Ai Ye - Artemisiae Argyi, Folium

Properties: BITTER, PUNGENT - WARM
Dosage: 3 – 9g.
Mugwort Leaf (MOXA)
Meridian: SPLEEN, LIVER, KIDNEY

- stops bleeding – prolonged uterine bleeding due to deficient cold
- warms womb – restless fetus –possible miscarriage due to bleeding
- lower abdomen cold pain
Ba Dou - Croton Tiglui, Semen

Properties: PUNGENT - HOT/TOXIC
Dosage: 0.1 – 0.3g
Bean Seed
Meridian LUNG, STOMACH, LARGE INTESTINE

- vigorously purges, warmly un-blocks, drives out water
- edema

TOXIC- CAUSES SEVERE EXPLOSIVE DIARRHEA
Ba Ji Tian - Morindae Officinalis, Radix

Also Known As:
Morinda, Morinda Root, Morindae officinalis, Morindae radix.
Family: Rubiaceae.
Properties: SWEET, PUNGENT – WARM
Dosage: 6-15g.

Meridian: KIDNEY, LIVER

- tonify kidney, strengthen yang – reproductive/urinary/menstrual disorders
- strengthen sinews and bones – back pain, muscular atrophy
- expel wind/damp cold – back and leg Qi pain

Also Used For:
Orally, Ba Ji Tian is used for cancer, cholecystitis, debility, enuresis, polyuria, hemia, impotence and premature ejaculation, lumbago (mid- and lower-back pain), dorsalgia (upper back pain), depression, increasing white blood cell count, stimulating the endocrine system, improving kidney function, and strengthening the skeletal and nervous systems. Also In traditional Chinese Medicine, Ba Ji Tian is used as a kidney tonic to strengthen the yang.

Morinda officinalis (ba ji tian) is combined with Morinda citrifolia.
Bai Bu - Stemonae, Radix

Properties: SWEET, BITTER - WARM
Dosage: 3 – 9g.
Stemona Root
Meridian: LUNG

- moisten lung, stop cough – chronic and acute cough, deficient cough
- expel parasites, kills lice – topically for lice, internally for pinworms
Bai Dou Kou - Amomi Kravanh, Fructus

White Cardamon Seed

Also known as: Bai Dou Kou, Cardamon, Cardomomi Fructus. Elettaria cardamomum, synonym Amomum cardamomum.
Family: Zingiberaceae.
Properties: PUNGENT – WARM, AROMATIC
Dosage: 3 – 6g.
Meridian: LUNG, SPLEEN, STOMACH

- aromatically transforms dampness, chest distention, lack of appetite
- stagnation of middle burner Qi, warms middle burner
- causes rebellious Qi to descend, nausea and vomiting
- *cook crushed seeds in last 5 minutes of decoction

Also Used For:
Orally, cardamom is used for dyspepsia, intestinal spasm, irritable bowel syndrome (IBS), common cold, cough, bronchitis, inflammation of the mouth and pharynx, liver and gallbladder complaints, loss of appetite, and tendency toward infection. It is also used as an anti-flatulent and laxative.

Food uses, cardamom is consumed as a spice in many parts of the world.
Bai Fu Zi - Typhonii Gigantei, Rhizoma

Typhonium Rhizome
Properties: PUNGENT, SWEET - WARM/TOXIC
Meridian: LIVER, SPLEEN, STOMACH
Dosage: 1.5 – 6g.

- Dry dampness, transform phlegm, expel wind-cold, stop spasm pain
- Relieve toxicity, dissipates nodules – snake bite
- TOXIC – do not use with pregnancy (1.5-6g)
Bai Gou - Ginkgo Bilobae, Semen

Ginkgo Nut
Properties: SWEET, BITTER, ASTRINGENT – NEUTRAL/TOXIC
Meridian: KIDNEY, LUNG
Dosage: 4.5 – 9g.

- nourish lung - expel phlegm, stop cough, stop wheezing
- eliminate damp, stabilize lower jiao – leucorrhea, turbid/frequent urine
Bai He - Lilii, Bulbus

Properties: SWEET, BITTER – COLD
Dosage: 9-30g.
Lily Bulb
Meridian HEART, LUNG

- moisten lung, clear heat – stop cough, sore throat
- clear heat, calm spirit – low fever, insomnia, restlessness, irritability
Heydyotis (Oldenlandia)
Properties: BITTER, SWEET - COLD
Dosage: 15 – 60g
Meridian: LIVER, STOMACH, LARGE INTESTINE

- clear toxic heat and fire – reduce abscess, toxic sores, ulcerations, swellings, snakebite (internal and external application)
- clear heat and damp – promotes urination, lin syndrome, jaundice
Bai Ji Li - Tribuli Terrestris, Fructus

Properties: BITTER, SWEET - COOL
Dosage: 3 – 15g.
Bletilla striatae rhizome
Meridian: LUNG, STOMACH, LIVER

- stops bleeding from lungs & stomach – vomit/cough blood
- reduces swelling & generates flesh – topically for sores/chap-skin/ulcer
Bai Ji - Bletillae Striatae, Rhizoma

Properties: BITTER, SWEET - COOL
Dosage: 3 – 15g.
Bletilla Rhizome
Meridian: LUNG, STOMACH, LIVER

- stops bleeding from lungs & stomach – vomit/cough blood
- reduces swelling & generates flesh – topically for sores/chap-skin/ulcer
Bai Jiang Cao - Patriniae, Herba cum Radice

Properties: PUNGENT, BITTER - COOL
Dosage: 9 – 15g.
Patrina (Thiaspi)
Meridian: LARGE INTESTINE, LIVER, STOMACH

- clear toxic heat and fire – expel pus, abscess, sores, swellings
- dispel blood stasis, stop pain – abdominal / chest stasis, traumatic injury
Bai Jie Zi - Sinapis Albae, Semen

Properties: PUNGENT – WARM  
Dosage: 3 – 9g.  
White Mustard Seed  
Meridian: Lung

- warm Lung Qi, expels cold-phlegm  
- dissipates nodules, reduce swelling, alleviate pain, yin type boils
Bai Mao Gen - Imperatae Cylindricae, Rhizoma

Properties: SWEET - COLD
Dosage: 9 – 24g.
Wolly Grass Root
Meridian: LUNG, STOMACH, SMALL INTESTINE, BLADDER

- cool blood, stop bleeding due to reckless movement of hot blood
- blood in Urine, promote urination
- cough with blood, clear heat from stomach & lungs
Bai Qian - Cynanchi Baiqian, Radix Et Rhizoma

Properties: PUNGENT, SWEET - WARM
Dosage: 3 – 9g.
Cynanchum Rhizome
Meridian LUNG

- redirect lung Qi down, expel phlegm – cough with copious sputum and gurgling in throat, wheezing
Bai Shao Yao - Paeoniae Lactiflorae, Raidx

Properties: BITTER, SOUR - COOL
Dosage: 6-15g
White Peony Root
Meridian: LIVER, SPLEEN

- nourish blood – regulates menses due to blood deficiency
- calms liver Yang – alleviates pain
- preserves Yin – adjusts Ying & Wei levels
Bai Tou Weng - Pulsatillae Chinensis, Radix

Properties: BITTER - COLD
Dosage: 6 - 15g.
Chinese Anemone Root
Meridian: LARGE INTESTINE, LIVER, STOMACH

- clear toxic heat and fire – dysentery (damp heat in stomach)
Bai Wei - Cynanchi Baiwei, Radix

Properties: BITTER, SALTY - COLD
Dosage: 6 – 15g.
Swallowwort Root
Meridian: LUNG STOMACH, KIDNEY

- clear heat, cool blood - yin deficient fever, post partum fever
- cools blood, promote urination – xue lin
- relieves toxicity – toxic sores, swollen-painful throat, snake bite
Bai Xian Pi - Dictamni Dasycarpi Radicis, Cortex

Properties: BITTER  - COLD
Dosage: 6 – 9g.
Dictamnus Root Bark
Meridian:  SPLEEN, STOMACH
Family: Rutaceae.

- clears toxic heat and fire, expels wind, dries damp – sores, carbuncles, rashes with excessive pus, moist skin, jaundice

Also Known As:  Adiptam, Dittany, Fraxinella, Gas Plant, Herba Dictamni Herba. Dictamnus albus.

Also Used For: Orally, Bai Xian Pi / Burning bush root is used for digestive and urogenital disorders, and to promote hair growth. Topically, burning bush root is used for eczema, impetigo, and scabies. Also In Chinese medicine (China and Korea), Bai Xian Pi Burning Bush root is applied topically for arthritis, fever, hepatitis, skin inflammation, thread fungus, uterine hemorrhages, to calm children crying as a result of a nervous state, and as a sedative and tonic. In folk medicine, Bai Xian Pi / Burning Bush root is used as a diuretic and spasmolytic. Historically, burning bush root was used for desiccation, epilepsy, hysteria, worm infestations, and to promote menstruation. In India, burning bush root is used for amenorrhea and birth control.
Bai Zhi - Angelicae Dahuricae, Radix

Properties: PUNGENT - WARM
Dosage: 3 – 9g.
Angelica Root
Meridian: LUNG, STOMACH
Family: Apiaceae/Umbelliferae.

- expel wind-cold, alleviate pain – supraorbital pain, congestion, toothache
- clears swelling, expel pus – early stage, carbuncles, sores, ulcer
- expel dampness – leucorrhea
- opens nasal passages for nasal congestion

Also Known As: European Angelica, Garden Angelica, Root of the Holy Ghost, Wild Angelica. Angelica archangelica, synonym Archangelica officinalis; Angelica atropurpurea, Angelica sylvestris; Angelica curtisi; Angelica rosaefolia; Angelica pubescens.

Also Used For: Orally, Bai Zhi / Angelica root is used for loss of appetite, gastrointestinal spasms, feeling of fullness, and flatulence. Topically, Bai Zhi / Angelica root is used to create warmth in neuralgia and rheumatism, and is used for skin disorders. It is also used as part of a multi-ingredient preparation for treating premature ejaculation. Historically, Bai Zhi / Angelica root has been used to promote menstrual flow, as an abortifacient, antiseptic, expectorant, diuretic, and as a cure for the plague.
Bai Zi Ren - Biotae Orientalis, Semen

Properties: SWEET – NEUTRAL
Dosage: 6 – 18g.
Arbor-Vitae Seed
Meridian: HEART, KIDNEY, LARGE INTESTINE
Family: Cupressaceae.

- nourish heart yin, calms spirit – irritability, insomnia, forgetfulness, palpitations
- moisten intestines due to blood/yin deficiency – constipation
- night sweats

Also Known As: Chinese Arborvitae. Platycladus orientalis, synonyms Biota orientalis, Thuja orientalis.

Also Used For: Orally, Bai Zi Ren / Oriental Arborvitae is used orally for headache, apprehension, calming nervous disorders and excitement, for cancer, constipation, convulsions, dysmenorrhea, ejaculation problems, narrowing of intestine, fever, vomiting blood, bloody stools, blood in urine, hemorrhage, insomnia, painful menses, heavy menstrual flow, irregular and variable menstrual bleeding, nausea, neurasthenia, palpitation, perspiration, rheumatism, tumors, and as a tonic. It is also used orally for diuretic, laxative, menstrual-stimulant, pain-reliever, parasiticide, and sedative effects. Topically, Bai Zi Ren / Oriental Arborvitae is used for nosebleed, piles, for burns and scalds, and as a hair tonic. It is also used topically for its astringent and antiperspirant properties.
Ban Lan Gen - Isatidis seu Baphicacanthi, Radix

Properties: BITTER - COLD
Dosage: 15 – 30g.
Woad Root (Isatis Root)
Meridian: HEART, LUNG, STOMACH

- drain toxic heat and fire, cools blood – mumps, painful swollen throat
- damp heat – jaundice
Ban Mao - Mylabris

Properties: PUNGENT - COLD/TOXIC
Dosage: 0.03 – 0.06g.
Cantharides (Mylabris)
Meridian: LARGE INTESTINE, LIVER, SMALL INTESTINE

- attack toxins, wears away sores - topically – sores, carbuncles, scrofula
- greatly irritates skin producing blisters and redness
- breaks up blood stasis, disperse clumps – palpable non-moving masses
Ban Xia - Pinelliae Ternatae, Rhizoma

Properties: PUNGENT - WARM/TOXIC
Dosage: 4.5 – 12g.
Pinellia Rhizome
Meridian: LUNG, SPLEEN, STOMACH

- dry dampness, transform cold-phlegm, rebellious Qi
- harmonize stomach, stops vomiting
- dissipate nodules, reduce distension
- TOXIC – caution with pregnancy
Bian Dou - Dolichoris Lablab, Semen

Properties: SWEET - NEUTRAL
Dosage: 9-21g.
Hyacinth Bean
Meridian: SPLEEN, STOMACH

- strengthen spleen Qi – stops diarrhea
- clears heat & dampness – diarrhea & vomit
Properties: BITTER - COOL
Dosage: 9 - 15g.
Knot Weed
Meridian: BLADDER
Family: Polygonaceae.

- damp heat in bladder - promote urination, re lin, xue lin syndrome
- expels parasites
- itchy skin


Also Used For: Orally, Bian Xu / Knotweed is used for bronchitis, cough, gingivitis, and inflammation of the mouth and pharynx. It is also used for supportive treatment of pulmonary diseases, skin disorders, to suppress perspiration associated with tuberculosis, as a diuretic, and to stop bleeding.
Bie Jia - Amydae Sinensis, Carapax

Properties: SALTY – COLD
Dosage: 9-30g.
Chinese Soft Turtle Shell
Meridian: LIVER, SPLEEN

- nourish Yin, clear deficiency heat, anchors Yang, Int.-liver wind
- invigorate blood, promotes menses, dissipate nodules
Bie Xie - Dioscoreae Hypoglaucae, Rhizoma

Properties: BITTER - NEUTRAL
Dosage: 9 – 15g.
Dioscorea Root
Meridian: BLADDER, LIVER, STOMACH

- separates pure from turbid, cloudy urine and leukorrhea
- expel wind damp (cold and hot bi syndrome), relax sinews
- damp heat – skin disorders
Bing Lang - Arecae Catechu, Semen

Properties: PUNGENT, BITTER - WARM
Dosage: 6 – 12g.
Betel Nut (Areca Seeds)
Meridian LARGE INTESTINE, STOMACH
USED ALONE 120g.
Family: Palmaceae.

- kills parasites – tape worms, pinworms, round worms, blood flukes, helps expel bodies of worms as well
- promote movement of Qi, reduce stagnation – drains down and unblocks bowels, food accumulation, abdominal distention, constipation, tenesmus
- promote urination – damp phlegm and malarial disorders

Also Known As: Areca Nut, Betel Nut, Betel Quid, Pinag, Pinlag. Areca catechu.

Also Used For: Orally, areca is used as a recreational drug because of its central nervous system (CNS) stimulating properties. It is also used orally for treatment of schizophrenia, but is otherwise rarely used therapeutically. Historically, areca has been used for glaucoma and as a mild stimulant or digestive aid. In veterinary medicine, an extract of areca is used for expelling tapeworms in cattle, dogs, and horses; as a cathartic; and for treating intestinal colic in horses.
Properties: PUNGENT, BITTER - COOL
Dosage: 0.3 – 0.9g.

Borneol
Meridian HEART, LUNG, SPLEEN

- aromatically opens orifice, revives spirit – fainting, convulsion
- clear heat, alleviate pain, dissipate nodules
- alleviate itching, pain, swelling of throat and skin disease – regenerates flesh
Bo He - Menthae Haplocalycis, Herba

Properties: PUNGENT, AROMATIC - COOL
Dosage: 1.5 – 6g.
Field Mint (Mentha)
Meridian: LUNG, LIVER
Family: Labiatae or Lamiaceae.

- expel wind-heat – fever, headache, cough
- clears head and eyes- aids throat, sore throat, red eyes, headache
- clears rashes – early stage to accelerates rash at early stage
- liver Qi stagnation – emotional, gynecological disorders

Also Known As: Hairy Mint, Marsh Mint, Water Mint. Mentha aquatica.

Also Used For: Orally, Bo He / Wild Mint is used for diarrhea and painful menstruation. It is also used as an astringent and stimulant.
Bu Gu Zhi - Psoraleae Corylifoliae, Fructus

Properties: BITTER, PUNGENT - HOT
Dosage: 3-9g.
Psoralea Fruit
Meridian: KIDNEY, SPLEEN

- tonify kidney, strengthen yang – reproductive disorder – cold lower back
- tonify and strengthen spleen – early morning diarrhea
- promote kidneys to grasp lung Qi – wheezing
- topically for alopecia, psoriasis, vitiligo
Can Sha - Bombycis Mori, Excrementum

Properties: SWEET, PUNGENT - WARM
Dosage: 9 – 15g.
Silkworm Feces
Meridian: LIVER, SPLEEN, STOMACH

- expel wind damp, relieve pain – wind-damp obstruction, itchy rash
- harmonize stomach, transform turbid dampness – vomiting, diarrhea, cramps, abdominal pain, borborygmus
Cang Er Zi - Xanthii Sibirici, Fructus

Properties: SWEET, BITTER - WARM/TOXIC
Dosage: 3 – 9g.
Cocklebur Fruit (Xanthium)
Meridian: LUNG

- expel wind and damp – painful obstruction, skin disorders, itching, headache continuing down to back of neck and back
- nasal passage obstruction – thick nasal discharge, sinus headache
Cang Zhu - Atractylodis, Rhizoma

Properties: PUNGENT, BITTER – WARM, AROMATIC
Dosage: 4.5 - 9g.
Atractylodes Rhizome
Meridian: SPLEEN, STOMACH

- strong drying damp function, harmonizes middle burner
- expel wind-damp-cold (bi-syndrome)
- clears damp heat from lower burner
- induces sweating, Release exterior
Cao Dou Kou - Alpiniae Katsumadai, Semen

Properties: PUNGENT – WARM, AROMATIC
Dosage: 1.5 – 6g.
Cardamon Seed
Meridian: SPLEEN, STOMACH

- dries dampness, warms middle burner, abdominal distention, vomiting, diarrhea
- very strong warming and drying function
Cao Guo - Amomi Tsae-ko, Fructus

Properties: PUNGENT - WARM
Dosage: 1.5 – 6g.
Tsaoko Fruit
Meridian: SPLEEN, STOMACH

- dries damp, damp cold obstruction spleen – abdominal pain and distention, vomiting, diarrhea
- malarial disorder – fever, chills with damp cold and turbid dampness
- dissolve stagnation and distention of abdomen – nausea, spleen deficient
Ce Bai Ye - Biotae Orientalis, Cacumen

Properties: BITTER, ASTRINGENT - COOL
Dosage: 6 – 15g.
Biota Leaves
Meridian: HEART, LIVER, LARGE INTESTINE

- cool blood, stop bleeding – vomiting blood, bleeding gums, coughing blood, blood in stool or urine, uterine bleeding
- stop cough, lung heat – cough with phlegm, thick bloody sputum
- promotes healing of burns – topically for early stages
Chai Hu - Bupleuri, Radix

Properties: BITTER, PUNGENT - COOL
Dosage: 3 – 12g.
Thorowax Root (Bupleurum)
Meridian: GALLBLADDER, LIVER, PERICARDIUM, SAN JIAO
Family: Apiaceae.

- clears less yang disorders – fever, chills, bitter taste, irritable, vomiting
- liver Qi stagnation – vertigo, menstrual disorder, chest pain, bloating
- spleen and stomach deficiency – prolapsed organ, diarrhea, hemorrhoids

Also Known As: Bei Chai Hu, Chi Hu, Chinese Thoroughwax, Hare's Ear Root, Sho-saiko-to, Shrubby Hare's-ear, Sickle-leaf Hare's-ear, Thoroughwax. Bupleurum chinense; Bupleurum exaltatum; Bupleurum falcatum; Bupleurum fruticosum; Bupleurum longifolium; Bupleurum multinerve; Bupleurum octoradiatum; Bupleurum rotundifolium; Bupleurum scorzonerifolium.

Also Used For: Orally, Chai Hu / Bupleurum is used for fevers, flu, the common cold, cough, fatigue, headache, tinnitus, liver disorders, premenstrual syndrome (PMS), dysmenorrhea, depression, anorexia, cancer, inflammation, lung congestion, malaria, angina, epilepsy, pain, muscle cramps, rheumatism, asthma, bronchitis, indigestion, ulcers, hemorrhoids, diarrhea, constipation, as a sedative, antioxidant, antiseptic, antifungal, antiviral, as an immune stimulant, and for reducing cholesterol and triglyceride levels. It is also used orally for increasing sweating, as a protectant against kidney problems, a liver tonic, and a spleen and stomach toner. In combination, Chai Hu / Bupleurum is used in many herbal formulas. It is included in a Chinese herbal formula used for treating thrombocytopenic purpura and in a Japanese herbal formula (Sho-saiko-to, TJ-9, Xiao-chai-hu-tang) used for various chronic liver diseases. Bupleurum is used orally in combination with Panax ginseng and licorice to help stimulate adrenal gland function, particularly in patients with a history of long-term corticosteroid use.
Chan Tui - Cicadae, Periostracum

Properties: SWEET, SALTY - COOL
Dosage: 3 – 9g.
Cicada Moulting
Meridian: LUNG, LIVER

- disperse wind, clear heat – loss of voice, swollen throat
- vents rashes – accelerates early stage of rash
- clears liver – red-painful-swollen eyes, blurry vision
- stops infantile wind – spasm, delirium, night terrors, convolution
Che Qian Zi - Plantaginis, Semen

Properties: SWEET - COLD
Dosage: 4.5 – 9g.
Plantago Seeds
Meridian: KIDNEY, BLADDER, LIVER, LUNG

- promote urination, drain heat from bladder
- solidify stool, clear/brighten eyes.
- lung heat – expel phlegm, stop cough
Chen Pi - Citri Reticulatae, Pericarpium

Properties: PUNGENT, BITTER - WARM, AROMATIC
Dosage: 3 – 9g.
Aged Tangerine Peel
Meridian: LUNG, SPLEEN, STOMACH

- regulate stomach Qi, invigorates spleen Qi
- dry damp, transform phlegm
- prevents stagnation
Chen Xiang - Aquilariae, Lignum

Properties: PUNGENT, BITTER - WAR, AROMATIC
Dosage: 1.5 – 3g.
Aloeswood
Meridian: KIDNEY, SPLEEN, STOMACH

- promote movement of Qi, alleviate pain, upper and middle burner
- stomach pain with nausea/vomit, direct rebellious Qi downward
- helps kidney grasp Qi
- With Rou Chong Rong = constipation due to kidney deficiency
Properties: SOUR, BITTER - COOL
Dosage: 4.5 – 9g.
Red Peony Root
Meridian: LIVER, SPLEEN
Family: Paeoniaceae.

- invigorate blood, dispel stasis – dysmenorrhoea, amenorrhea, abdominal pain and masses, traumatic pain associated with swelling and pain
- clears heat, cool blood – blotchy skin, bleeding, irregular mense

Also Known As:  European Peony, Paeonia, Paeoniae Radix, Piney. Paeonia mascula; Paeonia officinalis.

Also Used For: Orally, Chi Shao Yao / Peony root is used for spasms. It is also used for epilepsy, excitability, whooping cough, arthritis, bowel complaints, as an emetic, and for inducing menstruation. In herbal combinations, Chi Shao Yao / Peony root is used for arthritis, GI tract diseases, the heart and circulatory system, neuralgia, migraines, as a tonic, and for chronic fatigue syndrome.
Chi Shi Zhi - Halloysitum Rubrum

Properties: SWEET, SOUR, ASTRINGENT - WARM
Dosage: 9 – 30g.
Halloysite (Kaolin)
Meridian: SPLEEN, STOMACH, LARGE INTESTINE

- binds intestines, stop cold diarrhea – cold diarrhea with mucus and blood
- contain blood, stop bleeding – uterine bleeding, excess menses, prolapse
- promotes healing of wounds, chronic ulcers, topically for weeping sores

Also Known As: Argilla, Bolus Alba, China Clay, Heavy Kaolin, Light Kaolin, Porcelain Clay, White Bole. Hydrated aluminum silicate.

Also Used For: Orally, Chi Shi Zhi / Kaolin is used for mild to moderate acute diarrhea, cholera, enteritis, and dysentery. Topically, Chi Shi Zhi / Kaolin is used as a poultice, dusting powder, drying agent, and emollient. In combination products, Chi shi Zhi / Kaolin is used for symptomatic diarrhea control, in relief of radiation-induced mucositis, in the treatment of chronic ulcerative colitis, and to treat spontaneous pneumothorax. Diagnostic uses of kaolin include, as a contrast media agent (C,D), automated testing for activated coagulation time (ACT), serodiagnosis of tuberculosis, and the kaolin agglutination test (KAT). In manufacturing, kaolin is used as a diluent in tablet preparation, and a filtering or decolorizing agent. Kaolin is also a food additive.
Chi Xiao Dou - Phaseoli Calcarati, Semen

Properties: SWEET, SOUR - NEUTRAL
Dosage: 1.5 – 4.5g.
Aduki Bean
Meridian HEART, SMALL INTESTINE

- clear heat, promote urination – abdominal fullness/swelling with edema
- disperse blood stasis – reduce swelling and fire toxicity, sores, carbuncles
- clears damp heat – jaundice
Chuan Bei Mu - Fritillariae Cirrhosae, Bulbus

2 types

1. Chuan – smaller bulb – from Chuan province (3-10g)
2. Zhe – larger Bulb – from Zhe province (6-15g)

- clears heat, transforms phlegm, stops cough
- clears heat, dissipates nodules due to heat
Szechuan Pepper
Properties: PUNGENT - HOT/TOXIC
Dosage: 1.5 – 6g.
Meridian: KIDNEY, SPLEEN, STOMACH

- warms middle jiao, alleviate abdominal pain, vomit & diarrhea
- Hu Jiao + Ku Shen together = skin rash wash for eczema and kills parasites
Chuan Lian Zi - Meliae Toosendan, Fructus

Properties: BITTER - COLD - TOXIC
Dosage: 3 – 9g.
Jin Ling Zi Pagoda Tree Fruit
Meridian: BLADDER, LIVER, SMALL INTESTINE
Family: Leguminosae or Fabaceae.

- promote movement of Qi, clear heat (liver/stomach), stop pain
- kills parasites, stop pain

Also Known As: Sophora japonica.

Also Used For: Orally, pagoda tree is used in dilutions for dysentery.
Chuan Xiong - Ligustici Chuanxiong, Radix

Properties: PUNGENT - WARM
Dosage: 3 – 6g.
Szechuan Lovage Root
Meridian: LIVER, GALLBLADDER, PERICARDIUM
Family: Apiaceae or Umbelliferae.

- invigorate blood, promote movement of Qi
- irregular menses, dysmenorrhea, lochioschesis (discharge post delivery)
- head ache

Also Known As: Lavose, Levistici radix, Love Parsley, Maggi Plant, Sea Parsley, Smallage, Smellage. Levisticum officinale, synonyms Angelica levisticum, Hipposelinum levisticum, Ligusticum levisticum.

Also Used For: Orally, Chuan Xiong / Lovage is used as "irrigation therapy" for inflammation of the lower urinary tract, for prevention of kidney gravel, and as a diuretic for urinary tract infections or pedal edema. In folk medicine, Chuan Xiong / Lovage is used orally for indigestion, heartburn, stomach distention, and flatulence. It is also used orally as an expectorant, to loosen secretions in respiratory conditions, for menstrual irregularities, sore throat, boils, jaundice, malaria, pleurisy, gout, rheumatism, and migraines. In foods and beverages, Chuan Xiong / Lovage is used as a flavor component. In manufacturing, Chuan Xiong / Lovage is used as a fragrance component in soaps and cosmetics.
Ci Ji Li - Tribuli Terrestris, Fructus

Properties: PUNGENT, SALTY - COLD
Dosage: 9 – 30g.
Magnetite
Meridian: KIDNEY, LIVER

- anchors and calms spirit – restlessness, palpitation, insomnia, tremors
- yin deficiency, ascending yang – dizziness, vertigo
- tonify kidney yin and liver – improve hearing and vision
- helps kidney to grasp Qi – chronic asthma
**Cong Bai - Allii Fistulosi, Bulbus**

Properties: PUNGENT - WARM
Dosage: 2-5 scallions
Spring Onion (Scallion)
Meridian: LUNG, STOMACH

- release exterior, induce sweat – early stages of wind-cold
- disperse cold, unblock yang – abdominal pain, nasal congestion
- topically for relieving toxicity, disperse clumps – abscess, sores
Da Fu Pi - Arecae Catechu, Pericarpium

Properties: PUNGENT - WARM
Dosage: 6 – 9g.
Areca Peel (Betel Husk)
Meridian LARGE INTESTINE, SMALL INTESTINE, SPLEEN, STOMACH
Family: Palmaceae.

- promote downward movement of Qi, reduce food stagnation – epigastric and abdominal distention, belching, acid regurgitation, constipation
- expel damp, promote urination – edema, damp in stomach and intestines

Also Known As: Areca Nut, Betel Nut, Betel Quid, Pinag, Pinlag. Areca catechu.

Also Used For: Orally, Da Fu Pi / Areca is used as a recreational drug because of its central nervous system (CNS) stimulating properties. It is also used orally for treatment of schizophrenia, but is otherwise rarely used therapeutically. Historically, areca has been used for glaucoma and as a mild stimulant or digestive aid. In veterinary medicine, an extract of areca is used for expelling tapeworms in cattle, dogs, and horses; as a cathartic; and for treating intestinal colic in horses.
Da Huang - Radix et Rhizoma Rhei

Properties: BITTER - COLD
Dosage: 3 – 12g.
 RAW = PURGING
Rhubarb Root
Meridian: HEART, LARGE INTESTINE, LIVER, STOMACH
Family: Polygonaceae.

- purge accumulations, clear heat from blood, invigorates blood
- drain heat/damp – Yang jaundice
- topically for burns, hot skin, skin lesions (combine with Shi Gao)

Also Known As: Chinese Rhubarb, Da Huang, Garden Rhubarb, Himalayan Rhubarb, Indian Rhubarb, Medicinal Rhubarb, Rhei, Rhei radix, Turkey Rhubarb. Rheum officinale; Rheum palmatum; Rheum tanguticum; Rheum australe, synonym Rheum emodi; Rheum x cultorum, synonym Rheum rhabarbarum.

Also Used For: Orally, Da Huang / Rhubarb is used for constipation, diarrhea, dyspepsia, gastritis, preparation for gastrointestinal diagnostic procedures after recto-anal surgery, for bowel movement relief when anal fissures are present, and for hemorrhoids. For food uses, rhubarb stems are edible. Rhubarb is also used as a flavoring agent.
Properties: SWEET - COOL
Dosage: 4.5 – 15g.
Japanese Thistle
Meridian: LIVER, SPLEEN
FRESH – 30-60g.

- cools blood, stop bleeding due to reckless movement of hot blood
- reduce swelling, generates flesh –topically for carbuncles/sores
Da Qing Ye - Daqingye, Folium

Properties: BITTER - COLD
Dosage: 9 – 30g.
Woad Leaf (Indigo)
Meridian: HEART, LUNG STOMACH
Family: Leguminosae or Fabaceae.

- clear heat, relieve toxicity – contagious febrile disease outbreak
- cools blood, reduce blotches – skin eruptions, intense fever, irritability

Also Known As: American Indigo, Baptista Tinctoria, False Indigo, Horsefly Weed, Indigo Broom, Rattlebush, Yellow Broom, Yellow Indigo. Baptista tinctoria.

Also Used For: Orally, Da Qing Ye/ Wild Indigo is used for diphtheria, influenza, malaria, septic angina, and typhoid fever with prostration. It is also used for upper respiratory tract infections, common head cold, tonsillitis, stomatitis, inflammation of the mouth and throat mucous membranes, fever, lymphadenitis, furunculosis, and Crohn's disease. Topically, Da Qing Ye / Wild Indigo is used for painless ulcers, inflamed nipples, and as a douche for leukorrhea. Historically, Da Qing Ye / Wild Indigo has been used as an oral tea for fever, scarlet fever, typhoid, and pharyngitis in North America. It has been used topically for cleaning open and inflamed wounds.
Da Zao - Zizyphi Jujubae, Fructus

Properties: SWEET - NEUTRAL
Dosage: 10 – 30g.
Chinese Date (Jujube)
Meridian: SPLEEN, STOMACH
3 – 12 PIECES
Family: Rhamnaceae.

- tonify spleen Qi – weakness, short of breath, reduced appetite, loose stool
- nourish blood, calm spirit – irritable, pale, emotional, restless
- harmonize other herbs harsh properties

Also Known As: Black Date, Chinese Jujube, Da Zao, Hei Zao, Hong Zao, Jujube Plum, Jujubi, Red Date, Zao, Zizyphus. Zygyphus jujube.

Also Used For: Orally, Da Zao / Jujube is used for improving muscular strength and to prophylax against liver diseases and stress ulcers. It is also used as a sedative. In Chinese Medicine, Da Zao / Jujube is used for dry, itchy skin; neutralizing drug toxicities; lack of appetite; fatigue; diarrhea; hysteria; anemia; hypertension; purpura; and as a sedative. In Arabic medicine, Da Zao / Jujube is used orally for fever wounds, ulcers, inflammation, asthma, and eye diseases. Jujube is eaten as a food. In manufacturing, Da Zao / Jujube extracts are used in skin care products for anti-inflammatory, antiwrinkle, moisturizing, and relief from sunburn.
Dai Zhe Shi - Haematitum

Properties: BITTER - COLD
Dosage: 9 – 30g.
Hematite
Meridian: HEART, LIVER, PERICARDIUM

- calms liver, anchors floating Yang, clears liver fire
- directs rebel Qi down – belching, vomiting, hiccough, wheezing
- cools blood, stops bleeding – vomit/nose bleeding
Dan Dou Chi - Sojae Praeparatum, Semen

Properties: SWEET, BITTER - COLD or WARM
Dosage: 6 – 15g.
Prepared Soybean
Meridian: LUNG, STOMACH

- release both exterior hot or cold – yin deficient patterns
- eliminates vexation, irritability, restlessness, insomnia
Dan Shen - Salviae Miltiorrhizae, Radix

Properties: BITTER - COOL
Dosage: 6 – 15g.
Salvia Root
Meridian: HEART, PERICARDIUM, LIVER
Family: Labiatae/Lamiaceae.

- invigorate blood, break up blood stasis
- clear heat, soothe irritability
- stomach pain

Also Known As: Salvia Root, Ch'ih Shen, Dan Shen, Dan-Shen, Huang Ken, Pin-Ma Ts'ao, Red Rooted Sage, Red Sage, Salvia Root, Shu-Wei Ts'ao, Tan-Shen, Tzu Tan-Ken. Salvia bowelyana; Salvia miltiorrhiza; Salvia przewalskii; Salvia przewalskii mandarinorum; Salvia yunnanensis.

Also Used For: Orally, Danshen is used for circulation problems, ischemic stroke, angina pectoris, and other cardiovascular diseases. It is also used orally for menstrual problems, chronic hepatitis, abdominal masses, insomnia due to palpitations and tight chest, acne, psoriasis, eczema, and other skin conditions. Danshen is also used orally to relieve bruising and to aid in wound healing.
Dan Zhu Ye - Lophatheri Gracilis, Herba

Properties: SWEET, BLAND - COLD
Dosage: 6 – 9g.
Lophatherum
Meridian HEART, SMALL INTESTINE, STOMACH

- clear heat in stomach or heart - irritable, cankers, swollen-painful gums
- promote urination – clear damp heat, lin syndrome
- heat in small intestine – irritability, dark red tongue tip
Dang Gui - Angelicae Sinensis, Radix

Properties: SWEET, BITTER, ACRID - WARM
Dosage: 6-18g.
Chinese Angelica Root
Meridian: LIVER, LUNG, KIDNEY
Family: Apiaceae/Umbelliferae.

- tonifies blood – regulates menses due to blood deficiency
- invigorates/harmonize blood – disperse cold – alleviate pain
- moistens intestines – unblocks bowels
- reduce swellings – expel pus – generate flesh

Also Known As: European Angelica, Garden Angelica, Root of the Holy Ghost, Wild Angelica. Angelica archangelica, synonym Archangelica officinalis; Angelica atropurpurea, Angelica sylvestris; Angelica curtisi; Angelica rosaefolia; Angelica pubescens.

Also Used For: Orally, Dang Gui / Angelica root is used for loss of appetite, gastrointestinal spasms, feeling of fullness, and flatulence. Topically, Dang Gui / Angelica root is used to create warmth in neuralgia and rheumatism, and is used for skin disorders. It is also used as part of a multi-ingredient preparation for treating premature ejaculation. Historically, Dang Gui / Angelica root has been used to promote menstrual flow, as an abortifacient, antiseptic, expectorant, diuretic, and as a cure for the plague.
Di Fu Zi - Kochiae Scopariae, Fructus

Properties: SWEET, BITTER - COLD
Dosage: 1.5 – 4.5g.
Broom Cypress Fruit
Meridian: BLADDER

- clear damp heat, promote urination – lin syndrome, re lin.
- expel dampness, stop itch – damp skin disorder, eczema, scabies, genital itch.
Di Gu Pi - Lycii Radicis, Cortex

Properties: SWEET - COLD
Dosage: 6 – 15g.
Wolfberry Root Cortex
Meridian: LUNG, LIVER, KIDNEY

- drain Yin deficient fire – night sweat, steaming bone, irritability, thirst
- clear lung heat – cough, wheezing
- clear heat, cool blood – nosebleed, vomit blood, xue lin
- drain floating kidney fire - toothache
Di Long - Lumbricus

Properties: SALTY - COLD
Dosage: 4.5 – 12g.
Earthworm
Meridian: BLADDER, LIVER, LUNG, SPLEEN

- drains liver heat – spasms, convulsions, high fever, re lin, long bi
- clears lung heat – wheezing
- clears heat in channels – swollen, painful joints
Di Yu - Sanguisorbae Officinalis, Radix

Properties: BITTER, SOUR - COOL
Dosage: 6 – 15g.
Bloodwort Root
Meridian: LIVER, LARGE INTESTINE, STOMACH
Family: Papaveraceae.

- cool blood, stop bleeding in lower burner dysentery-vomit-uterine bleed
- clears heat & generates flesh – topically for burns/carbuncles

Also Known As: Blood Root, Coon Root, Indian Plant, Indian Red Paint, Pauson, Red Indian Paint, Red Puccoon, Red Root, Sanguinaria, Sanguinaria canadensis, Snakebite, Sweet Slumber, Tetterwort. Sanguinaria canadensis.

Also Used For: Orally, Di Yu / Bloodroot is used as an emetic, cathartic, antispasmodic, and expectorant. Topically, Di Yu / Bloodroot is used as an irritant and debriding agent. Dentistry, Di Yu / Bloodroot is used topically to reduce plaque. Also in Traditional Medicine,Di Yu / Bloodroot is used for bronchitis, asthma, croup, laryngitis, pharyngitis, deficient capillary circulation, nasal polyps, rheumatism, warts, cancer (Fell technique), dental analgesic, fever, and as a general tonic.
Ding Xiang - Caryophylli, Flos

Properties: PUNGENT - WARM
Dosage: 1.5 – 4.5g.
Clove Flower Bud
Meridian: KIDNEY, SPLEEN, STOMACH

- warms middle jiao – direct rebel Qi downward – cold in stomach
- warms kidney yang – impotence – leucorrhoea due to deficient cold
Dong Chong Xia Cao - Cordyceps Sinensis

Properties: SWEET - WARM
Dosage: 4.5-12g.
Chinese Caterpillar Fungus, cordyceps
Meridian: KIDNEY, LUNG
Family: Ascomycetes or Clavicipitaceae.

- strengthen kidneys, tonify yang – impotence, sore/weak back
- tonify kidney yang, nourish lung yin, transform phlegm
- cough, wheezing, bleeding, Xiao Ke

Also Known As: Caterpillar Fungus, Cs-4, Dong Chong Xia Cao, Dong Chong Zia Cao, Hsia Ts'Ao Tung Ch'Ung, Vegetable Caterpillar. Cordyceps sinensis.

Also Used For: Orally, Dong Chong Xia Cao / Cordyceps is used for strengthening the immune system, for reducing the effects of aging, promoting longevity, treating lethargy, and improving liver function in people with hepatitis B. It is also used to treat coughs, chronic bronchitis, respiratory disorders, kidney disorders, frequent nocturia, male sexual dysfunction, anemia, heart arrhythmias, high cholesterol, liver disorders, dizziness, weakness, tinnitus, wasting, and opium addiction. It is also used as a stimulant, a tonic, and an adaptogen which is used to increase energy, enhance stamina, and reduce fatigue.
Dong Gua Pi - Benincasae Hispidae, Epicarpium

Properties: SWEET - COLD
Dosage: 1.5 – 4.5g.
Winter Melon Seed
Meridian: LUNG, STOMACH, LARGE INTESTINE, SMALL INTESTINE

- clear lung heat, expel phlegm, discharge puss – thick-sticky-yellow phlegm, lung abscess, upper jiao obstruction
- clear heat, drain damp – leucorrhea
Du Huo - Angelicae Pubescentis, Radix

Properties: BITTER, PUNGENT - WARM
Dosage: 3 – 9g.
Angelica Root
Meridian: KIDNEY, BLADDER
Family: Apiaceae/Umbelliferae.

- dispel wind-cold-damp, relieve pain, release exterior, lower part of body
- lesser Yin head ache and tooth ache
- itchy skin due to wind - damp.
- Do not use for excess or deficient heat syndromes.

Also Known As: European Angelica, Garden Angelica, Root of the Holy Ghost, Wild Angelica. Angelica archangelica, synonym Archangelica officinalis; Angelica atropurpurea, Angelica sylvestris; Angelica curtisi; Angelica rosaefolia; Angelica pubescens.

Also Used For: Orally, Du Huo / Angelica root is used for loss of appetite, gastrointestinal spasms, feeling of fullness, and flatulence. Topically, Du Huo / Angelica root is used to create warmth in neuralgia and rheumatism, and is used for skin disorders. It is also used as part of a multi-ingredient preparation for treating premature ejaculation. Historically, Du Huo / Angelica root has been used to promote menstrual flow, as an abortifacient, antiseptic, expectorant, diuretic, and as a cure for the plague.
Du Zhong - Eucommiae Ulmoidis, Cortex

Properties: SWEET, PUNGENT - WARM
Dosage: 6-15g.
Ecommia Bark
Meridian: KIDNEY, LIVER

- tonify liver and kidneys – strengthen sinews and bones, fatigue
- promotes smooth flow of Qi and blood circulation
- calm the fetus for cold deficient kidneys
E Jiao - Asini, Gelatinum Corii

Properties: SWEET - NEURTRAL
Dosage: 3-15g.
Ass-Hide Glue
Meridian: LIVER, LUNG, KIDNEY

- tonify blood – blood deficiency
- stops bleeding
- nourish/moisten Yin – dry lung – consumption (xiao ke)
E Zhu - Curcumae Ezhu, Rhizoma

Properties: BITTER, PUNGENT - WARM
Dosage: 3 – 9g.
Zedoaria Rhizome
Meridian: LIVER, SPLEEN
Family: Zingiberaceae.

- breaks up blood stasis, promotes movement of Qi, alleviates pain
- dissolve food stagnation (accumulations)

Also Used For: Cedoaria, Cetoal, E Zhu, E-Zhu, Indian Arrowroot, Kua, Shoti, Temu Kuning, Temu Putih, Turmeric, Zedoaire, Zedoária, Zedoarie rhizoma, Zitwer, Zitwerwirtzelstock. Curcuma zedoaria.

Also Used For: Orally, E Zhu / Zedoary is used for colic, spasms, stimulating appetite, improving digestion, stimulating bile flow, and as an anti-inflammatory. In combination herbal products, zedoary extracts are used for gastrointestinal complaints and stimulating bile flow. Folk medicine, zedoary is used for nervous diseases.
Fan Xie Ye - Folium Sennae

Properties: SWEET, BITTER - COLD
Dosage: 3 – 9g.
Senna Leaf
Meridian Large Intestine
COOK 15 MIN

- drains down, guides out constipation due to heat
- contraindicated during pregnancy, menstruation or during nursing

Also Known As: Alexandrian Senna, Alexandrinische Senna, Casse, Indian Senna, Khartoum Senna, Sena Alejandro, Séné d'Egypte, Sennae folium, Sennae fructus, Sennae fructus acutifoliae, Sennae fructus angustifolia, Tinnevelly Senna, True Senna. Senna alexandrina, synonyms Cassia acutifolia, Cassia angustifolia, Cassia senna.

Also Used For: Orally, Fan Xie Ye / Senna used as a laxative for constipation, after anorectal surgery, for hemorrhoids, evacuating the GI tract to facilitate diagnostic tests, evacuation relief in individuals with anal fissures, and in "slimming" and "cleansing" teas.
Fang Feng - Ledebouriellae Divaricatae, Radix

Properties: PUNGENT, SWEET - WARM
Dosage: 3 – 9g.
Ledebouriella Root
Meridian: LIVER, SPLEEN

- release exterior, expel wind – headache, chills, body ache
- expel wind damp, alleviate pain – trembling hands and feet, painful diarrhea, blood in stool – imbalanced spleen and liver
Fang Ji - Aristolochiae Fangchi, Radix

Properties: BITTER, PUNGENT - COLD
Dosage: 3 – 9g.
Stephania Root
Meridian: BLADDER, SPLEEN, KIDNEY

- promote urination, reduce edema – lower extremity edema, borborygmus, abdominal distention, lower jiao damp accumulation
- expel wind-damp heat, alleviate pain – fever, red-swollen-hot painful joints
Feng Mi - Honey

Properties: SWEET - NEUTRAL
Honey
Meridian: SPLEEN, STOMACH

- tonify spleen and stomach
FO Shou - Citri Sarcodactylis, Fructus

Properties: PUNGENT, BITTER - WARM
Dosage: 3 - 9g.
Finger Citron Fruit
Meridian: LIVER, LUNG, STOMACH, SPLEEN

- regulate soothe liver Qi – rib pain and distention, belching
- harmonize stomach, strengthen spleen – epigastric pain and distention, lack of appetite, belching vomiting
- dries damp, transform phlegm – chronic cough with phlegm and chest pain
Fu Ling - Poriae Cocos, Sclerotium

Properties: SWEET, BLAND - NEUTRAL
Dosage: 9 - 15g
Fungus Nucleus
Meridian: HEART, SPLEEN, LUNG
Family: Polyporaceae.

- promotes urination, drains damp
- strengthen spleen, harmonize middle Jiao
- quiet’s heart and calms spirit

Also Known As: Fu Ling, FuShen, Hoelen, Indian Bread, Matsuhodo, Polyporus, Poria, Tuckahoe. Wolfiporia cocos, synonym Poria cocos.

Also Used For: Traditionally, Fu Ling / Poria mushroom filaments have been used for amnesia, anxiety, restlessness, fatigue, tension, nervousness, dizziness, dysuria and urination problems, edema, insomnia, splenitis, stomach problems, diarrhea, tumors, and as an antitussive. In herbal combinations, poria filaments have been used as a component of various herbal combinations for treating diarrhea, chronic glomerulonephritis, tinnitus, and for decreasing upper gastrointestinal tract bleeding.
Fu Long Gan - Terra Flava Usta

Properties: PUNGENT - WARM
Dosage: 15 – 60g.
Yellow Earth Ashes
Meridian: SPLEEN, STOMACH

- warms blood – stops bleeding due to deficient cold in stomach
- warms stomach – stops vomiting
- spleen Qi deficiency - diarrhea
Fu Pen Zi - Rubi Chingii, Fructus

Properties: SWEET, ASTRINGENT - WARM
Dosage: 4.5 – 9g.
Chinese Raspberry
Meridian: KIDNEY, LIVER

- tonify, stabilize kidney – incontinence, enuresis, spermatorrhea
- liver and kidney deficiency – poor vision, sore low back, impotence
Fu Ping - Lemnae seu Spirodelae, Herba

Properties: PUNGENT - COLD
Dosage: 3 – 6g.
Duckweed (Spirodelae)
Meridian: BLADDER, LUNG

- expel exterior heat – headache, body ache, diaphoretic
- unblocks muscle level, vents rashes – accelerates rash at early stage
- expel water, reduce swelling – hot superficial edema in upper extremities, urinary difficulty
Fu Xiao Mai - Tritici Aestivi Levis, Semen

Properties: SWEET, SALTY - COOL
Dosage: 9 – 15g.
Un-Ripe Wheat Grain
Meridian: HEART

- deficiency sweating – night sweat, spontaneous sweat
- nourish heart – palpitations, insomnia, irritability,
- childhood bedwetting
Fu Zi - Aconiti Carmichaeli Praeparata

Properties: PUNGENT, HOT - TOXIC
Dosage: 1.5 – 15g
Prepared Aconite Root
Meridian: HEART, KIDNEY, SPLEEN
BOIL 30 – 60 MIN. BEFORE

- restores devastated yang – extreme cold limbs with abundant cold
- assists heart yang to unblock vessels and improve circulation
- notifies kidney yang- warms fire and assists yang Qi for HT/SP/KD
- disperse cold – warm channels – alleviates pain due to cold

Also Known As: Aconiti Tuber, Autumn Monkshood, Blue Monkshood Root, Chuan-wu, Monkshood, Monkshood Tuber, Wolfsbane.

Also Used For: Orally, Fu Zi / Aconite is used for pain, facial paralysis, joint pain, arthritis, gout, rheumatic complaints, inflammation, pleurisy, pericarditis sicca, fever, skin and mucosal diseases, disinfection, and wound treatment. Topically, Fu Zi / Aconite is used as a counterirritant in liniment. Historically, Fu Zi / Aconite has been used orally as a cardiac depressant and an agent to induce mild sweating. Aconite has been used topically for facial neuralgia, rheumatism, and sciatica.

Safety: Fu Zi is a strong, fast-acting poison that affects the heart and CNS. All species of this herb need to be properly prescribed by an accredited practitioner or doctor.
CERTIFIED CHINESE HERBOLOGY ONLINE COURSE - SESSION 5 – 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 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. Which Chinese herb would you use if you had edema?
2. Which herb is used topically for eczema, impetigo, and scabies?
3. What are the properties of Aged Tangerine Peel and what do they mean?
4. What herb is good for jaundice?
5. Which herb would you use for ejaculation problems and why?
6. Which herb is used to help stimulate adrenal gland function?
7. What is Red Peony Root used for?
8. What does PUNGENT - WARM/TOXIC mean?
9. What does BITTER – NEUTRAL mean?
10. What is an astringent?
11. Which herb is used for fainting and convulsions?
12. What is Dan Shen used for?
13. What does it mean when we say “calms liver yang”?
14. What does it mean when we say “expels wind heat”?
15.