

## CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 2

- **YIN AND YANG - CONTINUED**
- **PROPERTIES AND ACTIONS OF CHINESE MEDICINAL HERBS: THE FIVE NATURES: COLD PROPERTIES**

### YIN And YANG ---- The Ki Quality of Food

Why are noodles and chicken and turkey considered "cold" foods (even when eaten hot!), while eggplants and dog meat are considered "hot"?

#### The Nature of Ki

In Oriental cultures the life force of the Universe is considered to be a mysterious kind of energy called "Qi" or "Ki". In Japanese for example there is a familiar greeting "Genki desu ka?" which literally means "How is your original life force?" -- is your life force in good order? Charlie Badenhop from the School of Seishindo describes "qi"/"ki" as "common energy source (ki) that helps to run and maintain our environment as well as our individual human systems". He goes on to write:



"It is suggested that ki was "born" at the same instant as the rest of the universe, and that we are all born from the ki of the universe. Ki is considered to be an energy that we all have equal access to. It is an energy that courses through our system if we do not restrict it."

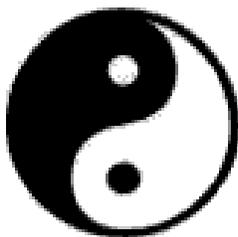
Have ever you had a dramatic spiritual or emotional experience and felt energy literally rushing through your body? This is Qi energy at work, moving through the body. It is a physical energy -- a strong energy. Once we accept that Qi exists, we can begin finding ways to lift its power and improve its flow. This is what acupuncture and feng sui are all about.

#### YIN and YANG - Continued

The Ancient Chinese regarded "yin" and "yang" as the two basic forces which underlied the entire Universe. According to the Yellow Emperor's Classic of Medicine, supposed to have been written during the third millennium BCE by the mythical Yellow Emperor:

"Heaven was created by the concentration of Yang, the force of light, earth was created by the concentration of Yin, the forces of darkness. Yang stands for peace and serenity; Yin stands for confusion and turmoil. Yang stands for destruction; Yin stands for conservation. Yang brings about disintegration; Yin gives shape to things...."

The polarity of the Universe is perfectly expressed in the famous Taoist Yin/Yang symbol, in which darkness and light crash upon each other as waves, and embrace each other like lovers. Neither side is stronger than the other. Neither side is absolute -- even in the heart of darkness there is a point of light. The moral extremists who are seizing power in the world would do well to contemplate this sacred symbol. Good and bad are intertwined, and rapidly give way to each other, just as summer crashes all over winter, and consumes it. The cycle of life is dynamic, always changing. This can be seen in every aspect of the Universe.



The balance between Yin and Yang is very important to the body. For example, it plays a major role in the production of hormones such as progesterone, glycogen and insulin and the expansion and contraction of the lungs, etc. Food is a major source of energy and therefore diet can be modified to change the Yin or Yang state of the body. Foods are able to balance Yin and Yang, and Qi and blood in the body. To prevent and cure diseases, both

foods and medicines could exert important roles since they share the same source, are based on the same theory, and have similar medicinal actions, so food and herbs are combined in clinical use. As always, a balanced way of eating desired, relying mainly on grains, beans, seeds, nuts and vegetables, etc.

Ultimately, failure to maintain energetic balance is the root to many illnesses: excessive Yin leads to weakness and excessive Yang to restlessness manifested in inflammation and ulcers. Yin food includes fruits and vegetables whilst yang food includes meat. A more comprehensive list of yin and yang foods can be seen below.

Yin is where energy is expanding and yang is where it is contracting. Food can be divided into three main types-those that are 'balanced', and some that are yin and some that are yang.

<b>YIN Foods</b>	<b>YANG Foods</b>	<b>Neutral Foods</b>
<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Drugs (such as aspirin)</li> <li>• Food additives of a chemical nature</li> <li>• Fruit juices</li> <li>• Honey</li> <li>• Milk</li> <li>• Oil</li> <li>• Refined foods</li> <li>• Spices</li> <li>• Stimulants</li> <li>• Sugar</li> <li>• Tropical fruits</li> <li>• Tropical vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Eggs</li> <li>• Fish</li> <li>• Meat</li> <li>• Poultry</li> <li>• Salt</li> <li>• Seafood</li> </ul>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Cereal grains</li> <li>• Nuts</li> <li>• Sea vegetables</li> <li>• Seeds</li> <li>• Temperate fruits (such as apples and pears)</li> <li>• Vegetables</li> </ul>

(This is just a brief list. Between YIN and YANG are the balanced, neutral foods -- and remember, in the middle is where you want to be to get optimum health and power.)

YIN and YANG foods can be further broken down into four categories -- cold, cool, warm and hot.

These categories have nothing to do with the physical temperatures of the foods, but the energetic effect on the body.

For example, Korean and Vietnamese people believe that eating dog meat heats the body, so it would be considered a "hot" food even if it was eaten cold. As with YIN and YANG foods, the ideal is to stick to the middle.

This is why Chinese loves stir-fry mixes of meat and vegetables together in the same dish -- a big range of foods ensures a healthy balance of cool, cold, warm and hot energies.

<b>Cold</b>	<b>Cool</b>	<b>Warm</b>	<b>Hot</b>
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Bean Sprouts</li> <li>• Bok Choi</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chinese Cabbage</li> <li>• Chrysanthemum flower</li> <li>• Cucumber</li> <li>• Dandelion leaf</li> <li>• Eggplant</li> <li>• Seaweed</li> <li>• Snow peas</li> <li>• Turnip</li> <li>• Water chestnuts</li> <li>• White mushroom</li> <li>• White peony root</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Alfalfa sprouts</li> <li>• Artichoke</li> <li>• Bamboo shoots</li> <li>• Bitter Gourd</li> <li>• Button mushroom</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cooked Lettuce</li> <li>• Cooked Onion</li> <li>• Corn</li> <li>• Daikon radish</li> <li>• Endive lettuce</li> <li>• Lotus root</li> <li>• Mushrooms</li> <li>• Potato</li> <li>• Romaine</li> <li>• Snow Pea</li> <li>• Soybean</li> <li>• Sprouts</li> <li>• Spinach</li> <li>• Swiss chard</li> <li>• Tomato</li> </ul>	<ul style="list-style-type: none"> <li>• Bell pepper</li> <li>• Chive</li> <li>• Cooked Tomato</li> <li>• Fennel</li> <li>• Green bean</li> <li>• Green Pepper</li> <li>• Kale</li> <li>• Kohlrabi</li> <li>• Leek</li> <li>• Mustard green</li> <li>• Onion</li> <li>• Oyster mushroom.</li> <li>• Parsley</li> <li>• Parsnip</li> <li>• Pumpkin</li> <li>• Scallions</li> <li>• Squash</li> <li>• Sweet potato</li> <li>• Watercress</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic</li> <li>• Green onion</li> <li>• Raw onions</li> <li>• Red pepper</li> </ul>
<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>
<ul style="list-style-type: none"> <li>• Banana</li> <li>• Blueberry</li> <li>• Cantaloupe</li> <li>• Cranberry</li> <li>• Grapefruit</li> <li>• Kiwi</li> <li>• Lemon</li> <li>• Mango</li> <li>• Mulberry</li> <li>• Persimmon</li> <li>• Plum</li> <li>• Pineapple</li> <li>• Rhubarb</li> <li>• Tangerine</li> <li>• Tomato</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Avocado</li> <li>• Black currant</li> <li>• Cherries</li> <li>• Fig</li> <li>• Lemon</li> <li>• Oranges</li> <li>• Pear</li> <li>• Prunes</li> <li>• Strawberries</li> <li>• Tangerine</li> </ul>	<ul style="list-style-type: none"> <li>• Blackberry</li> <li>• Coconut</li> <li>• Dates</li> <li>• Grapes</li> <li>• Hawthorn fruit</li> <li>• Kumquat</li> <li>• Litchi</li> <li>• Longan</li> <li>• Nectarines</li> <li>• Pomegranates</li> <li>• Quince</li> <li>• Raspberry</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>

<b>Cold</b>	<b>Cool</b>	<b>Warm</b>	<b>Hot</b>
<b>Grains</b>	<b>Grains</b>	<b>Grains</b>	<b>Grains</b>
<ul style="list-style-type: none"> <li>• Wheat germ</li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Wheat</li> <li>• Wild rice</li> </ul>	<ul style="list-style-type: none"> <li>• Oats</li> <li>• Quinoa</li> <li>• Safflower</li> <li>• Sweet/glutinous rice</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Seeds</b>	<b>Seeds</b>	<b>Seeds</b>	<b>Seeds</b>
<ul style="list-style-type: none"> <li>• Lima beans</li> <li>• Mung bean</li> <li>• Soybean</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Black bean</li> <li>• Chestnut</li> <li>• Lotus seed</li> <li>• Pine nut</li> <li>• Walnut</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Meat</b>	<b>Meat</b>	<b>Meat</b>	<b>Meat</b>
<ul style="list-style-type: none"> <li>• Clam</li> <li>• Crab</li> <li>• Octopus</li> </ul>	<ul style="list-style-type: none"> <li>• Duck</li> <li>• Duck egg</li> <li>• Eggs</li> <li>• Fresh water snail.</li> <li>• Frog</li> <li>• Pork</li> <li>• Rabbit</li> </ul>	<ul style="list-style-type: none"> <li>• Anchovy</li> <li>• Beef</li> <li>• Butter</li> <li>• Capers</li> <li>• Chicken</li> <li>• Eel</li> <li>• Fresh water fish</li> <li>• Goat</li> <li>• Ham</li> <li>• Lobster</li> <li>• Mussels</li> <li>• Pig tripe</li> <li>• Sheep</li> <li>• Sheep's milk</li> <li>• Shrimp</li> <li>• Turkey</li> <li>• Venison</li> </ul>	<ul style="list-style-type: none"> <li>• Deep-fried meat</li> <li>• Grilled meat</li> <li>• Dog</li> <li>• Grass fish</li> <li>• Sparrow meat</li> <li>• Turtle</li> </ul>
<b>Sweeteners</b>	<b>Sweeteners</b>	<b>Sweeteners</b>	<b>Sweeteners</b>
<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Amasake</li> <li>• Brown sugar</li> <li>• Malt sugar</li> <li>• Molasses</li> <li>• Sorghum</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Miscellaneous</b>	<b>Miscellaneous</b>	<b>Miscellaneous</b>	<b>Miscellaneous</b>
Soy sauce Sugar cane Tofu	Beer Cheese Green tea Milk Miso soup Oolong Tea Peppermint Sesame oil Yogurt	Black tea Coffee Goats milk Plum vinegar Rice vinegar Wine Vinegar	Chocolate Cocoa

<b>Cold</b>	<b>Cool</b>	<b>Warm</b>	<b>Hot</b>
<b>Spices</b>	<b>Spices</b>	<b>Spices</b>	<b>Spices</b>
<ul style="list-style-type: none"> <li>• Salt</li> <li>• White pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Cilantro leaf</li> <li>• Marjoram</li> <li>• Mint</li> <li>• Peppermint</li> <li>• Tamarind</li> </ul>	<ul style="list-style-type: none"> <li>• Anise</li> <li>• Basil</li> <li>• Bay leaf</li> <li>• Caraway</li> <li>• Carob</li> <li>• Clove</li> <li>• Coriander</li> <li>• Cumin</li> <li>• Dill seed</li> <li>• Fennel</li> <li>• Fenugreek</li> <li>• Fresh ginger</li> <li>• Jasmine</li> <li>• Nutmeg</li> <li>• Oregano</li> <li>• Rosemary</li> <li>• Sage</li> <li>• Spearmint</li> <li>• Thyme</li> </ul>	<ul style="list-style-type: none"> <li>• Black pepper</li> <li>• Cayenne pepper</li> <li>• Chili pepper</li> <li>• Horseradish/wasabi</li> <li>• Mustard</li> </ul>

### **The Nature of Alcohol**

According to the Alcohol and Health website, "In TCM alcohol is characterized as sweet-bitter and hot, toxic. If drunk in small amounts it stimulates blood circulation, reduces haematomae, vitalizes blood, drives out "wind" and dispels "cold" symptoms, transports medicaments and disperses bad influences. In the clinical approach alcohol is often used to cure "wind", "cold" and pain, neuralgia, cold and painful chest and belly." Discussing the medical uses of alcohol, the site goes on to say: "Alcohol can not only be used as medicine, but also to prolong life. Especially old people, when their "YANG-QI" lacks, their blood vessels became rigid, they often suffer from climatic attacks like wind, coldness, fog and cold rain. They should sip an appropriate amount of alcohol to drive out the wind, tonify the blood, lighten the body and lengthen their life. Some people say; drinking medical wine in the winter for a couple of times and stop when the spring begins will make you age-old and prevents a hundred diseases."

### **Artichokes and Chinese Medicine**

Liver and gallbladder concerns - Artichoke is used and approved in Germany for use in liver and gallbladder complaints. It has been shown in placebo-controlled studies to stimulate bile.



**High cholesterol** - Artichoke extracts are used to decrease cholesterol and triglyceride levels.

**Note the table above** -- Artichoke is considered a member of the COOL FOOD GROUP. It will have a cooling effect on your body and your being.

### **Some treatments suggested by Live and Feel: Artichoke Juice**

One small glass of artichoke juice is recommended to be drunk before breakfast and lunch. It is a treatment indicated for constipated people and for those with dramatic weight enhancement. It is a draining treatment in case of constipation without harming the liver.

### **Artichoke Tea**

The infusion is made from one spoon of mashed artichoke leaves scalded in 500 ml of water. The tea should be left for 15-20 minutes in order to become an infusion. The former mug of tea should be drunk in the morning on an empty stomach. The latter mug is to be drunk in 2 stages, namely one half of mug before breakfast and then before dinner. The treatment is to be made in 21-30 days cures with 30 day breaks.

### **Artichoke Tincture**

It is made from 20 grams of mashed artichoke leaves macerated in 100 ml of 70 degree alcohol for 15 days. 5-15 drops should be taken 3 times a day. The tincture shall be diluted with water or with tea whenever taken.

### **Color Therapy**

Foods can also be classified according to their color. According to nutritionists, it is not only the content, but also the color of food that influences your response to a meal.

### **The Color Nature of Food**

It seems that the color of food relates to various phytonutrients, each with its own particular health benefit.

### **Yellow Foods**

These foods are said to feed the brain, enhance mind power and improve logical thought and memory. As well as making you more optimistic and sociable.

### **Orange Foods**

These foods are appetite stimulants, acting as a powerful tonic for physical energy and mental stimulation.

### **Green ray Foods**

These foods are reportedly brilliant for strengthening the heart and lungs, helping you to breathe deeply and obtain your nourishment from the air, as well as from your food.

### **Blue, Purple, and Indigo Foods**

Like blue and purple, indigo foods are known for their psychologically calming effect on the system.

### **Red Foods**

These foods are said to stimulate the appetite and provide energy and vitality.

## **The Golden Age of Traditional Chinese Medicine**

Traditional Chinese medicine (TCM) is a system of health care based on the late-twentieth-century standardization of medical practices that originated in China some 2500 years ago, according to the Whole Health MD website. "Two classic medical texts, the Nei Jing (compiled from 100 B.C. to 100 A.D.) and the Nan Jing (written circa 100 to 200 A.D.) were important early documents that presented the core concepts of TCM, and they have informed generations of scholars and practitioners ever since. These core concepts suggest that disease is the result of imbalances in the flow of the body's vital energy, or qi (pronounced "chee"), and that the human body is a microcosm of the basic natural forces at work in the universe.

As TCM evolved over the centuries, it came to include treatment of disease using acupuncture, herbal medicine, dietary principles, physical manipulation of the body tissues, therapeutic exercise and movement (tai chi), and the mind-body practice of qigong. TCM reached its apex during the Ming dynasty (1368-1644) then gradually declined to the status of a folk practice until 1949. It was then that the government of the People's Republic of China began to exploit the remaining TCM practitioners as a means of making health care accessible to a suffering and underserved population.

### **Grapefruit in TCM**

Grapefruit ranks cool to cold in its thermal nature although its peel is considered warm. With a sweet and sour flavor (the peel is sweet and bitter), grapefruit contains vitamin C, beta-carotene, potassium, calcium, and amaroids (bitters). Indications include yin vacuity for the stomach (restlessness, thirst, and the aftermath of excessive alcohol consumption); eating raw grapefruit flesh will help with nausea, vomiting, stomach aches, diarrhea, and digestive obstruction.

### **Kiwi Fruit**

The kiwi fruit is the edible fruit of a cultivar group of the woody vine *Actinidia deliciosa* and hybrids between this and other species in the genus *Actinidia*. The fruit is native to southern China.

The most common cultivars of kiwi fruit are oval, about the size of a large hen's egg (5-8 cm / 2-3 in. long and 4.5-5.5 cm / 1-3/4-2 in. diameter). It has a fibrous, dull green-brown skin and bright green or golden flesh with rows of small, black, edible seeds. The texture of the fruit is soft and the flavor might be similar to a grapefruit, or maybe even a passion fruit.

In North America, South America and Europe, most people refer to the fruit simply as "kiwi", which is in fact the name of an indigenous New Zealand bird. The fruit was named after the bird because of the similar appearance.

### **Liver is a Wood Element**

It is no accident that the ancient Chinese assigned the liver and gall bladder to the wood element. Probably no other organ system is so keyed to respond to botanical medicine as is the liver. Most people around the world recognize as part of their *folk* heritage the importance of vegetables to a healthy liver. Further, it is the bitter flavor of certain herbs that specifically triggers the secretion of *bile* that aids digestion as well as liver metabolism generally."

So, what are some substances that can help the liver fulfil its role.

**Green citrus peel (*Pericarpium citri Reticulatae viride*) or *ching Pi*** has been recommended as one liver-friendly agent. This herb has an aromatic bitter principle that helps stimulate digestion and relieve Chi congestion.

**Cyperus (*Rhizoma cyperi rotundi*) or *xiang fu*** is a common grass-like herb that grows in various parts of the world including the Pacific Northwest where it is called "nutgrass. The rhizomes were commonly roasted and eaten as food by the natives. It also relieves all signs of Chi stagnation and is especially useful for gynecological complaints with *Dang Quai*.

**Ayurvedic Medicine** uses *turmeric* root as a liver herb that aids digestion and gently aids the flow of bile. It is used to regulate blood sugar and treat diabetes and hypoglycemia, regulate menstruation and aid digestion. In Western herbal medicine barberry root and gentian are used as bitter tonics to aid digestion. Barberry or its Western states counterpart, Oregon Grape are used as a bitter tonic for digestive problems and gynecological complaints as well treating many chronic diseases.

### Longans

Longans have become popular both in the West and East for their health properties. The fruit has had a long history of use in the Orient, and can treat a variety of ailments and conditions.



As Jacqueline M. Newman reported in the Fall 2000 issue of Flavor and Fortune: "Longan is known in Chinese as *long yan gou*. This fruit has three botanical names: *Euphoria longan*, *Longan aril*, and *Arillus longan*. All of them refer to dragon eye fruit, another common name for this fruit that grows on trees that reach heights of 35 feet or more. The tree is an evergreen, the fruit abundant, and it is light brown when ripe. Longans grow in bunches, as many as a dozen hanging down from a small central twig. They ripen in summer and they provide moderately juicy translucent flesh. There is one pit, dark brown in color, in each longan fruit.

"In Traditional Chinese Medicine (TCM), these fruits are considered warm, sweet and astringent. Many parts of them are used medicinally including the fruit itself, which when dried, relieves anxiety. The leaves are said to cool the system, the flowers aid the kidneys, as do the seeds. The roots are used to treat diabetics and to treat gonorrhoea. Also the fruit, with the exterior shell left on, are used in a tea known as *san po tai* made with rock sugar and tea leaves.

"The fruit as a TCM, is used for cardiac palpitations and books recommend an ounce of it steamed with a teaspoon of pickled Chinese dates to be consumed once a day. For weakness, and for those with lack of strength during pregnancy, the same amount of fruit is recommended mixed with two ounces of crystallized brown sugar, one ounce of red dates, and a teaspoon of fresh ginger; these to be steamed together and this amount eaten once a day.

The longan has other roles in Chinese medicine. One touted is for those with premature gray hair. They should drink an ounce of longan wine blood tonic every morning and every evening. Longan wine blood tonic will also enrich their blood. Should you want to make some, the medicinal books say to take equal amounts of the fruit, knotweed (*Polygonum multiflorum*), and leatherleaf (*Caulis reticulata*), and three times that amount of rice wine. Then soak them together for ten days. There is a non-alcoholic longan tonic that simmers the same amount of fruit with an equal amount of sugar until very thick. It is taken twice daily, as well.

Dried longan fruit that was soaked in hot water rather than sun-dried, is used for loss of appetite, ulcers that do not heal, wounds and bleeding, ringworm or other scalp

itches, even for relief of armpit and body odor. For that last item, the recipe calls for half an ounce of the pit ground then mixed with two teaspoons of black pepper to make an poultice. This is put directly on the odoriferous body part, amount of time it needs to stay there not mentioned."

### **Taste Nature of Food**

You may have realized by now that Chinese food -- Chinese philosophy as well -- is all about balance. In Western/European cooking, everybody knows there are "five food groups" -- meat, fruit and vegetables, grains, nuts and dairy products. In Asia, however, there are many other categories of food groups. As well as temperature, foods are also classified by taste, five tastes for that matter: sweet, sour, bitter, salty and pungent. In Thai cuisine, every meal is prepared to have a perfect balance of each of these five taste groups.

The Five flavors refer to the concept of five kinds of taste of foods or drugs:

1. Pungent
2. Sweet
3. Sour
4. Bitter
5. Salty

### **Five Taste Groups**

1. Pungent: Ginger, scallion, garlic, hot pepper, pepper, cayenne pepper, onion, leek, spirit.
2. Sweet: Potato, lotus root, wheat, polished rice, pea, milk, pork, chestnut, date, honey.
3. Sour: Tomato, tangerine, plum, lemon, grape, papaya, haw, cherry apple, pomegranate, vinegar.
4. Bitter: Bitter melon, almond, lily bulb, orange peel, tea, coffee, bitter green, arrow root, pig liver.
5. Salty: Barley, millet, dried purple sea weed, kelp, jelly fish, pork, beef, crab, table salt.

According to Chinese Food Therapy: "Each taste acts on or has direct influence on a specific vital organ.

1. Sweet acts on the spleen and stomach helping digestion and neutralizing the toxic effects of other foods.
2. Sour acts on the liver and gall bladder and controls diarrhea and excessive perspiration.
3. Bitter acts on the heart and small intestine and reduces body heat and excessive fluids and induces diarrhea.
4. Salty foods act on the kidneys and bladder and soften hardness of muscles or glands.
5. Pungent acts on the lungs and large intestine and induces perspiration and promotes energy circulation."

### **Medical Uses of Food**

Apart from maintaining general health, foods can be utilized more specifically to deal with health problems and even medical emergencies. For example, eating an apple is recommended as a quick way to sober up after drinking too much alcohol.

1. STOP BLEEDING: Black fungus, chestnut, Chicken eggshell, cottonseed, cuttlebone, guava, lotus plumule, spinach, vinegar.
2. REDUCE STOMACH ACID: Chicken eggshell, cuttlebone.
3. STOP PERSPIRATION: Oyster shell, peach.
4. INDUCE PERSPIRATION: Cinnamon twig, coriander, ginger, green onion, marjoram, rosemary.
5. STOP URINATION: Raspberry.
6. PROMOTE URINATION: Asparagus, barley, Chinese cabbage, carrot, Chinese wax gourd, coconut, coffee, corn silk, cucumber, grape, hops, Job's tears, kidney bean, lettuce, mandarin orange, mango, mung bean, muskmelon, onion, pineapple, plum, star fruit, sugar cane juice, water chestnut, watermelon.
7. CLEAR TOXINS: Abalone, banana, bean curd, black soybean, castor bean, cherry seed, chicken egg white, Chinese wax gourd, clam (freshwater), cucumber, date (red & black), fig, honey, Job's tears, kohlrabi, radish, salt, sesame oil, small red bean, star fruit, vinegar.
8. TRANSFORM PHLEGM: Chinese wax gourd, clam (saltwater), longevity fruit, pear, radish, sea grass seaweed.
9. IMPROVE APPETITE: Green & red pepper, ham.
10. INDUCE BOWEL MOVEMENT: Castor bean, sesame oil.
11. LUBRICATE DRYNESS: Bean curd, chicken egg & yolk, honey, maltose, mother's milk, pear, pork, sesame oil, spinach, sugar cane juice, yellow soybean.
12. LUBRICATE INTESTINES: Bitter & sweet apricot seed, banana, milk, peach, soybean oil, walnut, watermelon.
13. LUBRICATE LUNGS: Apple, apricot, chicken egg white, ginseng, lily flower, longevity fruit, loquat, mandarin orange, peanuts, persimmon, strawberry, white fungus, white sugar.
14. PROMOTE BLOOD CIRCULATION: Black soybean, brown sugar, chestnut, eel blood, peach, saffron, and sweet basil, wine.
15. PROMOTE DIGESTION: Apple, coriander, ginseng, green & red pepper, hops, malt, nutmeg, papaya, pineapple, plum, radish & leaf, sweet basil, tomato.
16. PROMOTE ENERGY CIRCULATION: Caraway, chive & root, dill seeds, dry mandarin orange peel, fennel, garlic, kumquat, litchi, marjoram, radish leaf, spearmint, star anise, sweet basil, tangerine, tobacco.
17. PROMOTE MILK SECRETION: Common carp, lettuce.
18. QUENCH THIRST: Crab apple, cucumber, loquat, mango, muskmelon, persimmon, pineapple.

19. REDUCE FEVER: Muskmelon, star fruit, water chestnut.
20. RELIEVE ASTHMA: Bitter apricot seed.
21. RELIEVE COUGH: Sweet & bitter apricot seed, kumquat, longevity fruit, mandarin orange, tangerine, thyme.
22. RELIEVE DIARRHEA: Guava, sunflower seed.
23. RELIEVE HEAT SENSATIONS: Chicken egg white, crab, mung bean, sea grass.
24. RELIEVE PAIN: Honey, litchi, spearmint, squash, tobacco.
25. SHARPEN VISION (Brighten eyes): Abalone, bitter gourd, wild cucumber, freshwater clam, cuttlefish.
26. TONIFY KIDNEYS: Black sesame seed, string bean, sword bean, wheat, kidney.
27. TONIFY LIVER: Black sesame seed, liver.
28. TONIFY LUNGS: Job's tears, milk.
29. TONIFY SPLEEN: Beef, gold carp, ham, horse bean, hyacinth bean, Job's tears, polished rice, potato, string bean, sweet potato, yellow soybean.
30. RELIEVE DRUNKENNESS: Apple, ginseng, strawberry.

### **What are the Energies, Flavors and Other Properties of Food?**

In Western diet, foods are evaluated for proteins, calories, carbohydrates, vitamins, and other nutritional contents. However in Chinese diet (and that includes herbs), one looks for not only vitamins and minerals but also the energetic properties of food like energy, flavor and movement. Other less importance aspects include meridian entered and common and organic actions. These refer to specific internal organs or the meridians on which the foods can act. For example, celery acts on the stomach and liver, carrot on the lungs and spleen.

### **The Five Energies of Foods**

The energies of foods refer to their capacity to generate sensations - either hot or cold - in the human body. The five kinds of energy are cold, hot, warm, cool and neutral, and this refers not to the state of the food but its effect on our bodies. For example, tea has a cold energy. This means that when we drink hot tea, it generates cold energy and it is therefore considered a cold beverage. Shortly after you have drunk hot tea, the heat begins to fade quickly and it begins to generate cold energy internally, allowing your body to cool off.

Here are some examples of common foods with different energies.

	Energy generated	Examples of food
<b>Yin</b>	<b>Cold</b>	Bamboo shoot, chrysanthemum, bitter melon, lotus root, water chestnut, root of kudzu vine, wild rice stem, angled luffa, sugar cane, tomato, watermelon, banana, pomelo, grapefruit, persimmon, mulberry, star fruit, preserved jellyfish, seaweed, kelp, cuttlefish, crabs, sea clams, snails, pig's bone marrow, sprouts, water spinach, watercress, lettuces, arrowhead, salt and soya sauce.
<b>Yin</b>	<b>Cool</b>	Millet, barley, wheat, buckwheat, coix seed, eggplant, cucumber, winter melon, loofah, Chinese radish, lettuce root, celery, peppermint, broccoli, cauliflower, leaf mustard, spinach, Peking cabbage, Chinese cabbage, amaranth, Indian lettuce, lily bulb, pea, mung bean, pears, muskmelon, apple, pineapple, coconut, strawberry, orange, tangerine, loquat fruit, mango, papaya, water caltrop, tea leaf, bean curd, mushrooms, lily flower, duck egg, egg white, pig skin, rabbit meat, conch, frogs, sesame oil, cream, yogurt and cheese.
<b>Balanced yin and yang</b>	<b>Neutral</b>	Round-grained rice, corn, taro, sweet potato, potato, turnips, carrot, cabbage, radish leaf, beetroot, fuzzy melon, soybeans, adzuki beans, peanut, cashew nut, pistachio nut, lotus seed, black sesame, sunflower seed, plums, fig, grapes, lemon, olives, white fungus, black fungus, shiitake mushroom, sea shrimps, loach, pork, duck, goose, oyster, beef, quail, sea eels, egg yolk, quail egg, royal jelly honey, milk, soybean milk, rock sugar and sugar.
<b>Yang</b>	<b>Warm</b>	Coriander, Chinese chives, onion, leeks, green onion, asparagus, sweet peppers, sword bean, spearmint, Garland chrysanthemum, pomegranate, apricot, peach, cherry, litchi, longan fruit, raspberry, chestnut, pumpkin, glutinous rice, dates, walnut, pine nut, mussels, fresh water eels, sea cucumber, carps, abalone, hairtail, lobster, fresh water shrimps, chicken, mutton, sparrow, venison, pig's liver, ham, goat milk, goose egg, sparrow egg, maltose, brown sugar, cumin, clove, fennel, garlic, ginger (fresh), dill seed, nutmeg, rosemary, star anise, Sichuan peppercorn, sweet basil, sword bean, tobacco, coffee, vinegar, wine, vegetable oil, rose bud, osmanthus flowers and jasmine.
<b>Yang</b>	<b>Hot</b>	Black pepper, cinnamon, ginger(dried), chili pepper, and mustard seed.

It is important to know about the energies of food because different energies act upon the human body in different ways and affect our state of health. If a person suffers from cold rheumatism and the pain is particularly severe on cold winter days, eating foods with a warm or hot energy shall relieve the pain considerably. Or if a person suffers from skin eruptions that worsen when exposed to heat, it is beneficial to eat food with a cold or cool energy to relieve symptoms.

To seek a balance in diet, we can define food as predominantly **yin or yang**. If you eat predominantly yin foods, your body will be capable of producing only yin energy - darker, slower-moving and colder. In contrast, eating predominantly yang foods produces yang energy - faster, hotter and much more energetic.

It's helpful to remember certain rules to determine the type of energy a certain food produces:

- If it grows in the air and sunshine, it is probably yang;
- If it grows in the earth or darkness, it is probably yin;
- If it is soft, wet and cool, it is more yin;
- If it is hard, dry and spicy, or needs heating up (such as meat), it is more yang.

### The Five Flavors of Foods

The Chinese think flavor is very important because it helps to send nutrition via the **meridians** to the corresponding **organ**. If we eat a balanced meal with many tastes, we feel satisfied and don't binge. The five flavors of foods include pungent (acid), sweet, sour, bitter, and salty.

Different flavors have their respective important effects upon the internal organs:

Flavor	Organs affected	Effect of flavor	Food example
Pungent	<a href="#">Lung</a> <a href="#">Large intestine</a>	Promote distributions and circulations, and stimulate appetite.	Fresh ginger, onion, leeks, green onion, Sichuan peppercorn, garlic, celery, coriander, Chinese chives, fennel, spearmint, Chinese radish, radish leaf, chili pepper, sweet peppers, turnips, taro, leaf mustard, Shanghai cabbage, cinnamon, tangerine peel, kumquat, mustard seed and wine.
Sweet	<a href="#">Stomach</a> <a href="#">Spleen</a>	Slow down acute reactions and neutralize the toxic effects of other foods, and also lubricate and nourish the body.	Honey, dates, shiitake mushroom, taro, sweet potato, potato, pumpkin, carrot, glutinous rice, peas, soybean, rice, wheat, corn, sugar cane, peanut, milk, apple, pears, cherry, chestnut, grapes, lotus seed, longan aril, carps and abalone.
Sour	<a href="#">Liver</a> <a href="#">Gall bladder</a>	The astringent character helps to arrest abnormal discharge of fluids and other substances from the body, such as diarrhea, emission and heavy sweating.	Lemon, tomatoes, pineapple, apple, strawberry, papaya, pears, loquat fruit, oranges, tangerines, peaches, hawthorn fruit, olives, pomegranate, plums, pomelo, mango, grapes, vinegar and royal jelly.
Bitter	<a href="#">Heart</a> <a href="#">Small intestine</a>	Clear heat, dry dampness, stimulate appetite, and promote lowering effects like urination and bowel movements.	Bitter melon, Indian lettuce, wine, vinegar, lotus leaf, tea leaf, turnips, apricot seed, lily bulb, ginkgo, plum kernel, peach kernel, seaweed, pig's liver, bergamot, arrowhead, asparagus, wild cucumber and coffee.
Salty	<a href="#">Kidney</a> <a href="#">Bladder</a>	Dissipate accumulations, soften hardness, nourish blood, and lubricate intestines to induce bowel movements.	Amaranths, millet, barley, laver, preserved jellyfish, seaweed, kelp, sea clams, sea shrimps, oyster, crabs, sea cucumber, field snail, pork, pig's bone marrow, pig's blood, pig's organs, razor clam, dried mussel, ham, pigeon's egg, abalone, duck meat and cuttlefish.

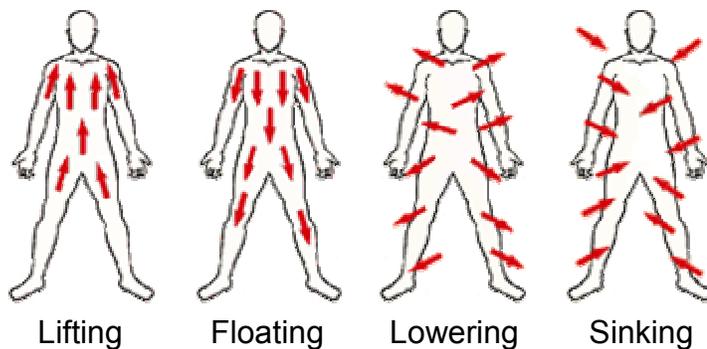
In addition, some foods may possess two different flavors or a light flavor which means it has little or no taste. For example, cucumbers have both sweet and light flavors. Foods with light flavor usually promote urination and may be used as diuretics. Job's tears is an outstanding example of such a food.

## The Movements of Foods

Disease is caused when any of the **external or exogenous evils** exert too much influence on our body. According to TCM, food has different properties which can be used to therapeutic effect and counter these evils. Depending on the nature or character of the food, the food moves in different regions within the body and can drive **qi (vital energy)** in the same direction as well. For example, when a person suffers from mild flu (which caused by exogenous wind invasion), food with lifting actions such as green onion and fresh ginger soup can expel the evil out of the body.

TCM has classified the movement of foods into four aspects.

TCM Food Movement	Actions	Effects	Food Sample	Other Food Properties Associated with Movement
<b>Lifting</b>	To move from the lower region towards the upper region	The upward movements arrest diarrhea and prolapse of anus, uterus or stomach	Wine	Warm or hot in energy, pungent or sweet in flavor.
<b>Floating</b>	To move from inside towards outside	The outward movements induce perspiration and reduce fever.	Ginger	
<b>Lowering</b>	To move from upper to the lower region.	The downward movements can relieve vomiting, hiccupping and asthma.	Salt	Cool or cold in energy, sour or bitter or salty in flavor.
<b>Sinking</b>	To move from outside towards	The inward movements ease bowel movement	Vinegar	



The four movements of food: upward, outward, downward and inward.

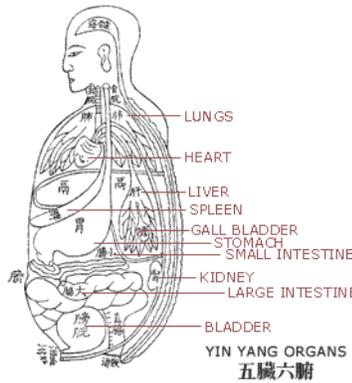
In general, leaves and flowers possess a tendency to move upwards. Roots and seeds and fruits possess a tendency to move downwards. However there are many other exceptions and some foods can move in two directions e.g. lettuce possess both downward and inward movements.

Other terms are also used to describe the movements of foods: glossy (sliding) and obstructive. Glossy foods such as honey and spinach facilitate movement by acting as a lubricant. This is why these are good for constipation and internal dryness, but bad for

diarrhea and seminal emission. On the other hand, obstructive foods such as guava and olives slow down movement, these are good for diarrhea and seminal emission, but bad for constipation and internal dryness. The movements of foods can be changed through certain methods of cooking.

### What are the Yin Yang Organs?

In western medicine, the body's organs are explained in terms of their anatomical structure and physiological functions. However, in Traditional Chinese Medicine (TCM), the approach is quite different. Organs are considered functional units of the body. Therefore, what is typically thought of as an organ (i.e. heart, liver, stomach etc.) has a much broader meaning and application in TCM. An organ's anatomical structure is not as important as its **yin yang properties** or relationships with other organs. Chinese medicine recognizes five yin organs and six yang organs, also known as "zang" and "fu" organs respectively.



The yin organs include the liver, heart, spleen, lungs and kidneys. The pericardium is sometimes considered a sixth yin organ. The function of the yin organs is to produce, transform, regulate and store fundamental substances such as **qi, blood, and body fluids**. In general, yin organs do not have empty cavities.

The six yang organs are made up of the gall bladder, stomach, small intestine, large intestine, bladder and triple burner. The triple burner does not have a physical structure and is considered a functional unit. The yang organs are mainly responsible for digesting food and transmitting nutrients to the body. Usually, yang organs are organs with empty cavities.

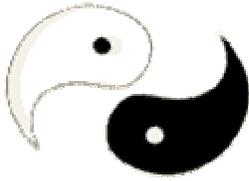
In TCM, the physiological functions of the body are based on harmonious relationships between yin and yang organs. Central to these relationships is the interior and exterior relationship theory, which states the interior belongs to yin and the exterior belongs to yang. Hence, yin organs are thought to have more internal functions and are called interior organs. They tend to play a more important role in TCM medical theory and practice. The yang organs, on the other hand, are believed to have more external functions and are considered exterior organs. (See table.)

**Interior-exterior relationship between yin and yang organs**

<b>Yin organs (interior organs)</b>	<b>Yang organs (exterior organs)</b>
Liver	Gall bladder
Heart	Small intestine
Spleen	Stomach
Lung	Large intestine
Kidney	Bladder

### Properties of Yin and Yang

By describing how things work in relation to the universe and to each other, the yin yang theory establishes a dynamic thought process that can be applied to everyday life.



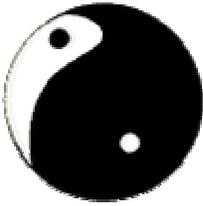
### **1. Yin and Yang oppose each other.**

Yin yang theory believes everything has an opposing yin and yang aspect. These aspects are mutually controlled and inhibited by each other, which results in a continuous state of dynamic balance. For example, heat can dispel cold while cold can reduce heat. If there is not enough heat, it will become cold and vice versa. Another example is the physiological functions in our body. Both the excitatory (yang) and the inhibitory (yin) functions are in mutually controlled balance. If the dynamic balance is disturbed, one aspect may become excessive causing serious health problems.



### **2. Yin and Yang mutually create and depend on each other.**

Both yin and yang cannot exist without each other or stand alone. They depend on each other for definition and can only be measured by comparing themselves to each other. For example, heat ceases to exist (yang aspect) if there is no such thing as cold (yin aspect). Without an understanding of hot and cold, there would only be one temperature. Height (yang aspect) cannot be measured if there is not a low reference point (yin aspect); otherwise, everything would be at one level. In addition, the comparisons between yin and yang are relative to the objects being compared. For example, when soup is first cooked it is hot but after it a while it becomes cold, but the hot cold distinction is relative to a cold an ice cube and boiling water. According to the yin yang theory, our physical body is closely related to its physiological functions. The activity (yang) of our body is nourished by its physical form (yin), and the physical form is created and maintained by the body's activity. They rely on each other to achieve a balanced state of health.



### **3. Yin and Yang change and grow in a cyclic and balanced manner.**

Yin and yang achieve a state of balance by mutual control and inhibition. The balance is neither static nor absolute, but is maintained within certain limits. At certain times, yin expands while yang diminishes. At other times, the opposite is true. The change of seasons illustrates this concept. From winter through spring and summer, the weather changes from cold to hot. This is a process where yang (heat) grows and yin (cold) diminishes. On the other hand, the weather will change from hot to cold from summer through autumn and winter. A process where yin expands and yang diminishes. Over time, the proportion of hot (yang) and cold (yin) weather will be balanced and in harmony.

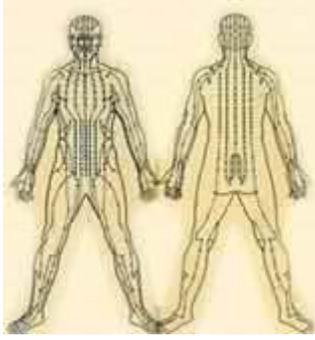


### **4. Yin and Yang transform into each other.**

When one aspect goes to an extreme, it will undergo a reverse transformation into the opposite character. This sudden transformation usually takes place in a particular situation. For example, when summer reaches the hottest day (extreme yang), the weather begins changing in a reverse manner. Instead of becoming hotter, it starts to become cooler. When winter reaches its coldest day (extreme yin), the weather reverses its direction and becomes warmer. This transformation is the source of all changes, which allow both yin and yang to create each other. In the body, the pattern of yin yang transformation happens when excitatory and inhibitory functions transform into one another.



## What is the Meridian System?



Chinese medicine believes there is a distribution network for the fundamental substances of **Qi** (pronounced chee), **Blood** and **Body Fluids** throughout the body. (These fundamental substances are different from the common western understandings of these terms, and their concepts are important for maintaining health using Chinese medicine.) This distribution network called the **Meridian System** looks like a giant web, linking different areas of our body together. Its pathways make up a comprehensive yet complex body map that supplies vital energy to every part of the body. Philosophically, the Meridian System explains how we live, and why we become sick.

## The Chinese meaning of the word Meridian

"*Jing luo*", the Chinese term for meridian has two interesting concepts which make up the basic structural components of the Meridian System. These concepts date back several thousand years and are reflected in the ancient Chinese medical text, ***Huang Di Nei Jing (The Yellow Emperor's Classic of Internal Medicine)***, which says: *Jing* meridians act as the interior. Those which branch off horizontally are *luo* meridians. *Jing* means to pass through or pathway and refers to the vertical channels. *Luo* means network and refers to the networks that branch off from the vertical channels (*Jing*). Both *Jing* and *Luo* mean link or connection, and they are bound closely together to form channels

## Meridians are not blood vessels

Although meridians work as a channel system which carries and distributes qi and blood, they are not blood vessels and have no anatomical channel structure. Many meridian research projects have been carried out over the years testing different hypotheses of how this system works. Physiological hypotheses such as nervous reflex models have been put forward, but researchers have not yet come up with a definitive model that can give a complete anatomical description of the Meridian System.

## Development of the Meridian Theory

According to the ancient literature of Traditional Chinese Medicine (TCM), it is hypothesized the meridian theory developed in the following ways:

### 1. Observation of a "needle" feeling projected elsewhere in the body

When certain specific points on the skin were pierced by fine needles, feelings like soreness, numbness, heaviness and swelling would occur—a reaction known as the "needle" feeling. It was found these "needle" feelings were always felt on a particular skin area, following a certain direction and pathway. Ancient Chinese medicine philosophers worked out the patterns of the needle points (acupuncture points) in the body, which later formed the basis of the meridian theory



### 2. Observation of the effects of acupuncture points

In ancient times, Chinese people would experiment and stimulate different acupuncture points to get symptomatic relief from a particular ailment. As they practiced these acupuncture trials, they found points with similar effects were always distributed in an organized pattern. After classification and analysis, a meridian map was created.

### **3. Correlation of certain illnesses with acupuncture points**

From every day experiences, Chinese people gradually recognized when a particular disease or organ disorder occurred, they would feel pain in a particular part of their skin, which was often associated with a rash or skin color changes. These correlations were analyzed according to the ancient philosophies such as the **yin-yang** and the **five elements theories** and further developed into an integrated scientific and artistic model for maintaining health in TCM.

#### **Meridians are a collection of acupuncture points**

By connecting and uniting different parts of our body, meridians provide the transport service for the fundamental substances of qi, blood, and body fluids. The flow of qi in the Meridian System concentrates or "injects" in certain areas of the skin's surface. These areas are very small points, otherwise known as "acupuncture points". Although acupuncture points are located externally and superficially, they can affect the internal functions of our body. There are 365 acupuncture points, and each point belongs to a particular meridian channel that connects to specific organs.

#### **Classification of Meridians**

The Meridian System has **12 principal meridians** that correspond to the yin and yang organs and the **pericardium**. (Yin organs are usually those without an empty cavity, and include the liver, heart, spleen, lungs, and kidneys. Yang organs are organs with an empty cavity such as the gall bladder, small intestine, stomach, large intestine and bladder. In TCM, yin and yang organs are physiological functional units that incorporate a much broader meaning than common western thinking.) Meridians linked with yin organs are known as yin meridians; if they are linked to yang organs, they are known as yang meridians. In addition to the 12 principal meridians, there are eight extra meridians and smaller network-like luo meridians. Among the eight extra meridians, the **Governing Vessel** and the **Conception Vessel** are considered the most important channels, because they contain acupuncture points which are independent of the twelve principal meridians.

**Chinese Herbal Medicine** uses medicinal herbs to prevent and treat diseases and ailments or to promote health and healing. Chinese herbs and medicinal substances have played a very important role in promoting longevity and treatment of different diseases for thousands of years.

**Chinese Herbal Medicine**, is great for prevention of diseases, and capable of treating disease in all its forms. Tested on billions of people, it has evolved over many centuries. Herbs are usually administered in form of Tea or Decoction. Patients' complaints and root causes of diseases can be holistically addressed at the same time.

It is an excellent complement to acupuncture and helps patients continue the traditional Chinese medicine treatment at their pace or when they need to be on vacation and can't receive the acupuncture treatment, or have a busy life schedule which can't accommodate repeated visits to the acupuncture clinic. In more severe cases Chinese Herbal Medicine must be used in combination with acupuncture treatments for faster and continued results.

The basic principle of treating diseases with Chinese Medicinal Herbs is to eliminate causes of diseases, dispel pathogenic factors or restore the coordination of the functions of Zang and Fu organs (internal organs), so that excess and deficiency of yin or yang can be corrected and disease can be cured.

## Chinese Medicinal Formulas and Treatments

A Chinese Medicine Practitioner who knows the properties, actions and flavors of different Chinese herbs in addition to the herbs meridian tropism, can combine them in a formula or prescription to treat different diseases based on Traditional Chinese Medicine classical formulas and practices.

Here is a list of common conditions that are treated using Traditional Chinese Medicine, including Acupuncture and Chinese Herbal Medicine.

Alphabetical Order	A, B, C, D	E, F, H, L	M, N, O, P	Q, R, S, T, U, V, W
Conditions	<ul style="list-style-type: none"> <li>• ADHD</li> <li>• Alcoholism</li> <li>• Allergies</li> <li>• Alzheimer's Disease</li> <li>• Anxiety</li> <li>• Amenorrhea</li> <li>• Arthritis</li> <li>• Asthma</li> <li>• Bulimia nervosa</li> <li>• BPH</li> <li>• Benign Prostatic Hyperplasia</li> <li>• Bleeding Between Periods</li> <li>• Cancer/Chemo Therapy Side Effects</li> <li>• Carpal Tunnel Syndrome</li> <li>• Chronic Fatigue Syndrome</li> <li>• Chronic Pain</li> <li>• Crohn's Disease</li> <li>• Colitis</li> <li>• Common Cold</li> <li>• Cough</li> <li>• Delayed Labor</li> <li>• Depression</li> <li>• Dermatitis</li> <li>• Diabetes</li> <li>• Diarrhea</li> <li>• Dizziness</li> <li>• Dysmenorrhea</li> </ul>	<ul style="list-style-type: none"> <li>• Eczema</li> <li>• Erectile Dysfunction</li> <li>• Excessive Libido</li> <li>• Excessive Sweating</li> <li>• Facial Wrinkles</li> <li>• Fatigue</li> <li>• Fertility Problems</li> <li>• Fibromyalgia</li> <li>• Flu</li> <li>• Foggy Mind</li> <li>• Frozen Shoulder</li> <li>• Habitual Miscarriage</li> <li>• Headache</li> <li>• High Blood Pressure</li> <li>• High Cholesterol</li> <li>• Hot Flashes</li> <li>• Low Blood Pressure</li> <li>• Loss of Libido</li> <li>• Lack of Energy</li> <li>• Low Sperm Count</li> <li>• Lower Back / Upper Back Pain</li> </ul>	<ul style="list-style-type: none"> <li>• Manic Depression</li> <li>• Menopause Symptoms</li> <li>• Menstruation Problems</li> <li>• Migraine</li> <li>• Neck Pain</li> <li>• Night Sweating</li> <li>• Impotence</li> <li>• Inducing Labor</li> <li>• Infertility</li> <li>• Insomnia</li> <li>• Irregular Menstruation</li> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Joint Pain</li> <li>• Obesity</li> <li>• Osteo Arthritis</li> <li>• Over Weight</li> <li>• Pain</li> <li>• Painful Menstruation</li> <li>• Panic Attack</li> <li>• Parkinson's Disease</li> <li>• PMS</li> <li>• Poor Memory</li> <li>• Post Partum Depression</li> <li>• Premature Ejaculation</li> <li>• Priapism</li> <li>• Prostate Enlargement</li> <li>• Psoriasis</li> <li>• Psoriatic Arthritis</li> </ul>	<ul style="list-style-type: none"> <li>• Quitting Smoking</li> <li>• Recurrent Sore Throat</li> <li>• Rheumatoid Arthritis</li> <li>• Ringing In The Ear</li> <li>• Sciatica</li> <li>• Skin Disorders</li> <li>• Sore Throat</li> <li>• Spotting Between Periods</li> <li>• Stomach Flu</li> <li>• Stress</li> <li>• Sweating Disorder</li> <li>• Tennis Elbow</li> <li>• Threatened Miscarriage</li> <li>• Tinnitus</li> <li>• Ulcerative Colitis</li> <li>• Urinary Incontinence</li> <li>• Vertigo</li> <li>• Weight Loss</li> <li>• Weight Gain</li> <li>• Weight Management</li> </ul>

## Cold Properties

### Yanjielian; *Dichocarpi Dalzielii Rhizoma*



**Sources:** The drug is the dried rhizome of *Dichocarpum dalzielii* W. T. Wang et Hsiao (family Ranunculaceae), growing at wet places such as woods, brook sides, distributed in Guizhou, Sichuan, Guangxi, Guangdong, Jiangxi, Zhejiang and Fujian of China.

**Actions and Indications:** It is used to clear away toxic heat, promote circulation of blood and collaterals; for the treatment of lumbago due to strain, trauma. Also used externally for severe sores.

### Yanbaijiang; *Patriniae Rupestris Herba*



**Sources:** The drug is the dried whole herb of *Patrinia rupestris* (Pall.) DuRoi. (family Valerianaceae), growing on dry mountain slopes, grasslands, at the edges of the woods, distributed chiefly in Heilongjiang, Jilin, Liaoning, Hebei, Shanxi of China.

**Constituents:** It contains caffeic acid, chlorogenic acid, kaempferol, quercetin, rutoside.

**Actions and Indications:** It is used to clear away toxic heat, activate blood circulation, promote the drainage of pus; for the treatment of enteritis, dysentery, appendicitis, hepatitis.

### Xiyebaitouweng; *Pulsatillae Turczaninovii Radix*

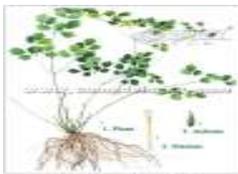


**Sources:** The drug is the dried root of *Pulsatilla turczaninovii* Kryl. et Serg. (family Ranunculaceae), growing on sunny mountain slopes, in bushes, and distributed chiefly in Inner Mongolia, Heilongjiang, Jilin, Hebei, Ningxia of China.

**Constituents:** The root contains saponin, rhamnose, anemonin, etc.

**Actions and Indications:** It is used to clear away toxic heat, remove heat from blood; for the treatment of bacterial and Amebic dysentery, nasal bleeding, hemorrhoidal bleeding.

### Ruanshuihuanglian; *Thalictri Ramosi Herba seu Radix*



**Sources:** The drug is the dried whole plant or root of *Thalictrum ramosum* Boivin (family Ranunculaceae). Growing in woods and shrubs, on hills, roadsides or brook sides, or at wet places, distributed in the west part of Hunan, the north part of Guangxi, Sichuan of China.

**Constituents:** The root contains berberine.

**Actions and Indications:** It is used to clear away toxic heat, to promote diuresis; for the treatment of conjunctivitis, dysentery, jaundice.

### Qianyuanchijincan; *Violae Schneideri Herba*



**Sources:** The drug is the dried whole herb of *Viola schneideri* W. Beck. (family Violaceae), growing in rocks and woods, distributed in Sichuan, Guizhou, Yunnan of China.

**Actions and Indications:** It is used to clear away toxic heat, to cool blood and relieve swelling; for the treatment of boils, furuncles, carbuncles, mumps, snake bite, erosion of cervix, and bronchitis.

### **Pimacaogen; Veratri Stenophylli Radix et Rhizoma**



**Sources:** The drug is the dried root and rhizome of *Veratrum stenophyllum* Diels (family Liliaceae), growing in grasslands on mountain slopes, in scrubs, at the margins of woods, and distributed chiefly in the north west part of Yunnan, the west part of Sichuan of China.

**Constituents:** It contains stenophylline A, B, C, D,  $\beta$ 1-chaconine, zygademine, veratroylzygademine, jerveramine, etioline, daucosterol,  $\beta$ -sitosterol.

**Actions and Indications:** It is used to activate blood circulation and remove blood stasis, stop bleeding and pain, induce vomiting and diuresis; for the treatment of traumatic injury, nervous toothache, edema, and externally used for traumatic bleeding.

### **Maoxiang; Hierochles Odoratae Rhizoma seu Herba**



**Sources:** The drug is the dried rhizome and whole herb of *Hierochloa odorata* (L.) Beauv. (family Gramineae), growing on shady hill-slopes or wet grass-fields, distributed in Inner Mongolia, Shaanxi, Gansu, Shanxi, Shandong of China.

**Constituents:** The fresh whole herb contains coumarin, p-coumaric acid, ferulic acid, melitosaure, fructane.

**Actions and Indications:** It is used to cool blood and stop bleeding, clear away heat and promote diuresis; for the treatment of hematemesis, hematuria, edema due to nephritis, stranguria of heat type.

### **Luoheshihu; Dendrobii Lohohensis Herba**



**Sources:** The drug is the dried or fresh stem and leaf of *Dendrobium lohohense* Tang et Wang (family Orchidaceae), growing on rocks of ravines, and distributed chiefly in Guangdong, Guangxi, Yunnan, Guizhou, Sichuan of China.

**Constituents:** The whole herb contains shihunine.

**Actions and Indications:** It is used to nourish stomach yin and clear away heat, promote the production of body fluid to quench thirst; for the treatment of impairment of body fluid in febrile diseases marked by thirst and restlessness, cough due to lung heat.

### **Luoguodi; Hemsleyae Amabilis Radix**



**Sources:** The drug is the dried root tuber of *Hemsleya amabilis* Diels (family Cucurbitaceae), growing in shrubs, gullies, woods or at wet places, distributed in Guangxi, Sichuan, Guizhou, Yunnan of China.

**Constituents:** It contains oleanolic acid, dihydrocucurbitacin F 25 acetate, dihydrocucurbitacin F.

**Actions and Indications:** It is used to clear away toxic heat, to stop pain and bleeding; for the treatment of acute gastroenteritis, bacterial dysentery, acute tonsillitis, cervicitis and pain due to external injury, tooth ache, sore throat, abdominal pain.

### **Yumiheifen; Ustilaginis Maydis Sorus**

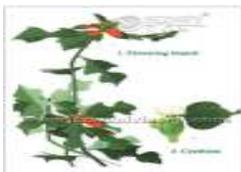


**Sources:** The drug is the dried sorus of *Ustilago maydis* (DC.) Corda (family Ustilaginaceae), parasitizing on plants of maize, and distributed in the whole of China.

**Constituents:** The drug chiefly contains glutamic acid, aspartic acid, arginine, lysine, methionine, alanine, indolyacetic acid, ustilaginic acid.

**Actions and Indications:** It is used to benefit the liver, stomach and intestines, to calm nerves, remove stagnation of undigested food, counteract toxicity, cause catharsis; for the prevention and treatment of ulcer of digestive tract; for the treatment of indigestion, infantile malnutrition due to digestive disturbance or intestinal parasitism.

### Yexianghua; *Euphorbiae Heterophyllae Herba*



**Sources:** The drug is the dried or fresh whole herb of *Euphorbia heterophylla* L.(family Euphorbiaceae),cultivated in all over China.

**Constituents:** The herb contains  $\beta$ -amyirin,  $\beta$ -sitosterol,  $\beta$ -sitosterol glucoside, taraxterol acetate and flavonoids, such as quercetin, etc. The leaf contains 10, 10-dimethyl hexacosan-7-one,  $\beta$ -amyirin, euphylacetate, moretonone. The seed coontains proteins, fats consisting of linolic acid and

linic acid.

**Actions and Indications:** It is used to regulate menstruation, relieve cough and arrest bleeding, and subdue swell; for the treatment of menorrhagia, cough due to wind cough, traumatic injuries and fracture.

### Xianrenzhang; *Opuntiae Dillenii Radix et Caulis*



**Sources:** The drug ix the fresh or dried root or stem of *Opuntia dillenii* (Ker Gawl. )Haw. (family Caclaceae), distributed originally in America, cultivated in most areas of China and naturalized in Guangdong, Guangxi,Yunnan, Sichuan. The flower named Shenxianzhanghua, the fruit named Xianzhangzi. and the coagulum of thejuce from stem named Yufurong of this plant are all used as drug.

**Constituents:** The stem containsisoquercitrin, tartaric acid. The flower contains quercetin isoquercetin and isorhamnetin, malic acid, succinic acid. The fruit contains arabinogalactan.

**Actions and Indications:** The root and stem are used to remove toxic heat, dissipate blood stasis and promote the subsidence of swelling, invigorate the spleen and stomach; for the treatment of stomachache, formation of mass in the abdomen, dysentery, hemorrhoid, cough, pulmonary abscess, acute mastitis, furuncle, and scalds,burns, snake-bite. The flower is used as hemostatic agent; for the treatment of hematemsis. The fruit is used as spleen and stomach invigorator; for the treatment of chronic diarrhea due to asthenia of spleen. Yufurong is used as hemostatics; for the treatment of severe palpitation, hemafercia, sore throat, furuncles.

### Tianluo; *Cipangopaludinae Chinensis Corpus sine Concha*



**Sources:** The drug is the fresh body without shell of *Cipangopaludina chinensis* (Gray), (family Viviparidae), living in lakes, reservoirs, streams, ponds, paddy fields with luxuriant waterweeds, and distributed in the whole of China. The shell named Tianluojiao of this animal is also used as drug.

**Constituents:** The drug chiefly contains protein, fat, carbohydrate, Ca, P, Fe. thiamine, riboflavin, nicotinic acid and vitamine A.

**Actions and Indications:** It is used to remove heat, promote diuresis; for the treatment of difficulty in micturition, jaundice, berberi, edema, diabetes, hemorrhoid, bloody stool, inflammation of eye, sores and boils,Tianluojiao is used to regulate the stomach-energy, arrest bleeding, relieve diarrhea, resolve phlegm; for the treatment of regurgitation with vomiting, epigastric pain, diarrhea, bloody stool, infantile convulsion, pyogenicinfection of skin.

### Linqiancao; *Rubiae Sylvaticae Radix*



**Sources:** The drug is the dried root of *Rubia sylvatica* Nakai(family Rubiaceae), growing in woods, grass-fields, distributed in Northeast China.

**Constituents:** It contains alizarin.

**Actions and Indications:** It is used to cool blood and stop bleeding, promote blood circulation and remove blood stasis; for the treatment of epystaxis, hematemsis, blood in stool and urine, amenorrhea, abdominal

pain, traumatic injury.

### Kuzhuye; Pleioblasti Amari Folium



**Sources:** The drug is the dried tender leaf of *Pleioblastus amarus* (Keng) Keng f. (family Gramineae), growing on sunny mountain slopes, in ravines, and distributed chiefly in various provinces along Changjiang River.

**Actions and Indications:** It is used to clear away toxic heat and improve vision; for the treatment of insomnia with restlessness, inflammation of the eye, aphonia, scabies, scalds.

### Kuzhi; Physalis angulatae Herba



**Sources:** The drug is the dried aerial part of *Physalis angulata* L. (family Solanaceae), growing in moist shady sites of courtyard, grasslands, or in woods of ravines, distributed in most areas of China.

**Constituents:** The stem and leaf contain physalin D-K, the seed contains fatty including linoleic acid, oleic acid.

**Actions and Indications:** It is used to clear away toxic heat, subdue swelling and arrest bleeding, also used as diuretic; for the treatment of sore throat, mumps, dysentery, and impetigo for externally use.

### Kujutai; Conandri Herba



**Sources:** The drug is the dried or fresh whole herb of *Conandron romondioides* Sieb. et Zucc. (family Gesneriaceae), growing on mountain slopes, moist shady rocks along streams, distributed in Taiwan, Fujian, Zhejiang, Jiangxi, Anhui of China.

**Actions and Indications:** It is used to clear away toxic heat, externally used for the treatment of snakebite.

### Kujucai; Sonchi Oleracei Herba



**Sources:** The drug is the dried or fresh whole herb of *Sonchus oleraceus* L. (family Compositae), growing in ravines, mountain slopes, fields and roadsides, distributed in whole of China.

**Constituents:** It contains taraxasterol, dihydrotaraxasterol, carotene, vitamin B2, vitamin C, galuteolin, hyperin, linarin, apigenin, quereitin, kampferol, luteolin, scopoletin, aesculetin, etc.

**Actions and Indications:** It is used to clear away toxic heat, dispel dampness and arrest bleeding; for the treatment of mastitis, tonsillitis, stomatitis, pharyngitis, dysentery, enteritis, hematemesis, hemafacia, acute jaundice. And externally used for sores, carbuncles, snake bite, otitis media.

### Kugua; Momordicae Charantiae Fructus. seu Folium seu Radix



**Sources:** The drug is the dried or fresh fruit, seed, leaf and root of *Momordica charantia* L. (family Cucuritaceae), cultivated in whole of China.

**Constituents:** The fruit contains charantin, and various kinds of amino acid. The seed contains momordicin, trichosanic acid, fatty acid, such as eleostearic acid, palmitic acid, oleic acid, momordicosides, protein.

**Actions and indications:** The fruit is used to clear away summer heat, counteract toxicity, promote eye vision; for the treatment of thirst and restlessness due to febrile disease, sun stroke, dysentery, sores, carbuncles and other skin diseases, etc. The leaf is used to clear away toxic heat; for the treatment of stomachache, carbuncles.

### **Kongxinliancao; Alternantherae Philoxeroidis Herba**



**Sources:** The drug is the fresh whole plant of *Alternanthera philoxeroides* (Mart.) Griseb. (family *Amaranthaceae*), growing in ditches and ponds, distributed in Hebei, Jiangsu, Zhejiang, Fujian, Jiangxi, Guangxi of China.

**Constituents:** The whole plant contains flavone glycosides, organic acids, sugars, fat, protein, inorganic salts, 7- $\alpha$ -L-rhamnosyl-6-methoxyluteolin and patuletin.

**Actions and Indications:** It is used to clear away heat and promote diuresis, to cool blood and counteract toxicity; for the treatment of the early stage of encephalitis B and influenza, as well as hemoptysis due to pulmonary tuberculosis.

### **Jinyinrendong; Lonicerae Maackii Flos**



**Sources:** The drug is the dried flower bud of *Lonicera maackeii* (Rupr.) Maxim. (family *Caprifoliaceae*), growing in woods and shrubs, distributed in Northeast of China, North, East and Middle China, Shaanxi, Gansu, Sichuan.

**Constituents:** It contains luteolin, inositol, saponin, tannin, chlorogenic acid, isochlorogenic acid.

**Actions and Indications:** It is used to clear away toxic heat; For the treatment the infection of upper respire influenza, tonsillitis, pulmonary abscess, acute conjunctivitis, acute mastitis, lobar pneumonia.

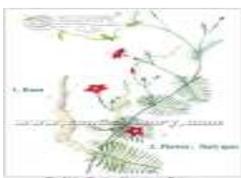
### **Jinxingcao; Phymatopsis Griffithianae Herba**



**Sources:** The drug is the dried whole herb of *Phymatopsis griffithiana* (Hook.) J. Sin. (family *Polypodiaceae*). (growing on rocks or trunks of wet valleys, distributed in Sichuan, Guizhou, Yunnan, Guangxi, Anhui, Xizang of China.

**Actions and Indications:** It is used to clear away toxic heat and cool blood; for the treatment of sores and carbuncles, pyogenic infection of skin, scrofula, conjunctivitis, gonorrhoea, fresh bloody stool.

### **Jinfengmao; Quamoclitis Pennatae Herba seu Radix**



**Sources:** The drug is the dried or fresh whole herb or root of *Quamoclitis pennata* (Desr.) Bojer. (family *Convolvulaceae*), cultivated in most parts of China.

**Constituents:** The seed contains pharbitin.

**Actions and indications:** It is used to clear away toxic heat; for the treatment of furuncle in the external auditory meatus, hemorrhoids, fever.

### **Sibaomogu; Agarici Campestris Fructificatio**



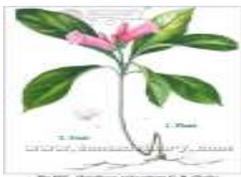
**Sources:** The drug is the dried fructification of *Agaricus campestris* L. ex Fr. (family *Agaricaceae*), growing in field, grassland, courtyard, loamy soil and distributed in Heilongjiang, Jilin, Hebei, Shanxi, Gansu, Xinjiang, Qinghai, Jiangsu, Hunan, Sichuan, Yunnan of China.

**Constituents:** The drug contains polysaccharides, indolylacetic acid, gibberellic acid, 1-eanavarine, nicotinic acid, folio acid, linoleic acid, alanine, glutamic acid, and vitamin A, B, B, C, E, K and  $\alpha$ -tocopherol, ubiquinone, ubichoromenol, kinetin, hexitol, pentiol, octenol, tyrosinase, etc.

**Actions and Indications:** It is used to remove phlegm, regulate the flow of qi, benefit the stomach and intestines; for the treatment of beriberi, inappetence, weakness, galactostasis, and to prevent brokenness of blood capillary, anaemia, bleeding of gum anti abdominal

cavity.

### Xianglongcao; Hemiboeae Subcapitatae Herba



**Sources:** The drug is the dried whole herb of *Hemiboea subcapitata* C. B. Clarke (family Gesneriaceae), growing in moist shady sites on mountain slopes, under woods, and distributed chiefly in Sichuan, Guizhou, Hunan, Hubei, Jiangxi, Jiangsu, Shaanxi of China.

**Actions and Indications:** It is used to clear away toxic heat, relieve cough, and as diuretic, salivator; for the treatment of venomous snake bite, sores, carbuncles, difficulty in micturition, cough.

### Shisunhuanyang; Thalictri Acutifolii Herba



**Sources:** The drug is the entire herb of *Thalictum acutifolium* (Hand. - Mazz.) Boivin (family Ranunculaceae), growing in ravines, the vicinity of villages, or creek banks; and distributed in the South of Anhui, Zhejiang, Jiangxi, Fujian, Hubei, Guangdong, Guangxi, the Southeast of Sichuan, Guizhou of China.

**Constituents:** The root contains alkaloids.

**Actions and Indications:** It is used to subdue swell, arrest diarrhea and cool blood; for the treatment of acute hepatitis, abdominal pain due to dysentery, conjunctivitis with pain, sores and boils.

### Goujun; Collybiae Fructificatio

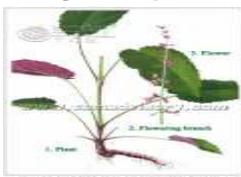


**Sources:** The drug is the dried sporophore of *Collybia velutipes* (Curt, ex Fr.) Quel. family Tricholomataceae), growing on dead twig, stem or cross section of stem in woods and shrubs, distributed in Jilin, Hebei, Shanxi, Inner Mongolia, Shaanxi, Gansu, Qinghai, Jiangsu, Hunan, Guangxi, Sichuan, Yunnan of China.

**Constituents:** It contains flammulin, arginine, lysine, as well as many kinds of vitamin.

**Actions and Indications:** It is used to clear away heat and promote diuresis, invigorate stomach and spleen; for the treatment of hepatitis, chronic gastritis.

### Danyxuepencao; Salviae Simplicifoliae Radix seu Herba



**Sources:** The drug is the dried root or whole herb of *Salvia cavaleriei* Lévl. var. *simplicifolia* Stib. (family Labiatae), growing in shrubs and woods, on hillslopes and gully sides, distributed in Sichuan, Guizhou, Hubei, Yunnan, Hunan, Jiangxi, Guangdong, Guangxi.

**Actions and Indications:** The root is used to invigorate the function of the spleen and stomach, to reinforce qi, to regulate menstruation and stop bleeding, to dispel wind and dampness; for the treatment of menoxenia, uterine prolapse and bleeding, abnormal leukorrhea, severe sores and scabies. The whole herb is used to cool blood and to counteract toxicity, to remove blood stasis and stop bleeding; for the treatment of cough, hematemesis, dysentery, traumatic bleeding.

### Cibai; Juniperi Formosanae Radix seu Ramulus et Falium



**Sources:** The drug is the dried root of *Juniperus formosana* Hayata (family Cupressaceae), growing on mountain slopes, under woods, distributed in the southern part of Shaanxi and Gansu.

**Constituents:** The timber contains  $\alpha$ -cedrol,  $\beta$ -sitosterol, cryptojaponol, sugiol, 7- $\alpha$ -methoxy deoxycryptojaponol,  $\alpha$ -thujaplicin, isocedrol

acid, emodin, detetrahydroconidendrin, etc.

**Actions and Indications:** It is used to clear toxic heat, bring down fever, kill parasites; for the treatment of measles, persistent fever, and externally used for scabies, ringworm.

### **Chitoulinmaojue; Dryopteridis Labordei Rhizoma**



**Sources:** The drug is the dried rhizome of *Dryopteris labordei*(Christ)C. Chr. (family Dryopteridaceae), growing in woods, distributed in Jiangxi, Zhejiang, Taiwan, Hunan, Guangdong, Guangxi, Guizhou, Yunnan, Sichuan of China.

**Actions and Indications:** It is used to clear away heat and dampness, to promote blood circulation and regulate menstruation; for the treatment of enteritis, dysentery, menoxenia.

### **Boyedahuang Rhei Undulati Radix et Rhizoma**



**Sources:** The drug is the dried root and rhizome of *Rheum undulatum* L. (family Polygonaceae), growing in grassland on mountain slopes, and distributed chiefly in Qinhai, Gansu, Shaanxi of China.

**Constituents:** It contains chrysophanol, rhein, emodin, aloemodin, rhaponticin, tanin, etc.

**Actions and Indications:** It is used as purgative for the treatment of constipation of heat type, jaundice due to heat and dampness, sores, carbuncles, burns and scalds.

### **Shilongdan; Gentianae Squarrosae Herba**



**Sources:** The drug is the dried or fresh entire herb of *Gentiana squarrosa* Ledeb. (family Gentianaceae), growing in flood lands, wast lands, dry grasslands, hilly scrubs, and distributed in the most areas of China.

**Actions and Indications:** It is used to remove toxic heat; for the treatment of appendicitis, carbuncle, scrofula, inflammation of eye.

### **Shuihulumiao; Halerpestis Sarmentosae Herba**



**Sources:** The drug is the dried whole herb of *Halerpestes sarmentosa* (Adans.)Kom. Family Ranunculaceae), growing in marshes, on swampy lands along lakes or creeks, and distributed in Northeast China, North China, Northwest China and Shandong, Sichuan and Tibet.

**Actions and Indications:** The herb is used as diuretic, antioncotic, anti rheumatic and damp drying agent, for the treatment of arthritis, rheumatism

and edema.

### **Shuijinfeng; Impatiens Uliginosae Herba**



**Sources:** The drug is the dried or fresh root or whole herb of *Impatiens uliginosa* Franch. (Family Balsaminaceae), growing in swampy ravines, in forests, and distributed in Guizhou, Yunnan and Northwest China.

**Actions and Indications:** Whole herb is used to remove blood stasis, as antioncotic, analgesic, blood activator and menstrual regulator, for the treatment of pain in muscles and bones caused by rheumatism, swelling and blood stasis due to traumatic injury, menstrual disorder, dysmenorrhea, snake-bite, eczema scrotal and scabies.

### Shihuacai; Gelidii Amansii Thallus



**Sources:** The drug is the dried thallus of *Gelidium amansii* (Lamx.) Lamx. (family Gelidiaceae), growing on the rocks in the waters 5–15m deep below the lowest mark of spring tides, and distributed in Liaoning, Shandong, Jiangsu, Zhejiang, Fujian, Taiwan of China.

**Constituents:** The drug chiefly contains agar, cholesterol, N,N-dimethyltaurine and inorganic salts, trace elements.

**Actions and Indications:** It is used to kill ascarides, relax bowels, remove toxic heat; for the treatment of ascariasis, enteritis, pyelonephritis.

### Shifangfeng; Peucedani Terebinthacei Radix

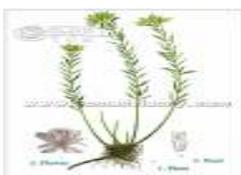


**Sources:** The drug is the dried root of *Peucedanum terebinthaceum* (Fisch.) Fisch. et Turcz. (family Umbelliferae), growing in grasslands, woods or on the edges of forest and distributed in Northeast China, Northern China, Eastern China and Shaanxi, Gansu, Xinjiang, Henan, Hubei, Sichuan, Guizhou.

**Constituents:** The root and fruit contain l-marmesin (nodakenetin).

**Actions and Indications:** It is used to relieve dyspnea and cough, to dispel wind-heat, eliminate the phlegm; for the treatment common cold with cough, bronchitis and cough in gestational period.

### Shengdihongjingtian; Rhodiolae Sacrae Herba



**Sources:** The drug is the dried entire herb of *Rhodiola sacra* (Prain ex Hamet) S. H. Fu (family Crassulaceae), growing in crevices of rock, anti distributed in Yunnan and Xizang of China.

**Constituents:** It contains organic acids, glycosides.

**Actions and Indications:** It is used to promote blood circulation, arrest bleeding and cough, detoxicate and subdue swelling; for the treatment of cough due to lung heat, hemoptysis, leukorrhagia, traumatic injuries, burns and scalds.

### Boyedahuang Rhei Undulati Radix et Rhizoma



**Sources:** The drug is the dried root and rhizome of *Rheum undulatum* L. (family Polygonaceae), growing in grassland on mountain slopes, and distributed chiefly in Qinhai, Gansu, Shaanxi of China.

**Constituents:** It contains chrysophanol, rhein, emodin, aloemodin, rhaponticin, tanin, etc.

**Actions and Indications:** It is used as purgative for the treatment of constipation of heat type, jaundice due to heat and dampness, sores, carbuncles, burns and scalds.

### Biansemadouling; Aristolochiae Versicoloris Radix



**Sources:** The drug is the dried root tuber of *Aristolochia versicolor* S. M. Hwang (family Aristolochiaceae), growing in scrubs, ravines, wet places along the edges of the forests, and distributed chiefly in Guangdong, Guangxi, Yunnan of China.

**Constituents:** It contains aristolochic acid A, isoaristolactone, versicolactone B, versicolactone C, magnoflorine, allantoin, daucosterol.

**Actions and Indications:** It is used as an agent for clearing away heat and toxin; for the treatment of diarrhea due to enteritis, bacterial dysentery, mumps.

### **Baozhucao; Dispori Viridescens Radix**



**Sources:** The drug is the dried root of *Disporum viridescens* (Maxim.) Nakai (family Liliaceae), growing in woods, on hill slopes and grass lands, distributed in Heilongjiang, Jilin, Liaoning of China.

**Constituents:** The whole plant contains tannin and saponin.

**Actions and Indications:** It is used to clear away the lung heat, to strengthen the function of the spleen, regulate the function of the stomach; for the treatment of cough due to lung heat, epigastric distention due to food stagnation.

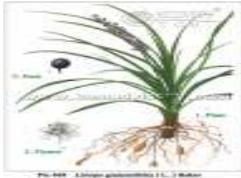
### **Baiducao; Gymnopteridis Auriculatae Herba**



**Sources:** The drug is the dried whole plant of *Gymnopteris bipinnata* Christ var. *auriculata* (Fr.) Ching (family Hemipteridaceae), growing on dry rocks, distributed in Liaoning, Hebei, Henan, Shandong, Shanxi, Shaanxi, Gansu, Hubei, Sichuan, Yunnan of China.

**Actions and Indications:** It is used to detoxify and to stop itching, to dispel dampness and turbid substance as well as to tranquilize; for the treatment of intense evil wind, sores and itching, abnormal leukorrhea, abdominal pain, dizziness.

### **Heyeshanmaidong; Liriopes graminifoliae Radix**



**Sources:** The drug is the dried root tuber of *Liriope graminifolia* (L.) Baker (Family Liliaceae), growing under scrubs, wet sites in ravines and distributed in Hebei, Shanxi, Shaanxi, Gansu, Anhui, Jiangsu, Zhejiang, Jiangxi, Fujian, Taiwan, Henan, Hubei, Guangdong, Guizhou, Sichuan of China.

**Actions and indications:** It is used to nourish yin and promote the production of body fluid, to moisten the lung and ease the mind; for the treatment of dry cough and cough in consumptive diseases, thirst due to impairment of body fluid, fidgetiness and insomnia, diabetes caused by internal heat, constipation, diphtheria.

### **Xiaoquehua; Campylotropis Polyanthae Radix**



**Sources:** The drug is the dried root of *Campylotropis polyantha* (Franch.) Schindl. (Family Leguminosae), growing in scrubs on mountain slopes or along road sides, and distributed in Guizhou, Sichuan and Yunnan of China.

**Actions and Indications:** Root is used as blood activator, menstrual regulator, hemostatic and analgesic, for the treatment of menstrual disorder, dysmenorrhea, metrorrhagia and gastroduodenal ulcer. Flower or leaf is both used for the treatment of scalds.

### **Xiaopeng; Nanophyti Herba**



**Sources:** The drug is the dried whole herb of *Nanophyton erinaceum* (Pall.) (Family Chenopodiaceae), growing in gobi, on stone mountain slopes or in dried grey sands, and distributed in Xinjiang of China.

**Actions and Indications:** Whole herb is used as antipyretic, antitoxin and parasiticide, for the treatment of gonorrhea, leucetic and lymphoid tuberculosis.

### Masangxiuqiu; *Hydrangeae Asperae Radix*



**Sources:** The drug is the dried or fresh root of *Hydrangea aspera* Buch. - Ham. ex D. Don (Family Saxifragaceae), growing in forests, and distributed in most provinces of China.

**Constituents:** Root contains phyllo dulcin.

**Actions and Indications:** Root is used as spleen invigorator, diuretic, adipsia, antipyretic and anti-inflammatory, for the treatment of food retention and diarrheam dysertery, externally for tihea.

### Maanteng; *Ipomoeae Pes-Caprae Herba*



**Sources:** The drug is the dried or fresh whole herb of *Ipomoea pes-caprae* (L.) Sweet (Family Convolvulaceae), growing on the beach or on sunny roadsides, and distributed in Fujian, Taiwan, Guangdong, Hainan, Guangxi and Yunnan of China.

**Constituents:** Leaf contains mucilage, essential oils, resins, sterols, behenic acid, melissic acid, myristic acid, butyric acid, etc.

**Actions and Indications:** Whole herb is used as anti-rheumatic, diuretic and antioncotic, to remove blood stasis, for the treatment of pain due to rheumatism, carbunde, sores, boils, hemorrhoids, urticaria, mastitis, acute gastritis, and elephantiasis due to filaria etc.

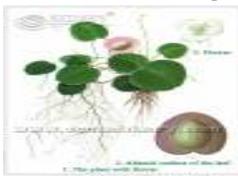
### Mabinlang; *Capparis Masaikai Semen*



**Sources:** The drug is the dried kernel of *Capparis masaikai* Lévl. (Family Capparidaceae), growing in forests, and distributed in Guangxi, Guizhou and Yunnan of China.

**Actions and Indications:** Kernel is used as antipyretic, antitoxin, anti-inflammatory and oxytocic, for the treatment of sore throat, thirst by febrile disease, malaria, carbuncles, lymphosarcoma and dystocia.

### Maniaohua; *Hydrocharidis Herba*



**Sources:** The drug is the dried whole herb of *Hydrocharis dubia* (B1.) Baoker (Family Hydrocharitaceae), growing in solid pools, creeks and irrigated fields, and distributed North China, East China, Middle China, and Shanxi, Sichuan and Yunnan.

**Actions and Indications:** Whole herb is used as emmenagogue, for the treatment of leucorrhea with reddish discharge.

### Xiaoguoboluohui *Macleayae Microcarpae Herba*



**Sources:** The drug is the dried or fresh whole herb of *Macleaya microcarpa* (Maxim.) Fedde (Family Papaweraceae), growing on mountainous areas, along streams and creeks, or along roadsides, and distributed in Shanxi, Gansu, Henan, Jiangsu, Hubei, Guizhou and Sichuan of China.

**Constituents:** Whole herb contains alkaloids, mainly are sanguinarine, chelerythrine, allocryptopine, protopine, etc.

**Actions and Indications:** Whole herb is used as parasiticide, anti rheumatic and antitoxin, to dispel blood stasis and promote the subsidence of swelling, for the treatment of traumatic injury, pain caused by rheumatic arthritis, pyogenic infections due to carbuncles, ulcer of lower extremity, eczema, Vaginal trichomoniasis, scalds and burns, etc.

### **Xiaobaihuadiyu; Sanguisorbae Tenuifoliae Radix et Rhizoma**



**Sources:** The drug is the dried root and rhizome of *Sanguisorba tenuifolia* Fisch. var. *alba*. Trautv et Mey (Family Rosaceae), growing in dampy lands, grass lands, in or near forests, and distributed in Heilongjiang, Liaoning, Jilin and Nei Mongol of China.

**Constituents:** Whole herb contains flavonoids.

Root contains saponins, tannins, leucoanthocyanins, etc.

**Actions and Indications:** Root and rhizome are used as blood purifying agent, hemostatic, astringent, antidiarrheal, antipyretic and anti-inflammatory, for the treatment of hematemesis, epistaxis, dysentery with bloody stool, metrorrhagia, gynecological disease, hematochezia, hemorrhoidal bleeding, dysentery, chronic enteritis, boils and sores, ulcer, eczema, abdominal pain after childbirth, chronic, arthritis and scalds.

### **Xiaoyeyejueming; Thermopsis Chinensis Radix seu Semen**



**Sources:** The drug is the dried root and seed of "*Thermopsis chinensis* Benth. ex. S. Moore (Family Leguminosae), growing in fields, along roadsides, or in open grasslands, and distributed in Hebei, Shanxi, Jiangsu, Zhejiang and Jiangxi of China.

**Actions and Indications:** Root or seed is used as anti-pyretic and anticonvulsant, for the treatment of inflammation of the eye.

### **Xiaoyejinlaomei; Potentillae Parvifoliae Flos seu Folium**



**Sources:** The drug is the dried or fresh flower or leaf of *Potentilla parvifolia* Fisch. (Family Rosaceae), growing on dried mountain slopes, in crevices, in or near forests, and distributed in Heilongjiang, Nei Mongol, Gansu, Qinghai, Sichuan and Tibet of China.

**Actions and Indications:** Flower or leaf is used as diuretic, anticonvulsant, astringent and antidiarrheal, for the treatment of beriberi With cold type and prurigo, externally for Mastitis.

### **Xiaoyeshuli; Rhamni Parvifoliae Fructus**



**Sources:** The drug is the dried ripe fruit of *Rhamnus parvifolia* Bge. (Family Rhamnaceae), growing on sunny mountain slopes, on grass lands, or in scrubs, and distributed in Heilongjiang, Liaoning, Jilin and Hebei of China.

**Actions and Indications:** Fruit is used to clear away heat to diarrhea and eliminate scrofula, for the treatment of abdominal distention and constipation, externally for scabies tinea and scrofulas.

### **Shuixiancai; Ammanniae Bacciferae Herba**



**Sources:** The drug is the dried or fresh whole herb of *Ammannia baccifera* L. (Family Lythraceae), growing in swampy places or irrigated fields, and distributed in East China, South China, and Hebei, Shaanxi, Hunan, Hubei and Yunnan.

**Constituents:** Fruit contains hentriacontan, dotriacontanol, 1, 30 triacontanediol,  $\beta$ -sitosterol  $\beta$ -D-glucoside, etc. Leaf contains dotriacontanol,  $\beta$ -sitosterol  $\beta$ -D-glucoside, quercetin, etc. Root contains betulonic acid, lupeol, etc.

**Actions and Indications:** Whole herb is used as expectorant and analgesic, to set a fracture, for the treatment of rheumatic disease, edema, hepatitis, tenosynovitis and bleeding of internal damage, externally for traumatic bleeding, setting of fracture, boils and sores, snake bite, etc.

### Shuiqiliu; Fraxini Mandshuricae Cortex



**Sources:** The drug is the dried or fresh bark of *Fraxinus mandshurica* Rupr. (Family Oleaceae), growing on mountainous areas, in or near forests, in swampy ravines, and distributed in North China, Heilongjiang, Liaoning, Jilin and Shandong of China.

**Constituents:** Bark contains esculin, esculetin, etc.

**Actions and Indications:** Bark is used as antipyretic, damp-drying agent, astringent and analgesic, to remove heat from gallbladder and improve acuity of sight, for the treatment of enteritis, dysentery, leukorrhea, menstrual disorder, chronic bronchitis and acute conjunctivitis, externally for psoriasis, etc.

### Shuixianhua; Narcissi Bulbus seu Flos



**Sources:** The drug is the fresh bulb or flower of *Narcissus tazetta* L. var. *chinensis* Roem. (Family Amaryllidaceae), growing on warm lands along seashores, on sands along streams, or cultivated in yards, and distributed in Zhejiang and Fujian of China.

**Constituents:** Bulb contains lycorine, tazettine, homolycorine, pseudolycorine, pretazettine, etc. Fresh flower contains essential oil.

**Actions and Indications:** Bulb is used as antipyretic, anti-inflammatory and antioncotic, for the treatment of mumps, carbuncles, sores and insect bite. Fresh flower is used as anti-rheumatic, blood activator and menstrual regulator, for the treatment of menstrual disorder.

### Shuitianqi; Schizocapsae Rhizoma

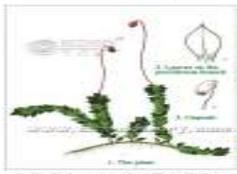


**Sources:** The drug is the dried rhizome of *Schizocapsa plantaginea* Hance (Family Taccaceae), growing in ravines, in forests, in swampy lands along roadsides and streams, and distributed in Jiangxi, Hubei, Hunan, Guangdong, Guangxi, Guizhou and Yunnan of China.

**Constituents:** Rhizome contains yemogenin-3-O- $\beta$ -D-glucopyranosyl (1  $\rightarrow$  2) [ $\alpha$ -L-rhamnopyranosyl (1 $\rightarrow$ 3)] [ $\alpha$ -L-rhamnopyranosyl(1 $\rightarrow$ 4)]- $\beta$ -D-glucopyranoside, yemogenin 3-O- $\alpha$ -L-rhamnopyranosyl(1 $\rightarrow$ 2) [ $\alpha$ -L-rhamnopyranosyl(1 $\rightarrow$ 3)]  $\beta$ -D-glucopyranoside, stigmasterol glucoside, yemogenin,  $\beta$ -sitosterol, taccalonolide A, B, C, D, E, F, etc.

**Actions and Indications:** Rhizome is used as antipyretic, anti-inflammatory, antioncotic, analgesic and anti-malarial, for the treatment of gastroduodenal ulcer, chronic gastritis, pneumonitis, upper respiratory tract infection, cough, sore throat, tonsillitis, mumps, toothache and regulating menstruation.

### Shuimucao; Plagiomnii Cuspidati Herba



**Sources:** The drug is the dried whole herb of *Plagiomnium cuspidatum* (Hedw.) T. Kop. (Family Mniaceae), growing along streams of mountainous areas, along open country or near cities and towns, on swampy hill sides, in grass lands or on trunks, and distributed in most of China.

**Constituents:** Leaf contains saponarin, etc.

**Actions and Indications:** Whole herb is used antipyretic and hemostatic, for the treatment of hemoptysis, hematemesis, bleeding in anus and stomach, gingival bleeding, hematochezia, epistaxis, metrorrhagia, etc.

### Shuisong; Codii Fragilis Herba



**Sources:** The drug is the dried or fresh whole herb of *Codium fragile* (Sur). Harlot(Family Codiaceae), growing on rocks, and distributed in Liaoning, Hebei, Shandong, Jiangsu, Zhejiang, Fujian, Taiwan, Guangdong Hainan and Guangxi of China.

**Constituents:** Whole herb contains mannan, acrylic acid, benzaldehyde, dimethylsulfide, cineole, geraniol, linalool, isoterpinene, etc.

**Actions and Indications:** Whole herb is used as antipyretic, anti-inflamantory, diuretic and parasiticide, for the treatment of edema, difficulty in urination, eliminating ringworm, etc.

### Shuiyu; Callae Palustris Rhizoma



**Sources:** The drug is the dried or fresh rhizome of *Calla palustris* L. (Family Araceae),growing in marshes and grasslands, and distributed in Heilongjiang, Jilin, Liaoning and Nei Mongol of China.

**Constituents:** rhizome contains saponins, resins, starch. Aerial parts contain saponins, flavonoids, phlegm, sterols, organic acids, free sugars, vitamin C, etc.

**Actions and Indications:** Rhizome is used as antitoxin, antioncotic, antiphlogistic, diuretic and analgesic, for the treatment of anasarca and rheumatism, externally for sores, medullitis and snake-bite.

### Kongquewei; Asplenii Sarelii Herba seu Rhizoma



**Sources:** The drug is the dried or fresh whole herb or rhizome of *Asplenium sarelii* Hook. (Family Aspleniaceae),growing along streams and creeks, on rocks or in crevices, and distributed in Shaanxi, Jiangsu, Zhejiang, Jiangxi, Fujian, Hubei, Hunan, Guangxi, Guizhou and Sichuan of China.

**Actions and Indications:** Whole herb or rhizome is used as antipyretic antiinflammatory, antioncotic, antitussic, hemostatic and analgesic, for the treatment of jaundice, influenza, cough, enterogastric bleeding, tonsillitis, diphtheria, mumps, enteritis, malnutrition, galactoschisis, inflammation of the eyes, hypertension and urinary tract infection, externally for traumatic injury, scrofula, eczema, hemorrhoids and sores, scalds and burns, cut bleeding.

### Shuangjingchaihu; Bupleuri Bicaulis Radix



**Sources:** The drug is the root of *Bupleurum bicaule* Helm.(Family Umbelliferae) ,growing in sunny hilly grasslands or dry rocky grasslands, distributed in Heilongjiang, Nei Mongol, Hebei, the north of Shanxi, the northwest of Shaanxi of China.

**Constituents:** The root contains saikosaponin a, c, d.

**Actions and Indications:** The root is used as mediating agent and febrifuge, to relieve depression of liver qi and to ascend theyang qi, for the treatment of cold with fever, alternate fever and chill, pain in hypochondriac region, headache and margin of eyelid, malaria, infection of biliary tract, hepatitis, proctoptosis, hysteroptosis, irregular menstruation.

### Shuanghuajincai; *Violae Biflorae Herba seu Rhizoma*



**Sources:** The drug is the whole herb or rhizome of *Viola biflora* L. (Family *Violaceae*), growing in mountainous grasslands, in scrubs or edge of forests, distributed in Northeastern China, Northern China, North western China and Henan, Shandong, Taiwan, Sichuan, Yunnan and Tibet of China.

**Actions and Indications:** The whole herb is used as antioncotic and hemostatic, for the treatment of traumatic injury, haematemesis. The root is reported as emetic, leaf and flower are used as caccagogue.

### Liulengma; *Iridis Speculatricis Radix et Rhizoma*



**Sources:** The drug is the root and rhizome of *Iris speculatrix* Hance (Family *Iridaceae*), growing along roadsides and edge of woods, distributed in Shanxi, Anhui, Zhejiang, Fujian, Hubei, Hunan, Guangdong, Guangxi, Guizhou and Sichuan of China.

**Actions and Indications:** The root and rhizome are used as blood-activator, antihypertensive, antitoxic and analgesic, for the treatment of abdominal distension, due to indigestion, rheumatism, traumatic injury, hemorrhoid and sores.

### Fengweisouhanhu; *Arthromeridis Mairei Rhizoma*



**Sources:** The drug is the dried rhizome of *Arthromeris mairei* (Brause) Ching (Family *Polypodiaceae*), growing in moist places under woods or in crevices, and distributed in Shaanxi, Guizhou, Sichuan, Yunnan and Tibet of China.

**Actions and Indications:** Rhizomes is used to remove wind, activate collaterals, remove food stagnancy, relax the bowels and remove fire, for the treatment of osteodynia caused by rheumatism, sciatica, abdominal distension caused by retention of undigested food, stomach-ache, constipation, conjunctival congestion and toothache.

### Fengweizhuzongcao; *Asplenii Yunnanensis Herba*



**Sources:** The drug is the dried or fresh whole herb of *Asplenium exiguum* Bedd. var. *yunnanensis* (Franch.) Ching (Family *Aspleniaceae*), growing in ravines, on rocks, and distributed in Qinghai, Guizhou, Sichuan, Yunnan and Tibet of China.

**Actions and Indications:** Whole herb is used to clear away heat and promote diuresis, promote lactation and set a fracture, for the treatment of high fever due to common cold, cystitis, urethral infections, chyluria, mastadenitis, galactoschesis, dysentery, measles, etc, externally for fracture and traumatic bleeding.

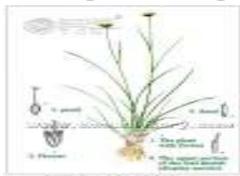
### Fanbanxiajilan; *Calanthes Reflexae Herba seu Rhizoma*



**Sources:** The drug is the dried or fresh whole herb or rhizome of *Calanthe reflexa* Maxim. (Family *Orchidaceae*), growing under woods on mountain slopes, or in moist scrubs, and distributed in Zhejiang, Taiwan, Guizhou, Sichuan and Yunnan of China.

**Actions and Indications:** Whole herb and rhizome are used as antipyretic, antiinflammatory, blood activator, antioncotic and analgesic, to reslove the hard lumps and remove hard mass, for the treatment of scrofula, tuberculosis of lymphmode, tonsillitis, diphtheria, sores, hemorrhoid, tinea, dysentery, amenorrhea, pain due to pathogenic winddampness, traumatic injury, arthralgia, etc.

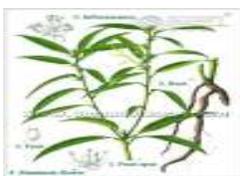
### Changzhudengxincao; Junci Przewalski Folium



**Sources:** The drug is the dried leaf of *Juncus przewalskii* Buchen. (Family Juncaceae), growing on grass lands and swampy lands, near marshes, on grass lands among woods, and distributed in Shaanxi, Gansu, Qinghai and Yunnan of China.

**Actions and Indications:** Leaf is used to dispel the exogenous factor of wind, improve sight, relive rigidity of muscles and activate collaterals, for the treatment of fever and headache, cough, rheumatism, pain of muscles and bones, dizziness, etc.

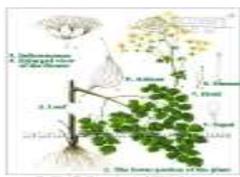
### Changbingyeshanhua; Sarcococcae Longipetiolatae Herba



**Sources:** The drug is the dried or fresh whole herb of *Sarcococca longipetiolata* M. Cheng (Family Buxaceae), growing along the bank of ravines, in forests, and distributed in Hunan, Guangdong and Guangxi of Chiha.

**Actions and Indications:** Whole herb is used as antioncotic, hemostatic, antitoxin and regenerative agent of muscles, for the treatment of pain due to rheumatism, traumatic injury and bleeding, innominate inflammatory swelling, etc.

### Changbingtangsongcao; Thalictri Przewalskii Radix seu Flos seu Fructus



**Sources:** The drug is the dried root, flower or fruit of *Thalictrum przewalskii* Maxim. (Family Ranunculaceae), growing in forests on the edge of scrubs on mountainous areas or on grass slopes, and distributed in Hebei, Nei Mongol, Shanxi, Shaanxi, Gansu, Qinghai, Henan, Hubei, Sichuan and Tibet of China.

**Constituents:** Root contains alkaloids.

**Actions and Indications:** Root is used as anti rheumatic, for the treatment of cold and dysentery. Flower or fruit is used as antipyretic and damp-drying agent, for the treatment of hepatitis, swelling of the liver, etc.

### Hanzhongfangji; Aristolochiae Heterophyllae Radix



**Sources:** The drug is the root of *Aristolochia heterophylla* Hemsl. (family Aristolochiaceae), growing insparsewoods of hillside scrubs, and distributed in Hebei, Shaanxi, Gansu, Hubei, Hunan, Sichuan, Yunnanand Guizhou of China.

**Constituents:** The drug contains trilobine, isotrilobine(homotrilobine), magnoflorine, trilobamine, coclo-bine, aristolochic acid A and allantion.

**Actions and Indications:**It is used to induce diuresis, subdue swelling and relieve rheumatic condition; for the treatment of edema, dribbling and painful micturition, tinea pedis, rheumatic arthralgia and hypertension.

### Changbaichaihu; Bupleuri Komaroviani Radix



**Sources:** The drug is the dried root of *Bupleurum komarovianum* Lincz. (Family Umbelliferae) , growing in or near forests on the edge of scrubs, on hillsides on grasslands, or sands, and distributed in Heilongjiang, Liaoning, Jilin, Hebei and Neimonggol provinces

**Constituents:** Root contains saikosaponin A, B, C, D, flavoids and coumarin. Whole herb contains quercetin, isorhamnetin and rutin.

**Actions and Indications:** Root is used as antipyretic and menstrual regulation, for the treatment of cold, upper respiratory tract infection, menstrual disorder, headache and dizziness, etc.

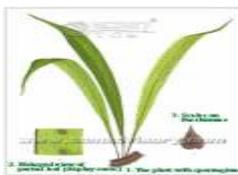
### Gansutianmendong; *Asparagi Kansuensis Radix*



**Sources:** The drug is the dried root tuber of *Asparagus kansuensis* Wang et Tang (family Liliaceae), growing on arid slopes, and distributed in the south of Gansu of China.

**Actions and Indications:** It is used to replenish ying and promote the production of body fluid, to moisten the lung and relieve dryness syndromes, for the treatment of dry cough due to Rung-dryness, paroxysmal cough with thick sputum, thirst with dry throat, constipation.

### Changwawei; *Lepisoris Pseudonudi Herb*



**Sources:** The drug is the dried or fresh whole herb of *Lepisoris pseudonudus* Ching (Family Polypodiaceae), growing in forests or woods, in crevices or on trunks, and distributed in Qinghai, Sichuan, Yunnan and Tibet of China.

**Actions and Indications:** Whole herb is used as febrifuge, diuretic, antiphlogistic and antihemorrhagic, for the treatment of acute respiratory infection with cough, dysentery, stranguria with turbid urine, hematuria and hematemesis, externally for traumatic bleeding, sores, etc.

### Maoruiyujinxiang; *Tulipae Dasystemonis Bulbus*



**Sources:** The drug is the dried or fresh bulb of *Tulipa dasystemon* (Regel) Regel (Family Liliaceae), growing on sunny mountain slopes or wilderness, and distributed in Xinjiang of China.

**Constituents:** Bulb contains colchicine, etc.  
**Actions and Indications:** Bulb is used as antipyretic and anti-inflammatory, to resolve blood stasis, for the treatment of sore throat, scrofula, carbuncles, hemorrhoids and sores, blood stasis caused by postpartum disease.

### Maoruigouqi; *Lycii Dasystemi Radix seu Fructus*



**Sources:** The drug is the dried or fresh root or dried ripe fruit of *Lycium dasystemum* Pojark. (Family Solanaceae), growing on mountain slopes, in sandy beach, on waste lands in plain, or in grasslands, and distributed in Gansu, Xinjiang and Qinghai of China.

**Constituents:** Roots contain hetaine, saponin. Fruits contain vitamin A, B1, B2, C, nicotinic acid, betaine, choline, physalein, etc.  
**Actions and Indications:** Root is used to clear away heat, remove fever of deficiency types, for the treatment of pulmonary tuberculosis, hypertension, toothache caused by fire of deficiency type and eczema. Fruit is used as salivator of the liver and the kidney, to improve eyesight, for the treatment of deficiency of both the liver and the kidney, headache and dizziness, soreness of waist caused by seminal emission and lumbago by body weakness.

### Dongbeimu; *Fritillariae Chekiangensis Bulbus*



**Sources:** The drug is the dried bulb of *Fritillaria thunbergii* Miq. var. *chekiangensis* Hsiao et K.C. Hsia (family Liliaceae), growing or cultivated on hillsides, and distributed in Dongyang of Zhejiang of China.

**Constituents:** The bulb contains peimine (verticine), pciminine (verticinone), isovericine.  
**Actions and Indications:** It is used to remove heat and resolve phlegm, to ease the mind, reduce nodulation for the treatment of cough caused by wind heat, dryness heat or phlegm heat, lung abscess, mastitis, scrofula, sores, depression.

### **Dongbeiyacong; Scorzonerae Mandshuricae Radix**



**Sources:** The drug is the dried root of *Scorzonera mandshurica* Nakai (family Compositae), growing in hillsides, gravelly sites, dunes or dry grasslands, and distributed in Liaoning, Jilin, Heilongjiang, NeiMunggu of China.

**Actions and Indications:** It is used to remove toxic heat, activate blood circulation and promote subsidence of swelling; for the treatment of mastitis, boils and sores, venomous- snake and mosquito- bite.

### **Congzhiliao; Polygoni Caespitosi Herba**



**Sources:** The drug is the dried or fresh entire herb of *Polygonum caespitosum* BL. (family Polygonaceae), growing in woods, roadsides or along creek, and distributed chiefly in Middle southern China, East China and Shanxi, Gansu, Sichuan, Yunnan, Guizhou.

**Constituents:** It contains flavonoids.

**Actions and Indications:** It is used to remove heat, dissipate blood stasis and promote the subsidence of swelling, and arrest bleeding; for the treatment of sores and carbuncles, traumatic injuries, snake and insect bites, diarrhea and dysentery.

### **Bianyuanlingaijue; Microlepieae Marginatae Herba seu Folium**



**Sources:** The drug is the dried or fresh entire herb or fresh tender leaf of *Microlepiea marginata* (Houtt.) C. Chr. (family Dennstaedtiaceae), growing in thickets or along creeks, and distributed in East China, South China and Hubei, Hunan, Sichuan, Guizhou, Yunnan.

**Constituents:** The aerial part contains microlepin, 16- epimicrolepin. The leaf contains 17-O-acetylmicrolepin, 4-epimicrolepin, 6'-O- $\alpha$ -L-rhamnopyranosyl- 4-microlepin.

**Actions and Indications:** It is used to remove toxic heat; for the treatment of sores and boils.

### **Beichonglou; Paritis Verticillatae Rhizoma**



**Sources:** The drug is the dried rhizome of *Paris verticillata* M. Bieb. (family Liliaceae), growing in woods, damp soil along creeks and distributed in Northeast China, Northern China and Shandong, Jiangsu, Anhui, Hubei, Shaanxi, Gansu, Sichuan.

**Constituents:** The herb contains phytosteryl-( 6'-palmitoyl )- $\beta$ -D-glucopyranoside, phytosteryl- $\beta$ -D-glucopyranoside, ajugasterone A, Ecdysterone, pariphyllin VII, etc.

**Actions and Indications:** The rhizome is used to remove toxic heat, dispel blood stasis and promote the subsidence of swelling; for the treatment of convulsions due to high fever, sore throat, furuncles and carbuncles, venomous snake bite.

### **Banzhilian; Portulacae Grandiflorae Herba**



**Sources:** The drug is the fresh aerial part of *Portulaca grandiflora* Hook. (family Portulacaceae), distributed originally in Brazil, and cultivated in almost whole of China.

**Constituents:** The herb contains betanin, isobetainin, betanidin, portulal. The stem contains mesembryanthemin II and III, free oxalic acid and calcium oxalate, portulal. The flower contains betanidin, isobetainidin and betacyanin.

**Actions and Indications:** It is used to remove heat, dissipate blood stasis, subdue swelling and relieve pain; for the treatment of cold, sore throat, burns and scalds, traumatic injuries and sores due to wetness evil, external for sores and scalds.

### Yangsheshu; *Symploci Glaucae Cortex*



**Sources:** The drug is the dried bark of *Symplocos glauca* (Thunb.)Koid. (family Symplococaceae), growing among hilly forests, and distributed in Zhejiang, Fujian, Taiwan, Guangdong, Guangxi, Yunnan of China.  
**Actions and Indications:** It is used as febrifuge; for the treatment of influenza or common cold with fever.

### Dayemaweilian; *Thalictri Faberi Radix seu Herba*



**Sources:** The drug is the dried root or whole herb of *Thalictrum faberi* Ulbr. (Family Ranunculaceae), growing in edge of mountainous forests or along streams in valleys, distributed in Henan, Anhui, Jiangsu, Zhejiang, Jiangxi, Fujian and Hunan province.

**Constituents:** The root contains thalidasine, N-demethylthalidasine, berberine and thaliracine, etc.

**Actions and Indications:** The whole herb is used as febrifuge, antitoxic and diuretic. Root is used for the treatment of conjunctival congestion, enteritis, dyspepsia, sores, carbuncles and furuncles. The whole herb is used for the treatment of conjunctivitis and lymphoid tuberculosis.

### Dalinmaojue; *Dryopteridis Austracae Rhizoma*



**Sources:** The drug is the dried rhizome of *Dryopteris austriaca* (Jaeq.)Wayn. ex Schinz et Thell. (Family Dryopteridaceae), growing in moist of secondary forest or needle leaf and broadleaf mixed forests, distributed in Northeast China, North China and Taiwan.

**Constituents:** The rhizome contains aspidinol, flavaspidic acid, aspidin AB, aspidin AB, p-aspidin, desaspidin, phlorpyrone, albaspidin, filieic acid,

trisaspidin, etc.

**Actions and Indications:** The rhizome is used as taeniafuge, for the treatment of taeniasis.

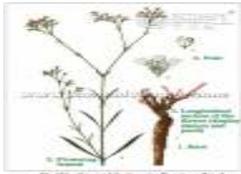
### Dayanguocao; *Carpesii Macrocephali Herba*



**Sources:** The drug is the dried or fresh whole herb of *Carpesium macrocephalum* franch, et Sav. Family Compositae), growing in edge of woods on hillslopes, scrubs, in valleys, roadsides or in grasses, distributed in Northeast China, North China and Shauxi. Gansu, Qinghai, Henan and Sichuan.

**Actions and Indications:** The whole herb is used to remove heat from the blood, arrest bleeding and remove blood stasis, for the treatment of traumatic injury and traumatic bleeding.

### Xing'anshizhu; *Gypsophilae Davuricae Radix*



**Sources:** The drug is the dried root of *Gypsophila davurica* Turcz. ex Fenzl (family Caryophyllaceae), growing in grasslands, hills, gravelly hillsides, settled sand hills; and distributed in Northeastern China and Neimenggu.

**Constituents:** The root contains saponin

**Actions and Indications:** It is used as diuretics; for the treatment of edema, feeling of fullness and oppression in the chest and hypochondria, dysuria.

### Xinganlilu; Veratri Dahurici Radix et Rhizoma



**Sources:** The drug is the dried root and rhizome of *Veratrum dahuricum* (Turcz.)Loes. f. (family Liliaceae), growing in damp soils on slopes and meadows, and distributed chiefly in Liaoning, Jilin, Heilongjiang of China.

**Constituents:** The root contains veratridine

**Actions and Indications:** It is used as expectorant, emetic, parasiticide; for the treatment of stroke with phlegms in the throat, wind type epilepsy, jaundice, chronic malaria, diarrhea, pharyngitis, nasal polyp, scabies, malignant sores.

**Precaution:** Contraindicated in pregnancy. Incompatible with all sorts of Shen, such as Radix Ginseng, Radix Codonopsis Pilosulae, Radix Adenophorae, Radix Salviae Mitiorrhizae, Radix Scrophulariae, Radix Sophorae Flavescentis, and Herba Asari, Radix Paeoniae Alba, Radix Paeoniae Rubra.

### Xing'anbaitouweng; Pulsatillae Dahuricae Rhizoma



**Sources:** The drug is the dried rhizome of *Pulsatilla dahurica* (Fisch.)Spreng(family Ranunculaceae), growing in hillside grasslands, and distributed in Heilongjiang and Jilin of China.

**Constituents:** The rhizome contains saponins.

**Actions and Indications:** It is used to clear away heat in blood; for the treatment of amebic dysentery.

### Xinanqianjinteng; Stephaniae Subpeltatae Herba



**Sources:** The drug is the dried aerial part of *Stephania subpeltata* H. S. Lo (family Menispermaceae), growing in wet roadsides, hillsides or gravelly slopes under woods; and distributed in Southwestern China and Guangxi.

**Actions and Indications:** It is used to clear away heat, subdue swell and relieve pain; for the treatment of sores, boils and abscesses, sore throat, rheumatism and stomachache due to heat.

### Dayechaihu; Bupleuri Longiradiati Radix



**Sources:** The drug is the root of *Bupleurum longiradiatum* Turcz. (Family Umbelliferae), growing in hilly grasslands, in scrubs in edge of woods or in thick growth of grass along rivers, distributed in Northeastern China and Nei Menggu, Gansu of China.

**Constituents:** The roots contain saikoside 2.5%-3.8% including saikosaponin a. b. c, and also contain sucrose and spinasterol.

**Actions and Indications:** The root is used to relieve depression of liver qi and to ascend the yang-qi for the treatment of pain in hypochondriac region, headache, margins of eyelids, malaria, hepatitis and abnormal menstruation.

### Maobaiyang; Populi Tomentosae Cortex seu Flos seu Folium



**Sources:** The drug is the dried bark, inflorescence or fresh leaf of *Populus tomentosa* Carr. (Family Salicaceae), growing in mountain area and pastures, and distributed and cultivated mostly in North China, North-west China and Liaoning, Henan, Shandong, Anhui, Jiangsu Hubei.

**Constituents:** Bark contains saponins, cardiotoxic glycoside, flavonoid glycosides, phenols, protein, amino acids, etc.

**Actions and Indications:** Bark or inflorescences is used to clear away heat and remove dampness by diuresis, as expectorant and antitussive, for the treatment of dysentery, stranguria with turbid urine, leukorrhea, cough and phlegm dyspnea, cough due to lung heat, hepatitis, bronchitis and pneumonitis, externally for ringworm infection diseases.

### Niujinguo; *Harrisonia Radix seu Folium*



**Sources:** The drug is the dried or fresh root or leaf of *Harrisonia perforata* (Bl.) Merr. (Family Simaroubaceae), growing on mountain slopes, in forests and scrubs on mountainous areas, and distributed in Guang dong and Hainan of China.

**Constituents:** Dried leaf contains perforation, etc.

**Actions and Indications:** Root is used as antipyretic and anti inflammatory, for the treatment of malaria. leaf is also used as antipyretic and anti inflammatory, for the treatment of eye diseases.

### Niuyanzhu; *Strychni Angustiflorae Semen*

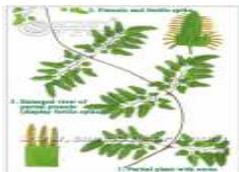


**Sources:** The drug is the dried ripe seed of *Strychnos angustiflora* Benth. (Family Loganiaceae), growing in forests and scrubs on mountainous areas, and distributed in Fujian, Guangdong, Hainan and Guangxi of Chiha.

**Constituents:** Seed contains strychnine, brucine etc.

**Actions and Indications:** Seed is used to remove obstruction in the muscles and channels, as antioncotic and analgesic, for the treatment of rheumatic arthrodynia, numbness of hands and feet and hemiparalysis, externally for pain caused by carbuncles and traumatic injury.

### Niuchaoteng; *Lygodii Flexuosi Herba*



**Sources:** The drug is the dried or fresh whole herb of *Lygodium flexuosum* (L.) Sw. (Family Lygodiaceae), growing in or near forests, and distributed in Fujian, Guangdong, Hainan, Guangxi, Guizhou and Yunnan of China.

**Constituents:** Whole herb contains kaempferol, 3, 3', 4, 5, 7 -penta-hydroxyflavone 3-O-rutinoside, quercetin, quercetin 3-β-D-glucoside, β-sitosterol stigmasterol, tectoquinine, dryocrassol, O-p-coumarydryocrassol, lygodinolide, etc.

**Actions and Indications:** Whole herb is used to relax muscles and tendons, promote blood circulation, as antiphlogistic, diuretic, antioncotic and hemostatic, for the treatment of numbness due to rheumatism, urinary tract infection, calculi in urinary system, edema due to nephritis and dysentery, externally for traumatic injury and bleeding, etc.

### Niushicao; *Rumicis Dentati Radix seu Herba seu Folium*



**Sources:** The drug is the dried or fresh root, whole herb or leaf of *Rumex dentatus* L (Family Polygonaceae), growing in moist or swampy lands, and distributed in Hebei, Shanxi, Shaanxi, Gansu, Qinghai, Henan, Anhui, Jiangsu, Zhejinang, Hubei, Guizhou, Sichuan and Yunnan of China.

**Constituents:** Root and leaf are both contain chrysophanol, emodin, aloemodin, etc.

**Actions and Indications:** Whole herb is used to remove heat from blood, as antitoxin and parasiticide, for the treatment of internal hemorrhage, dysentery, constipation, etc, externally for infantile aphtha, sprains, tinea, etc.

### Jianxueqing; *Liparidis Nervosae Herba*



**Sources:** The drug is the fresh or dried whole herb of *Liparis nervosa* (Thunb.) Lindl. (Family Orchidaceae), growing in moist and shady places under forests, or in crevices, and distributed in Zhejiang, Jiangxi, Fujian, Taiwan, Hunan, Guangdong, Guangxi, Southwest China.

**Constituents:** Whole herb contains nervosine.

**Actions and Indications:** Whole herb is used as antipyretic, anti-inflammatory and antihemorrhagic, to remove heat from blood, for the treatment of hemoptysis due to respiratory infection, hematemesis, hematochezia, metrorrhagia, cough with heat in lung and infantile convulsion, dermatitis externally for bleeding due to traumatic injury, traumatic injury, sores and snake-bite.

### Jianjuzijin; *Corydalis Sheareris Herba*



**Sources:** The drug is the dried entire herb of *Corydalis sheareris* S. Moore (family Papaveraceae), growing in most sites along forests or creek banks, and distributed in Anhui, Jiangsu, Zhejiang, Jiangxi, Hubei, Hunan, Guangdong, Guangxi, Sichuan, Guizhou, Yunnan of China.

**Constituents:** The herb contains protopine, bicuculine, domesticine, allocryptopine, corytuberine, etc.

**Actions and Indications:** It is used to promote blood circulation, subdue swell, relieve pain and clear away heat; for the treatment of stomachache due to heat-dampness, abdominal pain, conjunctivitis, diarrhea, hemiplegia, traumatic injuries, sores and boils, snake and insect-bite.

### Zhonghuasanyewailingcai; *Potentillae Sinicae Radix seu Herba*



**Sources:** The drug is the dried or fresh root or whole herb of *Potentilla freyniana* Bornm. var. *sinica* Mi go (Family Rosaceae), growing on grass lands, or in swampy lands under woods, and distributed in Anhui, Jiangsu, Zhejiang, Jiangxi, Hubei and Hunan of China.

**Actions and Indications:** Root or whole herb is used as antipyretic, anti-inflammatory and hemostatic, to remove blood stasis, for the treatment of enteritis, dysentery, toothache, stomach-ache, lumbago, enterogastric bleeding, menorrhagia, traumatic injury and osteomyelitis, externally for traumatic

bleeding, bone tuberculosis, scalds and burns, snake-bite.

### Jian' erguanzhong; *Cyrtomii Macrophylli Rhizoma*



**Sources:** The drug is the dried rhizome of *Cyrtomium macrophyllum* (Makino) Tagawa (family Dryopteridaceae), growing under woods, along creeks, and distributed in Shaanxi, Hubei, Hunan, Sichuan, Guizhou, Yunnan of China.

**Actions and Indications:** It is used to clear away toxic heat, promote blood circulation, kill parasites in the intestine; for the treatment of metrorrhagia, abnormal vaginal discharge, burns and scalds, traumatic injuries, ascariasis.

### Jianbeililu: *Veratri Oxyssepali Radix et Rhizoma*



**Sources:** The drug is the dried root and rhizome of *Veratrum oxysepalum* Turcz. (family Liliaceae), growing under woods on mountain slopes or damp soils of meadows, and distributed chiefly in Liaoning, Jilin, Heilongjiang of China.

**Constituents:** The root contains alkaloids.

**Actions and Indications:** It is used as expectorant, emetic, parasiticide; for the treatment of stroke with phlegms in the throat, wind type epilepsy, jaundice, chronic malaria, diarrhea, pharyngitis, nasal polyp, scabies, malignant carbuncle.

**Precaution:** Contraindicated in Pregnancy. Incompatible with all sorts of shen, such as Radix Ginseng, Radix codonopsis pilosulae, Radix Adenophorae Radix salviae Mihiorrhizae, Radix scrophulariae, Radix sophorae Flavescentis. and Herba Asari, Radix Paeoniae Alba, Radix Paeoniae Rubra.

### Jiazhutao; *Nerium Indici Folium seu Cortex*



**Sources:** The drug is the dried or fresh leaf or bark of *Nerium indicum* Mill. (Apocynaceae), cultivated in most areas of China.

**Constituents:** The leaf contains cardiac glycosides, such as oleandrin, 16-deacetyl-anhydrooleandrin, 16-dehydroadynocrin, adynocrin, 16-dehydroadynerin, and oleanolic acid. The bark contains odoroside A, B, D, G, H, K, adynerin, and oleanolic acid, ursolic acid, rutin, etc.

**Actions and Indications:** It is used as cardiac stimulant, and to cause diuresis, eliminate phlegm, relieve asthma, remove blood stasis, relieve pain; for the treatment of heart failure, asthma, cough, epilepsy, traumatic injuries.

### Banzhilian; *Portulacae Grandiflorae Herba*



**Sources:** The drug is the fresh aerial part of *Portulaca grandiflora* Hook. (family Portulacaceae), distributed originally in Brazil, and cultivated in almost whole of China.

**Constituents:** The herb contains betanin, isobetanin, betanidin, portulacal. The stem contains mesembryanthemin II and III, free oxalic acid and calcium oxalate, portulacal. The flower contains betanidin, isobetanidin and betacyanin.

**Actions and Indications:** It is used to remove heat, dissipate blood stasis, subdue swelling and relieve pain; for the treatment of cold, sore throat, burns and scalds, traumatic injuries and sores due to wetness evil, external for sores and scalds.

### Baishuliang; *Dioscoreae Hispidae Tuber*



**Sources:** The drug is the dried tuber of *Dioscorea hispida* Dennst. (family Dioscoreaceae), cultivated or growing in hilly scrubs or near forests, and distributed in Fujian, Guangdong, Hainan, Guangxi, Yunnan, Xizang of China.

**Constituents:** The drug contains dioscorine.

**Actions and Indications:** It is used to remove toxic heat, cause subsidence of swelling; for the treatment of boils and sores, syphilis, chancre, traumatic injuries.

**Precaution:** Avoid to be taken orally due to its acute toxicity.

### **Baimuwuji; Sapii Japonii Radicis Cortex seu Folium**



**Sources:** The drug is the dried root bark or leaf of *Sapium japonium* (Sieb. et Zucc. )Pax et Hoffm. (family Euphorbiaceae), growing in hillsides or forests, and distributed in Shaanxi, Shandong, Anhui, Zhejiang, Jiangxi, Fujian, Hubei, Hunan, Guangdong, Guangxi, Sichuan, Guizhou of China.

**Constituents:** The leaf contains 8-hydroxy-5, 6-octadienoate.

**Actions and Indications:** It is used to dissipate blood stasis, promote the subsidence of swelling, induce diuresis, relax the bowels; for the treatment of lumbago caused by over strain, dysuria and constipation, externally for rhus dermatitis and dermatitis.

### **Ribenliushan; Cryptomeriae Japonicae Cotex seu Ramulus et Folium**



**Sources:** The drug is the dried of fresh bark, or leaf of *Cryptomeria japonica* (L. f.) D. Don. (Family Taxodiaceae), growing in plain or on mountainous areas, and cultivated in Shandong, Shanghai, Jiangsu, Zhejiang, Jiangxi, Hubei, Hunan and Guangxi of China.

**Actions and Indications:** It is used as antitoxin and parasiticide, externally for the treatment of ringworm infection diseases, carbuncles, scalds, etc.

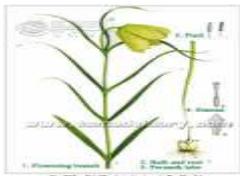
### **Huyejinyao; Chrysosplenii Sibirici Herba**



**Sources:** The drug is the whole herb of *Chrysosplenium alternifolium* L. var. *sibiricum* Set. ex DC. (Family Saxifragaceae), growing in mountainous damp fields, along streams, distributed in Northeastern China and Hebei, Shanxi and Qinghai of China.

**Actions and Indications:** The whole herb is used to expel damp heat and jaundice, for the treatment of jaundice, pain in micturition, hemorrhage, urinary tract infection, cystitis and dysuria.

### **Taibaibeimu; Fritillariae Taipaiensis Bulbus**



**Sources:** The drug is the bulb of *Fritillaria taipaiensis* P. Y. Li (Family Liliaceae), growing in mountainous grasslands or along streams, distributed in Qin Mountain area, the southeast of Gansu, the northwest Hubei and northeast of Sichuan of China.

**Constituents:** The bulb contains (20S, 22R, 25S)-20-deoxy-5 $\alpha$ -cevanine, tortifoline, delavine, chuanbeime, shinonomenine, etc.

**Actions and Indications:** The bulb is used to nourish the lung to arrest cough and resolve phlegm, for the treatment of cough due to yin deficiency, sputum with blood, cough due to the lung heat and bronchitis

### **Muyoutong; Verniciae Montanae Radix seu Folium seu Flos seu Fructus seu Semen**



**Sources:** The drug is the root, leaf, flower, fruit or seed of *Vernicia montana* Lour. (Family Euphorbiaceae), growing in sunny hilllands, along roadside, distributed in Southern China.

**Constituents:** The bark contains aleuritic acid. Seed contains fatty oil (tung oil) mainly eleostearic acid, isoeleostearic acid and glyceride of oleic acid.

**Actions and Indications:** The root is used as diuretic, phlegm eliminating drug and pesticide, to promote digestion, for the treatment of dyspepsia, hydrops, asthma and ascariasis. Leaf is used as febrifuge, antitoxic and pesticide, for the treatment of pain, dermatitis rhus, erysipelas, frostbite, scabies, burns and scalds. Flower is used as febrifuge and antitoxic, for the treatment of burns and scalds, eczematous neanatorum, tineacapitis, herpes simplex and pemphigus. Seed is used as emetic, antioncotic and diuretic, for the treatment of phlegm syndrome due to wind, dyspepsia, constipation, scabies, scrofulas, skin and external diseases. The tung oil is used for scabies, scalds, crack of frostbite. Fruit is used for scabies, indigestion constipation and anuresis, scald sand pustule.

### **Mushu; Manihot Amylum seu Folium**



**Sources:** The drug is the starch or leaf of *Manihot esculenta* Crantz (Family Euphorbiaceae), cultivated in thick soils on hillsides, hilllands or sandy lands, cultivated in Fujian, Taiwan, Guangdong, Guangxi, Hainan and Yunnan of China.

**Constituents:** The herb and tuber contain hydrocyanic acid, saponins, volatile oil.

**Actions and Indications:** The starch is used as anti-inflammatory antitoxic and antipyretic, to expel heat from blood, for the treatment of hydrops. Leaf is used as antioncotic and antitoxic, externally used for carbuncles and sores.

### **Tianqingdibai; Gnaphalii Japonici Herba**



**Sources:** The drug is the whole herb of *Gnaphalium japonicum* Thunb. (Family Compositae), growing in mountainous grasslands, in fields, along roadsides, edge of woods or waste fields, distributed in Henan, Shaanxi and Southern China.

**Actions and Indications:** The whole herb is used as antitussive, anti-inflammatory and anti swelling agent to improve acuity of vision, for the treatment of cough with sputum, sore-throat, arthralgia, urinary tract infection, stranguria with turbid urine, leukorrhea, inflammation of the eye, keratitis, gastric ulcer, externally used for mastiffs, carbuncles and sores, snakebite.

### **Tianmubeimu; Fritillariae Monanthae Bulbus**



**Sources:** The drug is the bulb of *Fritillaria monantha* Migo (Family Liliaceae), growing in mountainous forest, or in damp shrubs, distributed in the southeast of Henan and the north of Zhejiang of China.

**Constituents:** The bulb contains alkaloids.

**Actions and Indications:** The bulb is used as antitussive and antioncotic, to dispel phlegm, for the treatment of cold and cough, ulcers, tuberculosis of lymphnode, carbuncles and trachitis.

### Tianmumulan; *Magnoliae Amoena Flos*



**Sources:** The drug is the flower bud of *Magnolia amoena* Cheng (Family Magnoliaceae), growing in fertile miscellaneous forests, distributed in Zhejiang and Jiangxi province.

**Actions and Indications:** The flower bud is used as antitussive, diuresis and antitoxic, for the treatment of cough with lung-deficiency, sputum mixed with blood, carbuncles and sores.

### Tianshanchaihu; *Bupleuri Tianschanici Radix*



**Sources:** The drug is the root of *Bupleurum tianschanicum* Freyn (Family Umbelliferae), growing on grassslopes or in rocky areas, distributed in Tian Mountain area in Xinjiang of China.

**Actions and Indications:** The root is used as mediating agent, febrifuge, and to relieve depression of liver qi and to ascend the yang-qi, for the treatment of high fever, alternate spells of fever and chill, fullness and

discomfort in the chest and in the chest and hypochondrium region, headache and dizziness, malaria, infection of biliary tract, hepatitis, prolapse of anus, hysteroptosis, irregular menstruation.

### Tianshanhuaqiu; *Sorbi Tianschanicae Ramulus seu Cortex seu Fructus*



**Sources:** The drug is the bright branch, stem bark or ripe fruit of *Sorbus tianschanica* Rupr. (Family Rosaceae), growing in valleys or edge of conifer woods, distributed in Gansu, Qinghai and Xinjiang of China.

**Constituents:** The branch and stem bark contain hyperin. Fruit contains vitamin A, C, E, carotene, parasorbin acid and glucoside. Leaves contain

chlorogenic acid, isochlorogenic acid, catechin, epicatechin, rutin and glucoside of naringenin.

**Actions and Indications:** The branch and stem bark are used as antitussive, for the treatment of pulmonary tuberculosis, stomachache, cough with lung-heat, gastritis and Vitamin A, C, E deficiency.

### Tianshandahuang; *Rhei Wittrockii Radix et Rhizoma*



**Sources:** The drug is the root or rhizome of *Rheum wittrockii* Lundstr. (Family Polygonaceae), growing in sunny scrubs, damp areas, distributed in Tian mountain area in Xinjiang of China.

**Constituents:** The root contains anthraquinones 2.39%, including linkup 1.08% and free 1.08% such as emodin, physcion, chrysophanol, and also contain ponticin and tannins.

**Actions and Indications:** The root is used to subsidence of swelling, to promote blood flow and remove blood stasis, for the treatment of acute appendix, haematemesis, epistaxis, jaundice, scalds and sores.

### Huiguanzhong; *Polystichi Deltodoni Herba*



**Sources:** The drug is the dried entire herb of *Polystichum deltodoni* (Bak.) Diels (family Dryopteridaceae), growing on limerocks or in crevices of rock, and distributed in Anhui, Taiwan, Hunan, Hubei, Guangxi, Guangdong, Sichuan, Yunnan, Guizhou of China.

**Actions and Indications:** It is used to promote blood circulation, relieve pain, subdue swelling and induce diuresis: for the treatment of snake-bites,

traumatic injuries and traumatic bleeding, and prevention of cold.

### **Gangzhu; Phyllostachydis Bambusoidis Radix et Rhizoma**



**Sources:** The drug is the dried root and rhizome of *Phyllostachys bambusoides* Sieb. et Zucc. (family Graminae), cultivated or growing in low sealevel slopes, and distributed in East China and Shaanxi, Henan, Hubei, Hunan, Guangxi, Sichuan, Guizhou, Yunnan. The vagina named Banzhuqiao and the flower named Banzhuhua of this plant are also used as

drug.

**Actions and Indications:** The root and rhizome are used to relieve rheumatic conditions; for treatment of shortness of breath and cough, numbness and pain of limbs, pain of muscles and joints. The vagina is used to relieve heat in blood, facilitate eruption; for the treatment of measles with inadequate eruption. The flower is used for the treatment of scarlet fever.

### **Baihuasheshecao; Hedyotidis Diffusae Herba**



**Sources:** The drug is the dried or fresh entire herb of *Hedyotis diffusa* Willd. (family Rubiaceae), growing in grasslands along streams, fields, and distributed in Eastern China, Southern China and Hubei, Hunan, Sichuan, Guizhou, Yunnan.

**Constituents:** The herb contains oleanolic acid, ursolic acid, P-coumaric acid, stigmasterol,  $\beta$ -sitosterol-D-glucoside, etc.

**Actions and Indications:** It is used to remove heat, cause diuresis, counteract toxicity; for the treatment of tonsillitis, sore throat, appendicitis, dysentery, jaundice, pelvic infection, boils and sores, venomous snakebite.

### **Baihuapugongying; Taraxaci Pseudo-albidi Herba**



**Sources:** The drug is the dried or fresh entire herb of *Taraxacum pseudo-albidum* Kitag. (family Compositae), growing on the edges of woods or roadsides, and distributed in Liaoning, Jilin, Heilongjiang, Hebei, Neimenggu of China.

**Actions and Indications:** It is used to remove toxic heat, cause subsidence of swelling and nodulation, cause diuresis; for the treatment of

boils and sores, mastitis, scrofula, inflammation of eye, sore throat, lung abscess, appendicitis, jaundice caused by damp-heat, urinary infection with difficult painful urination.

### **Baihuadiyu; Sanguisorbae Sitchensis Caulis et Folium**



**Sources:** The drug is the dried tender stem and leaf of *Sanguisorba sitchensis* C. A. Mcy. (family Rosaceae), growing in hilly areas, ravines, wet sites, sparse forests or near forts\*s, and distributed in Jilin and lianing of China

**Actions and indications:** It is used to arrest bleeding, detoxicate and arrest the exudation from sores; for the treatment of hemoptysis, hematemesis, hemafecia, hematuria, hemorrhoidal bleeding, funtional uterine bleeding, leukorrhagia, dysentery, chronic gastritis and chronic enteritis.

### **Baiguzouma; Trichiliae Sinensis Radix seu Folium seu Fructus**



**Sources:** The drug is the dried root, leaf or fruit of *Trichilia sinensis* Benth. (family Meliaceae), growing in low sea level hillsides or scrubs near coasts, and distributed in Guangdong, Guangxi of China.

**Actions and Indications:** It is used to kill parasites, relieve dampness and itch and arrest bleeding; for the treatment of assariasis, abdominal pain, scabies, eczema and traumatic bleeding.

### **Baidingxiang; Syringae Affinis Folium seu Cortex**



**Sources:** The drug is the dried leaf or bark of *Syringa oblata* Lindl. var. *affinis* (L. Henryi) Lingelsh. (family Oleaceae) cultivated in the northern areas of the Yangtze River valley.

**Actions and Indications:** It is used to remove toxic heat, to eliminate wetness, to relieve cough and bloody dysentery; for the treatment of diarrhea, dysentery, mumps, hepatitis, cough and cough due to the retention of phlegm.

### **Baicanhua; Rosae Cathayensis Flos**



**Sources:** The drug is the dried flower of *Rosa multiflora* Thunb. var. *cathayensis* Rehd. et Wils. (family Rosaceae), growing in hillsides, scrubs or riversides, and distributed in Henan, Shaanxi, Gansu, Shandong, Anhui, Henan, Hubei, Zhejiang, Fujian, Jiangxi and Guangdong of China. The root of this plant is also a drug.

**Actions and Indications:** The flower is used to expel summer-heat, eliminate the wetness-evil and to normalize the function of spleen and stomach; for the treatment of summer-heat syndrome with feeling of oppression in the chest, thirst, vomit, loss of appetite, aphtha; The root is used to promote blood circulation and remove obstructions from the collateral channels; for the treatment of arthritis, facial paralysis and externally for scalds.

### **Changbaicebai; Thujae Koraiensis Cacumen seu Semen**



**Sources:** The drug is the dried branch and leaf, or kernel of *Thuja koraiensis* Nakai (Family Cupressaceae), growing on mountainous areas, in damp lands or in ravines, and distributed in Jilin province. **Constituents:** Leaf contains essential oil, the components of it such as  $\alpha$ -pinene, fenchone, thujone, etc. Seed contains fatty oils, saponins.

**Actions and Indications:** Branch and leaf are used to remove heat from blood, as antihemorrhagia, expectorant, antitussic, antidysentery and trichogen, for the treatment of hematemesis, hemostatic, hernatochezia, hematuria, metrorrhagia, dysentery, chronic bronchitis, pertussis, etc. Kernel is used to tranquilize the mind by nourishing the heart, lubricate the intestine and relieve constipation, for the treatment of neurosis, palpitation and insomnia, seminal emission and constipation.

### **Beijiaertangsongcao; Thalictri Baicalensis Radix et Rhizoma**



**Sources:** The drug is the dried root and rhizome of *Thalictrum baicalense* Turcz. (Family Ranunculaceae), growing in or near forests, on mountain slopes or in grass lands, and distributed in Heilongjiang, Jilin, Liaoning, Hebei, Shanxi, Shaanxi, Henan, Ningxia, Gansu, Qinghai, Sichuan and Tibet of China.

**Constituents:** Root contains berberine, etc.

**Actions and Indications:** Root and rhizome are used as antipyretic, damp-drying agent and anti-inflammatory, for the treatment of dysentery, enteritis, conjunctival congestion with pain and swelling, sores of the eyes, etc.

### Daqingmu, *Clerodendri Cyrtophylli Radix seu Folium*



**Sources:** The drug is the fresh or dried root or flowers of *Clerodendrum cyrtophyllum* Turcz. (Family Verbenaceae), growing on hillslopes, roadside, in scrubs in edge of woods, distributed in Southern China.

**Constituents:** The whole herb contains isoprene polymer, galactitol and stigmasterol. Leaf contains melissyl alcohol, n-pentacosane,  $\gamma$ -sitosterol and cyrtophyllin.

**Actions and Indications:** The root and leaf are used as anti inflammatory agent, analgesic, carminative and used to relieve dampness, for the treatment of cold and high fever, epidemic encephalitis, encephalitis B, migraine, hypertension, enteritis, dyspepsia, inflammation of the throat, rheumatic arthritis, carbuncles, furuncles, snakebite.

### Dashaye; *Pavettae Radix seu Ramulus et Folium*



**Sources:** The drug is the dried or fresh root, stem or leaf of *Pavetta hongkongensis* Brem. (Family Rubiaceae) growing on hillside, roadsides, edge of woods or in sparse woods, distributed in Guangdong, Guangxi, Hainan, Guizhou and Yunnan of China.

**Constituents:** The herb contains  $\gamma$ -sitosterol, quercus alcohol A1. Leaf contains flavonoid glucoside, amino acid carbohydrate.

**Actions and Indications:** The stem and leaf are used as febrifuge, antitoxic and blood-activator, for the treatment of cold and fever, heliosis, hepatitis, sores, scabies and traumatic swelling pain. Roots are used for pulmonary tuberculosis.

### Dayeteng; *Tinomisii Tonkinensis Radix seu Caulis seu Folium*



**Sources:** The drug is the dried root, stem or leaf of *Tinomiscium tonkinense* Gagnep. (Family Menispermaceae), growing in woods in valley or in hilly scrub, distributed in Guangxi, Guizhou and Yunnan of China.

**Constituents:** The branch, leaf and pericarp contain gutta-pera and alkaloids.

**Actions and Indications:** The root and stem are used as blood-activator and analgesic, for the treatment of rheumatism and rheumatoid disease, sequel of infantile paralysis, sore-throat, tonsillitis, conjunctive jaundice, acute tonsillitis, externally used for traumatic injury and fracture. Leaves are used for traumatic injury and cut. Fresh root is used for conjunctival congestion and tachycardia.

### Dashiwei; *Colysis Henryi Herba*



**Sources:** The drug is the fresh herb of *Colysis henryi* (Bak.) Ching (Family Polypodiaceae), growing in moist areas in woods or on rocks, distributed in Jiangsu, Zhejiang, Fujian, Hubei, Guangxi, Guizhou, Sichuan and Yunnan of China.

**Actions and Indications:** The herb is used as antipyretic, diuretic and to treat stranguria, for the treatment of pulmonary tuberculosis, hemoptysis, stranguria with turbid urine, hematuria, splenomegaly, arthralgia.

### Dadingcao; *Leibnitziae Herba*



**Sources:** The drug is the dried or fresh whole herb of *Leibnitzia anandria* (L.) Nakai (Family Compositae), growing in hilly roadsides, in edge of woods, in scrubs or on grasslands, distributed in most provinces of China

**Constituents:** The whole herb contains 5-methyl coumarin-4-O-D-glucoside.

**Actions and Indications:** The whole herb is used as febrifuge, antitoxic, antioncotic, antitussive and hemostatic, for the treatment of rheumatism (numbness), cough with phlegm-dyspnea, infantile malnutrition, furuncle and pyogenic infections, lymphoid tuberculosis, acute mastitis, enteritis, nephritis, traumatic hemorrhage, snakebite.

### Sanfuchaihu; *Bupleuri Triradiati Radix*



**Sources:** The drug is the dried root of *Bupleurum triradiatum* Adams ex Hoffm. (Family Umbelliferae), growing in meadow on sunny hillsides, or in crevice, and distributed in Xinjiang, Qinghai, Sichuan and Tibet of China.

**Actions and Indications:** Root is used to clear away the heat, promote eruption of rash, for the treatment of fever caused by cold, pain in chest, headache and dizziness, malaria, hepatitis, prolapse of the anus and the uterus, menstrual disorder.

### Qijiaofeng; *Macropanax Rosthornii Radix seu Folium*



**Sources:** The drug is the dried or fresh root and leaf of *Macropanax rosthornii* (Harms ex Dells) C. Y. Wu ex Hoo (family Araliaceae), growing in forest, scrub or along roadside, near forest, and distributed in Gansu, Jiangxi, Fujian, Hubei, Hunan, Guangdong, Guangxi, Guizhou and Sichuan of China.

**Actions and Indications:** Root or leaf is used as antirheumatic, diuretic and blood activator, to remove blood stasis, for the treatment of pain caused by rheumatism, fracture and pain caused by traumatic injury.

### Jiudaosheng; *Asplenium Variantis Herba*



**Sources:** The drug is the dried or fresh whole herb of *Asplenium varians* Wall. ex Hook. et Grew. (Family Aspleniaceae), growing in forests, on trunk or dampy rock, and distributed in Shanxi, Shaanxi, Hunan, Guizhou and Yunnan province.

**Actions and Indications:** Whole herb is used as antipyretic, blood purifying agent, hemostatic and the regenerative agent of muscles, antioncotic, to set of fracture, for the treatment of fracture, wound caused by cut, infantile indigestion with food retention, infantile convulsions, scalds and burns, carbuncles.

### Jiuxiancao; *Thesium Longifolii Herba*



**Sources:** The drug is the dried or fresh whole herb of *Thesium longifolium* Turcz. (Family Santalaceae), growing on grassland or pasture near forest, and distributed in Heilongjiang, Jilin, Liaoning, Hebei, Nei Mongol, Gansu, Ningxia, Qinghai, Guizhou, Sichuan and Yunnan of China.

**Actions and Indications:** The herb is used as antipyretic, spasmolysis, parasiticide, antipruritic and anti-dysenteric, for the treatment of cold, heatstroke, bronchitis, infantile malnutrition due to improper feeding, infantile pneumonitis, infantile cough, cough, infantile convulsions,

antidysentery, cutaneous pruritus

### Jiuzilian; *Calanthes Puberulae Radix seu Herba*



**Sources:** The drug is the dried root or whole herb of *Calanthe puberula* Wall. ex Lindl. (Family Orchidaceae), growing under woods or on grassy slopes, and distributed in Anhui, Hunan, Guangxi, Sichuan, Yunnan and Tibet of China.

**Actions and Indications:** Root is used as antiphlogistic, for the treatment of acute or chronic bronchitis, pulmonary tuberculosis, lymphoid tuberculosis. Whole herb is used to moisten the lung and arrest cough, for the treatment of acute and chronic bronchitis, pulmonary tuberculosis, lymphoid tuberculosis.

### Renmianzi; *Dracontomenlonis Duperreani Fructus seu Folium*



**Sources:** The drug is the fresh fruit or leaf of *Dracontomenlon duperreanum* Pirre (Family Anacardiaceae), growing in the forest in the mountainous area, and distributed in Guangdong, Hainan, Guangxi and Yunnan of China.

**Actions and Indications:** Fruit is used as spleen invigorator and salivator, to remove disintegrated mass, for the treatment of indigestion, anorexia, thirst due to febrile disease. Leaves are used for the treatment of sores.

### Babaocha; *Euonymus Przewalskii Ramulus et Folium*



**Sources:** The drug is the dried or fresh branch and leaf of *Euonymus przewalskii* Maxim. (Family Celastraceae), growing in scrub, on hillside, and distributed in Hebei, Shanxi, Gansu, Qinghai, Xinjiang, Sichuan and Tibet of China.

**Actions and Indications:** Branch and leaf are used as blood-activator and antipyretic, to remove blood stasis and improve eyesight, for the treatment of abdominal pain by postpartum blood clots, amenorrhea, arthrodynia, carbuncles, blood stasis caused by traumatic injury, etc.

### Baxianhua; *Hydrangeae Macrophyllae Radix seu Folium seu Flos*

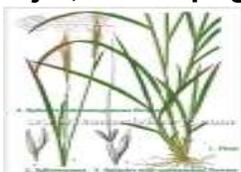


**Sources:** The drug is the dried root, leaf or flower of *Hydrangea macrophylla* (Thunb.) Ser. ex DC. (Family Saxifragaceae), growing and cultivated in the yard or park all over China.

**Constituents:** Aerial part and roots contain umbelliferone, monohydroxymonomethoxy coumarin. Leaf contains 7-( $\beta$ -D-glucosyloxy) coumarin. Leaf and flower contains hydrangerol glucoside. Flower contains rutin, etc.

**Actions and Indications:** Root, leaf and flower are used to clear away heat, as antimalarial and parasiticide. Roots are used for the treatment of sore throat, eczema of scrotum. Leaves and flowers are used for the treatment of palpitation and dysphoria, headache and dizziness, malaria etc.

### Dijin; *Heteropogonis contorti Radix seu Herba*



**Sources:** The drug is the dried root or aerial part of *Heteropogon contortus* (L) Beauv. (family Graminae), growing in grass slopes, and distributed in Southern China, Central China, Southwest China and Shaanxi, Zhejiang.

**Constituents:** The herb contains protein, fat, glucose, fructose, galactinol, myo-inositol and raffinose, etc.

**Actions and Indications:** It is used to remove heat and relieve thirst, to relieve rheumatic conditions; for the treatment of febrile disease with dire thirst, cough, vomiting and diarrhea, arthralgia.

### Diding; *Gueldenstaedtia Pauciflorae* Herba



**Sources:** The drug is the dried or fresh entire plant of *Gueldenstaedtia pauciflora* Fisch.(family Leguminosae), growing in hillsides, grasslands or sandy lands, and distributed in Northeastern China and Henan.

**Actions and Indications:** It is used to expel heat and dampness, clear away heat and subdue swelling; for the treatment of sores, boils and abscesses.

### Didan; *Meloe Coarctati* Corpus



**Sources:** The drug is the dried whole body of *Meloe coarctatus* Motschulsky(family Meloidae) , imago living in grasslands near roadside, and distributed in Northeast China, North China.

**Actions and Indications:** It is used to combat poisons, eliminate blood stasis and masses; for the treatment of scrofula, nasal polyp, mass formation in the abdomen, scabies, malignant rores, psoriasis,

neurodermatitis.

**Precaution:** Very toxic. Be cautious of oral administration.Contraindicated in pregnancy.

### Bingqiuzi; *Oreorchidis Patentis Pseudobulbus*



**Sources:** The drug is the dried pseudobulb of *Oreorchis patens* (Lindl) Lindl. (family Orchidaceae), growing in woods, crevices of cliff, and distributed in Northeast China and Shaanxi, Gansu, Sichuan, Yunnan,Xizang.

**Actions and Indications:** It is used to counteract toxicity, eliminate blood stasis, kill worms, for the treatment of carbuncles and sores, scrofula, inflammatory process of soft tissue of unknown origin.

### Baibuhuan yangdan; *Neottianthes Cucullatae* Herba



**Sources:** The drug is the dried or fresh entire herb of *Neottianthes cucullata* (L.)Schltr. (family Orchidaceae), growing in woods, near forests, and distributed in Northeast China, North China and Shaanxi, Xinjiang Anhu , Henan Sichuan, Yunnan.

**Actions and Indications:** It is used as cardiac stimulant, to activate blood circulation and eliminate blood stasis, set a fracture and promote tissue regeneration; for the treatment of the coma due to trauma, traumatic injuries, fracture.

## CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 2 – QUESTION & ANSWERS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP, PC: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at [iridology@netzero.net](mailto:iridology@netzero.net) or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please use a separate sheet to do this assignment.**

1. Disease is a result of?
2. What are the YIN organs?
3. What are the YANG organs?
4. What is the Meridian System?
5. Make a table on a separate sheet of paper. Go through your refrigerator, freezer and cupboards and list the foods that you eat on a regular basis. Mark them if they are Yin, Yang, or Neutral. Are the foods that you eat on a regular basis more neutral than Yin or Yang or are they more Yin or Yang? How does this affect your health? Do you need to change your diet? Be sure to turn in the table along with your answers.
6. Make a table on a separate sheet of paper. Make a list of the foods you eat on a regular basis. Mark them if they are hot, warm, cool, or cold. Based on the foods that you are eating on a regular basis, does this improve your health or add to any imbalances that you are experiencing? Please be specific if you have a health issue and how changing your foods will help improve the imbalance. You can use the foods you've listed in #5 above if you wish. Be sure to turn in the table along with your answers.
7. Go through all the Chinese herbs we've listed as having cold properties. Pick 3-5 of the ones that you believe will be beneficial for your health. Write a description for each one of why you chose it and how you think it will benefit your health.
8. What are the 5 flavors of foods?
9. What are the colors of foods and how do they affect the body?
10. Make a table on a separate sheet of paper. Look at the table with the five energies of foods. List the foods in the table that you eat on a regular basis and mark it with its energy. Notice which energies you are eating more of. Be sure to turn in the table along with your answers.
11. What foods promote urination?