträubelwurzel • ephedra root, 'hemp yellow root' • 824
- Maimendong • Ophiopogonis radix • Schlängenbartwurzel • ophiopogon tuber, 'lush winter wheat' • 802
- Maiya • Hordei fructus germinatus • Gerstenkörner, gekeimte • barley sprout, malt • 686
- Mangxiao • Natrii sulfas • Glaubersalz • Glauber's salt, mirabilite • 90
- Manjingzi • Vitis fructus • Vitex-Frucht • vitex fruit • 72
- Maodongqing • Illicis pubescens radix • Ilex-Wurzel (langstielige Stechpalme) • hairy holly root • 552
- Meiguihua • Rosae flos • Rosenblüten, chinesische • young flower of the Chinese rose • 508
- Mimenghua • Buddlejae flos • Sommerfliederblüten • 144
- Mingfan • Alumen • Alaun • alum • 876
- Moyao • Myrrha • Myrrhe, Gummiharz des Myrrhebaumes • myrrh • 560
- Mudanpi • Moutan cortex • Strauchpaeonienwurzelrinde • moutan root bark, tree peony root bark • 164
- Mugua • Chaenomeles fructus • Quittenfrucht, chinesische • chaenomeles fruit, Chinese quince fruit, 'wood melon' • 354
- Muli • Ostrea concha • Austernschale • oyster shell • 428
- Muxiang • Aucklandiae radix • Alantwurzel • aucklandia, saussurea, 'wood fragrance' • 480
- Muzei • Equiseti hiemalis herba • Winterschachtelhalmkraut • equisetum, scouring rush, shave grass, 'wood thief' • 58
- N**
- Nanshashen • Adenophorae radix • Becherglockenwurzel • adenophora root, ladybell root, 'sand root' • 782
- Niubangzi • Actii fructus • Klettenfrucht • arctium, great burdock fruit • 48
- Niuhuang • Bovis calculus • Gallensteine des Hausrinds • cattle gallstone, bezoar • 154
- Niuxi • Achyranthis bidentatae radix • Ochsenkniewurzel • achyranthis root, 'ox knee' • 522
- Nüzhenzi • Ligustri lucidi fructus • Ligusterfrüchte • ligustrum, privet fruit, 'female chastity seed' • 794
- O**
- Oujie • Nelumbinis nodus rhizomatis • Nodien des Lotoswurzelstock • node of the lotus rhizome • 596
- P**
- Pangdahai • Sterculiae scaphigeriae semen • Sterculiensamen, Stinkbaumsamen • sterculia seed, 'big fat seed' • 660
- Paojiang • Zingiberis rhizoma praeparatum • Ingwerwurzelstock, gerösteter • quick-fried ginger rhizome • 410
- Peilan • Eupatorii herba • Glückswasserdostkraut, Wasserhanf • eupatorium, 'ornamental orchid' • 288
- Pipaye • Eriobotryae folium • Wollmispelblätter, Loquatblätter • loquat leaf • 670

- Pugongying • Taraxaci herba
• Löwenzahnkraut,
mongolisches mit Wurzel •
250
- Puhuang • Typhae pollen •
Rundkolbenpollen,
Rohrkolbenpollen • cattail
pollen, bulrush • 616
- Q**
- Qiancaogen • Rubiae radix •
Krappwurzel, ostindische,
Färberröte • madder root,
rubia root • 606
- Qianghuo • Notopterygii
rhizome • Gebirgsange-
likawurzel • notopterygium
root • 38
- Qianhu • Peucedani radix •
Haarstrangwurzel •
peucedanum root,
hogfennel root, 'before
barbarians' • 656
- Qianshi • Euryalis semen •
Makanasternsamen,
Seerosengewächs • euryale
seeds • 826
- Qingdai • Indigo naturalis •
Indigo • indigo • 160
- Qingguo • Canarii fructus •
Früchte der chinesischen
weißen Olive • Chinese
white olive • 194
- Qinghao • Artemisiae annuae
herba • Beifußkraut,
einjähriges • wormwood •
256
- Qingpi • Citri reticulatae
viride pericarpium •
Mandarinenschalen,
unreife • unripe tangerine
peel, green tangerine peel •
490
- Qingxiangzi • Celosiae semen
• Brandschopfsamen •
celosia seeds • 148
- Qinjiao • Gentianae
macrophyllae radix •
großblättrige Enzianwurzel
• large gentian root,
gentiana macrophylla root
• 362
- Qinpi • Fraxini cortex •
Eschenrinde, chinesische •
Fraxini cortex • 176
- Quanxie • Scorpion •
Skorpion • scorpion •
460
- Qumai • Dianthi herba •
Nelkenkraut • dianthus,
fringed pink, Chinese pink
• 310
- R**
- Rendongteng • Lonicerae
caulis • Geißblattstängel •
honeysuckle vine, lonicera
vine • 214
- Renshen • Ginseng radix •
Ginsengwurzel • ginseng
root, 'man root' • 714
- Roucongong • Cistanchis
herba • Wüstencistanchen-
kraut • cistanche, fleshy
spine of the bloom rape •
738
- Roudoukou • Myristicae
semen • Muskatnuss •
nutmeg seeds, 'fleshy
cardamom' • 840
- Rougui • Cinnamomi cassiae
cortex • Cassia-Zimtrinde •
cinnamon bark, inner bark
of Saigon cinnamon • 394
- Ruxiang • Olibanum •
Weihrauch, Mastix •
frankincense, 'fragrant milk'
• 562
- S**
- Sangbaipi • Mori cortex •
Maulbeerwurzelrinde •
bark of mulberry root,
'mulberry white bark' •
674
- Sangjisheng • Taxilli herba •
Maulbeermistelästchen •
mistletoe, taxillus,
mulberry mistletoe stems •
810
- Sangpiaoxiao • Mantidis
ootheca • Gottesanbeterin,
Eierpot der • 836
- Sangshen • Mori fructus •
Maulbeerfrüchte •
mulberry, morus fruit •
774
- Sangye • Mori folium •
Maulbeerblätter • white
mulberry leaf • 62
- Sangzhi • Mori ramulus •
Maulbeerzweige • mulberry
twig • 364
- Sanleng • Sparganii rhizoma
• Igelkolbenwurzelstock,
astiger • sparganium, burr
reed rhizome, scirpus,
'three edges' • 574
- Sanqi • Notoginseng radix •
Notoginseng-Wurzel •
notoginseng root,
pseudoginseng root • 600
- Shancigu • Cremastrae
pseudobulbus • Shancigu-
Wurzelknolle • 822
- Shandougen • Sophorae
tonkinensis radix •
Sophora-Wurzel, Tonkin-
Schnurbaum-Wurzel •
subprostrate, sophora root
• 248
- Shanglu • Phytolaccae radix •
Phytolacca-Wurzel,
asiatische Kermesbeeren-
Wurzel • poke root,
phytolacca • 108
- Shanyao • Dioscoreae
rhizoma • Yamswur-
zelknollen • Chinese
yam, 'mountain herb' •
712
- Shanzha • Crataegi fructus •
Fiederweißdornbeeren •
hawthorn fruit, craetagus •
682
- Shanzhuyu • Corni fructus •
Kornelkirschenfrüchte,
Hartriegelfrüchte • cornus,
Asiatic cornelian cherry
fruit • 822
- Sharen • Amomi xanthioidis
fructus • Amomi-Sharen-
Früchte • amomum fruit,
grains-of-paradise fruit •
284
- Shayuan jili • Astragali semen
• Tragantsamen • flattened
milkvetch seed • 732
- Shechuangzi • Cnidii fructus
• Brenndoldenfrucht •
cnidium seeds, 'snake's bed
seeds' • 740
- Shegan • Belamcandae
rhizoma • Leopardenblu-
menwurzelstock,
Brombeerlilienwurzelstock
• belamcanda rhizome,
'arrow shaft' • 188
- Shengdihuang • Rehmanniae
radix • Rehmannia-Wurzel,
Braunwurzgewächs •
Chinese foxglove root,
rehmannia root, 'fresh
earth yellow' • 168

- Shengjiang • Zingiberis rhizoma recens • Ingwerwurzel, frische • fresh ginger rhizome • 46
- Shengma • Cimicifugae rhizoma • Silberkerzenwurzelstock, Schlangenwurzel • cimicifuga, bugbane rhizome, black cohosh, 'ascendant hemp' • 56
- Shenqu • Massa medicata fermentata • Medizinalmischung, fermentierte • medicated leaven, 'divine fermented mass' • 688
- Shidi • Kaki diospyri calyx • Kaki-Blütenkelch • persimmon calyx, kaki • 496
- Shigao • Gypsum • Gips, mineralischer • gypsum, 'stone paste' • 130
- Shihu • Dendrobii caulis • chinesische Spargelwurzel • dendrobium, 'bushel of stone' • 788
- Shijueming • Haliotidis concha • Abalonenschalen, Seeohrnschalen • abalone shell, 'stone sense brightness' • 454
- Shijunzi • Quisqualis fructus • Quisqualisfrüchte • Rangoon creeper fruit and seeds, 'envoy seeds' • 868
- Shiliupi • Granati pericarpium • Granatapfelschale • pomegranate husk, granatum rind • 830
- Shinan(ye) • Photiniaefolium • Photiniablätter, Rosengewächs, Glanzmispel • Chinese photinia leaf • 366
- Shiwei • Pyrosiae herba • Pyrosiakraut • pyrosia leaf, 'stone reed' • 336
- Shudihuang • Rehmanniae radix praeparatae • Rehmanniawurzel, Braunwurzgewächs • cooked rehmannia root, prepared foxglove root • 780
- Shuichangpu • Acori calami rhizoma • Kalmuswurzelstock • sweetflag rhizome • 266
- Shuiniujiao • Bubali cornu • Wasserbüffelhorn • horn of the water buffalo • 156
- Shuizhi • Hirudo • Blutegel • leech • 550
- Signaluo • Luffae fructus • Luffa-Schwamm, Schwammgurke • loofah, luffa, dried skeleton of vegetable sponge • 218
- Suanzaoren • Ziziphi spinosae semen • Stacheljujubensamen, Dornkirchensamen, wilde • sour jujube seed, sour date seed • 446
- Suhexiang • Styrae • Styrae, Harz des orientalischen Amberbaumes • resin of rose maloes, styrax • 274
- Sumu • Sappan lignum • Sappan-Holz, Japanholz, ostindisches Rotholz • sappan wood • 572
- Suoluozi • Aesculi semen • chinesische Kastaniensamen • horse chestnut • 470
- Suoyang • Cynomorii caulis • Hundskolbenkraut, Feuersporkraut • fleshy stem of cynomorium, 'lock yang' • 748
- T**
- Tanxiang • Santali albi lignum • (weißes) Sandelholz, geschältes Kernholz des Sandelbaumes • heartwood of sandalwood, santalum • 510
- Taoren • Persicae semen • Pfirsichsamen • peach kernel, persica • 564
- Tianhuafen • Trichosanthis radix • Schlangenkürbiswurzel, Schlangenhaar-gurkenwurzel • trichosanthes root, 'heavenly flower powder' • 142
- Tiankuizi • Semiaquilegiae radix • Semiaquilegia-Wurzel • semiaquilegia root tuber • 240
- Tianma • Gastrodiae rhizoma • Himmelshanfwurzelstock • gastrodia rhizome, 'heavenly hemp' • 450
- Tianmendong • Asparagi radix • Spargelwurzel, chinesische • asparagus tuber, 'lush winter aerial plant' • 784
- Tiannanxing • Arisaematis rhizoma • Feuerkolbenwurzelstock • arisaema rhizome, jack-in-the-pulpit • 624
- Tianzhuhuang • Bambusae concretio silicea • Bambuskiesel • bamboo sugar, siliceous secretions of bamboo • 644
- Tinglizi • Lepidii/Descurainiae semen • Felsenblümchen • lepidium seed, descurainia seed • 672
- Tongcao • Tetrapanax medulla • Tetrapanax-Stängelmark • rice paper plant pith, tetrapanax, 'unblocking herb' • 342
- Tubiechong • Eupolyphaga • Kakerlake • ground beetle, wingless cockroach, eupolyphaga • 546
- Tufuling • Smilacis glabrae rhizoma • Stechwindenwurzelstock • glabrous greenbrier rhizome, smilax, 'local poria' • 242
- Tusizi • Cuscutae semen • Teufelszwimsamen • Chinese dodder seeds • 746
- W**
- Walengzi • Arcae concha • Arca-Muschel • ark shell, cockleshell • 642
- Wangbuliuxing • Vaccariae semen • Vaccaria-Samen • vaccaria seeds • 580
- Weilingxian • Clematidis radix • Waldrebenwurzel, chinesische • Chinese clematis root, 'awesome spiritual immortal' • 356
- Wugong • Scolopendra • Hundertfüßler • centipede, scolopendra • 458
- Wujiaopi • Acanthopanax cortex • Stachelpanaxwur-

- zelrinde • acanthopanax
root bark, 'bark of five
additions' • 348
- Wulingzhi • Trogopterori
faeces • Flughörnchen-
exkrement • flying squirrel
faeces, pteropus • 578
- Wumei • Mume fructus •
Japanaprikosenfrüchte •
mume fruit, 'dark plum' •
838
- Wushaoshe • Zaocys • Zaocys
(eine Natternart) • zaocys,
black-striped snake • 378
- Wuweizi • Schisandrae
fructus • Schisandra-
früchte, chinesische
Beerentraubenfrüchte •
schisandra fruit, 'five-
flavoured seed' • 850
- Wuyao • Linderæ radix •
Fieberstrauchwurzel •
lindera root • 498
- Wuyi • Ulmi macrocarpae
fructus • präparierte
Früchte einer Ulmenart •
elm cake, paste made from
the fruit of the stinking elm
• 872
- Wuzhuyu • Evodiae fructus •
Stink-Eschenfrüchte •
Evodiae fructus • 396
- X**
- Xiakucuo • Prunellæ spica •
Braunellenähren • selfheal
spike, 'summer withered
herb' • 140
- Xiangfu • Cyperi rhizoma •
Nussgraswurzelstock • nut-
grass rhizome, 'aromatic
appendage' • 494
- Xiangru • Moslae herba •
Elsholtzia-Kraut, Kamm-
Minzenkraut • aromatic
madder, elsholtzia • 36
- Xianhecao • Agrimonie
herba • Odernennigkraut,
Fingerkraut • agrimony,
'immortal crane herb' •
584
- Xianmao • Curculiginis
rhizoma • Rüssellilienwur-
zelstock • golden eye grass
rhizome, 'immortal grass' •
744
- Xiaomai • Tritici fructus •
Weizenkörner, gekeimte •
light wheat grain, 'floating
little wheat' • 854
- Xiao huixiang • Foeniculi
fructus • Fenchelsamen •
fennel fruit • 398
- Xiaoji • Cirsii herba •
Cephalanoplos-Kraut •
590
- Xiaomai • Tritici fructus •
Weizenkörner • light wheat
grain, 'little wheat' • 444
- Xiebai • Allii macrostemi
bulbus • chinesische
Schnittlauchknolle •
Chinese garlic, garlic chives
• 474
- Xigua • Citrulli fructus •
Wassermelone •
watermelon fruit • 124
- Xingren • Armeniaceae semen
• Aprikosensamen, bittere
or armenische • apricot
seed, apricot kernel • 664
- Xinyi • Magnoliæ flos •
Magnolienblüten •
magnolia flower • 34
- Xixiancao • Sigesbeckiæ
herba • Sigesbeckia-Kraut,
Korbblütler • sigesbeckia •
370
- Xixin • Asari radix •
Haselwurzwurzel,
Ingwerwurzel, wilde •
Chinese wild ginger,
asarum, 'thin acrid' • 24
- Xiyangshen • Panacis
quinquefolii radix • Panax
Ginseng • American
ginseng root • 804
- Xuanfuhua • Inulae flos •
Alantblüten • inula flower,
'rotated, upturned flower' •
632
- Xuanshen • Scrophulariæ
radix • Ningpo-
Braunwurzwurzel •
scrophularia, ningpo
figwort root, 'dark root' •
170
- Xuchangqing • Cynanchi
paniculatae radix •
Seidenpflanzengewächs •
paniculate cynanchum,
paniculate swallow-wort •
358
- Xudian • Dipsaci radix •
Kardenwurzel, chinesische
• Japanese teasel root,
'repair what is broken' •
750
- Xuejie • Daemonoropis
resina • Harz des
Drachenblutbaumes •
dragon's blood (resinous
secretion) • 542
- Xueyan • Crinis
carbonisatus • verkolhtes
Menschenhaar • charred
human hair • 594
- Y**
- Yadanzi • Bruceae fructus •
Bruceafrucht • brucea fruit,
java brucea fruit, 'crow gall
bladder seed' • 192
- Yamazi • Lini semen •
Leinsamen • linseed, flax
seed • 798
- Yangjinhua • Daturæ albæ
flos • Metelapfelblüten,
Stechapfelart • thorn apple
flower • 668
- Yanhusuo • Corydalis
rhizoma • Lärchensporn-
wurzelstock • corydalis
rhizome • 532
- Yejaoteng • Polygoni
multiflori caulis •
Knöterichstängel,
viellütiger • fleecflower
caulis, 'vine to pass through
the night' • 442
- Yejuhua • Chrysanthemi
indici flos • wilde
Chrysanthenblüten •
wild chrysanthemum
flower • 196
- Yemingsha • Vespertilli faeces
• Fledermausexkrement •
bat faeces • 150
- Yimucao • Leonuri herba •
Mutterkraut, chinesisches,
Löwenschwanzkraut •
Chinese motherwort,
leonurus, 'benefit mother
herb' • 554
- Yinchaihu • Stellariæ radix •
Vogelmierenwurzel •
stellaria root, 'silver
barbarian kindling' •
262
- Yinchenhao • Artemisiæ
scopariæ herba •
Beifußkraut, haarförmiges •
yinchenhao shoots and
leaves • 302

- Yinyanghuo • Epimedii herba
• Elfenblumenkraut • aerial part of epimedium, 'licentious goat wort' • 754
- Yitang • Maltose • Getreidezucker, Malzzucker
• barley malt sugar • 722
- Yiyiren • Coicis semen • Hiobstränensamen, Christstränengrassamen • coix seeds, Job's tears • 308
- Yizhiren • Alpiniae oxyphyllae fructus • Schwarzer Ingwer • alpinia oxyphyllae fruit, black cardamom, 'benefit intelligence nut' • 730
- Yuanhua • Genkwae flos • Daphneblume, Seidenbastgewächs • genkwa flower, daphne flower • 106
- Yuanzhi • Polygalae radix • Kreuzblumenwurzel, Senegawurzel • polygala, Chinese senega • 440
- Yujin • Curcumae longae tuber • Gelbwurzknoten, Curcumaknollen • turmeric tuber, 'constrained metal' • 538
- Yuliren • Pruni semen • japanische Mandelkirschsamen • bush cherry pit • 98
- Yuxingcao • Houttuyniae herba cum radice • Houttuynia-Kraut mit Wurzel (Chamäleonpflanze, chin. Eidechsen-schwanz, Buntblatt) • 206
- Yuyuliang • Limonitum • braune Eisenerde • limonite, limonitum • 834
- Yuzhu • Polygonati odorati rhizoma • wohlriechender Weißwurz-Wurzelstock • polygonatum, scented Solomon's seal rhizome, 'jade bamboo' • 806
- Z**
- Zaojiao • Gleditsiae fructus • Seifenbohnenfrüchte, Schotenbaumfrüchte • gleditsia fruit, honeylocust fruit • 630
- Zaojiaoci • Gleditsiae spina • Seifenbohnenstacheln, Schotenbaumdornen • gleditsia thorn • 548
- Zaoxintu • Terra flava usta • gebrannte gelbe Lehmerde • oven earth, 'ignited yellow earth' • 614
- Zelan • Lycopi herba • Wolfstrappkraut • lycopus, bugleweed, 'marsh orchid' • 556
- Zexie • Alismatis rhizoma • Orient-Froschlöffelwurzelstock • alisma rhizome, water plantain • 300, 928-930
- Zhangnao • Camphora • Kampfer • camphor • 272
- Zhebeimu • Fritillariae thunbergii bulbus • Schachblumenzwiebel • Zhejiang fritillaria bulb, Thunberg fritillaria bulb • 650
- Zhenzhu • Margarita concha • Perlmuschel, Schale der • 424
- Zhicaoowu • Aconiti kusnezoffii radix • Präparierte wilde Eisenhut-Wurzel • processed wild aconite root • 384
- ZhiFuzi • Aconiti radix lateralis praeparata • Eisenhutwurzel, präparierte Nebenwurzeln • processed Sichuan aconite main root • 388
- Zhike • Aurantii fructus • Pomeranzenfrüchte • bitter orange • 482
- Zhimu • Anemarrhenae rhizoma • Muttergedenkenwurzelstock • anemarrhena rhizome, 'knowing mother' • 120
- Zhishi • Aurantii fructus immaturus • Grüne (unreife) Pomeranzen • unripe bitter orange • 484
- Zhizi • Gardeniae fructus • Gelbbeere, Jasminglanz • gardenia fruit, Cape Jasmine fruit • 126
- Zhuling • Polyporus • Polyporusmyzel, Eichenhase • polyporus • 332
- Zhuru • Bambusae caulis in taeniam • Bambusrohrstrecken • bamboo shavings • 78
- Zhusha • Cinnabaris • Zinnober, Cinnabarit • cinnabar, 'vermillion sand' • 418
- Zicao • Arnebiae/Lithospermi radix • Purpurkrautwurzel, Steinsamenwurzel • lithospermum, arnebia, groomwell root, 'purple herb' • 152
- Zihua diding • Viola herba • Veilchenkraut, Ackerstiefmütterchenkraut • violet, Yedeon's violet, 'purple flower earth spike' • 254
- Zirantong • Pyritum • Pyrit, Katzungold, Eisenkies, Schwefelkies • pyrite • 568
- Zishiying • Fluoritum • Fluorit, Flussspat • fluorite, 'purple stone radiance' • 420
- Zisuye • Perillae folium • Schwarznesselblätter und -stängel • perilla leaf • 40
- Zisuzi • Perillae fructus • Schwarznessel Früchte • purple perilla fruit, perilla seed • 634
- Ziwan • Asteris radix • Asterwurzel • purple aster root • 666
- Zushen • Bistortae rhizoma • Schlangenknoterich-Würzelstock, Drachenwurzel • adderwort, bistort • 190

Plant parts containing active ingredients

A

Alumen • Alumen • Mingfan
 • Alaun • alum • 876
 Arillus Longanae • Longanae
 arillus • Longyanrou •
 Longanenfrucht • flesh of
 the longan fruit, 'dragon
 eye flesh' • 772
 Armandi Clematis •
 Clematidis armandii caulis
 • Chuanmutong •
 Clematisstängel •
 clematidis caulis • 306

B

Batryticatus Bombyx •
 Bombyx batryticatus •
 Jiangcan • Seidenraupen,
 durch einen Pilz
 mumifizierte • silkworm
 body • 448
 Borneol • Borneol • Bingpian
 • Borneol • borneol, 'ice
 slice' • 270
 Bulbus Allii fistulosi • Allii
 fistulosi bulbus • Congbai
 • Frühlingszwiebel,
 chinesischer Porree •
 scallion, spring onion • 20
 Bulbus Allii macrostemi •
 Allii macrostemi bulbus •
 Xiebai • chinesische
 Schnittlauchknolle •
 Chinese garlic, garlic chives
 • 474
 Bulbus Allii sativi • Allii sativi
 bulbus • Dasuan •
 Knoblauchknolle • garlic
 bulb • 858
 Bulbus Fritillariae • Fritillariae
 bulbus • Beimu •
 Szechuan-Schachblumenz-
 wiebel • Sichuan fritillaria
 bulb, 'shell mother from
 Sichuan' • 648
 Bulbus Fritillariae thunbergii
 • Fritillariae thunbergii
 bulbus • Zhebeimu •
 Schachblumenzwiebel •

Zhejiang fritillaria bulb,
 Thunberg fritillaria bulb •
 650
 Bulbus Lili • Lili bulbus •
 Baihe • Lilienzwiebel • lily
 bulb, 'hundred meetings' •
 796
 Bungarus • Bungarus •
 Jinqian baihuashe •
 Regenschirmschlange •
 multibanded krati, 'white
 pattern snake', bungarus •
 352

C

Cacumen Platycladi •
 Platycladi cacumen •
 Cebaiye • Spitzen der
 Blätter und beblätterten
 Zweige des Lebensbaumes
 • oriental arborvitae leafy
 twig, Chinese arborvitae
 biota • 604
 Calamina • Calamina •
 Luganshi • Carbonat-
 Mineral • smithonite,
 calamine • 878
 Calculi Bovis • Bovis
 calculus • Niuhuang •
 Gallensteine des Hausrinds
 • cattle gallstone, bezoar •
 154
 Calyx Kaki • Kaki diospyri
 calyx • Shidi • Kaki-
 Blütenkelch • persimmon
 calyx, kaki • 496
 Cannabis fructus • Camphora
 • Zhangnao • Kampfer •
 camphor • 272
 Cannabis fructus • Cannabis
 semen • Huomaren •
 Hanfsamen • cannabis
 seeds, 'fire hemp seeds' •
 96
 Carapax Testudinis •
 Testudinis carapax •
 Guiban • Panzer der
 Wasserschildkröte • fresh-
 water turtle plastron,

testudinis, tortoise
 plastrum • 812
 Carapax Trionycis • Trionycis
 carapax • Biejia • Panzer
 der chinesischen
 Schildkröte • Chinese
 soft-shelled turtle shell •
 814
 Carbonisatus Crinis • Crinis
 carbonisatus • Xueyutan •
 verkohltes Menschenhaar •
 charred human hair • 594
 Caulis Cynomorii •
 Cynomorii caulis •
 Suoyang • Hundskolben-
 kraut, Feuerspornkraut •
 fleshy stem of cynomo-
 rium, 'lock yang' • 748
 Caulis Dendrobii • Dendrobii
 caulis • Shihu • chinesische
 Spargelwurzel •
 dendrobium, 'bushel of
 stone' • 788
 Caulis et folium Perillae •
 Perillae folium • Zisuye •
 Schwarznesselblätter und
 -stängel • perilla leaf • 40
 Caulis et radix Spatholobi •
 Spatholobi caulis et radix •
 Jixueteng • Milletia-Wurzel
 und Stängel, Hülsen-
 früchtler • spatholobi
 root and vine, 'chicken
 blood vine' • 576
 Caulis in taeniam Bambusae
 • Bambusae caulis in
 taeniam • Zhuru •
 Bambusrohrstreifen •
 bamboo shavings • 78
 Caulis Lonicerae • Lonicerae
 caulis • Rendongteng •
 Geißblattstängel •
 honeysuckle vine, lonicera
 vine • 214
 Caulis Piperis kadsurae •
 Piperis caulis • Haifengteng
 • Futokadsura-Pfeffer-
 Stängel • kadsura stem,
 futokadsura stem • 368

- Caulis Polygoni multiflori • Polygoni multiflori caulis • Yejiateng • Knöterichstängel, vielblütiger • fleecflower caulis, 'vine to pass through the night' • 442
- Caulis Polygoni multiflori • Polygoni multiflori radix • Heshouwu • Knöterich-Wurzel, vielblütiger • fleecflower root, 'black-haired Mr Wu' • 778, 943-947
- Caulis Sargentodoxae • Sargentodoxae caulis • Hongteng • Sargentodoxa-Stängel • sargentodoxa vine • 236
- Caulis Trachelospermi • Trachelospermi caulis • Luoshiteng • Sternjasmin-Stängel • star jasmine stem, 'collateral stone vine' • 374
- Centipediae herba • Centipediae herba • Ebushicao • Centipedenkraut • small centipeda herb, 'herb not eaten by geese' • 626
- Cinnabaris • Cinnabaris • Zhusha • Zinnober, Cinnabarit • cinnabar, 'vermillion sand' • 418
- Concha Arcae • Arcae concha • Walengzi • Arca-Muschel • ark shell, cockleshell • 642
- Concha Haliotidis • Haliotidis concha • Shijueming • Abalonschalen, Seeohrenschaalen • abalone shell, 'stone sense brightness' • 454
- Concha Margarita • Margarita concha • Zhenzhu • Perlmuschel, Schale der • 424
- Concha Meretricis • Meretricis/Cyclinae concha • Haigeke • Venusmuschelschale • clamshell • 652
- Concha Ostreae • Ostrea concha • Muli • Austernschale • oyster shell • 428
- Concretio silicea Bambusae • Bambusae concretio silicea • Tianzhuhuang • Bambuskiesel • bamboo sugar, siliceous secretions of bamboo • 644
- Cordyceps • Cordyceps • Dongchong xiacao • Pilze der Mottenlarven • cordyceps, Chinese caterpillar fungus • 742
- Cori colla Asini • Asini corii colla • Ejiao • Gelatine, aus Eselhaut gewonnene schwarze • ass-hide glue, donkey-hide gelatine • 770
- Corneum Gigeriae galli endothelium • Gigeriae galli endothelium corneum • Jinei jin • Hühnermagendotzel • gizzard lining, 'chicken inner gold' • 684
- Cornu Bubali • Bubali cornu • Shuiniujiao • Wasserbüffelhorn • horn of the water buffalo • 156
- Cornu pantotrichum Cervi • Cervi cornu • Lurong • Hirschhorn • deer velvet • 734
- Cortex Acanthopanax • Acanthopanax cortex • Wujiaopi • Stachelpanax-wurzelrinde • acanthopanax root bark, 'bark of five additions' • 348
- Akebiae quinatae fructus • 472
- Cortex Albiziae • Albiziae cortex • Hehuanpi • Seidenakazienrinde • mimosa tree bark, 'collective happiness bark' • 432
- Cortex Cinnamomi cassiae • Cinnamomi cassiae cortex • Rougui • Cassia-Zimtrinde • cinnamon bark, inner bark of Saigon cinnamon • 394
- Cortex Dictamni • Dictamni cortex • Baixianpi • Escherwurzelrinde • Chinese dittany root bark, 'white fresh bark' • 174
- Cortex Erythrinae • Erythrinae cortex • Haitongpi • Korallenbaumrinde • erythrina bark, coral-bean bark • 360
- Cortex Eucommiae • Eucommiae cortex • Duzhong • Guttapercharinde, chinesische • eucommia bark • 756
- Cortex Fraxini • Fraxini cortex • Qinqi • Eschenrinde, chinesische • Fraxini cortex • 176
- Cortex Lycii • Lycii cortex • Digupi • Bocksdornwurzelrinde • cortex of wolfberry root, 'earth bone bark' • 260
- Cortex Magnoliae • Magnoliae cortex • Houpo • Magnolienrinde • magnolia bark • 292
- Cortex Mori • Mori cortex • Sangbaipi • Maulbeerwurzelrinde • bark of mulberry root, 'mulberry white bark' • 674
- Cortex Moutan • Moutan cortex • Mudanpi • Strauchpäonienwurzelrinde • moutan root bark, tree peony root bark • 164
- Cortex Phellodendri • Phellodendri cortex • Huangbo • Gelbbaumrinde • Korkbaumrinde • phellodendron bark, Amur cork-tree bark, 'yellow fir' • 180
- Croci Stigma • Croci stigma • Fanhonghua • Safran (Blütennarben des Krokus) • saffron • 534
- E**
- Endoconcha Sepiae • Sepiae endoconcha • Haipiaoxiao • Tintenfischknochen • cuttlefish bone • 852
- Eupolyphaga • Eupolyphaga • Tubiechong • Kakerlake • ground beetle, wingless cockroach, eupolyphaga • 546
- F**
- Faeces Trogopterori • Trogopterori faeces • Wulingzhi • Fledermaus-

- seckremente • bat faeces • 150
- Faeces Vespertilionis •
Vespertilli faeces •
Yemingsha • Fledermaus-
seckremente • bat faeces • 150
- Flos Albiziae • Albiziae flos •
Hehuanhua • Seidenack-
zienblüten • mimosa tree
flower • 434
- Flos Buddlejae • Buddlejae
flos • Mimenghua •
Sommerliederblüten • 144
- Flos Campsis • Campsis
flos • Lingxiaohua •
Trompetenblumen-
Blüten • campsis flower,
trumpet creeper flower • 526
- Flos Carthami • Carthami
flos • Honghua •
Safforblüten, Safran, wilder,
Färberdistel • safflower,
carthamus 'red flower' • 528
- Flos Caryophylli •
Caryophylli flos •
Dingxiang • Gewürznelke,
Kreidenelke • clove flower
bud, 'spike fragrance' • 392
- Flos Chrysanthemi •
Chrysanthemi flos • Juhua
• Chrysanthemenblüten •
chrysanthemum flower • 52
- Flos Chrysanthemi indici •
Chrysanthemi indici flos •
Yejuhua • wilde
Chrysanthemenblüten •
wild chrysanthemum
flower • 196
- Flos Daturae albae • Daturae
albae flos • Yangjinhua •
Metelapfelblüten,
Stechapfelart • thorn apple
flower • 668
- Flos Farfarae • Farfarae
flos • Kuandonghua •
Hufblattichblüten • coltsfoot
flower, 'welcome winter
flower' • 678
- Flos Genkwae • Genkwae flos
• Yuanhua • Daphne-
blume, Seidenbastgewächs
• genkwa flower, daphne
flower • 106
- Flos Hibisci • Hibisci
mutabilis flos • Fujunghua
• Baumwollrosenblüten •
hibiscus flower • 204
- Flos Inulae • Inulae flos •
Xuanfuhua • Alantblüten •
inula flower, 'rotated,
upturned flower' • 632
- Flos Lonicerae • Lonicerae
flos • Jinyinhua •
Geißblattblüten, japanische
• honeysuckle flower,
'gold-silver flower' • 216
- Flos Rosae • Rosae flos •
Meiguihua • Rosenblüten,
chinesische • young flower
of the Chinese rose • 508
- Flos Sophorae • Sophorae
flos • Huaihuami •
Schnurbaumblüten,
Pagodenbaumblüten •
sophora flower, pagoda
tree flower • 610
- Fluoritum • Fluoritum •
Zishiyang • Fluorit,
Flussspat • fluorite, 'purple
stone radiance' • 420
- Folia Camellia sinensis •
Camelliae sinensis folium •
Chaye • Teeblätter • tea
leaf • 122
- Folium Artemisiae argyi •
Artemisiae argyi folium •
Aiye • Beifußblätter •
mugwort leaf, artemisia • 586
- Folium Eriobotryae •
Eriobotryae folium •
Pipaye • Wollmispelblätter,
Loquatblätter • loquat leaf
• 670
- Folium extractus Aloe • Aloe
folii extractus • Luhui •
eingedickter Presssaft aus
Aloe-Blättern • dried
concentrate of the juice of
the aloe leaf • 88
- Folium Isatidis • Isatidis
folium • Daqingye •
Färberwaidblätter • woad
leaf, isatis leaf, 'big green
leaf' • 162
- Folium Mori • Mori folium •
Sangye • Maulbeerblätter •
white mulberry leaf • 62
- Folium Nelumbinis •
Nelumbinis folium • Heye
- Lotusblatt • lotus leaf • 134
- Folium Photiniae • Photiniae
folium • Shinan(ye) •
Photiniablätter,
Rosengewächs, Glanzmis-
pel • Chinese photinia leaf
• 366
- Folium Sennae • Sennae
folium • Fanxieye •
Sennes-Blätter • senna leaf
• 94
- Fructus Akebiae • Akebiae
fructus • Bayueza •
Akebiafrüchte, Osterluzei-
gewächs • akebia, 'eight
month sticker' • 472
- Fructus Alpiniae oxyphyllae •
Alpiniae oxyphyllae fructus
• Yizhiren • Schwarzer
Ingwer • alpinia oxyphyllae
fruit, black cardamom,
'benefit intelligence nut' • 730
- Fructus Amomi xanthioidis •
Amomi xanthioidis fructus
• Sharen • Amomi-Sharen-
Früchte • amomum fruit,
grains-of-paradise fruit • 284
- Fructus Arctii • Arctii fructus •
Niubangzi • Klettenfrucht •
arctium, great burdock fruit
• 48
- Fructus Aurantii • Aurantii
fructus • Zhike •
Pomeranzenfrüchte • bitter
orange • 482
- Fructus Aurantii immaturus •
Aurantii fructus immaturus
• Zhishi • Grüne (unreife)
Pomeranzen • unripe bitter
orange • 484
- Fructus Broussonetiae •
Broussonetiae fructus •
Chushizi • Papiermaul-
beerfrüchte • paper
mulberry fruit • 786
- Fructus Bruceae • Bruceae
fructus • Yadanzi •
Bruceafrucht • brucea fruit,
java brucea fruit, 'crow gall
bladder seed' • 192
- Fructus Canarii • Canarii
fructus • Qingguo •
Früchte der chinesischen
weißen Olive • Chinese
white olive • 194

- Fructus Carpesii abrotanoidis
 • Carpesii fructus •
 Heshi • Carpesium-Frucht
 • carpesium fruit • 862
- Fructus Chaenomelis •
 Chaenomelis fructus •
 Mugua • Quittenfrucht,
 chinesische • chaenomeles
 fruit, Chinese quince fruit,
 'wood melon' • 354
- Fructus Chebulae • Chebulae
 fructus • Hezi •
 Myrobalani-Frucht •
 myrobalan fruit, terminalia
 • 820
- Fructus Citri sarcodactylis •
 Citri sarcodactylis fructus •
 Foshou • Zedratzitrone •
 finger citron fruit, Buddha's
 hand • 492
- Fructus Citrulli • Citrulli
 fructus • Xigua •
 Wassermelone •
 watermelon fruit • 124
- Fructus Cnidii • Cnidii
 fructus • Shechuangzi •
 Brenndoldenfrucht •
 cnidium seeds, 'snake's bed
 seeds' • 740
- Fructus Corni • Corni fructus
 • Shanzhuyu • Kornel-
 kirschenfrüchte,
 Hartriegelfrüchte • cornus,
 Asiatic comelian cherry
 fruit • 822
- Fructus Crataegi • Crataegi
 fructus • Shanzha •
 Fiederweißdombeeren •
 hawthorn fruit, crataegus •
 682
- Fructus Crotonis • Crotonis
 fructus • Badou • Croton-
 Samen, Purgierkörner •
 croton seed • 100
- Fructus Evodiae • Evodiae
 fructus • Wuzhuyu • Stink-
 Eschenfrüchte • Evodiae
 fructus • 396
- Fructus Foeniculi • Foeniculi
 fructus • Xiao huixiang •
 Fenchelsamen • fennel
 fruit • 398
- Fructus Forsythiae •
 Forsythiae fructus •
 Lianqiao • Forsythien-
 früchte, Goldglöckchen-
 früchte • Forsythiae fructus
 • 200
- Fructus Galangae • Galangae
 fructus • Hongdoukou •
 Galgant-Früchte • Galangae
 fructus • 290
- Fructus Gardeniae •
 Gardeniae fructus • Zhizi •
 Gelbbeere, Jasminglanz •
 gardenia fruit, Cape
 Jasmine fruit • 126
- Fructus germinatus Hordei •
 Hordei fructus germinatus
 • Maiya • Gerstenkörner,
 gekeimte • barley sprout,
 malt • 686
- Fructus germinatus Oryzae •
 Oryzae fructus germinatus
 • Guya • Reiskörner,
 gekeimte • rice sprout •
 690
- Fructus Gleditsiae • Gleditsiae
 fructus • Zaojiao •
 Seifenbohnenfrüchte,
 Schotenbaumfrüchte •
 gleditsia fruit, honeylocust
 fruit • 630
- Fructus Jujubae • Jujubae
 fructus • Dazao •
 Jujubenfrüchte,
 Dattelfrüchte, chinesische •
 Chinese date, 'big date' •
 718
- Fructus Kochiae • Kochiae
 fructus • Difuzi •
 Besenradmellenfrüchte •
 broom cypress fruit, kochia
 fruit, 'earth skin seeds' •
 316
- Fructus Ligustri lucidi •
 Ligustri lucidi fructus •
 Nüzhenzi • Ligusterfrüchte
 • ligustrum, privet fruit,
 'female chastity seed' • 794
- Fructus Liquidambaris •
 Liquidambaris fructus •
 Lulutong • Amberbaum-
 früchte, Süßgum-
 mibaumfrüchte •
 liquidambar fruit,
 sweetgum fruit, 'all roads
 open' • 500
- Fructus Litseae • Litseae
 fructus • Bichengjie •
 Kubebenpfeffer, javanischer
 Pfeffer • cubeb fruit • 400
- Fructus Luffae • Luffae fructus
 • Sigualuo • Luffa-
 Schwamm, Schwam-
 murke • loofah, luffa,
 dried skeleton of vegetable
 sponge • 218
- Fructus Lycii • Lycii fructus •
 Gouqizi • Bocksdom-
 früchte • Chinese
 wolfberry, 'matrimony vine
 fruit' • 800
- Fructus Mori • Mori fructus •
 Sangshen • Maulbeer-
 früchte • mulberry, morus
 fruit • 774
- Fructus Mume • Mume
 fructus • Wumei •
 Japanaprikosenfrüchte •
 mume fruit, 'dark plum' •
 838
- Fructus Perillae • Perillae
 fructus • Zisuzi •
 Schwarznessel Früchte •
 purple perilla fruit, perilla
 seed • 634
- Fructus Piper • Piperis
 fructus • Huijiao •
 schwarzer Pfeffer • pepper
 • 402
- Fructus Piperis longi • Piperis
 longi fructus • Biba •
 Früchte des langen Pfeffer •
 long pepper fruit • 404
- Fructus Ponciri • Ponciri
 fructus • Gouju •
 Bitterorange • immature
 fruit of the bitter orange •
 506
- Fructus Quisqualis •
 Quisqualis fructus •
 Shijunzi • Quisqualis-
 früchte • Rangoon creeper
 fruit and seeds, 'envoy
 seeds' • 868
- Fructus Rosae laevigatae •
 Rosae laevigatae fructus •
 Jinyingzi • Rosa-laevigata-
 Früchte • Cherokee
 rosehip, 'golden cherry
 fruit' • 846
- Fructus rotundus Amomi •
 Amomi fructus rotundus •
 Baidoukou • Karda-
 momfrucht • round
 cardamom, white
 cardamom • 282
- Fructus Rubi • Rubi fructus •
 Fupenzi • Wildhimbeer-
 früchte, chinesische •
 Chinese raspberry,
 'overturned bowl fruit' •
 848

- Fructus Schisandrae • Schisandrae fructus • Wuweizi • Schisandrafrüchte, chinesische Beerentraubenfrüchte • schisandra fruit, 'five-flavoured seed' • 850
- Fructus Sophorae • Sophorae fructus • Huaijiao • Pagodenbaumfrüchte, Schnurbaumfrüchte • sophora fruit • 612
- Fructus Toosendan • Toosendan fructus • Chuanlianzi • Holunderfrüchte, chinesische, Paternosterbaum-Früchte • Sichuan pagoda tree fruit • 512
- Fructus Tribuli • Tribuli fructus • Baijili • Burzeldomfrüchte • caltrop fruit • 462
- Fructus Trichosanthis • Trichosanthis fructus et semen • Gualou • Schlangenkürbisfrüchte • trichosanthes fruit • 662
- Fructus Tritici • Tritici fructus • Xiaomai • Weizenkörner, gekeimte • light wheat grain, 'floating little wheat' • 854
- Fructus Tritici • Tritici fructus • Xiaomai • Weizenkörner • light wheat grain, 'little wheat' • 444
- Fructus Tsao-ko • Tsaoko fructus • Caoguo • Amomum-Caoguo-Früchte, Nepal-Kardamom • tsaoko fruit • 294
- Fructus Ullmi macrocarpae • Ullmi macrocarpae fructus • Wuyi • präparierte Früchte einer Ulmenart • elm cake, paste made from the fruit of the stinking elm • 872
- Fructus Viticis • Viticis fructus • Manjingzi • Vitex-Frucht • vitex fruit • 72
- Fructus Xanthii • Xanthii fructus • Cangerzi • Spitzklettenfrüchte, sibirische • xanthium fruit, cocklebur fruit, 'deep green ear seeds' • 376
- Fructus Zanthoxyli • Zanthoxyli fructus • Huajiao • täuschende Stachelesche, Sechuan-Pfeffer • fruit of the Szechuan pepper, Chinese prickly ash, zanthoxylum • 406
- ## G
- Ganoderma • Ganoderma • Lingzhi • Ganoderma • ganoderma, 'spiritual mushroom' • 436
- Gecko • Gecko • Gejie • Gecko • gecko • 758
- Glauberitum • Glauberitum • Hanshuishi • Calciumcarbonat (CaCO₃) • calcitum • 128
- Gypsum • Gypsum • Shigao • Gips, mineralischer • gypsum, 'stone paste' • 130
- ## H
- Haematitum • Haematitum • Daizheshi • Ocker, roter, Eisenglanz • haematite, 'Dai country red stone' • 80
- Halloysitum rubrum • Halloysitum rubrum • Chishizhi • roter Ton • halloysite, kaolin • 832
- Herba Agastachis • Agastachis herba • Huoxiang • Patchoulikraut • agastache, patchouli • 278
- Herba Agrimoniae • Agrimoniae herba • Xianhecao • Odermennigkraut, Fingerkraut • agrimony, 'immortal crane herb' • 584
- Herba Artemisiae annuae • Artemisiae annuae herba • Qinghao • Beifußkraut, einjähriges • wormwood • 256
- Herba Artemisiae anomale • Artemisiae anomalae herba • Liujinu • Kraut der Artemisia anomala (Beifuss-Art) • anomalous artemisia, anomala • 524
- Herba Artemisiae scopariae • Artemisiae scopariae herba • Yinchenhao • Beifußkraut, haarförmiges • yinchenhao shoots and leaves • 302
- Herba Cirsii • Cirsii herba • Xiaoji • Cephalanoplos-Kraut • 590
- Herba Cistanchis • Cistanchis herba • Roucongong • Wüstencistanchenkraut • cistanche, fleshy spine of the bloom rape • 738
- Herba Dianthi • Dianthi herba • Qumai • Nelkenkraut • dianthus, fringed pink, Chinese pink • 310
- Herba Ecliptae • Ecliptae herba • Hanliancao • Ecliptakraut • eclipta, 'lush winter aerial plant' • 790
- Herba Ephedrae • Ephedrae herba • Mahuang • Ephedra • ephedra stem • 30
- Herba Epimedii • Epimedii herba • Yinyanghuo • Elfenblumenkraut • aerial part of epimedium, 'licentious goat wort' • 754
- Herba Equiseti hiemalis • Equiseti hiemalis herba • Muzei • Winterschachtelhalmkraut • equisetum, scouring rush, shave grass, 'wood thief' • 58
- Herba et fructus Coriandri • Coriandri herba et fructus • Husui • Koriander • coriander • 28
- Herba Eupatorii • Eupatorii herba • Peilan • Glückswasserdostkraut, Wasserhanf • eupatorium, 'ornamental orchid' • 288
- Herba Hedyotidis diffusae • Hedyotidis diffusae herba • Baihuasheshhecao • Hedyotiskraut • hedyotis, oldenlandia, 'white-patterned snake's tongue herb' • 202
- Herba Houttuyniae • Houttuyniae herba cum radice • Yuxingcao • Houttuynia-Kraut mit Wurzel (Chamäleonpflanze, chin. Eidechsen-schwanz, Buntblatt) • 206

- Herba Ilicis • Ilicis pedunculosa herba • Dongqing • langstielige Stechpalme • ilex • 208
- Herba Leonuri • Leonuri herba • Yimucao • Mutterkraut, chinesisches, Löwenschwanzkraut • Chinese motherwort, leonurus, 'benefit mother herb' • 554
- Herba Lobeliae • Lobeliae chinensis herba • Banbianlian • chinesisches Lobeliakraut, Indianertabak (*Lobelia inflata*) • Chinese lobelia • 318
- Herba Lophateri • Lophateri herba • Xianzhuyue oder Danzhuyue • Bambusblättr • lophatheri stem and leaves • 132
- Herba Lycopi • Lycopi herba • Zelan • Wolfstrappkraut • lycopus, bugleweed, 'marsh orchid' • 556
- Herba Lysimachiae • Lysimachiae herba • Jingqiancao • Gilbweiderichkraut, Pfennigkraut • lysimachia, 'gold money herb' • 322
- Herba Menthae • Menthae herba • Bohe • Ackerminzkraut, chinesisches • field mint • 60
- Herba Moslae • Moslae herba • Xiangru • Elsholtzia-Kraut, Kamm-Minzenkraut • aromatic madder, elsholtzia • 36
- Herba Patriniae • Patriniae herba • Baijiangcao • Täschelkraut • thlaspi, patrinia • 224
- Herba Plantaginis • Plantaginis herba • Cheqiancao • Stephanianawurzel • stephania root • 338
- Herba Polygoni avicularis • Polygoni avicularis herba • Bianxu • Vogelknöterichkraut • knotweed, polygonum • 330
- Herba Portulacae • Portulacae herba • Machixian • Portulak, Burzelkraut • purslane, portulaca, 'horse's teeth amaranth' • 228
- Herba Pyrosiae • Pyrosiae herba • Shiwei • Pyrosiakraut • pyrosia leaf, 'stone reed' • 336
- Herba Rabdosiae • Rabdosiae herba • Dongling • Rabdosia-Kraut • rabdosia, blush red rabdosia herb • 232
- Herba Sargassi • Sargassum • Haizao • Meerlinsen • Sargassum, seaweed • 658
- Herba Schizonepetae • Schizonepetae herba • Jingjie • Schizonepeta-Kraut, Katzenminzakraut, Nepeta • schizonepeta stem or bud • 44
- Herba Scutellariae • Scutellariae herba • Banzhilian • Helmkraut, bärtiges • barbat skullcap, 'half-branch lotus' • 238
- Herba seu radix Cirsii japonici • Cirsii japonici herba seu radix • Daji • Distelkraut, japanisches • 592
- Herba Sigesbeckiae • Sigesbeckiae herba • Xixiancao • Sigesbeckia-Kraut, Korbblütler • sigesbeckia • 370
- Herba Solani • Solani herba • Longkui • schwarzer Nachtschatten, Giftbeere, Mondscheinkraut • Schweinstod • black nightshade • 244
- Herba Solidaginis • Solidaginis herba • Liuzhiluang • Goldrutenkraut, Edelwandkraut • solidago • 246
- Herba Solidaginis • Sophorae flavescens radix • Kushen • Schnurbaumwurzel • sophora root, 'bitter root' • 186
- Herba Spirodelaе • Spirodelaе herba • Fuping • Teichlinsenkraut • spirodela, duckweed • 70
- Herba Taraxaci • Taraxaci herba • Pugongying • Löwenzahnkraut, mongolisches mit Wurzel • 250
- Herba Taxilli • Taxilli herba • Sangjiesheng • Maulbeermistelästchen • mistletoe, taxillus, mulberry mistletoe stems • 810
- Herba Verbenae • Verbenae herba • Mabiancao • Eisenkraut • verberna, European verberna, 'horse whip herb' • 582
- Herba Violae • Violae herba • Zihua diding • Veilchenkraut, Ackerstiefmütterchenkraut • violet, Yedeon's violet, 'purple flower earth spike' • 254
- Hirudo • Hirudo • Shuizhi • Blutegel • leech • 550
- I**
- Indigo naturalis • Indigo naturalis • Qingdai • Indigo • indigo • 160
- L**
- Lasiosphaera • Lasiosphaera • Mabo • Lasiosphaera-Schwamm, Riesenbovist • fruiting body of puffball, lasiophera • 212
- Lignum Aquilariae • Aquilaria lignum resinatum • 476
- Lignum Dalbergiae • Dalbergiae lignum • Jiangxiang • Palisander, gelber (Rosenholzart) • dalbergia heartwood, scented rosewood • 544
- Lignum Santali albi • Santali albi lignum • Tanxiang • (weißes) Sandelholz, geschältes Kernholz des Sandelbaumes • heartwood of sandalwood, santalum • 510
- Lignum Sappan • Sappan lignum • Sumu • Sappan-Holz, Japanholz, ostindisches Rotholz • sappan wood • 572
- Limonium • Limonium • Yuyuliang • braune Eisenerde • limonite, limonitum • 834

M

Magnoliae flos • Magnoliae flos • Xinyi • Magnoliablüten • magnolia flower • 34

Maltose • Maltose • Yitang • Getreidezucker, Malzzucker • barley malt sugar • 722

Mantidis ootheca • Mantidis ootheca • Sangpiaoxiao • Gottesanbeterin, Eierdepot der • 836

Massa medicata fermentata • Massa medicata fermentata • Shenqu • Medizinalmischung, fermentierte • medicated leaven, 'divine fermented mass' • 688

Medulla Junci • Junci medulla • Dengxincao • Flatter-Binse • juncus pith, rush pith • 314

Medulla Tetrapanacis • Tetrapanacis medulla • Tongcao • Tetrapanax-Stängelmark • rice paper plant pith, tetrapanax, 'unblocking herb' • 342

Mel • Honig • Fengmi • Bienenhonig • bee honey • 724

Micae lapis aureus • Micae lapis aureus • Jimengshi • Vermiculit • 654

Mylabris • Mylabris • Banmao • Kantharide • 164

Myrrha • Myrrha • Moyao • Myrrhe, Gummiharz des Myrrhebaumes • myrrh • 560

N

Nidus Vespae • Vespae nidus • Fengfang • Wespennest • wasp nest • 886

O

Olibanum • Olibanum • Ruxiang • Weihrauch, Mastix • frankincense, 'fragrant milk' • 562

Ophicalcitum • Ophicalcitum • Huaruishi • Ophicalcit • ophicalcite • 602

Ossis Mastodi fossilium • Mastodi fossilium ossis • Longgu • Tierknochen,

fossile, 'Drachenknochen' • dragon bone, fossilized vertebrae and bones (usually of mammalian origin) • 426

P

Pekinensis Euphorbiae • Euphorbiae pekinensis • Daji • Euphorbia-Wurzel (Wolfsmilchgewächs) • Euphorbiae pekinensis • 104

Pericarpium Arecae • Arecae pericarpium • Dafupi • Betelnussuschale • betel husk, 'big abdomen peel' • 478

Pericarpium Citri reticulatae • Citri reticulatae pericarpium • Chenpi • Mandarinenschale • tangerine peel, 'aged peel' • 488

Pericarpium Citri reticulatae viride • Citri reticulatae viride pericarpium • Qingpi • Mandarinenschalen, unreife • unripe tangerine peel, green tangerine peel • 490

Pericarpium Granati • Granati pericarpium • Shiliupi • Granatapfel-Schale • pomegranate husk, granatum rind • 830

Periostracum Cicadae • Cicadae periostracum • Chantui • Zikadenpanzer • cicada moulting • 54

Pheretima • Pheretima • Dilong • Regenwurm • earthworm, 'earth dragon' • 456

Pinelliae tuber et rhizoma • Pinelliae rhizoma • Banxia • Mittsommerknolle • pinellia rhizome, 'half summer' • 82

Pollen Typhae • Typhae pollen • Puhuang • Rundkolbenpollen, Rohrkolbenpollen • cattail pollen, bulrush • 616

Polyporus • Polyporus • Zhuling • Polyporusmyzel, Eichenhase • polyporus • 332

Poria • Poria • Fuling • Kokospilzmyzel • poria, sclerotium of Tuckahoe, China root, hoelen • 334

Pseudobulbus Cremastrae • Cremastrae pseudobulbus • Shancigu • Shancigu-Wurzelknolle • 822

Pyritum • Pyritum • Zirantong • Pyrit, Katzengold, Eisenkies, Schwefelkies • pyrite • 568

R

Radix Achyranthis bidentatae • Achyranthis bidentatae radix • Niuxi • Ochsenkniewurzel • achyranthes root, 'ox knee' • 522

Radix Aconiti kusnezoffii • Aconiti kusnezoffii radix • Zhicaoou • Präparierte wilde Eisenhut-Wurzel • processed wild aconite root • 384

Radix Adenophorae • Adenophorae radix • Nanshashen • Becherglockenwurzel • adenophora root, ladybell root, 'sand root' • 782

Radix Angelicae dahuricae • Angelicae dahuricae radix • Baizhi • Engelwurzwurzel • angelica root • 22

Radix Angelicae pubescentis • Angelicae pubescentis radix • Duhuo • Angelica-pubeszens-Wurzel, Bärenklauwurzel (Heracleum) • pubescent angelica root, 'self-reliant existence' • 350

Radix Angelicae sinensis • Angelicae sinensis radix • Danggui • chinesische Engelwurzwurzel • Chinese angelica root, 'state of return' • 768

Radix Arnebiae/Lithospermi • Arnebiae/Lithospermi radix • Zicao • Purpurkrautwurzel, Steinsamenwurzel • lithospermum, arnebia, groomwell root, 'purple herb' • 152

Radix Asari • Asari radix • Xixin • Haselwurzwurzel,

- Ingerwurzel, wilde • Chinese wild ginger, asarum, 'thin acrid' • 24
- Radix Asparagi • Asparagi radix • Tianmendong • Spargelwurzel, chinesische • asparagus tuber, 'lush winter aerial plant' • 784
- Radix Asteris • Asteris radix • Ziwan • Asternwurzel • purple aster root • 666
- Radix Astragali • Astragali radix • Huangqi • Tragantwurzel, Astragalus-wurzel • astragalus root, milk-vetch root • 706
- Radix Aucklandiae • Aucklandiae radix • Muxiang • Alantwurzel • aucklandia, saussurea, 'wood fragrance' • 480
- Radix Bupleuri • Bupleuri radix • Chaihu • Hasenohrwurzel, chinesische • bupleurum, hare's ear root, thorowax root, 'kindling of the barbarians' • 50
- Radix Clematidis • Clematidis radix • Weilingxian • Waldrebenwurzel, chinesische • Chinese clematis root, 'awesome spiritual immortal' • 356
- Radix Codonopsis • Codonopsis radix • Dangshen • Glockenwindenwurzel • codonopsis root • 710
- Radix Cynanchi atrati • Cynanchi atrati radix • Baiwei • Cynanchumwurzel • swallowwort root, cynanchi root, 'white rose' • 258
- Radix Cynanchi paniculati • Cynanchi paniculatae radix • Xuchangqing • Seidenpflanzenengewächs • paniculate cynanchum, paniculate swallow-wort • 358
- Radix Cynanchi stauntonii • Cynanchi stauntonii radix • Baiqian • Schwalbenwurz-Wurzel • cynanchum root and rhizome • 628
- Radix Dichroae • Dichroae radix • Changshan • Dichroa-Wurzel, Fevertrogblumenwurzel • dichroa root • 864
- Radix Dipsaci • Dipsaci radix • Xudian • Kardenwurzel, chinesische • Japanese teasel root, 'repair what is broken' • 750
- Radix Ephedrae • Ephedrae radix • Mahuanggen • Meerträubelwurzel • ephedra root, 'hemp yellow root' • 824
- Radix Gentianae • Gentianae radix • Longdancao • Enzianwurzel, kahle • Chinese gentian root, 'dragon gall bladder herb' • 178
- Radix Gentianae macrophyllae • Gentianae macrophyllae radix • Qinjiao • großblättrige Enzianwurzel • large gentian root, gentiana macrophylla root • 362
- Radix Ginseng • Ginseng radix • Renshen • Ginsengwurzel • ginseng root, 'man root' • 714
- Radix Glehniae • Glehniae radix • Beishashen • Glehniawurzel • adenophora or glehnia root, 'sand root' • 792
- Radix Ilicis pubescens • Ilicis pubescens radix • Maodongqing • Ilex-Wurzel (langstielige Stechpalme) • hairy holly root • 552
- Radix Isatidis • Isatidis/Baphicacanthis radix • Banlangen • Färberwaidwurzel • isatis root, woad root • 210
- Radix Kansui • Euphorbiae kansui radix • Gansui • Wolfsmilchwurzel • kansui root • 102
- Radix lactiflora Paeoniae • Paeoniae radix lactiflora • Baishao • weisse Pfingstrosenwurzel • white peony root • 776
- Radix lateralis praeparata Aconiti • Aconiti radix lateralis praeparata • ZhiFuZi • Eisenhutwurzel, präparierte Nebenwurzeln • processed Sichuan aconite main root • 388
- Radix Ligustici sinensis • Ligustici sinensis radix • Gaoben • Liebstöckel-Wurzelstock, chinesischer • Chinese lovage root, ligusticum root • 32
- Radix Linderae • Linderae radix • Wuyao • Fieberstrauchwurzel • lindera root • 498
- Radix Notoginseng • Notoginseng radix • Sanqi • Notoginseng-Wurzel • notoginseng root, pseudoginseng root • 600
- Radix Ophiopogonis • Ophiopogonis radix • Maimendong • Schlangenbartwurzel • ophiopogon tuber, 'lush winter wheat' • 802
- Radix Panacis quinquefolii • Panacis quinquefolii radix • Xiyangshen • Panax Ginseng • American ginseng root • 804
- Radix Peucedani • Peucedani radix • Qianhu • Haarstrangwurzel • peucedanum root, hogfennel root, 'before barbarians' • 656
- Radix Phytolaccae • Phytolaccae radix • Shanglu • Phytolacca-Wurzel, asiatische Kermesbeeren-Wurzel • poke root, phytolacca • 108
- Radix Platycodi • Platycodi radix • Jiegeng • Seifenbohnenfrüchte, Schotenbaumfrüchte • platycodon root, balloon flower root • 636
- Radix Polygalae • Polygalae radix • Yuanzhi • Kreuzblumenwurzel,

- Senegawurzel • polygala,
Chinese senega • 440
- Radix praeparata Aconiti •
Aconiti radix praeparata •
Chuanwu • präparierte
Eisenhut-Hauptwurzel •
processed Sichuan aconite
main root • 386
- Radix Pseudostellariae •
Pseudostellariae radix •
Haiershen • Sternmieren-
wurzel • pseudostellaria,
'child root' • 728
- Radix Puerariae • Puerariae
radix • Gegen •
Kopoubohnenwurzel •
pueraria, kudzu root •
64
- Radix Pulsatillae • Pulsatillae
radix • Baitouweng •
Anemonenwurzel,
chinesische pulsatilla,
Chinese anemone root,
'hoary-headed geezer' •
230
- Radix Rehmanniae •
Rehmanniae radix •
Shengdihuang •
Rehmannia-Wurzel,
Braunwurzgewächs •
Chinese foxglove root,
rehmannia root, 'fresh
earth yellow' • 168
- Radix Rehmanniae
praeparatae • Rehmanniae
radix praeparatae •
Shudihuang • Rehman-
niawurzel, Braun-
wurzgewächs • cooked
rehmannia root, prepared
foxglove root • 780
- Radix Rhapontici •
Rhapontici radix • Loulu •
Alpenscharte • rhaponti-
cum root • 234
- Radix Rubiae • Rubiae radix •
Qiancaogen • Krappwurzel,
ostindische, Färberröte •
madder root, rubia root •
606
- Radix rubra Paeoniae •
Paeoniae radix rubra •
Chishaoyao • Pfingstrosen-
wurzel, rote • red peony
root • 166
- Radix Salviae miltiorrhizae •
Salviae miltiorrhizae radix
• Danshen • Rotwurzelsal-
- bei-Wurzel • salvia root •
570
- Radix Sanguisorbae •
Sanguisorbae radix • Diyu
• Wiesenknopfwurzel,
Blutkrautwurzel •
sanguisorba, burnet-
bloodwort root • 608
- Radix Saposhnikoviae •
Saposhnikoviae radix •
Fangfeng • Saposhniko-
viae-Wurzel • ledebouriella
root, siler, guard against
wind • 42
- Radix Scrophulariae •
Scrophulariae radix •
Xuanshen • Ningpo-
Braunwurz Wurzel •
scrophularia, ningpo
figwort root, 'dark root' •
170
- Radix Scutellariae •
Scutellariae radix •
Huangqin • Baikal-
Helmkraut • Scutellaria,
baical skullcap root •
184
- Radix Semiaquilegiae •
Semiaquilegiae radix •
Tiankuizi • Semiaquilegia-
Wurzel • semiaquilegia
root tuber • 240
- Radix Sophorae tonkinensis •
Sophorae tonkinensis radix
• Shandougen • Sophora-
Wurzel, Tonkin-
Schnurbaum-Wurzel •
subprostrate, sophora root
• 248
- Radix Stellariae • Stellariae
radix • Yinchaihu •
Vogelmierenwurzel •
stellaria root, 'silver
barbarian kindling' •
262
- Radix Stemonae • Stemonae
radix • Baibu • Stemon-
wurzel • stemonia root •
676
- Radix Stephaniae •
Stephaniae radix • Fangji •
Stephaniawurzel •
stephania root • 338
- Radix Tinosporae •
Tinosporae radix •
Jinguolan • Tinospora-
Wurzel • tinospora root •
252
- Radix Trichosanthis •
Trichosanthis radix •
Tianhuafen • Schlangen-
kürbiswurzel, Schlangenha-
argurkenwurzel •
trichosanthes root,
'heavenly flower powder' •
142
- Ramulus Cinnamomi cassiae
• Cinnamomi cassiae
ramulus • Guizzi •
Cassia-Zimtzwige •
cinnamon twig, cassia twig
• 26
- Ramulus cum unciis Uncariae
• Uncariae ramulus cum
unciis • Gouteng •
Morgensternzweig,
indischer, Klimmstrauchz-
weig • gambir vine stems
and thorns, 'hook vine' •
464
- Ramulus cum unciis Uncariae
• Vaccariae semen •
Wangbuliuxing • Vaccaria-
Samen • vaccaria seeds •
580
- Raphani semen • Raphani
semen • Laifuzi •
Rettichsamen • radish seed
• 692
- Receptaculum Nelumbinis •
Nelumbinis receptaculum
• Lianfang • Lotusblume,
Blütenboden • lotus
receptacle, lotus peduncle •
598
- Resina Daemonoropis •
Daemonoropis resina •
Xuejie • Harz des
Drachenblutbaumes •
dragon's blood (resinous
secretion) • 542
- Rhizoma Acori • Acori
rhizoma • Changpu •
Kalmus, grasblättriger •
grassleaf sweetflag rhizome,
acorus, 'flourishing reeds' •
268
- Rhizoma Acori calami •
Acori calami rhizoma •
Shuichangpu • Kalmuswur-
zelstock • sweetflag
rhizome • 266
- Rhizoma Alismatis •
Alismatis rhizoma • Zexie
• Orient-Froschlöffelwur-
zelstock • alisma rhizome,

- water plantain • 300, 928–930
- Rhizoma *Alpiniae officinari* • *Alpiniae officinari* rhizoma • Gaoliangjiang • Galgantwurzelstock • lesser galangal rhizome, galanga • 390
- Rhizoma *Anemarrhenae* • *Anemarrhenae* rhizoma • Zhimu • Muttergedenkwurzelstock • *anemarrhena* rhizome, 'knowing mother' • 120
- Rhizoma *Arisaematis* • *Arisaematis* rhizoma • Tiannanxing • Feuerkolbenwurzelstock • *arisaema* rhizome, jack-in-the-pulpit • 624
- Rhizoma *Atractylodis* • *Atractylodis* rhizoma • Cangzhu • Speichelkrautwurzelstock • *atractylodes* rhizome • 286
- Rhizoma *Atractylodis macrocephalae* • *Atractylodis macrocephalae* rhizoma • Baizhu • *Atractylodes*wurzelstock, Korbblütlergewächs • (white) *atractylodis* rhizome • 708
- Rhizoma *Belamcandae* • *Belamcandae* rhizoma • Shegan • Leopardenblumenwurzelstock, Brombeertilienwurzelstock • *belamcanda* rhizome, 'arrow shaft' • 188
- Rhizoma *Bistortae* • *Bistortae* rhizoma • Zushen • Schlangenknoterich-Würzelstock, Drachenwurz • *adderwort*, *bistort* • 190
- Rhizoma *Bletillae* • *Bletillae* rhizoma • Baiji • *Bletilla*-Knolle, Orchideengewächs • *bletilla* rhizome • 588
- Rhizoma *Cibotii* • *Cibotii* rhizoma • Gouji • *Cibotium*wurzelstock, Farnart • chain fern rhizoma, 'dog spine' • 736
- Rhizoma *Cimicifugae* • *Cimicifugae* rhizoma • Shengma • Silberkerzenwurzelstock, Schlangenwurzel • *cimicifuga*, bugbane rhizome, black cohosh, 'ascendant hemp' • 56
- Rhizoma *Coptidis* • *Coptidis* rhizoma • Huanglian • Goldfadengewurzelstock • *coptis* rhizome, 'yellow link' • 172
- Rhizoma *Corydalis* • *Corydalis* rhizoma • Yanhusuo • Lärchenspornwurzelstock • *corydalis* rhizome • 532
- Rhizoma *Curculiginis* • *Curculiginis* rhizoma • Xianmao • Rüssellilienwurzelstock • golden eye grass rhizome, 'immortal grass' • 744
- Rhizoma *Curcumae* • *Curcumae longae* rhizoma • Jianghuang • Gelbwurz-Wurzelstock, *Curcumawurzel* • turmeric rhizome, 'ginger yellow' • 536
- Rhizoma *Curcumae zedoariae* • *Curcumae zedoariae* rhizoma • Ezhu • Zitwerwurzelstock • *curcuma* rhizome • 540
- Rhizoma *Cyperii* • *Cyperii* rhizoma • Xiangfu • Nussgraswurzelstock • nutgrass rhizome, 'aromatic appendage' • 494
- Rhizoma *Cyrtomii* • *Dryopteridis* rhizoma • Guanzhong • Wurmfar-Rhizom • *dryopteris* root, shield-fern • 866
- Rhizoma *Dioscoreae* • *Dioscoreae* rhizoma • Shanyao • Yamswurzelknollen • Chinese yam, 'mountain herb' • 712
- Rhizoma *Dioscoreae hypoglaucae* • *Dioscoreae hypoglaucae* rhizoma • Bixie • Yamswurzelstock • fish-poison yam rhizome, tokoro • 312
- Rhizoma *Drynariae* • *Drynariae* rhizoma • Gusuibu • *Drynariawurzelstock* • *drynaria* rhizome, 'mender of shattered bones' • 752
- Rhizoma *Gastrodiae* • *Gastrodiae* rhizoma • Tianma • Himmelschlangenwurzelstock • *gastrodia* rhizome, 'heavenly hemp' • 450
- Rhizoma *Imperatae* • *Imperatae* rhizoma • Baimaogen • Alang-Alang-Graswurzelstock • woolly grass • 158
- Rhizoma *Ligustici chuanxiong* • *Chuanxiong* rhizoma • Chuanxiong • Szechuanli-ebstöckel-Wurzelstock • *chuanxiong* root, Szechuan lovage root, *cnidium* • 530
- Rhizoma *Menispermi* • *Menispermi* rhizoma • Beidougen • Mondsamen-Wurzelstock • asiatic moonseed rhizome • 220
- Rhizoma *Nardostachytis* • *Nardostachytis* rhizoma • Gansong • *Nardostachys*-Wurzel, Narde-Wurzelstock • *nardostachys* root • 504
- Rhizoma *Paridis* • *Paridis* rhizoma • Chonglou • Paris-Wurzelstock, Einbeeren-Wurzelstock • Paris rhizome • 222
- Rhizoma *Phragmitis* • *Phragmitis* rhizoma • Lugen • Schilfrohrwurzelstock • reed rhizome • 138
- Rhizoma *Picrorhizae* • *Picrorhizae* rhizoma • Huhuaglian • *Picrorhiza*-Wurzelstock • *picrorhiza* rhizome, 'barbarian yellow link' • 182
- Rhizoma *Polygonati* • *Polygonati* rhizoma • Huangjing • Weißwurzelstock, sibirischer; Salomonsiegel • *polygonatum* rhizome, Siberian Solomon's seal, 'yellow essence' • 726
- Rhizoma *Polygonati odorati* • *Polygonati odorati* rhizoma • Yuzhu • wohlriechender Weißwurzelstock • *polygonatum*, scented

- Solomon's seal rhizome, 'jade bamboo' • 806
- Rhizoma Polygoni cuspidati • Polygoni cuspidati rhizoma • Huzhang • Rhizom des Japan-Staudenknöterich (spitzblättriger Knöterich) • bushy knotweed rhizome, giant knotweed • 566
- Rhizoma praeparatum Typhonii • Typhonii rhizoma praeparatum • Baifuzi • Typhoniumwurzelstock, • prepared typhonium rhizome • 640
- Rhizoma praeparatum Zingiberis • Zingiberis rhizoma praeparatum • Paojiang • Ingwerwurzelstock, gerösteter • quick-fried ginger rhizome • 410
- Rhizoma recens Zingiberis • Zingiberis rhizoma recens • Shengjiang • Ingwerwurzel, frische • fresh ginger rhizome • 46
- Rhizoma Rhei • Rhei rhizoma • Dahuang • Rhabarberwurzelstock • rhubarb rhizome, 'big yellow' • 92
- Rhizoma Smilacis china • Smilacis china rhizoma • Baqia • Chinawurzelstock • 372
- Rhizoma Smilacis glabrae • Smilacis glabrae rhizoma • Tufuling • Stechwindenwurzelstock • glabrous greenbrier rhizome, smilax, 'local poria' • 242
- Rhizoma Sparganii • Sparganii rhizoma • Sanleng • Igelkolbenwurzelstock, astiger • sparganium, burr reed rhizome, scirpus, 'three edges' • 574
- Rhizoma Veratri nigri • Veratri nigri rhizoma • Lilu • schwarzer Germer • veratrum root and rhizome • 76
- Rhizoma Zingiberis • Zingiberis rhizoma • Ganjiang • Ingwerwurzelstock • dried ginger rhizome • 408
- Rhizomatis Nelumbinis nodus • Nelumbinis nodus rhizomatis • Oujie • Nodien des Lotoswurzelstock • node of the lotus rhizome • 596
- Rhizome Notopterygii • Notopterygii rhizome • Qianghuo • Gebirgsangelikawurzel • notopterygium root • 38
- S**
- Schizonepetae herba • Scolopendra • Wugong • Hundertfüßler • centipede, scolopendra • 458
- Scorpio • Scorpio • Quanxie • Skorpion • scorpion • 460
- Semen Aesculi • Aesculi semen • Suoluozi • chinesische Kastaniensamen • horse chestnut • 470
- Semen album Lablab • Lablab semen album • Biandou • Helmbohnensamen • hyacinth bean, 'flat bean' • 720
- Semen Alpiniae katsumadai • Alpiniae katsumadai semen • Caodoukou • Katsumadai-Samen • Katsumada's galangal seeds, katsumadai • 280
- Semen Arecae • Arecae semen • Binglang • Betelnuss • 860
- Semen Armeniacae • Armeniacae amarae semen • 664
- Semen Astragali • Astragali semen • Shayuan jili • Tragantsamen • flattened milkvetch seed • 732
- Semen Aurantii • Aurantii semen • Juhe • Pomeranzensamen • bitter orange seeds • 486
- Semen Benincasae • Benincasae semen • Dongguazi • Wackskürbissamen, rauer • winter melon seed, wax gourd seed, benincasa • 304
- Semen Cassiae • Cassiae semen • Juemingzi • Cassia-Samen, Sicklepodsaamen • cassia seeds, foetid cassia seeds, 'realized brightness seed' • 146
- Semen Celosiae • Celosiae semen • Qingxiangzi • Brandschopfsamen • celosia seeds • 148
- Semen Coicis • Coicis semen • Yiyiren • Hiobstränensamen, Christustränengrassamen • coix seeds, Job's tears • 308
- Semen Cuscutae • Cuscutae semen • Tusizi • Teufelszwimsamen • Chinese dodder seeds • 746
- Semen Euryalis • Euryalis semen • Qianshi • Makanasternsamen, Seerosengewächs • euryale seeds • 826
- Semen Ginkgo • Ginkgo semen • Baiguo • Ginkgosamen • ginkgo nut, 'silver almond' • 828
- Semen Hydnocarpi • Hydnocarpi semen • Dafengzi • Hydnocarpus-Samen • hydnocarpus seed, chaulmoogra • 880
- Semen Juglandis • Juglandis semen • Hutaoren • Walnuss, Baumnuss • walnut, 'barbarian peach pit' • 760
- Semen Lepidii/Descurainiae • Lepidii/Descurainiae semen • Tinglizi • Felsenblümchen • lepidium seed, descurainia seed • 672
- Semen Lini • Lini semen • Yamazi • Leinsamen • linseed, flax seed • 798
- Semen Litchi • Litchi semen • Lizhihe • Litchi-Samen • lychee nut, lychee pip • 502
- Semen Malvae • Malvae semen • Dongkuizi • Malvensamen • musk mellow seeds • 324
- Semen Myristicae • Myristicae semen • Roudoukou • Muskatnuss • nutmeg

- seeds, 'fleshy cardamom' • 840
- Semen Nelumbinis plumula • Nelumbinis plumula • Lianxin • Lotossamen • lotus seed • 842
- Semen Persicae • Persicae semen • Taoren • Pfirsichsamen • peach kernel, persica • 564
- Semen Phaseoli • Phaseoli semen • Chixiaodou • Azukibohne • 326
- Semen Phaseoli Radiati • Phaseoli radiate semen • Lüdou • Mungbohne • mung bean, phaseolus • 226
- Semen Plantaginis • Plantaginis semen • Cheqianzi • Wegerichsamen, asiatische • plantago seeds, 'before the cart seeds' • 328
- Semen Platycladi • Platycladi semen • Baiziren • Lebensbaumsamen, Thujasamen, orientalische • arborvitae seed, biota • 438
- Semen Pruni • Pruni semen • Yuliren • japanische Mandelkirschsamen • bush cherry pit • 98
- Semen Psoraleae • Psoraleae semen • Buguzhi • Asphaltkleesamen, Harzkleesamen • psoralea fruit, 'tonify bone raisin' • 764
- Semen Sesami nigrum • Sesami semen nigrum • Heizhima • Sesamsamen • black sesame seeds • 808
- Semen Sinapis albae • Sinapis albae semen • Baijiezi • Senfsamen, weißer • white mustard seed • 638
- Semen Sojae germinatum • Sojae semen germinatum • Doujuan • Sojasprossen, gekeimte • 242
- Semen Sojae praeperatum • Sojae semen praeperatum • Dandouchi • Sojasprossen, unterschiedlich vorehandelt • prepared soybean • 68
- Semen Sterculiae scaphigerae • Sterculiae scaphigerae semen • Pangdahai • Sterculiensamen, Stinkbaumsamen • sterculia seed, 'big fat seed' • 660
- Semen Torreyae • Torreyae semen • Feizi • chinesische Nuß-Eibe • torreya seeds • 870
- Semen Trigonellae • Trigonellae semen • Huluba • Bockshornkleesamen • fenugreek seed • 766
- Semen Zizyphi spinosae • Zizyphi spinosae semen • Suanzaoren • Stacheljubilensamen, Dornkirschsamen, wilde • sour jujube seed, sour date seed • 446
- Spica Prunellae • Prunellae spica • Xiakucao • Braunellenähren • selfheal spike, 'summer withered herb' • 140
- Spina Gleditsiae • Gleditsiae spina • Zaojiaoci • Seifenbohndornen, Schotenbaumdornen • gleditsia thorn • 548
- Spora Lygodii • Lygodii spora • Haijinsha • Schlingfarnsporen, Kletterfarnsporen • lygodium spore, 'sea gold sand' • 320
- Squama Manitis • Manitis squama • Chuanshanjia • Schuppen des Gürteltieres • pangolin scales • 558
- Stamen Nelumbinis • Nelumbinis semen • Lianzi • Lotossamen • lotus seed • 842
- Styrax • Styrax • Suhexiang • Styrax, Harz des orientalischen Amberbaumes • resin of rose maloes, styrax • 274
- Succinum • Succinum • Hupo • Bernstein • amber • 430
- Sulfur • Sulfur • Liuhuang • Schwefel • sulfur • 884

T

- Talcum • Talcum • Huashi • Talk • talcum, 'slippery rodé' • 340
- Terra flava usta • Terra flava usta • Zaoxintu • gebrannte gelbe Lehmerde • oven earth, 'ignited yellow earth' • 614
- Testa Glycinis • Glycinis testa • Lüduoyi • Sojabohnenschalen • soybean skin • 452
- Thallus Eckloniae • Eckloniae thallus • Kunbu • Süfstang • kelp • 646
- Tuber Curcumae longae • Curcumae longae tuber • Yujin • Gelbwurzknollen, Curcumaknollen • turmeric tuber, 'constrained metal' • 538

Z

- Zaocys • Zaocys • Wushaoshe • Zaocys (eine Nattermart) • zaocys, black-striped snake • 378

Chinese herb names

- àiye 艾叶, 586
bādòu 巴豆, 100
bǎibù 百部, 676
báidòukòu 白豆蔻, 282
báifuzi 白附子, 640
báiguǒ 白果, 828
bǎihé 百合, 796
báihuāshé-shécǎo 白花蛇舌草,
202
báijiǐ 白芨, 588
báijiāngcǎo 败酱草, 224
báijiēzi 白芥子, 638
báijílí 白蒺藜, 462
báimáogēn 白茅根, 158
báiqián 白前, 628
báisháo 白芍, 776
báitóuwēng 白头翁, 230
báiwēi 白薇, 258
báixiānpí 白鲜皮, 174
báizhī 白芷, 22
báizhú 白术, 708
báizirén 柏子仁, 438
bājītiān 巴戟天, 762
bànbiānlíán 半边莲, 318
bǎnlángēn 板蓝根, 210
bānmáo 斑蝥, 882
bànxià 半夏, 82
bànzhīlián 半枝莲, 238
báqiā 菝葜, 372
bāyuèzhā 八月札, 472
bèidouēn 北豆根, 220
bèimǔ 贝母, 648
běishāshēn 北沙参, 792
biāndòu 扁豆, 720
biānxù 菝葜, 330
bibá 荜茇, 404
bìchéngqié 荜澄茄, 400
biējiǎ 鳖甲, 814
bīngláng 槟榔, 860
bīngpiàn 冰片, 270
bìxiè 萹蓄, 312
bóhé 薄荷, 60
bǔgǔzhī 补骨脂, 764
cāngěrzǐ 苍耳子, 376
cāngzhú 苍术, 286
cǎodòukòu 草豆蔻, 280
cǎoguǒ 草果, 294
cèbǎiyè 侧柏叶, 604
cháihú 柴胡, 50
chāngpú 菖蒲, 268
chángshān 常山, 864
chántuì 蝉蜕, 54
cháyè 茶叶, 122
chénpí 陈皮, 488
chénxiāng 沉香, 476
chēqiáncao 车前草, 338
chēqiánzi 车前子, 328
chìsháo yào 赤芍药, 166
chìshízhī 赤石脂, 832
chìxiǎodòu 赤小豆, 326
chónglóu 重楼, 222
chuānliǎnzi 川楝子, 512
chuānmùtōng 川木通, 306
chuānshānjiǎ 穿山甲, 558
chuānwū 川乌, 386
chuānxiōng 川芎, 530
chúshízi 楮实子, 786
císhí 磁石, 422
cōngbái 葱白, 20
dàfēngzǐ 大风子, 880
dàfupí 大腹皮, 478
dàhuáng 大黄, 92
dàizheshí 代赭石, 80
dàjì 大蓟, 104, 592
dàndouchi 淡豆豉, 68
dāngguī 当归, 768
dāngshēn 党参, 710
dānshēn 丹参, 570
dànzhúyè 淡竹叶, 132
dàqīngyè 大青叶, 162
dàsuàn 大蒜, 858
dàzǎo 大枣, 718
dēngxīncǎo 灯心草, 314
dìfūzi 地肤子, 316
dìgūpí 地骨皮, 260
dìlóng 地龙, 456
dīngxiāng 丁香, 392
dìyù 地榆, 608
dōngchóng-xiàcǎo 冬虫夏草,
742
dōngguāzǐ 冬瓜子, 304
dōngkuīzi 冬葵子, 324
dōnglíng 冬凌, 232
dōngqīng 冬青, 208
dòujuǎn 豆卷, 242
dúhuó 独活, 350
dùzhōng 杜仲, 756
ébùshícǎo 鵝不食草, 626
ējiāo 阿胶, 770
ézhú 莪术, 540
fángfēng 防风, 42
fángjǐ 防己, 338
fānhónghuā 番红花, 534
fānxièyè 番泻叶, 94
fěizi 榧子, 870
fēngfáng 蜂房, 886
fēngmì 蜂蜜, 724
fóshòu 佛手, 492
fúlíng 茯苓, 334
fùpénzi 复盆子, 848
fúpíng 浮萍, 70
fúrónghuā 芙蓉花, 204
fúxiǎomài 浮小麦, 854
fuzi 附子, 388
gāncǎo 甘草, 716
gānjiāng 干姜, 408
gānsōng 甘松, 504
gānpènzǐ 甘遂, 102
gǎoběn 藁本, 32
gāoliángjiāng 高良姜, 390
gēgēn 葛根, 64
gējiè 蛤蚧, 758
gǒujǐ 狗脊, 736
gǒujú 枸橘, 506
gǒuqǐzi 枸杞子, 800
gǒutēn 狗藤, 464
guālóu 瓜蒌, 662
guānzhòng 贯众, 866
guǎnbǎn 龟板, 812
guǐzhī 桂枝, 26
gǔsùibǔ 骨碎补, 752
gǔyǎ 谷芽, 690
háiershēn 孩儿参, 728
hǎifēngténg 海风藤, 368
hǎigēké 海蛤壳, 652
hǎijīnshā 海金沙, 320
hǎipiāoxiǎo 海螵蛸, 852
hǎitóngpí 海桐皮, 360
hǎizǎo 海藻, 658
hànlíancǎo 旱莲草, 790
hánshuǐshí 寒水石, 128
héhuānhuā 合欢花, 434
héhuānpí 合欢皮, 432
hēizhīmá 黑脂麻, 808
hèshí 鹤虱, 862
hèshóuwú 何首乌, 778,
943-947

- héyè 荷叶, 134
 hēzi 诃子, 820
 hóngdòukòu 红豆蔻, 290
 hónghuā 红花, 528
 hóngténg 红藤, 236
 hòupò 厚朴, 292
 huáihuāmí 槐花米, 610
 huáijiǎo 槐角, 612
 huájīao 花椒, 406
 huángbó 黄柏, 180
 huángjīng 黄精, 726
 huánglián 黄连, 172
 huángqī 黄芪, 706
 huángqín 黄芩, 184
 huāruìshí 花蕊石, 602
 huáshí 滑石, 340
 húhuánglián 胡黄连, 182
 hújiāo 胡椒, 402
 húlǔbā 葫芦巴, 766
 huòmárén 火麻仁, 96
 huòxiāng 茴香, 278
 hǔpò 琥珀, 430
 húsú 胡荽, 28
 hútaórén 胡桃仁, 760
 húzhàng 虎杖, 566
 jiāngcán 僵蚕, 448
 jiānghuáng 姜黄, 536
 jiàngxiāng 降香, 544
 jiégěng 桔梗, 636
 jīnèijīn 鸡内金, 684
 jīngdàjī 京大戟, 104, 592
 jīngjiè 荆芥, 44
 jīnguǒlán 金果榄, 252
 jīnméngshí 金礞石, 654
 jīnqián-báihuashé 金钱白花蛇, 352
 jīnqiāncǎo 金钱草, 322
 jīnyīngzǐ 金樱子, 846
 jīnyínhuā 金银花, 216
 jīxuèténg 鸡血藤, 576
 juémíngzǐ 决明子, 146
 júhé 橘核, 486
 júhuā 菊花, 52
 kuāndōnghuā 款冬花, 678
 kǎnbù 昆布, 646
 kǔshēn 苦参, 186
 láifúzi 菜服子, 692
 liánfáng 莲房, 598
 liánqiáo 莲翘, 200
 liánxīn 莲心, 136
 liánxū 莲须, 844
 liánzi 莲子, 842
 lílú 藜芦, 76
 língxiāohuā 凌霄花, 526
 língzhī 灵芝, 436
 liúhuáng 硫磺, 884
 liújūn 刘寄奴, 524
 lǐzhīhé 荔枝核, 502
 lóngdāncǎo 龙胆草, 178
 lónggǔ 龙骨, 426
 lóngkui 龙葵, 244
 lóngyǎnròu 龙眼肉, 772
 lòulú 漏芦, 234
 lǜdòu 绿豆, 226
 lǚdòuyī 稻豆衣, 452
 lúgānshí 炉甘石, 878
 lúgēn 芦根, 138
 lúhuī 芦荟, 88
 lùlùtōng 路路通, 500
 luòshíténg 络石藤, 374
 lǚróng 鹿茸, 734
 mǎbiāncǎo 马鞭草, 582
 mǎbō 马勃, 212
 mǎchíxiàn 马齿苋, 228
 máhuáng 麻黄, 30
 máhuánggēn 麻黄根, 824
 mǎiméngdōng 麦门冬, 802
 màiyá 麦芽, 686
 mángxīao 芒硝, 90
 mǎnjīngzǐ 蔓荆子, 72
 máodōngqīng 毛冬青, 552
 méiguīhuā 玫瑰花, 508
 mìmènghuā 密蒙花, 144
 míngfán 明矾, 876
 mòyào 没药, 560
 mùdǎnpí 牡丹皮, 164
 mùguā 木瓜, 354
 mùlǚ 牡蛎, 428
 mùxiāng 木香, 480
 mùzēi 木贼, 58
 nánshāshēn 南沙参, 782
 niúbàngzi 牛蒡子, 48
 niúhuáng 牛黄, 154
 niúxī 牛膝, 522
 nǚzhēnzǐ 女贞子, 794
 ǒujié 藕节, 596
 pàngdàhǎi 胖大海, 660
 pàojiāng 炮姜, 410
 pèilán 佩兰, 288
 pípáyé 枇杷叶, 670
 púgōngyīng 蒲公英, 250
 púhuáng 蒲黄, 616
 qiāncǎogēn 茜草根, 606
 qiānghuó 羌活, 38
 qiánhú 前胡, 656
 qiànshí 芡实, 826
 qīngdài 青黛, 160
 qīngguǒ 青果, 194
 qīnggāo 青蒿, 256
 qīngpí 青皮, 490
 qīngxiāngzǐ 青箱子, 148
 qínjiāo 秦艽, 362
 qīnpí 秦皮, 176, 490
 quánshēn 拳参, 190
 quánxié 全蝎, 460
 qúmài 瞿麦, 310
 rěndōngténg 忍冬藤, 214
 rénshēn 人参, 714
 ròucōngróng 肉苁蓉, 738
 ròudòukòu 肉豆蔻, 840
 ròuzhū 肉桂, 394
 rǔxiāng 乳香, 562
 sāngbáipí 桑白皮, 674
 sāngjīshēng 桑寄生, 810
 sāngpiāoxiǎo 桑螵蛸, 836
 sāngshèn 桑椹, 774
 sāngyè 桑叶, 62
 sāngzhī 桑枝, 364
 sānléng 三棱, 574
 sānqī 三七, 600
 shāncígǔ 山慈姑, 198
 shāndòugēn 山豆根, 248
 shānglǔ 商陆, 108
 shānyào 山药, 712
 shānzhā 山楂, 682
 shānzhūyí 山茱萸, 822
 shānrén 砂仁, 284
 shāyuanjǐlǐ 沙苑蒺藜, 732
 shéchuāngzǐ 蛇床子, 740
 shègān 射干, 188
 shēngdìhuáng 生地黄, 168
 shēngjiāng 生姜, 46
 shēngmá 升麻, 56
 shénqū 神曲, 688
 (shí)chāngpú (石)菖蒲, 266
 shìdì 柿蒂, 496
 shígāo 石膏, 130
 shíhú 石斛, 788
 shíjuémíng 石决明, 454
 shìjūnzǐ 使君子, 868
 shíliúpi 石榴皮, 830
 shínán(yè) 石楠(叶), 366
 shíwǎ 石苇, 336
 shùdìhuáng 熟地黄, 780
 shuǐchāngpú 水菖蒲, 266
 shuǐniújiǎo 水牛角, 156
 shuǐzhī 水蛭, 550
 sīguāluò 丝瓜络, 218
 suānzǎorén 酸枣仁, 446
 sùhéxiāng 苏合香, 274
 sūmù 苏木, 572
 suǒluózi 娑罗子, 470
 suǒyǎng 锁阳, 748
 tánxiāng 檀香, 510
 tánxīn 桃仁, 564
 tiānhuāfěn 天花粉, 142
 tiānkúizi 天葵子, 240
 tiānmá 天麻, 450
 tiānméndōng 天门冬, 784
 tiānnánxīng 天南星, 624
 tiānzhúhuáng 天竹黄, 644
 tīngzhī 萹苈子, 672
 tōngcǎo 通草, 342
 tǔbiēchóng 土鳖虫, 546

- tǔfúlíng 土茯苓, 242
 tūtsǐzǐ 菟丝子, 746
 wǎlèngzǐ 瓦楞子, 642
 wángbùliúxíng 王不留行, 580
 wēilíngxiān 威灵仙, 356
 wúgōng 蜈蚣, 458
 wújiāpí 五加皮, 348
 wúlíngzhǐ 五灵脂, 578
 wūmēi 乌梅, 838
 wūshāoshé 乌梢蛇, 378
 wúwèizǐ 五味子, 850
 wūyào 乌药, 498
 wúyí 芫莩, 872
 wúzhūyú 吴茱萸, 396
 xiàkūcǎo 夏枯草, 140
 xiāngfù 香附, 494
 xiāngfú 香薷, 36
 xiānhècǎo 仙鹤草, 584
 xiānmáo 仙茅, 744
 xiānzhúyè 鲜竹叶, 132
 xiǎohuixiāng 小茴香, 398
 xiǎoji 小薊, 590
 xiǎomài 小麦, 444, 854
 xièbái 薤白, 474
 xīguā 西瓜, 124
 xìngrén 杏仁, 664
 xīnyí 辛夷, 34
- xīxiāncǎo 豨莶草, 370
 xìxīn 细辛, 24
 xīyángshēn 西洋参, 804
 xuánfúhuā 旋覆花, 632
 xuánshēn 玄参, 170
 xúchángqīng 徐长卿, 358
 xùduàn 续断, 750
 xuèjié 血竭, 542
 xuèyútàn 血余炭, 594
 yādǎnzi 鸦胆子, 192
 yàmázi 亚麻子, 798
 yángjīnhuā 洋金花, 668
 yánhúsùò 延胡索, 532
 yèjiāoténg 夜交藤, 442
 yèjúhuā 野菊花, 196
 yèmíngshā 夜明砂, 150
 yìmúcǎo 益母草, 554
 yíncháihú 银柴胡, 262
 yīnchénhāo 茵陈蒿, 302
 yínyángguō 淫羊藿, 754
 yítáng 饴糖, 722
 yìyiren 薏苡仁, 308
 yīzhīhuánguā 一枝黄花, 246
 yìzhìrén 益智仁, 730
 yuánhuā 芫花, 106
 yuǎnzhì 远志, 440
 yùjīn 郁金, 538
- yùlǐrén 郁李仁, 98
 yúxīngcǎo 鱼腥草, 206
 yúyúliáng 禹余粮, 834
 yùzhú 玉竹, 806
 zàojiǎo 皂角, 630
 zǎojiǎocì 皂角刺, 548
 zàooxīntǔ 灶心土, 614
 zélan 泽兰, 556
 zéxiè 泽泻, 300, 928-930
 zhāngǎo 樟脑, 272
 zhèbèimǔ 浙贝母, 650
 zhēnzhū 珍珠, 424
 zhìcǎowū 制草乌, 384
 zhìké 枳壳, 482
 zhīmù 知母, 120
 zhìshí 枳实, 484
 zhǐzi 枳子, 126
 zhūlíng 猪苓, 332
 zhúrú 竹茹, 78
 zhūshā 朱砂, 418
 zícǎo 紫草, 152
 zihuādìdīng 紫花地丁, 254
 zìránóng 自然铜, 568
 zìshíyīng 紫石英, 420
 zìsūyè 紫苏叶, 40
 zìsūzi 紫苏子, 634
 zǐwǎn 紫菀, 666