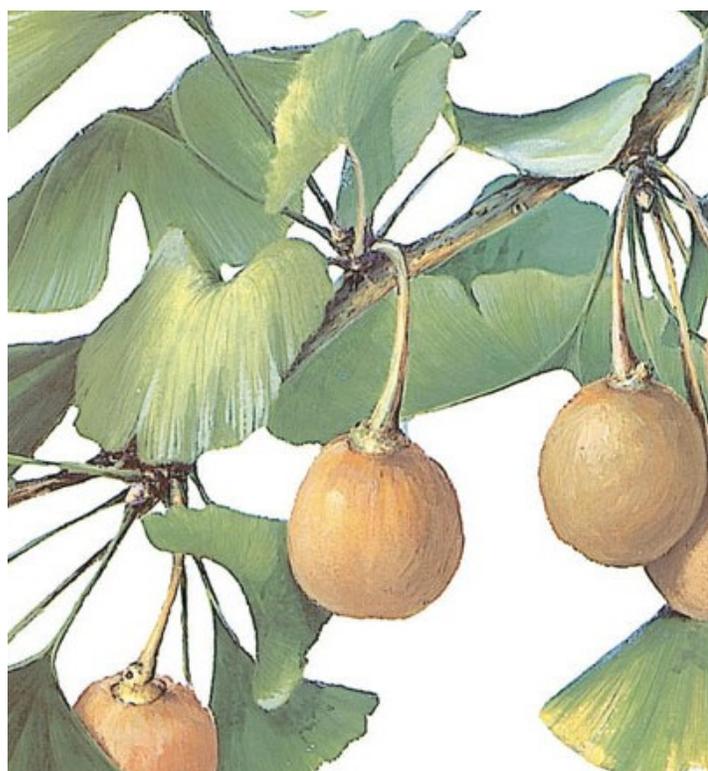


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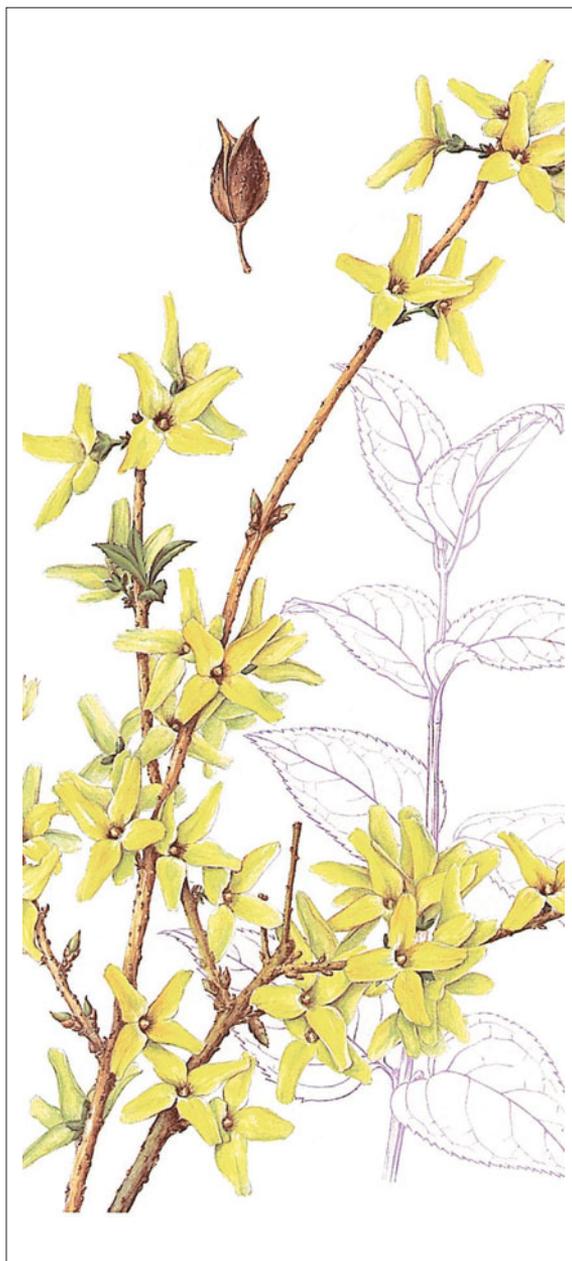
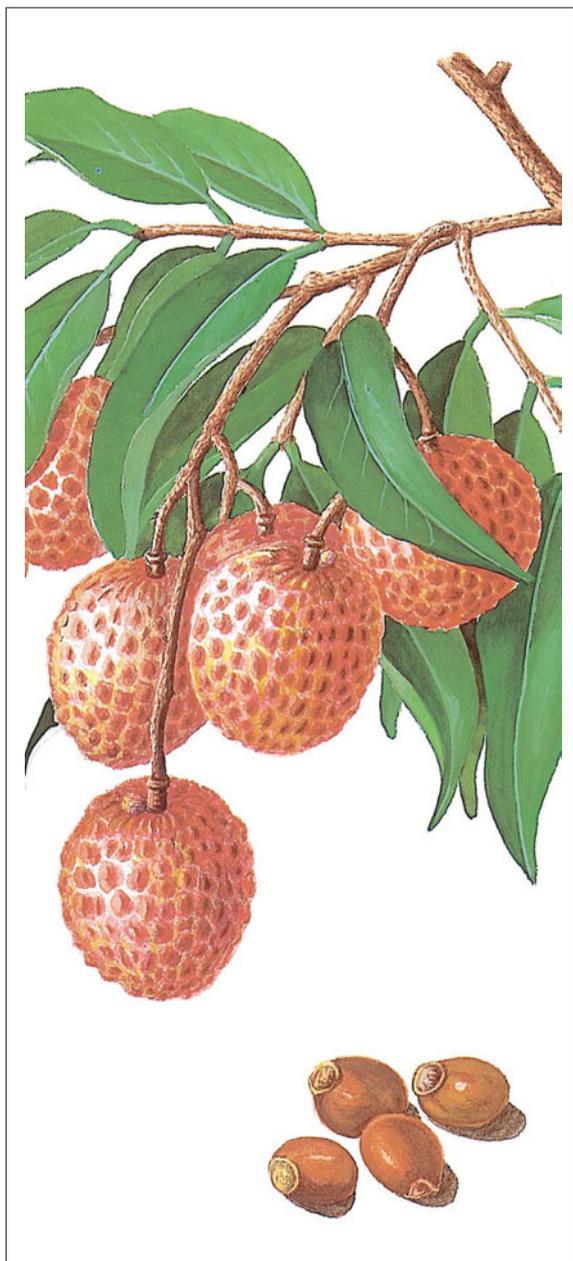
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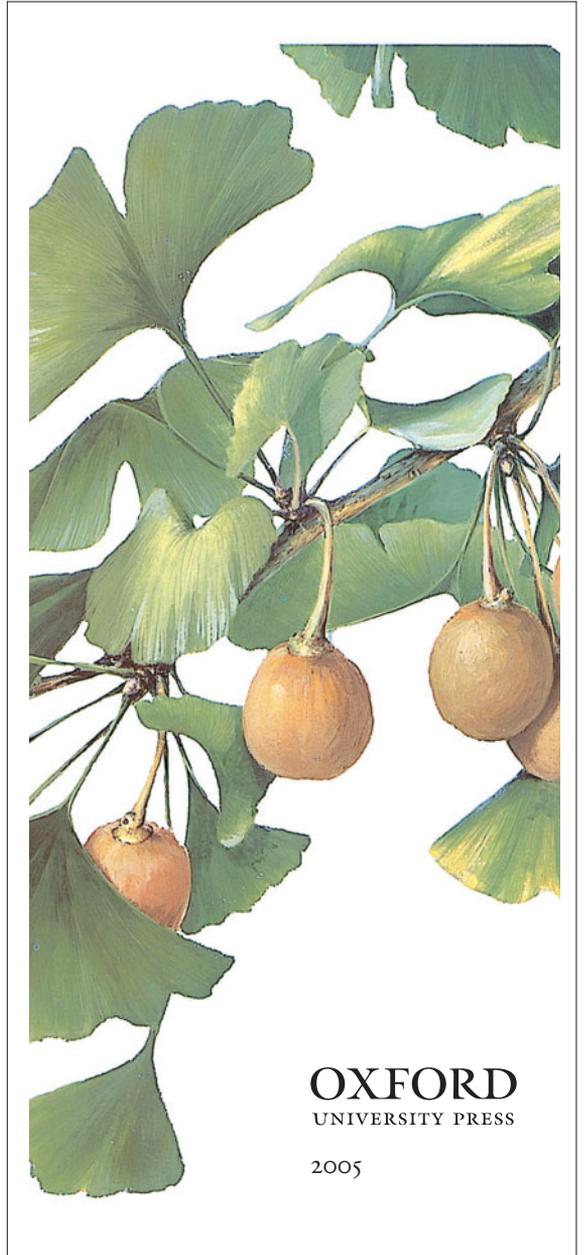
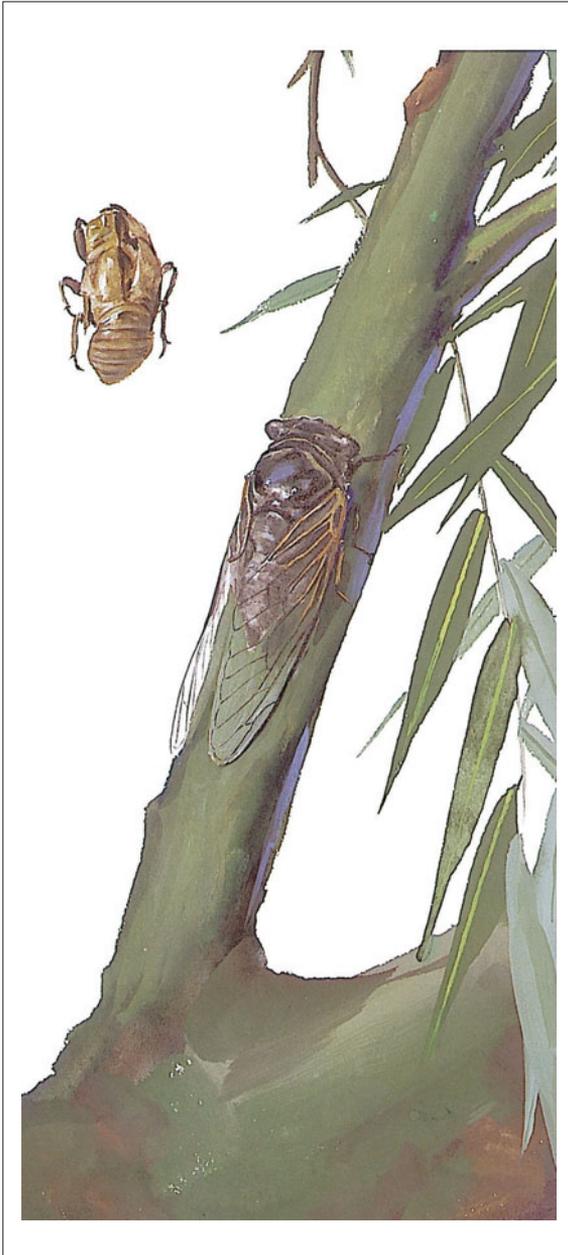


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Elizabeth Yng-Wong

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AN ILLUSTRATED **Chinese Materia Medica**

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Introduction

Historical Development of Chinese Herbal Medicine

Traditional Chinese Medicine (TCM) uses many therapeutic modalities, the major one being Chinese herbal medicine. Its development has been a historical process flowing and flowering with Chinese culture for more than four thousand years. Its practice follows theories of holistic and integrative principles. Therapy is based on understanding relations between part and whole, distinguishing symptom and appearance from true cause, and treating each individual case as unique.

The foundation for this medical practice is the Chinese materia medica. More than 6,000 substances have been used and their effects documented and researched in the past four millenia. Clinical practice and empirical results from millions of medical cases have created a data bank on individual substances as well as prescriptions of complex compounds. This literature is unparalleled and unsurpassed in the world's medical knowledge.

In fact, stories about the use of herbs to improve human health are older than TCM itself. Legends about herbal medicine start with Shen Nong (The Divine Farmer), who introduced agriculture and animal husbandry into China. According to the ancient book *Master of Huai Nan* (Huai Nan Zi), by Liu An of the Han dynasty, Shen Nong Shi (3000 B.C.) “tasted a hundred herbs and came across seventy poisonous herbs each day.”

The use of herbs is found in many historical texts. The five-taste concept of herbs is mentioned in the *Spring and Summer Annals of Mr. Lu* (Lu Shi Chun Qiu), a text of the Qin (221–206 B.C.) dynasty. Meanwhile, over 120 substances of plant, animal, and mineral origin were mentioned in the *Classic of the Mountains and Seas* (Shan Hai Jing), a text of the Warring States period (403–221 B.C.). The earliest known pharmacological work is the *Prescriptions for Fifty-Two Ailments* (Wu Shi Er Bing Fang), recovered from Ma Wang Dui Tomb Three in Hunan province in 1973. This work appears to have been composed before the end of the third century B.C. More than 250 medicinal substances were named and their prescriptions discussed. The medicinal substances in the book are comparable to those found in the later materia medica and prescription manuals, but the theoretical foundation of this book differs from that of contemporary traditional Chinese medicine. The theoretical foundation of what we now regard as Traditional Chinese Medicine is based mainly on the *Classic of Internal Medicine*, also called the *Yellow Emperor's Inner Classic*.

The Yellow Emperor's Inner Classic (Huang Di Nei Jing) was compiled in the Late Han dynasty (A.D. 25–220), but parts of it may come from the Warring States period (475–221 B.C.). Based on the theories of Yin-Yang and the Five-Phases (Wu Xing), it systematically interpreted the physiology and pathology of the internal organs and the meridian channels of the body. It set forth the origins of illness and defined principles for diagnosis and treatment. During the same period, a second major work appeared, summarizing the experience of Chinese practitioners in the prevention and treatment of disease. This was Zhang Zhong Jing's *Discussion of Cold-Induced Diseases* (Shang Han Lun). Building on the *Inner Classic*, this book provided guidelines for treatment and was considered a prescription manual. It listed 113 prescriptions and 397 therapies for infectious disease as well as 265 prescriptions for miscellaneous diseases.

The literary tradition of Chinese herbal knowledge also began in the Later Han dynasty with *Shen Nong's Herbal* (Shen Nong Ben Cao Jing), also known as the *Classic of the Materia Medica*. This was the first materia medica to appear in China. This text includes plant, animal, and mineral products, but plant products form the majority. Thus, Chinese pharmacological works are often termed Ben Cao, which literally means “of plant origin.” The *Classic of the Materia Medica* is a summary of the clinical experience and the general knowledge of pharmacy prior to the Han dynasty. It contains 365 entries—252

botanical entries, 67 zoological entries, and 45 mineral entries—listing their properties and effects. Included among its prescriptions were *Rhizoma Coptis* (Huang Lian) for dysentery; *Radix Dichroae* (Qing Hao) for malaria; *Herba Ephedrae* (Ma Huang) for asthma; *Sargassum* (Kun Bu) for goiter; *Radix et Rhizoma Rhei* (Da Huang) for constipation; and mercury for scabies. All of these are still of clinical significance today. It also introduced the term “medicinal property” (Yao Xing) for the first time. This *Classic of the Materia Medica* was compiled in the Han Dynasty, for the original text of the book had been lost. The present text of the book is a reconstructed version by Han authors.

During the Liang dynasty (A.D. 456–536), Tao Hong-Jing summarized the new development of herbal medicine in his lifetime and compiled a new version of the classical text, called the *Collection on Commentaries on the Shen Nong’s Herbal* (Shen Nong Ben Cao Jing Ji Zhu). This book expands the medical repertoire to 730 different herbs categorized to theories set forth in TCM according to their natural properties: upper, middle, and lower grade. The upper grade nourishes life, the middle grade nourishes constitutional types, and the lower grade expels disease. It also introduced the concept of taste (Wei) and temperature characteristics (Qi) to evaluate each herb. Toxicity was carefully recorded. Harvesting, selection, and processing of herbs were also discussed.

The first major materia medica after Tao Hong-Jing was the *Newly Revised Materia Medica* (Xin Xiu Ben Cao), edited by Su Jing et al., also known as the *Tang Materia Medica* (Tang Ben Cao), which was China’s first illustrated materia medica. It had 844 entries and was published as the official pharmacopoeia of the Tang dynasty (A.D. 659). During the Tang dynasty, China’s economy expanded and prospered. Cultural exchange with other countries increased dramatically. The number of herbs used in Chinese medicine reached one thousand. In A.D. 741, Chen Zang-Qi compiled another materia medica called the *Supplement to the Materia Medica* (Ben Cao Shi Yi), which included herbs not listed in Tao Hong-Jing’s and Su Jing’s texts. This book categorized herbs into ten groups according to their functions. It was the first clinical classification of herbs.

During the Song dynasty, further progress of herbal medicine was achieved in determining standards for herb processing and differentiation. Several new pharmacological books appeared. The first book was the *Materia Medica from the Kai Bao Era* (Kai Bao Ben Cao, A.D. 973–974), edited by Liu Gan, et al. Another one was the *Illustrated Classic of Materia Medica* (Ben Cao Tu Jing, A.D. 1058–1061), edited by Su Song et al. Unfortunately, all of these books were

lost. The only major materia medica to survive this period is Tang Shen-Wei's *Materia Medica Arranged According to Pattern* (Zheng Lei Ben Cao, A.D. 1082). After several revisions, in A.D. 1108 it was republished as the official pharmacopoeia of the Song dynasty. This 30-volume book has 1558 entries and more than 3000 formulae plus figures and processing methods. The concept of herbs entering specific meridian channels was introduced. This book became the major textbook for Chinese medical practice for 500 years.

The development of herbal theory expanded in the Song dynasty. One major difference between *Shen Nong's Herbal* and later materia medica is that the theoretical links between tastes and characteristics of herbs and their detailed therapeutic effects are absent in the earlier work. While the *Yellow Emperor's Inner Classic* provided a major theory for Traditional Chinese Medicine, its coverage of herbal characteristics was not extensive. It was not until the Late Sui (A.D. 581–618) and Early Tang (A.D. 618–907) dynasties that there appeared a book entitled *Materia Medica of Medicinal Properties* (Yao Xing Lun), which had comprehensive discussions of herbal combinations, reaction, taste, temperature, toxicity, function, primary clinical application, processing, and preparation. The attempt to link the knowledge of herbs and classical theories of medicine started in earnest in the Song dynasty (A.D. 960–1279) and developed fully in the Jin (A.D. 1195–1233) dynasty. One of the major works in the Song dynasty is the well-known *Professional and Popular Prescriptions from the Taiping Era* (Tai Ping Hui Min He Ji Ju Fang), in which the techniques for combining herbs were summarized and the incompatibility of herbs was introduced.

In the Jin and Yuan dynasty, practitioners paid special attention to the functions of herbs. Explicit discussion about the linkage between particular herbs and particular organ imbalances and pathology began in the twelfth century with Zhang Yuan-Su in his two books, *Origins of Medicine* (Yi Xue Qi Yuan) and *Pouch of Pearls* (Zhen Zhu Nang). He wrote that Rhizoma Coptidis (Huang Lian) drains Heart Fire, Radix Scutellariae Baicalensis (Huang Qin) drains Lung Fire, and Radix Anemarrhenae Asphodeloidis (Zhi Mu) drains Kidney Fire. Based on the theory of the Five-Phases (Wu Xing), the particular effect of an herb upon a particular organ depends on the relationship of the taste of the herb and the phase of the organ. This theory has since become a foundation for understanding the functions of herbs. In addition, Zhang Yuan-Su illustrated in detail the concept of herbs entering specific channels. This has been introduced by Tao Hong-Jing in his materia medica. In Zhang Yuan-Su's

book, an herb was, for the first time, said to have a certain function because of the meridian channel it enters.

Many other herbal theories were established during the Jin and Yuan period. Liu Wan-Su proposed that certain herbs are related to particular pathogenic factors, for example, Radix Duhuo (Du Huo) treats Wind. He made connections between the herbs and the Five-Phases. For example, beans belong to the water phase and therefore can be used for water-related diseases. Another elaborate synthesis of this period was that of Li Dong-Yuan, in his book *Discussion of the Spleen and Stomach* (Pi Wei Lun, A.D. 1249). He proposed that each medicinal substance has a tendency to rise, fall, float, or sink within the body, and that this tendency is an indication of the types of clinical situations in which the substance can be effectively used. Substances that rise and float basically move upward and outward, promoting sweating, dispersing Cold, expelling Wind, and raising the Yang. Substances that fall and sink move primarily downward and inward, redirecting rebellious Qi, pacifying wheezing, preventing abnormal loss of fluids, and restraining arrogant ascendant Yang.

During the Ming dynasty (A.D. 1368–1644), Li Shi-Zhen compiled his famous *Compendium of Materia Medica* (Ben Cao Gang Mu), also called *Grand Materia Medica*. This is one of the major pharmacological works in Chinese history. As a physician and pharmacologist, Li systematized the folk experience of the previous generations by conducting his own investigation of medicinal substances. This 52-volume book recorded 1892 medicinal substances, including 1173 from plants, 444 from animals, and 275 from minerals. It included more than 10,000 prescriptions as well as more than 1000 illustrations of medicinal substances. Soon after its publication this book was translated into numerous languages and gradually distributed around the world. Over the years, the *Compendium* has achieved worldwide recognition as a major contribution to the development of medicinal herbs and systematic botany. Later in the Qing dynasty, Zhao Xue-Ming carefully examined the entries in the *Compendium*, then collected medicinal substances that were not included in the book, and published the *Supplement to the Compendium of Materia Medica* (A.D. 1765). In this herbal book, he listed 921 substances, of which 716 were not included in the earlier *Compendium*, and gave additional notes to 161 entries already contained in the *Compendium*.

Since 1949, the Chinese government has encouraged the use of traditional herbs as a cost-effective alternative to Western drugs. In the past decades, more and more folk herbs from various parts of China have been integrated into the

national materia medica. In 1977, Jiangsu College of New Medicine published the monumental materia medica entitled, *Encyclopedia of Traditional Chinese Medicinal Substances* (Zhong Yao Da Ci Dian). It contains 5767 entries and is China's current materia medica. Meanwhile, studies on the integration of traditional herbal medicine with Western medicine have been encouraged in China. More and more new drugs of botanical origin have been discovered and traditional herbal medical formulae have been reevaluated using Western medical standards. These processes will certainly accelerate the development of Chinese herbal medicine in the future.

Chinese Herbal Theory

Chinese herbal theory, the theoretical base of Chinese Material Medica, has been established through long-term empirical clinical practice. It defines the character and functions of each herb, which include property, flavor, functional tendency, meridian channel tropism, and toxicity. Chinese herbal theory is based on the theory of Yin-Yang and the Five Phases (Wu Xing), which are the foundation of Traditional Chinese Medicine. Thus, each herb is closely related to Zang-Fu organs and meridian channel systems. This unique structure of theory forms the core of Traditional Chinese Medicine.

There are terms used in TCM theory that differ in meaning from the English definitions of those terms. These include terms such as Qi, the names of the Zang-Fu Organ systems, the names of the Eight Principal patterns of disharmony in the body, the names of the Six Pernicious Influences involved in disease, other TCM terms, and certain descriptive words. These terms are capitalized in the text.

The Zang-Fu Organ systems are the Heart, Lung, Kidney, Spleen, Liver, Small Intestine, Large Intestine, Bladder, Stomach, Gall Bladder, Triple Heater, and Pericardium. These Organs have a functional significance in TCM that differs somewhat from their meanings in Western medical terminology. For example, in TCM, the Kidney has functions that include not only the filtration of consumed liquids and the absorption of nutrients from those liquids, but also the regulation of mental and emotional states.

In TCM, the term "channel" is used to describe a route of Qi flow through the body. Specific channels can be associated with specific Zang-Fu Organs. The name of the Organ is also capitalized when used to describe a channel. For example, an herb may be described as acting on the Lung channel.

The Eight Principal patterns are pairs of opposites that form the basis of medical diagnosis in TCM theory. They are Yin, Yang, Deficiency, Excess, Interior, Exterior, Hot, and Cold. These terms are often combined. For example, Yin Deficiency (or Deficient Yin) may indicate general weakness and lethargy, or if localized to a particular Organ system, it may indicate a more specific syndrome. Exterior Heat may indicate a rash. There are no exact equivalents for these combinations in Western terminology—exterior heat suggests an August afternoon in Yuma, Arizona.

The Six Pernicious Influences are Wind, Cold, Summer Heat, Dampness, Dryness, and Fire. In TCM theory, the term Wind describes changes in conditions that occur rapidly. The changes could be due to weather, an environmental irritant such as an allergen, or an infectious virus or bacteria. The Pernicious Influences can also be combined with the Principal patterns and the Organ systems as a diagnostic aid. For example, Excess Spleen Dampness often indicates diarrhea.

Additional terms and descriptive words used in TCM theory are Essence, Mind, Blood, Phlegm, Vital, Pathogenic, Stagnant, Stasis, and Rebellious. Thus, there can be Deficient Vital Essence, Blood Stasis, Stagnant Qi, and even worse, Rebellious Qi. Rebellious Qi indicates a localized counterflow of Qi against the balanced, harmonious flow of Qi.

A number of specific herbal formulas have been in use in China for hundreds and in some cases thousands of years. Many of these have been so widely used that they have achieved a titled status. These titled formulas are enclosed in quotation marks, and are also capitalized.

When a term has a meaning that is essentially identical in TCM and English, the word is not capitalized. For example, in TCM, the term Phlegm indicates an accumulation of fluid that may be localized in the Lung, Kidney, and/or Spleen, and is considered a cause of disease. In English, the occurrence of phlegm is generally confined to the lung and respiratory passages, and is considered a by-product of disease. If the term phlegm refers to the English meaning, it is not capitalized.

Descriptions of some of these capitalized terms can be found in the glossary.

1. Properties

Properties of each herb refer to its temperature characteristics. They are cold, hot, warm, cool, and neutral. These properties are derived from observing the therapeutic effects of a medical substance. For example, a hot disease must be

cooled by substances of a cold or cool property. Cold diseases must be warmed with substances with a hot or warm property. A substance with a cold property is different from one with a cool property only in degree, and so is the substance with a warm property and with a hot property. The cold and cool substances may have the function of clearing Heat, purging Fire, removing toxicity or nourishing Yin. They are used for Heat syndromes. The hot and warm substances may have the function of dispersing Cold syndromes, warming the interior or supporting Yang. Substances with a neutral property, neither hot nor cold in property, are used for either hot or cold syndromes.

2. *Five Flavors*

Five flavors refers to sour, bitter, sweet, pungent, and salty flavors of the herbs. Some substances may have a sixth, bland, flavor as well. Different flavors represent different functions. Substances with the same flavor may have similar functions. Functions of the substances represented by the five flavors are briefly summarized as follows.

SOUR Substances of *sour* flavor have the function of astringing and arresting discharge. Most of them are used to treat deficiency syndromes or diarrhea. For example, Fructus Schisandrae (Wu Wei Zi) has the function of stopping seminal emission and sweating. Galla Chinensis (Wu Bei Zi) acts as an astringent in the intestine to stop diarrhea. Most sour substances may taste astringent as well. The function of the astringent flavor is somewhat similar to that of sour flavor. Thus, the astringent flavor is usually not considered as a separate entity in substance flavors.

BITTER Substances of *bitter* flavor have draining and drying functions. They are used for clearing Heat, purging Fire, treating constipation, resolving dampness, or lowering the rebelling Qi. Some bitter substances have the function of preserving Yin. For example, Rhizoma Anemarrhenae (Zhi Mu) and Cortex Phellodendri (Huang Bai) are used to treat atrophy syndromes due to Kidney Yin Deficiency.

SWEET Most of the substances of *sweet* flavor are tonics or herbs with the function of regulating middle Jiao (Heater) or relieving spasms. They are commonly used to treat deficiency symptoms [such as treating Qi deficiency with Radix Codonopsis (Dang Shen) and Yin deficiency with Radix Rehmanniae

Preparata (Shu Di Huang)]; or to coordinate the function of other substances, such as Radix Glycyrrhizae (Gan Cao). Most substances with sweet flavor are good at removing moisture.

PUNGENT Substances of *pungent* flavor have the function of dispersing, and promoting Qi and Blood circulation. These substances, such as Herba Ephedrae (Ma Huang) and Herba Menthae (Bo He), are commonly used to treat exterior symptoms. Others such as Flos Carthami (Hong Hua) and Radix Aucklandiae (Mu Xiang) are used to treat symptoms due to Qi and Blood Stagnation.

SALTY Substances of *salty* flavor have functions of softening hardness and soothing sore throats and relieving constipation by purging. Most of them are used to treat scrofula, hard masses, and constipation, such as Concha Arcae (Wu Leng Zi) and Natrii Sulfas (Mang Xiao).

BLAND Substances with *bland* flavor function as diuretics and help to eliminate dampness. These herbs, such as Polyporus (Zhu Ling) and Poria (Fu Ling), are used to treat edema and difficult urination.

In Chinese herbal theory, the property and flavor are integrative concepts. They work together to define the function of each herb. Clinically, however, flavor alone is not sufficient to represent the function of the herb. For example, both Rhizoma Coptidis (Huang Lian) and Radix Rehmanniae (Sheng Di Huang) are cold in property, but Rhizoma Coptidis (Huang Lian) is bitter and used for Damp-Heat syndromes while Radix Rehmanniae (Sheng Di Huang) is sweet and used for Yin Deficiency. Both Herba Ephedrae (Ma Huang) and Herba Menthae (Bo He) have the pungent flavor, but Herba Ephedrae (Ma Huang) is warm in property and used for dispersing Wind-Cold while Herba Menthae (Bo He) is cold in property and used for dispersing Wind-Heat.

3. *Functional Tendency*

Functional tendency refers to the rising, falling, floating, and sinking functions of each substance. The functional tendency of each substance is closely related to clinical situations and to the site of disease in the body. *Rising* means going up or sending up, while falling means the opposite. *Floating* means going outward or sending to the surface, while *sinking* means going inside or purging away. Substances with rising and floating function move upward and outward, and may have the function of raising Yang, relieving exterior syndromes, or

causing resuscitation. Substances with *falling* and *sinking* function move downward and inside, and may have the function of clearing Heat or purgation. They redirect rebellious Qi to stop vomiting, relieve cough and asthma, calm wheezing, and anchor ascending Yang.

Disease appears at different locations of the body. Some diseases are in the upper part of the body while others are in the lower part; some are interior and others are exterior. The tendency of the disease may be different as well. Some diseases move upward (such as in vomiting) while others move downward (such as in diarrhea); some move outward (such as in sweating); while others move inward (such as internal transmission of Exterior syndromes). The functional tendency of each herb corresponds to the location of the disease but is opposite to its tendency. Descending substances move Qi downward, while sinking substances keep the empty Yang from floating upward. Ascending substances move the Qi upward, while floating substances keep the organs from collapsing.

The functional tendency of substances is closely related to their properties and flavors. Most substances with ascending and floating tendencies are pungent or sweet in flavor and hot or warm in property, while most substances with descending and sinking tendencies are sour, bitter, salty, or astringent in flavor and cold or cool in property.

In addition, the functional tendency of substances may be manipulated by processing techniques or combining them with other substances. For example, substances stir-baked with wine have an ascending tendency; substances stir-baked with ginger liquid have a dispersing tendency; substances stir-baked with vinegar have a stringent tendency; substances stir-baked with salt have a descending tendency. On the other hand, in an herbal formula the substances with descending and sinking tendency will affect the ascending and floating tendency of the herb if they are used together.

4. *Meridian Channel Tropism*

Meridian channel tropism refers to a specific effect of substances on a certain part of the body. Different substances may have different effects on a certain meridian channel or several meridian channel systems. For example, substances with a cold property have the function of clearing Heat, but some of them tend to clear Lung Heat, while others tend to clear Liver Heat. Various substances have a tonifying effect, strengthening or supplementing a weak, or deficient, body part, or function. Some examples of substances entering meridian channels are listed in table 1.

TABLE 1. Examples of the Herbs Entering Meridian Channels

<i>Meridian Channel</i>	<i>Herb</i>
The Lung Meridian of Hand—Taiyin	Radix Scutellariae (Huang Qin) Radix Platycodi (Jie Geng) Cortex Mori (Sang Bai Pi) Semen Armeniacae Amarum (Xing Ren)
The Large Intestine Meridian of Hand—Yangming	Radix et Rhizoma Rhei (Da Huang) Radix Puerariae (Ge Gen) Gypsum Fibrosum (Shi Gao) Fructus Forsythiae (Lian Qiao)
The Stomach Meridian of Foot—Yangming	Rhizoma Pinelliae (Ban Xia) Rhizoma Atractylodis (Cang Zhu) Rhizoma Atractylodis Macrocephalae (Bai Zhu) Massa Fermentata Medicinalis (Shen Qu)
The Spleen Meridian of Foot—Taiyin	Radix Glycyrrhizae (Gan Cao) Radix Astragali (Huang Qi) Rhizoma Atractylodis (Cang Zhu) Radix Angelicae Sinensis (Dang Gui)
The Heart Meridian of Hand—Shaoyin	Herba Ephedrae (Ma Huang) Radix Rehmanniae (Sheng Di Huang) Fructus Schisandrae (Wu Wei Zi) Rhizoma Coptidis (Huang Lian)
The Small Intestine Meridian of Hand—Taiyang	Rhizoma Atractylodis Macrocephalae (Bai Zhu) Radix Rehmanniae (Sheng Di Huang) Rhizoma Seu Radix Notopterygii (Qiang Huo) Cortex Phellodendri (Huang Bai)
The Bladder Meridian of Foot—Taiyang	Rhizoma Alismatis (Ze Xie) Ramulus Cinnamomi (Gui Zhi) Rhizoma Seu Radix Notopterygii (Qiang Huo) Fructus Vitis (Man Jing Zi)
The Kidney Meridian of Foot—Shaoyin	Rhizoma Anemarrhenae (Zhi Mu) Cortex Phellodendri (Huang Bai) Cortex Lycii (Di Gu Pi) Fructus Corni (Shan Zhu Yu)
The Pericardium Meridian of Hand—Jueyin	Rhizoma Atractylodis Macrocephalae (Bai Zhu) Radix Bupleuri (Chai Hu) Cortex Moutan (Mu Dan Pi) Radix Rehmanniae Preparata (Shu Di Huang)
The Three Heater Meridian of Hand—Shaoyang	Rhizoma Chuanxiong (Chuan Xiong) Radix Bupleuri (Chai Hu) Cortex Fraxini (Qing Pi) Radix Aconiti Lateralis Preparata (Fu Zi)
The Gallbladder Meridian of Foot—Shaoyang	Radix Bupleuri (Chai Hu) Rhizoma Pinelliae (Ban Xia) Radix Gentianae (Long Dan Cao)
The Liver Meridian of Foot—Jueyin	Pericardium Ciri Reticulatae Viride (Qing Pi) Rhizoma Seu Radix Notopterygii (Qiang Huo) Radix Angelicae Sinensis (Dang Gui) Radix Gentianae (Long Dan Cao)

Substances entering the same meridian channel may have different functions. For example, Radix Scutellariae (Huang Qin), Rhizoma Zingiberis (Gan Jiang), Bulbus Lilii (Bai He), and Semen Lepidii (Ting Li Zi) all enter the Lung channel, but they have different applications. Radix Scutellariae (Huang Qin) is mainly used for clearing Lung Heat; Rhizoma Zingiberis (Gan Jiang) is used for warming the Lung; Bulbus Lilii (Bai He) is used for tonifying the Lung; and Semen Lepidii (Ting Li Zi) is used for purging the Lung. Therefore, meridian tropism is only part of the therapeutic theory and must be considered along with the tendency, flavor, and the property of the herb.

5. Toxicity

Some herbal substances can be toxic or slightly toxic. They may lead to a toxic reaction if an overdose occurs. Some of them may give rise to severe side effects even within a therapeutic dosage. However, some toxic substances have obvious therapeutic effects. In order to use these substances properly and safely, the age and constitution of the patients should be considered carefully as well as the severity and location of the disease. The dosage of extremely toxic substances should be strictly controlled.

Theory of Traditional Chinese Medicine

The theory of Yin-Yang, Five Phases (Wu Xing), Zang-Fu system and pattern differentiation form the theoretical core of TCM. Chinese herbal theory is closely related to these theories and is one of the components of the complete TCM system. To understand clinical application of the herbal substances, it is necessary to understand these basic theories.

1. Yin-Yang Theory and the Eight Principal Patterns

Yin and Yang are ancient Chinese philosophical concepts. Originally, Yang meant the sunny side of a hill, while Yin meant the shady side of a hill. The concept of Yin and Yang was later extended to any two opposite things or phenomena that nourish each other, supplement each other, and transform to each other. The logic in this theory, called synthetic or dialectic, assumes a part can be understood only in its relation to the whole. This dialectical logic explains relationships, patterns, and changes of the world, and this gradually de-

TABLE 2. Relationship of Yin and Yang

	<i>Yang</i>	<i>Yin</i>
Space	Heaven	Earth
Time	Day	Night
Season	Spring, Summer	Autumn, Winter
Temperature	Hot	Cold
Gender	Male	Female
Brightness	Radiant	Obscured
Motion	Upward, outward	Downward, inward
Anatomy	Exterior, back, upper body	Interior, abdomen, lower body
Body Part	skin, hair	bones, sinews
Physiology	Qi	Blood
Activity	agitation	quietude
Function	strength	weakness

veloped into the theory of Yin-Yang. The general relationship of Yin and Yang is illustrated in table 2.

Traditional Chinese Medicine recognizes many patterns of disharmony in the human body. All of them, however, can be classified into eight groups, known as the Eight Principal Patterns. The Eight Principal Patterns are composed of four pairs of polar opposites: Yin/Yang, Interior/Exterior, Cold/Hot, and Deficiency/Excess. The Yin/Yang pair is the basis of the Eight Principal Patterns, while the other three pairs are actually a concrete subdivision of Yin and Yang into six sub-categories (table 3). To distinguish the eight patterns based on the signs and symptoms is actually to determine the Yin-Yang imbalance of the body, and therefore, is one of a physician's major tasks. An herbal formula, to balance Yin and Yang of the body, is prescribed according to the pattern differentiation. In general, herbs with pungent, sweet, or neutral taste belong to Yang, while those with sour, bitter, or salty taste belong to Yin.

2. Theory of the Five Phases (*Wu Xing*) and the Organ System

The Theory of the Five Phases is a universal classification of phenomena using five quintessential processes, represented by Wood, Fire, Earth, Metal, and Water. The Five Phases are not elements that are specific types of matter, but are functional processes (phases). This system of correspondences and patterns

TABLE 3. General Signs for the Six Subcategories of the Eight Principal Patterns

<i>Patterns</i>	<i>Yin/Yang</i>	<i>General Signs</i>	<i>Tongue</i>	<i>Pulse</i>
Exterior	Yang	Fever, aversion to cold, headache, general aching, stuffy running nose, cough	Thin and white tongue coating	Floating pulse
Interior	Yin	High fever, irritability or coma, thirst, abdominal pain, constipation or diarrhea, vomiting	Thick tongue coating	Deep pulse
Cold	Yin	Slow, deliberate movement, withdrawn manner, white face, fear of cold, cold limbs, pain lessened by warmth, watery stool, clear urine, no thirst or a desire for hot liquids	Pale and swollen tongue material with white or most moss	Slow pulse
Hot	Yang	Quick, agitated movement, extroverted manner, red face and eyes, high fever, irritability, thirst and desire for cold liquids, constipation, dark urine	Red tongue material with yellow moss	Rapid pulse
Deficiency	Yin	Frail and weak movement, ashen pale, or sallow face, shallow breathing, pain that is relieved by pressure, spontaneous sweating, copious urination or incontinence	Pale tongue material with little or no moss	Empty, thin, or otherwise weak pulse
Excess	Yang	Ponderous, heavy movement, loud and full voice, heavy, coarse respiration, pressure and touch increase discomfort, scanty urination	Thick tongue moss	Strong (wiry, slippery, or full) pulse

defines events and things, especially in relationship to their dynamics. More specifically, each phase is an emblem that denotes a category of related functions and qualities. The Wood Phase is a growing phase and is associated with active functions. Fire designates functions that have reached a maximal state of activity and are about to begin to decline or to enter a resting period. Metal represents functions in a declining state. Water represents functions that have reached a maximal state of rest and are about to change the direction of their activity. Finally, Earth designates balance or neutrality. In a sense, Earth is a buffer between the other phases.

Ancient Chinese believed that a micro-system, such as the human body, is part of the macro-system of Heaven and Earth. The theory of the Five Phases was considered to be a general rule for the cosmic system. Thus, it can be applied on many levels—to color, sound, taste, emotions, as well as to the organ system in TCM (table 4). The organ system is the core of physiology in TCM

TABLE 4. The Theory of the Five Phases

<i>Five Phases</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
Zang	Liver	Heart	Spleen	Lung	Kidney
Fu	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Sense Organ	Eye	Tongue	Mouth	Nose	Ear
Tissue	Tendon	Vessel	Muscle	Skin and hair	Bone
Emotion	Anger	Joy	Pensiveness	Grief	Fear
Season	Spring	Summer	Late summer	Autumn	Winter
Climate	Windy	Hot	Damp	Dry	Cold
Color	Blue	Red	Yellow	White	Black
Flavor	Sour	Bitter	Sweet	Pungent	Salty
Direction	East	South	Middle	West	North

theories. It includes five Zang organs and six Fu organs. Zang organs are Liver, Heart, Spleen, Lung, and Kidney, while Fu organs are Gallbladder, Small Intestine, Large Intestine, Stomach, Bladder, and Three Heaters. The relationships among Zang and Fu organs can be derived from the theory of the Five Phases. During clinical practice, herbal formulas are prescribed according to the pattern differentiation using Zang-Fu theory and other related diagnostic theories.

3. Pathogenic Factors, the Six Pernicious Influences, and the Seven Emotions

The Six Pernicious Influences are the environmental, or exogenous, factors that play a part in disease. They are phenomena described in climatic terms: Wind, Cold, Summer Heat, Damp, Dryness, and Fire. The healthy body is a balance of Yin and Yang. When the balance is upset, Yin and Yang are unbalanced. The body is then susceptible to the harmful effects of a Pernicious Influence, which becomes harmful when the body has an inappropriate relationship to it. Also, if climatic variations occur too rapidly and violently, these become exogenous factors, which may attack the body and cause disease. Different factors have different characters and may lead to different symptoms (table 5).

The Seven Emotions are endogenous factors that may cause disease. The seven are: joy, anger, sadness, pensiveness, grief, fear, and fright. Chinese physicians have always recognized that emotions play a part in health and illness. The emotional life cannot be separated from the physical. Of course, emotional

TABLE 5. The Six Pernicious Influences

<i>Pathogenic Factors</i>	<i>Prevail Season</i>	<i>Yin/ Yang</i>	<i>Characteristics</i>	<i>Symptoms</i>
Wind	Spring	Yang	Moving, ascending, dispersing, upward, outward, unsteady and change	Headache, dizziness, facial paralysis, lose consciousness suddenly, skin itching occurs at no fixed places
Cold	Winter	Yin	Easy to damage Yang, coagulate and obstructive, astringent	Aversion to cold, pain and cold feeling in abdomen, various kinds of pain, fever, no sweating, muscular cramp, and difficult joint flexion and extension
Summer-Heat	Summer	Yang	Scorching heat, ascending and dispersing, easy to damage Qi and Fluid, accompanied by dampness	High fever, upset, full rapid pulse, shortness of breath, lassitude, loss of consciousness, thirst, vomiting, and nausea
Damp	Late summer	Yin	Heavy and turbid, viscous and lingering, downward, easy to obstruct Qi and damage Yang	Heavy sensation of the head and body, lassitude, loose stool, turbid urine, excessive leukorrhea, tongue with greasy coating, difficult urination, eczema, chest congestion, diarrhea, vomiting, and nausea
Dryness	Autumn	Yang	Dry and easy to damage Fluid, easy to damage the Lung	Dry mouth and nose, dry throat, dry skin, dry cough, and chest pain
Fire	Summer	Yang	Scorching and burning, ascending, easy to damage body Fluid and Qi, easy to promote Liver-Wind, irritate the Heart and Spirit, accelerate the Blood circulation	High fever, aversion to heat, constipation, red tongue with yellow coating, upper body symptoms such as red tip, toothache, blood-shot eyes, dry mouth and throat, convulsion, stiff neck, various bleeding, mania, insomnia, restlessness, and unconsciousness

qualities are not in themselves pathological, and all of them appear in healthy individuals. It is only when an emotion is either excessive or insufficient over a long period of time, or when it arises very suddenly with great force, that it will generate imbalance of the body and cause disease. The reverse is also true: internal disharmony in the body can generate unbalanced emotional states. Based on the theory of the Five Phases, each emotion is related to a particular

Zang-Fu organ (table 4). By adjusting the Yin-Yang balance of the organ system with a proper herbal formula, emotional problems can be solved.

Application of Chinese Medicinal Herbs

Chinese herbs are commonly used in a combination of two or more herbs, called a formula, to increase or to reinforce the effects of each medicinal substance, to minimize toxicity or side effects, to accommodate complex clinical situations, and to alter the actions of the substances. Although the principles of combining herbs are usually introduced in a prescription manual, not in a materia medica, it is necessary to understand how and why the herbs are combined as well as some general rules for combining herbs including the compatibility, contraindication, and dosage.

I. Compatibility

Classical formulas were developed from long-term clinical experience. The combined application of the herbs in a formula follows some general rules, such as the Seven Features, which illustrate the relationship between combined herbs:

MUTUAL ACCENTUATION (XIANG XU, LITERALLY MEANS “MUTUAL NECESSITY”) Mutual accentuation refers to the combination of two substances with similar function, which can achieve remarkable reinforced synergistic effects. For example, the combination of Gypsum (Shi Gao) and Rhizoma Anemarrhenae Asphodeloidis (Zhi Mu) reinforces the effect of clearing Heat and draining Fire, and the combination of Rhizoma Rhei (Da Huang) and Mirabilitum (Mang Xiao) reinforces the effect of purging the Intestines.

MUTUAL ENHANCEMENT (XIANG SHI, LITERALLY MEANS “MUTUAL EMPLOYMENT”) Mutual enhancement refers to the combination of two or more substances similar in certain aspects of their characteristics and functions in which one of the substances enhances the effect of the other in a specific clinical situation. For example, when Sclerotium Poriac Cocos (Fu Ling) is combined with Radix Astragali Membranacei (Huang Qi), the former can enhance the effect of Radix Astragali Membranacei (Huang Qi), which tonifies Qi and

generates Water excretion. When Radix Scutellariae Baicalensis (Huang Qin) is combined with Radix et Rhizoma Rhei (Da Huang), Radix et Rhizoma Rhei (Da Huang) enhances the effect of clearing Heat and purging Fire.

MUTUAL COUNTERACTION (XIANG WEI, LITERALLY MEANS “MUTUAL FEAR”) Mutual counteraction refers to the combination in which the toxicity and side effects of one substance are reduced or eliminated by the another substance. For example, the toxicity and side effects of Rhizoma Pinelliae (Ban Xia) and Arisaema Cum Bile (Dan Nan Xing) can be reduced by combination with Rhizoma Zingiberis Recens (Sheng Jiang).

MUTUAL SUPPRESSION (XIANG SHA, LITERALLY MEANS “MUTUAL KILLING”) Mutual suppression is the reverse of mutual counteraction. In this case, the emphasis is on the substance that performs the action. For example, Rhizoma Zingiberis Recens (Sheng Jiang) reduces the toxicity and side effects of Rhizoma Pinelliae (Ban Xia) and Arisaema Cum Bile (Dan Nan Xing).

MUTUAL ANTAGONISM (XIANG WU, LITERALLY MEANS “MUTUAL AVERSION”) Mutual antagonism refers to the combination in which the primary effect of one substance is reduced or eliminated by the other substance. For example, Semen Raphani (Lai Fu Zi) antagonizes Radix Ginseng (Ren Shen) because the former weakens the function of tonifying Qi by Radix Ginseng (Ren Shen).

MUTUAL INCOMPATIBILITY (XIANG FAN, LITERALLY MEANS “MUTUAL OPPOSITION”) Mutual incompatibility refers to the combination of two substances that causes toxic or adverse side effects. For example, there are eighteen incompatible medicaments that are believed to give rise to serious side effects, if given in combination.

SINGLE EFFECT (DAN XING, LITERALLY MEANS “SINGLE GOING”) Single effect refers to a single substance that is used to achieve the desired therapeutic effects without any accessory substances. Decoction of Radix Ginseng (Ren Shen) is an example.

In short, a combination leading to an increase of the therapeutic effects of any and all herbs should be used clinically. A combination of herbs counteractive to each other and which reduces primary effects should be used care-

fully. A combination of herbs that can reduce or eliminate toxicity or that reduces adverse side effects, must be considered when using toxic substances. A combination that causes toxicity or strong adverse side effects should be avoided at all times.

2. *Contraindications*

Traditional Chinese herbs are very safe in general, but they can be harmful to the body if used improperly. There are four types of contraindications or prohibitions in using these substances.

CONTRAINDICATION TO THE SYMPTOMS Contraindication to the symptoms refers to the use of an herb for diseases or symptoms inappropriate to the indications of the herb. For example, *Herba Ephedrae* (Ma Huang) has the function of inducing diaphoresis and relieving asthma. Its indications include invasion of Wind-Cold, exterior and excess symptoms, and cough due to obstruction of the Lung-Qi. Thus, for patients with spontaneous sweating due to Qi deficiency or cough due to the Lung deficiency, *Herba Ephedrae* (Ma Huang) is prohibited.

INCOMPATIBILITY OF SUBSTANCES Incompatibility of substances refers to the combinations of herbs that should not be used simultaneously. These combinations may reduce the therapeutic effects of the herbs or lead to toxicity or side effects. Ancient medical literature summarized the incompatibility into two lists called the Eighteen Incompatible Medications (*Shi Ba Fan*) and the Nineteen Medications of Mutual Antagonism (*Shi Jiu Wei*). Modern research has shown that some of these are incorrect.

Eighteen Incompatible Medications (Shi Ba Fan)

- *Radix Glycyrrhizae* (Gan Cao) is incompatible with
 - Radix Kansui* (Gan Sui)
 - Radix Knoxiae* (Da Ji)
 - Sargassum* (Hai Zao)
 - Flos Genkwa* (Yuan Hua)
- *Radix Aconiti* (Wu Tou) is incompatible with
 - Bulbus Fritillariae Cirrhosae* (Bei Mu)
 - Fructus Trichosanthis* (Gua Lou)

Rhizoma Pinelliae (Ban Xia)
Radix Ampelopsis (Bai Lian)
Rhizoma Bletillae (Bai Ji)
Radix Veratri (Li Lu)
Radix Ginseng (Ren Shen)
Radix Adenophorae seu Glehniae (Sha Shen)
Radix Salviae Miltiorrhizae (Dan Shen)
Radix Scrophulariae (Xuan Shen)
Herba Asari (Xi Xin)
Radix Paeoniae Lactiflorae (Bai Shao)

Nineteen Medications of Mutual Antagonism

- Sulfur (Liu Huang) antagonizes Sal Glauberis (Pu Xiao)
- Hydrargyrum (Shui Yin) antagonizes Arsenicum (Pi Shuang)
- Radix Euphorbiae Fischerianae (Lang Du) antagonizes Lithargyrum (Mi Tuo Seng)
- Fructus Crotonis (Ba Dou) antagonizes Semen Pharbitidis (Qian Niu Zi)
- Flos Caryophylli (Ding Xiang) antagonizes Radix Curcumae (Yu Jin)
- Radix Aconiti (Wu Tou) antagonizes Cornu Rhinocerotis (Xi Jiao)
- Cortex Cinnamomi Cassiae (Rou Gui) antagonizes Halloysirum Rubrum (Chi Shi Zhi)
- Radix Ginseng (Ren Shen) antagonizes Faeces Trogopterorum (Wu Ling Zhi)

CONTRAINDICATION DURING PREGNANCY Some herbal substances may have side effects that may injure the fetus or induce miscarriage. These substances are divided into two groups: contraindication and caution. Contraindicated substances are toxic or extremely harsh toward pregnancy such as Fructus Crotonis (Ba Dou), Semen Pharbitidis (Qian Niu Zi), Radix Knoxiae (Da Ji), Mylabris (Ban Mao), Radix Phytolaccae (Shang Lu), Moschus (She Xiang), Rhizoma Spargani (San Leng), Rhizoma Curcumae (E Zhu), and Hirudo (Shui Zhi). This group of substances should never be used during pregnancy. Substances in the second group are those with the function of invigorating Blood and removing Blood Stasis, such as Semen Persicae (Tao Ren), Flos Carthami (Hong Hua), Radix Et Rhizoma Rhei (Da Huang), Fructus Aurantii Immaturus (Zhi Shi), Radix Aconiti Lateralis Preparata (Fu Zi), Rhizoma Zingiberis (Gan Jiang), and Cortex Cinnamomi (Rou Gui). These substances should be used with extreme care.

DIETARY INCOMPATIBILITY Diet is considered an important influence on health and illness in TCM. Food items, such as meat, vegetables, and various seasonings, all have their own properties and flavors, just as herbal substances do. Thus, everyday food intake may conflict with the herbs a patient takes. In general, when Chinese herbs are used, certain kinds of food—raw, cold, greasy, or other relatively hard-to-digest foods—should be avoided. Or, according to the condition of the disease, some food should not be eaten at all. For example, for patients with Cold symptoms, uncooked or cold food should be avoided. For patients with Heat symptoms, greasy foods or oils of any kind should be avoided. For patients with dizziness, insomnia, and impetuous temperament, pepper, hot pepper, wine, garlic, and other spices should be avoided. For patients with indigestion due to Spleen and Stomach Deficiency, fried, greasy, and sticky food should be avoided. For patients with infections on their body surface and cutaneous pruritus, fish, shrimps, crabs, and other seafood should be avoided.

According to traditional theory, some food types should be avoided when taking certain medicinal substances. For example, patients taking *Radix Rehmanniae Glutinosae* (Sheng Di Huang), *Radix Rehmanniae Glutinosae Conquिताe* (Shu Di Huang), and *Radix Polygoni Multiflori* (He Shou Wu) should avoid onion, garlic, and radish; patients taking *Sclerotium Poriae Cocos* (Fu Ling) should avoid onion; patients taking *Herba Menthae* (Bo He) should avoid turtle flesh; patients taking *Fructus Quisqualis* (Shi Jun Zi) and *Rhizoma Smilacis Glabrae* (Tu Fu Ling) should avoid tea.

DOSAGE Dosage refers to the amount of an herb used in a prescription or the daily amount of the herb suitable for an adult. Dosage is a topic of extreme importance in composing a prescription. It is with dosage that specific aspects of a therapeutic strategy can be emphasized or de-emphasized. Traditional practitioners believed that the variables governing the dosage of a particular substance (e.g., clinical presentation, duration of disease, and strength of the herb) were too complex to establish a general standard. However, there are still some common rules for people to follow. The common dosage for most of the available substances is 1–3 qian or 3–10 grams. (For conversion between qian and gram, see below.) Exceptions to this depend on a few variables, such as the property of the substance, preparation method, the role of the substance in a formula, severity of the disease, and condition of the patient.

Dosage of drastic or toxic substances starts in small amounts. As soon as the condition of the patient improves, the dosage should be reduced or the herb

should be discontinued to avoid poisoning. Hard and heavy substances, such as mineral and shell, may be used in large dosage, while light and strongly flavored substances, such as flower, leaf, and volatile aromatic herbs, are used in small dosage. Those greasy and thick in taste should be prescribed in large doses.

The dosage of a substance in decoction should be larger than that of a substance in pill or powder form. The dosage of a single-substance prescription is usually larger than that of the herb in a formula. The dosage of a substance as a primary substance in the formula is larger than that of an accessory one.

The dosage of a substance for severe, acute, and stubborn problems is usually larger than that for mild and chronic conditions. The dosage for young and strong patients is large, while that for the aged, frail, and maternal patients or for children is smaller. The dosage for children over six or under five is half, or a quarter, respectively, of the dosage for an adult. The dosage for infants should be even smaller.

Traditional weights appearing in TCM classics are different from the weight system being used in modern China. The old weight system for herbs is as follows:

1 jin = 16 liang or tael
1 liang = 10 qian
1 qian = 10 fen
1 fen = 10 li
1 li = 10 hao

One liang in the old weight system is equal to 31.25 grams. To simplify the conversion between Chinese and the metric system, China established simpler metric equivalents for traditional weight measures:

1 liang = 30 grams
1 qian = 3 grams
1 fen = 0.3 grams
1 li = 0.03 grams

PREPARATION OF HERBS Decoction (tang, literally “soup”) is the most common form in which traditional herbal medicine is taken in China. It is a preparation of boiling herbs with water or with a proper amount of other solvents, such as wine and vinegar. These decoctions are liquid extractions of the herbs that are absorbed easily in the human body. The contents of a decoction

are easily changed to fit clinical needs. These are the reasons for the popularity of decoctions.

When preparing a decoction, substances are first put into a vessel with stable chemical properties, such as earthenware, enamel, or porcelain. Never use metal utensils such as iron, copper, or aluminum. Clean water is poured into the vessel to submerge all of the substances. After soaking for 30–60 minutes, the substances are cooked over a strong flame until the water is boiling and then simmered for 20–30 minutes. Due to the different requirements of each herb, cooking times may differ. After cooking, the liquid decoction is filtered out and saved, then more water is added to the same level as the first time, and the pot is simmered again. The same substances are usually decocted two or three times. The decoctions should be mixed together and taken two or more times a day.

The decocting period depends on the requirement of each herb. The herbs releasing Exterior syndromes or clearing the Heat should be decocted in a small amount of water with a strong fire in a short period of time, usually 5–10 minutes after boiling. The herbs with tonifying functions should be decocted in a large amount of water with a low heat for a long period of time, usually 40 minutes after boiling.

Some herbs need special treatment during the decoction process. When special treatment is needed, a note should be given on the prescription to the pharmacist. The herbs will then be packaged separately. The special treatments are as follows:

Decocted First (Xian Jian) Some substances like minerals, shells and fossils are not easily extracted and should be cooked for 15 minutes before other ingredients are added to the decoction. These substances include Gypsum Fibrosum (Shi Gao), Concha Ostreae (Mu Li), Concha Haliotidis (Shi Jue Ming), Os Draconis (Long Gu), Carapax et Plastrum testudinis (Gui Ban), and Carapax Trionycis (Bie Jia). Some toxic substances, such as Radix Aconiti Lateralis Preparata (Fu Zi), are decocted first to reduce side effects or toxicity.

Added Later (Hou Xia) Some fragrant substances that contain volatile oils as active ingredients should be put in at the end of the decoction process and cooked for only about five minutes to prevent the loss of their volatile elements. These substances include Herba Menthae (Bo He), Amomi Fructus (Sha Ren), and some purgative substances such as Radix et Rhizoma Rhei (Da Huang), and Folium Sennae (Fan Xie Ye).

Decocted in Gauze (Bao Jian) Powder-like, sticky, or viscous substances, or plant seeds should be cooked in a gauze bag separated from the remaining ingredients. This way the decoction will not be turbid, irritating to the throat, or burnt at the bottom of the pot. These substances include Semen Plantaginis (Che Qian Zi), Flos Inulae (Xuan Fu Hua) and Six-to-One Powder (Liu Yi San).

Decocted Separately (Ling Jian) Some extremely expensive substances, such as Radix Ginseng (Ren Shen), Cornu Rhinocerotis (Xi Jiao), and Cornu Cervi Parvum (Lu Rong) are often cooked separately. The decocted liquid of these substances may be taken alone or mixed with other decoctions.

Taken with the Decoction (Chong Fu) Some substances unsuitable for decoction, such as Cortex Magnoliae Officinalis (Hu Po), Radix Notoginseng (San Qi), and Cinnabaris (Zhu Sha), should be ground into fine powder and infused with warm boiled water or finished for use.

Dissolved in Decoction (Rong Hua) Those gluey and very sticky substances, such as Colla Corii Asini (A Jiao) and Saccharum Granorum (Yi Tang), should be dissolved separately in a small container. The resulting solution should be added to the strained decoction of other ingredients before ingestion.

In addition to decoction, there are some other forms of herbal medicine. Pills (wan) are made by combining the fine powder of pulverized medicinal substances with a viscous medium, usually with honey. The sizes of the pills vary, and usually are prescribed with some common edible substance such as mustard seeds and long yan fruit. Tonic formula is usually made into big “honey pills” (mi wan), while other formula may be made into smaller “water pills” (shui wan). From a functional perspective, pills are usually mild and slow in action.

Another form of medicinal preparation is powder (san), a readily absorbable, convenient, and easily stored form. The rate of medicinal action is in between that of decoction and pills. Because powders are not easy for a patient to take, the powder form is not very popular and is not good for complex formulas.

Syrups (gao) are produced by decocting substances in water, reducing the strained decoction to a thick concentrate, then adding granulated sugar or

honey. This form of preparation is appropriate in the treatment of respiratory disorders such as cough and sore throat.

There are two forms of plasters (*gao*) that are both used externally. Plaster medicine (*gao yao*) is prepared by slowly simmering medicinal substances in oil (usually sesame oil), discarding the residue, and adding beeswax. It is then spread on paper or cloth, and applied externally. Medicinal plaster (*yao gao*) is the other form of plaster that is prepared by adding the powder of a formula to a heated mixture of oil and beeswax. Plasters are usually used in treatment of dermatological disorders, fractures and sprains, and immobile masses.

Modern pharmaceutical technology has led to the creation of a number of new forms of medicinal preparation in China. These include infusions, tablets, tinctures, suppositories, capsules, and drops. The new forms of preparation are usually for those formulas developed in recent decades, and some contain Western drugs. Although decoction is still the most popular form of preparation in China, other forms such as capsules or pills have become more and more popular. In recent years, the powder form of crude extracts for individual herbs and herbal formulas has appeared in the market. Extracts from individual herbs can be mixed to form formulas for clinical use. Much study and testing is being done on these new medical preparations.

5. Substance Administration

Decoctions are usually taken warm. Those for expelling Wind-Cold patterns are better taken while hot. Those for releasing vomiting should be taken in small amounts at frequent intervals. Pills and powders are usually taken with warm water.

Tonics should be taken before meals. Substances irritating to the stomach and intestines should be taken after meals. Antihelminthics and purgatives should be taken on an empty stomach. Sedatives and tranquilizers should be taken before bedtime. For the substances taken before or after meals, there must be a one- to two-hour interval between the meal and the medicine to prevent the interference on the therapeutic effect from the food.

Generally speaking, medicinal substances may be taken two to three times a day. For chronic diseases, decoctions require two doses a day, one dose in the morning, the other before bedtime. For acute disorders, decoctions must be taken every four hours during the day.

Modern Research on Chinese Medicinal Herbs

Traditional Chinese Medicine has existed for two thousand years in China. Only in this century has modern research technology been used to study Chinese medicinal substances. The majority of the work has been conducted within the last 60 years, primarily in laboratories in China, Korea, Japan, Russia, and Germany. There are two types of research on medicinal substances. One is laboratory research into the effects of the substances on in-vitro systems such as in test tubes, tissue specimens, or even animals. The other is clinical research on patients, or in vivo.

Most of the research attempts have been made in order to understand the actions and properties of Chinese medicinal substances. For example, the herb *Herba Oldenlandiae Diffusae* (Bai Hua She She Cao) has been shown to be clinically effective in the prevention and treatment of a variety of infectious diseases. However, research showed that it does not have a significant in-vitro inhibitory effect against any major pathogen, but has the function of enhancing the body's immune response. One of the other goals of the laboratory research is to identify active ingredients of the herbal substances. This study usually involves fractionation of herbal extracts using high performance liquid chromatography and other related biochemical techniques, and functional detection by various biomedical assays. For example, glycyrrhetic acid and lico-flavone, which are refined from *Radix Glycyrrhizae* (Gan Cao), were found to be responsible for the herb's function in detoxification and anti-ulcer effects. The discovery of demethylcoclaurine from *Radix Aconiti Lateralis Preparata* (Fu Zi) explains why *Radix Aconiti Lateralis Preparata* (Fu Zi) has the function of restoring Yang and rescuing patients from collapse. Research has shown that different herbs with similar functions actually have similar chemical compositions. For example, *Radix Aconiti Lateralis Preparata* (Fu Zi), *Rhizoma Zingiberis* (Gan Jiang), *Fructus Evodiae* (Wu Zhu Yu), and *Flos Caryophylli* (Ding Xiang) all have the function of warming the interior, and all contain demethylcoclaurine. It has been demonstrated that demethylcoclaurine is directly related to the function of warming the Interior.

In recent years, significant progress has been made in clinical research on medicinal herbs, especially in China and European countries. In China there are strict rules for using medicinal herbs as drugs. The regulation for herbal medicine, which requires pre-clinical studies, phase I, II, and III clinical trials, is very much the same as that for Western drugs. Each year a number of new

herbal drugs are developed, certified, and licensed. For example, *Radix Bupleuri* (Chai Hu) was found to have the function of reducing Heat. A new extract from the herb, *Radix Bupleuri* injection, was approved and has been widely used to reduce fever. Another herb, *Gynostema pentaphyllum* (Jiao Gu Lian), was found to reduce cholesterol. A new *Gynostema pentaphyllum* pill was then developed and has been used in China widely. *Herba Leonuri* (Yi Mu Cao) has the function of promoting blood circulation to regulate menstruation. The new drug *Herba Leonuri* Infusion is now widely used in gynecology for irregular menstruation.

Because of the progress made in understanding the function and properties of Chinese medicinal substances, some practitioners of TCM have taken the results of biomedical research into account before writing a prescription. For example, if from a modern biomedical perspective, a patient presents with a bacterial infection, the practitioner will use herbs that are thought to be effective against the bacterium. However, those herbs should not be inappropriate for the patient (from a traditional Chinese medical perspective) based on a diagnosis using pattern differentiation. Thus, patients with headaches should be cautioned not to take prescriptions containing *Radix Angelicae* (Bai Zhi) at bedtime for this herb can act as a central nervous system stimulant.

Considering the immense number of the traditional Chinese medicinal substances and the amount of resources it will take to study them thoroughly, it is not surprising that there is still much work to be done on basic levels. The active ingredients of most Chinese herbs are still unknown. For those in which some of the active ingredients are known, there is little understanding of their pharmacologic properties. Future studies in these fields are important not only to Traditional Chinese Medicine, but to the world's medicine as well.

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Illustrated Materia Medica

PHARMACEUTICAL NAME

Acacia Catechu

ENGLISH NAME

catechu paste

PART USED

extract from the peeled branch and stem

Acacia Catechu, produced in the provinces of Yunnan and Guangxi, is collected during December and March. It is ground into a fine powder for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and astringent in flavor, cold in property, acts on the Lung channel.

FUNCTIONS

Arrests exudation, promotes the growth of new tissue, and heals wounds.

CLINICAL USE AND MAJOR COMBINATIONS

For festering wounds, it is used with Gummi Olibanum (Ru Xiang), Myrrha (Mo Yao), and Sanguis Draconis (Xue Jie).

For skin diseases with watery discharge.

For ulcers in the mouth.

For traumatic injury with pain and bleeding, it is used with Sanguis Draconis (Xue Jie) and Rhizoma Bletillae (Bai Ji).

For cough due to Lung Heat, thirst due to Summer Heat, and chronic dysentery.

DOSAGE AND ADMINISTRATION

0.1–1 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

None noted.



Acacia catechu (L.) Willd. (Fam. Mimosaceae)
1. Branch with flowers; 2. Flowers; 3. Opened calyx; 4. Opened corolla; 5. Stamen; 6. Pistil; 7. Fruit

PHARMACEUTICAL NAME

Cortex Acanthopanacis

ENGLISH NAME

slenderstyle acanthopanax root bark

PART USED

dried root bark

Cortex Acanthopanacis is also called South Slenderstyle Acanthopanax (Nan Wu Jia Pi). It is produced chiefly in Hubei, Henan, and Anhui provinces, and collected in summer and autumn. The bark of the root is removed, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Expels Pathogenic Wind Dampness, strengthens muscles and bones.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis due to Deficiency of the Liver and Kidney with aching and weakness of the loins and knees, as well as muscular contracture, it is used alone or with other herbs that replenish the Liver and Kidney.

For retarded walking and lack of strength in children, Cortex Acanthopanacis is used with Fructus Chaenomelis (Mu Gua) and Radix Achyranthis Bidentatae (Niu Xi) in “The Acanthopanacis Powder” (Wu Jia Pi San).

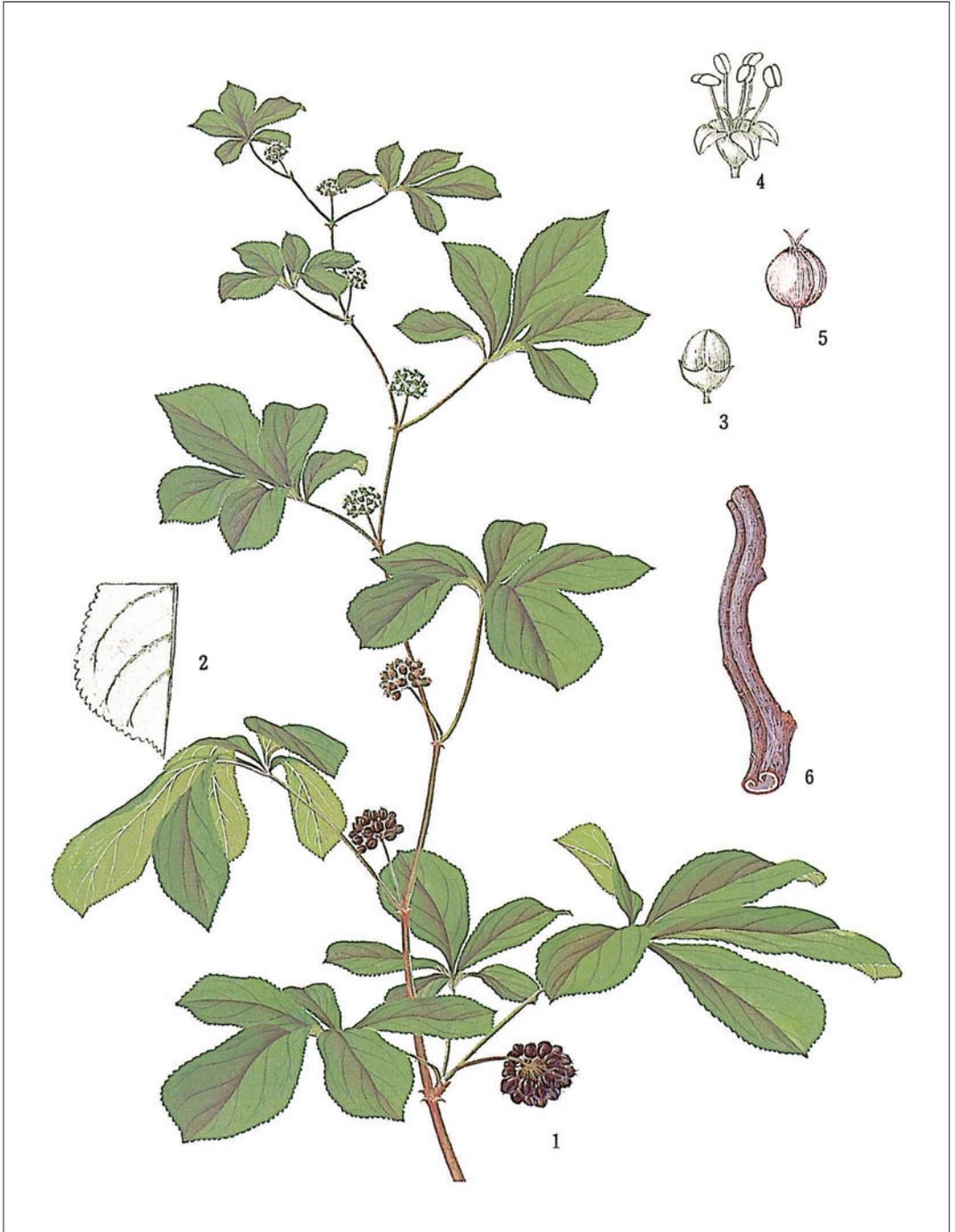
For edema, it is used with Sclerotium Poriae Cocos (Fu Ling) and Pericarpium Arecae (Da Fu Pi).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Acanthopanax gracilistylus W. W. Smith (Fam. Araliaceae)
1. Branch with flowers and fruit; 2. Backside of the leaf; 3. Bud; 4. Flower; 5. Fruit; 6. Bark of the root

PHARMACEUTICAL NAME

Radix Acanthopanax Senticosi

ENGLISH NAME

manyprickle acanthopanax root

PART USED

root and rhizome

Radix Acanthopanax Senticosi is produced mainly in northeastern China. Collected in autumn and spring, the roots and rhizomes are washed clean and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and slightly bitter in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Reinforces Qi to strengthen the Spleen, tonifies the Kidney, and tranquilizes the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For Deficient Spleen Yang and Deficient Kidney Yang manifested as poor appetite, general weakness, lassitude, aching of the loins and knees, insomnia, and dream-disturbed sleep.

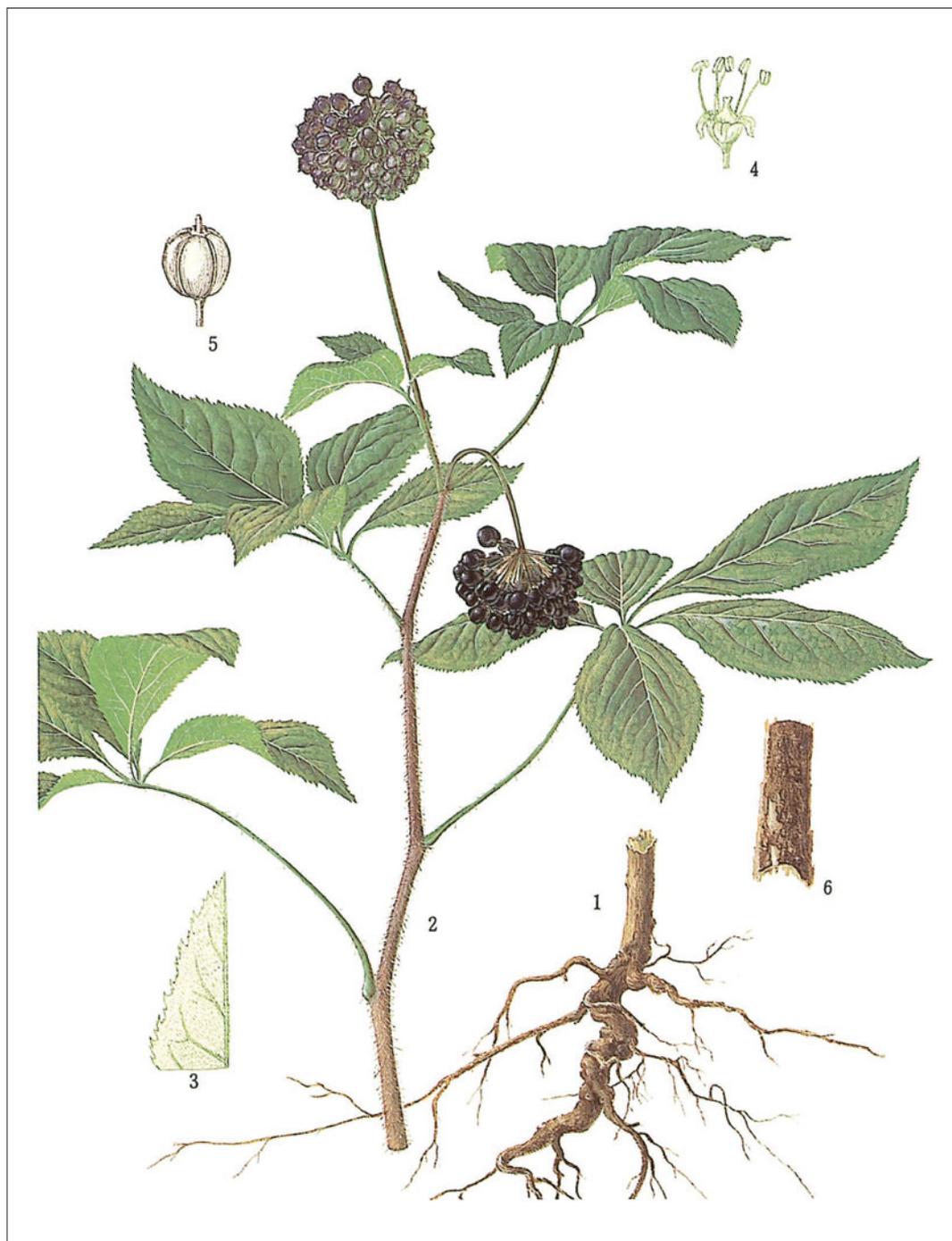
DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for internal use.

PRECAUTIONS

None noted.

*See Wu Jia Pi, *Acanthopanax Gracilistylus*



Acanthopanax senticosus (Rupr. et Maxim.) Harms (Fam. Araliaceae)
1. Root; 2. Branch with fruit; 3. Down below the leaf; 4. Flowers; 5. Fruit; 6. Bark of the root

PHARMACEUTICAL NAME

Radix Achyranthis Bidentatae

ENGLISH NAME

two tooth achyranthes root

PART USED

dried root

Radix Achyranthis Bidentatae is produced chiefly in the provinces of Henan, Hebei, Shanxi, and Shandong. The root is dug in autumn and winter, then dried in sunlight or treated with sulphur smoke. It is sliced and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sour in flavor, neutral in property, acts on the Liver and Kidney channels.

FUNCTIONS

Invigorates Blood circulation to resolve Blood Stasis, tonifies the Liver and Kidney, strengthens the tendons and bones, cures gonorrhea by inducing diuresis, and induces the downward movement of blood.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, dysmenorrhea, amenorrhea, and postpartum abdominal pain due to Blood Stasis, and for traumatic pain, it is used with Flos Carthami Tinctorii (Hong Hua), Semen Persicae (Tao Ren), and Radix Angelicae Sinensis (Dang Gui). For knee, lower back, and foot pain, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Radix Dipsaci (Xu Duan).

For pain in the loins and knees and weakness in the legs caused by Deficiency of the Liver Yin and Kidney Yin, it is used with Cortex Eucommiae Ulmoidis (Du Zhong), Radix Dipsaci (Xu Duan), Ramulus Taxilli Sutchuenensis (Sang Ji Sheng), and Fructus Chaenomelis (Mu Gua). For pain in the loins and knees due to Damp Heat flowing downward, it is used with Rhizoma Atractylodis (Cang Zhu), Cortex Phellodendri (Huang Bai), and Semen Coicis Lachryma-jobi (Yi Yi Ren) in “The

Pill of Four Wonderful Herbs” (Si Miao Wan). For knee pain due to Wind Dampness, it is used with Radix Aristolochiae Fangchi (Fang Ji), Rhizoma Dioscoreae (Bi Xie), and Radix Angelicae Pubescentis (Du Huo).

For hematuria and difficult and painful urination, it is used with Radix Angelicae Sinensis (Dang Gui), Herba Dianthi (Qu Mai), and Medulla Tetrapanacis (Tong Cao), and Pulvis Talci (Hua Shi) in “The Radix Achyranthis Bidentatae Decoction” (Niu Xi Tang).

For hematuries, epistaxis, toothache, canker, headache, and dizziness. For intense Heat in the Blood, it is used with Rhizoma Imperatae (Bai Mao Gen), Herba Cirsii Segeti (Xiao Ji), and Fructus Gardeniae Jasminoidis (Zhi Zi). For toothache and canker sores due to flare-up of Fire of the Deficiency type, it is used with Radix Rehmanniae (Sheng Di Huang), Gypsum Fibrosum (Shi Gao), and Rhizoma Anemarrhenae (Zhi Mu) in “The Gypsum Decoction” (Yu Nu Jian). For headache and dizziness due to Yin Deficiency, it is used with Concha Ostreae (Mu Li) and Radix Paeoniae Alba (Bai Shao) in “The Tranquilizing Liver Wind Decoction” (Zhen Gan Xi Feng Tang).

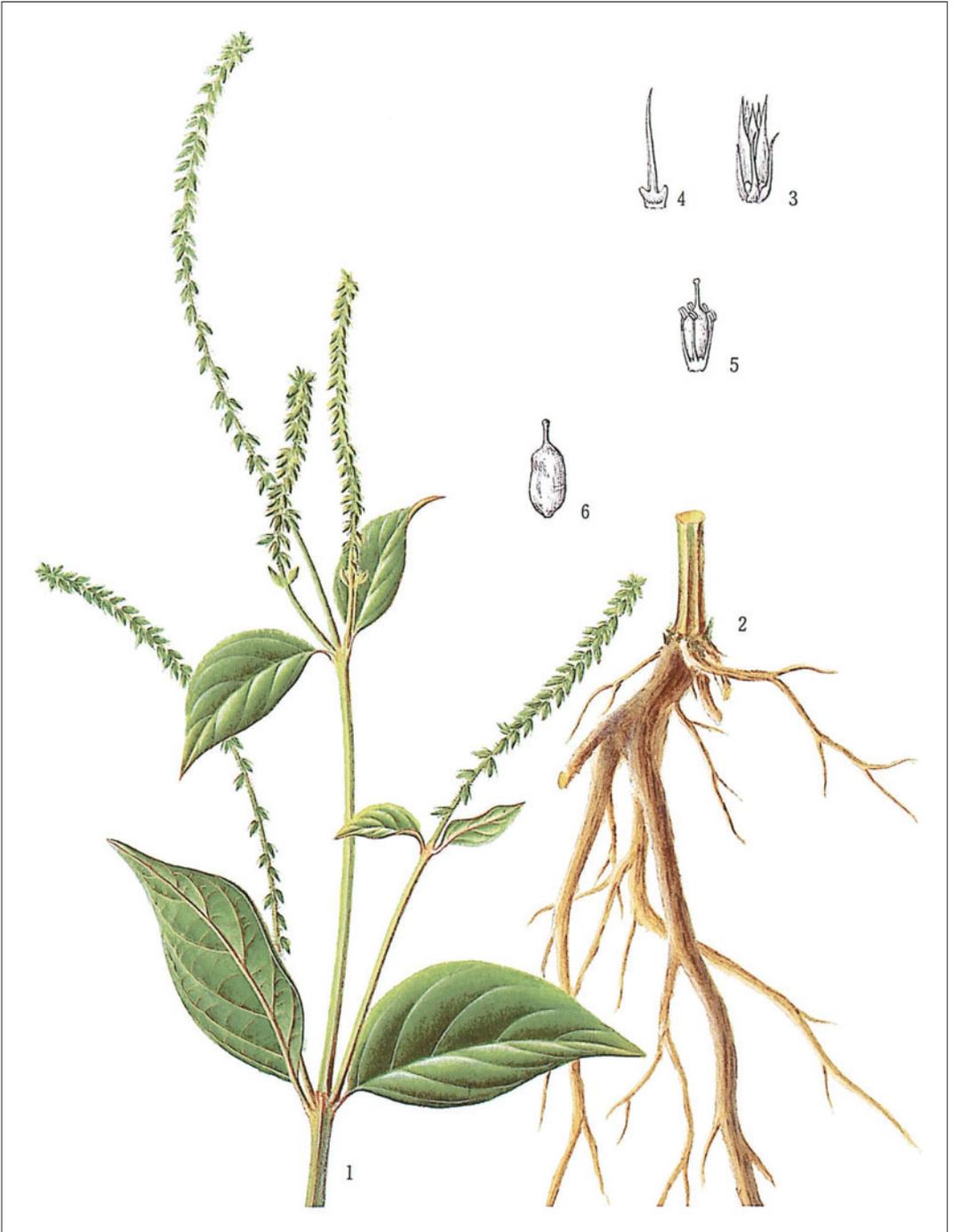
Because the herb guides the blood downwards, it is used for difficult labor with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Carapax et Plastrum Testudinis (Gui Ban).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for use during pregnancy and for menorrhagia and metrorrhagia.



Achyranthes bidentata BL. (Fam. Amaranthaceae)
1. Branch with fruit; 2. Root; 3. Flower; 4. Little petal; 5. Stamen and pistal; 6. Fruit

PHARMACEUTICAL NAME

Radix Aconiti

ENGLISH NAME

monkshood mother root

PART USED

dried parent root tuber

Radix Aconiti is produced chiefly in Sichuan, Hubei, and Hunan provinces. After plants are collected in summer, the hairy rootlets are removed, and the root is used after processing.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, heavily poisonous, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Removes Pathogenic Wind Dampness, expels Pathogenic Cold, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

Used for joint pain in rheumatic or rheumatoid arthritis due to Pathogenic Cold and Dampness, and for epigastric pain with cold sensations due to Cold. In fact, it is similar to Radix Aconiti Lateralis Preparata in flavor, properties, and clinical use, but is less effective in supplementing Yang but more effective in dispelling Wind.

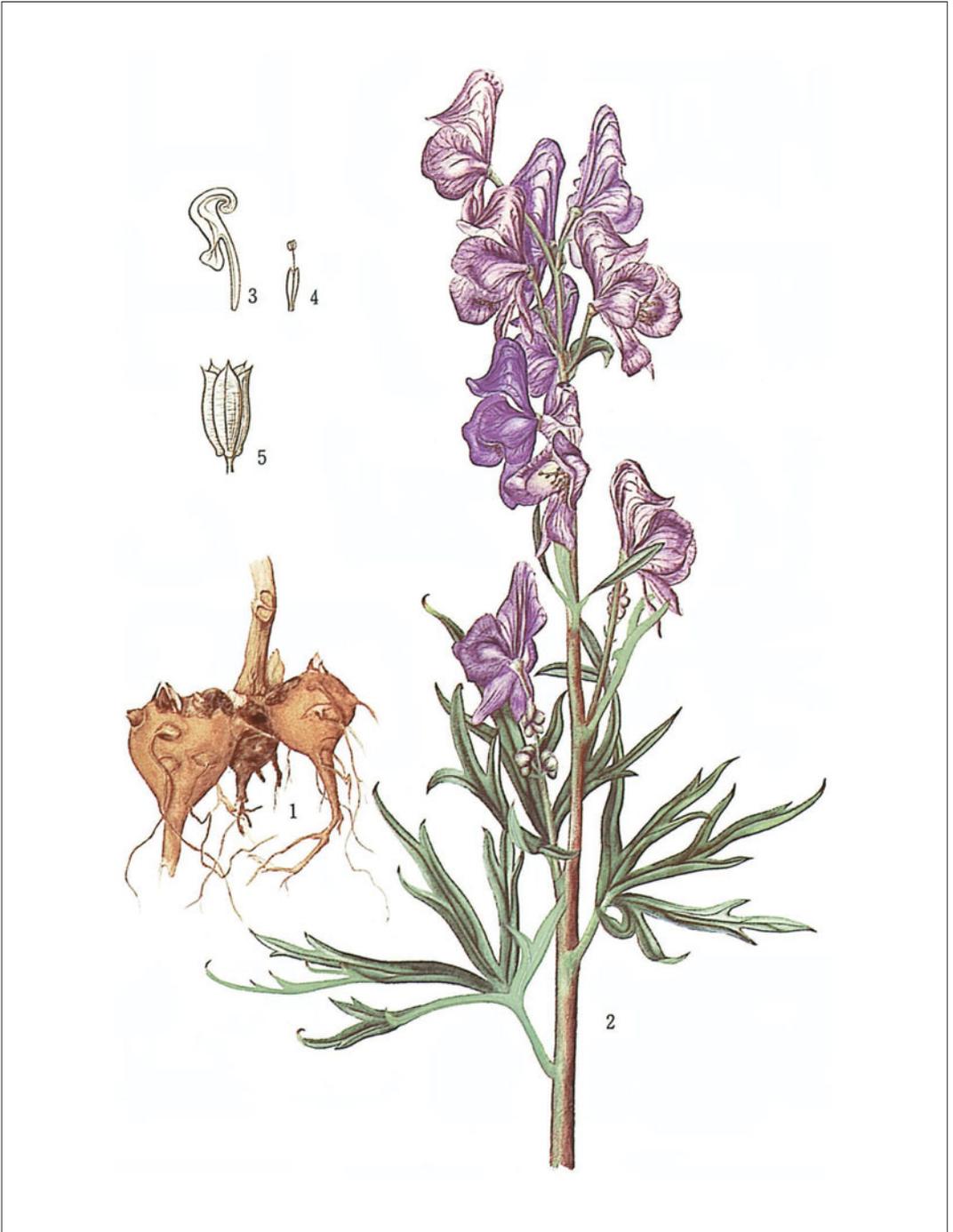
Used as an analgesic.

DOSAGE AND ADMINISTRATION

3–9 g, decocted in water for an oral dose; 1–2 g, if used in powder.

PRECAUTIONS

1. Due to toxicity, Radix Aconiti must be decocted in water 30–60 minutes before the other herbs.
2. It is contraindicated for use during pregnancy.
3. It is incompatible with Rhizoma Pinelliae (Ban Xia), Fructus Trichosanthis (Gua Lou), Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), and Rhizoma Bletillae Striatae (Bai Ji).



Aconitum carmichaeli Debx. (Fam. Ranunculaceae)
1. Side root; 2. Branch with flower; 3. Petal; 4. Stamen; 5. Fruit

PHARMACEUTICAL NAME

Radix Aconiti Kusnezoffii

ENGLISH NAME

kusnezoff monkshood root

PART USED

dried root tuber

Radix Aconiti Kusnezoffii is produced chiefly in Sichuan, Hubei, and Hunan provinces. The plant is collected in summer. After the hairy rootlets and soils are removed, the tuber is thinly sliced, soaked in water, boiled with ginger, and dried.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, very poisonous, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Removes Pathogenic Wind Dampness, expels Pathogenic Cold, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For joint pain in rheumatic or rheumatoid arthritis due to Pathogenic Cold and Dampness, and for epigastric pain with cold sensations due to Cold. In fact, it is similar to *Radix Aconiti Lateralis Preparata* in flavor, properties, and clinical use, except that it is less effective in supplementing Yang but more effective in dispelling Wind.

It is also used as an analgesic.

DOSAGE AND ADMINISTRATION

1.5–3 g, decocted in water for an oral dose; 0.5–1 g, if used in powder.

PRECAUTIONS

1. More toxic than *Radix Aconiti* and *Radix Aconiti Lateralis Preparata*. Must be decocted in water 60 minutes before the other herbs.
2. Contraindicated for use during pregnancy.
3. It is incompatible with *Rhizoma Pinelliae* (Ban Xia), *Fructus Trichosanthis* (Gua Lou), *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu), and *Rhizoma Bletillae Striatae* (Bai Ji).



Aconitum kusnezoffii Reichb. (Fam. Ranunculaceae)
1. Root; 2. Branch with flowers.

PHARMACEUTICAL NAME

Rhizoma Acori Tatarinowi

ENGLISH NAME

Acorus

PART USED

dried rhizome

Rhizoma Acori Tatarinowi is produced mainly in the provinces of Zhejiang and Jiangsu, where it is collected in early spring, cleaned after removing the leaves, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Heart and Stomach channels.

FUNCTIONS

Opens the orifices to calm the Mind, eliminates Dampness and Phlegm to improve the appetite.

CLINICAL USE AND MAJOR COMBINATIONS

For unconsciousness and confusion of the Mind due to mental disturbance by Dampness accompanying febrile disease, it is used with Radix Curcumae (Yu Jin) and Rhizoma Pinelliae (Ban Xia). For poor memory, tinnitus, and deafness, it is used with Sclerotium Poriae Cocos (Fu Ling) and Radix Polygalae (Yuan Zhi) in “The Sedative Bolus” (An Shen Ding Zhi Wan).

For feeling of oppression in the chest, of distention in abdomen due to retention of Dampness in the Spleen and Stomach, it is used with Rhizoma Cyperi (Xiang Fu) and Fructus Evodiae (Wu Zhu Yu).

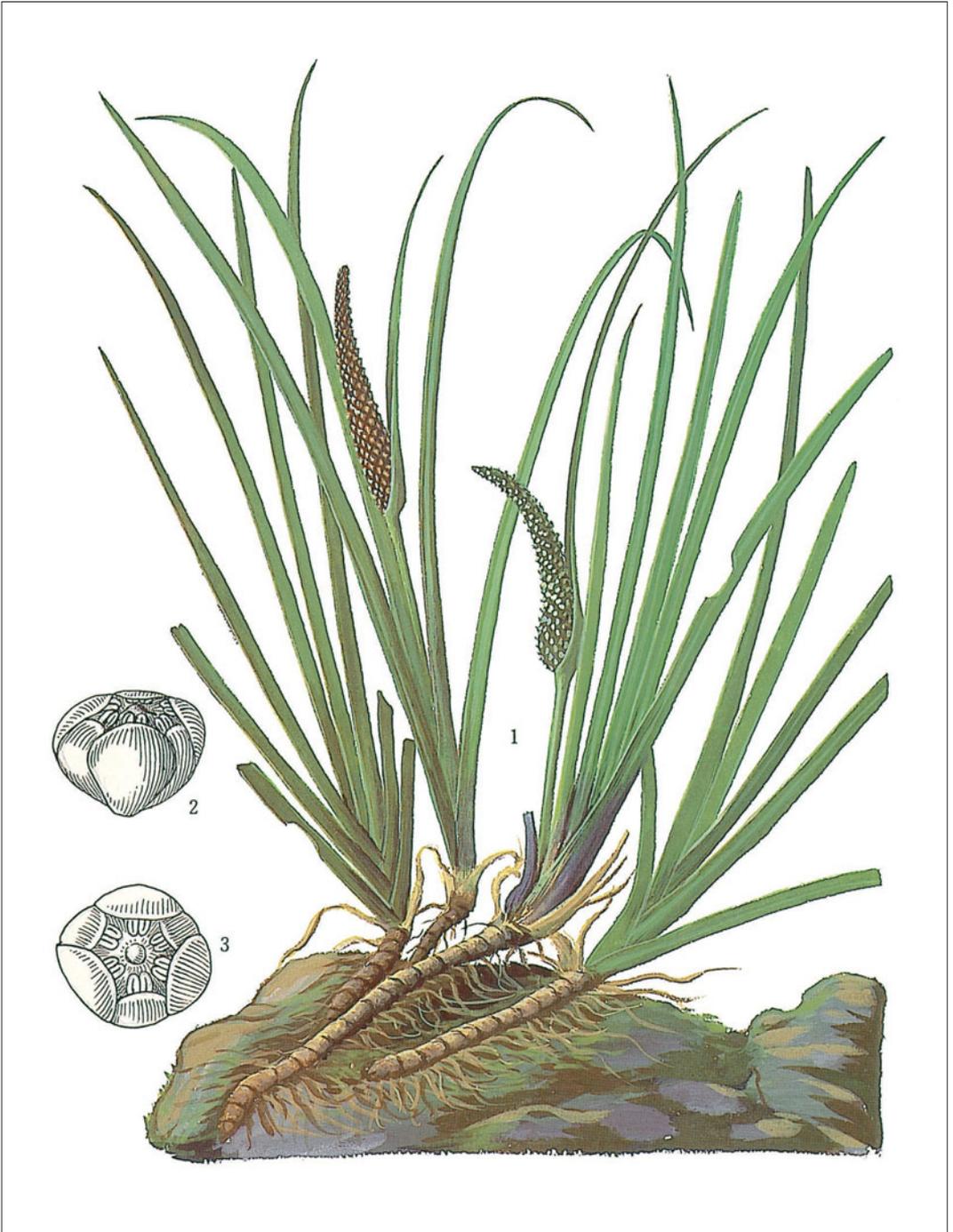
Used for arthralgia due to Wind Cold Dampness and traumatic pain. It is used both internally and externally.

DOSAGE AND ADMINISTRATION

5–8 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Acorus tatarinowii Schott (Fam. Araceae)
1. Whole plant with flowers; 2. Side view of male flower; 3. Top view of male flower

PHARMACEUTICAL NAME

Radix Adenophorae

ENGLISH NAME

ladybell root, bellflower root

PART USED

dried root

Radix Adenophorae is produced mainly in the provinces of Anhui, Sichuan, and Jiangsu. The root, which is collected in autumn, is cut into sections, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Lung channel.

FUNCTIONS

Nourishes Yin and removes Lung Heat, resolves Phlegm, and reinforces Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For Lung Heat with dry cough, cough with scanty, sticky sputum in pulmonary problems with Yin Deficiency; for Deficiency of Qi and Yin with feverishness and thirst.

DOSAGE AND ADMINISTRATION

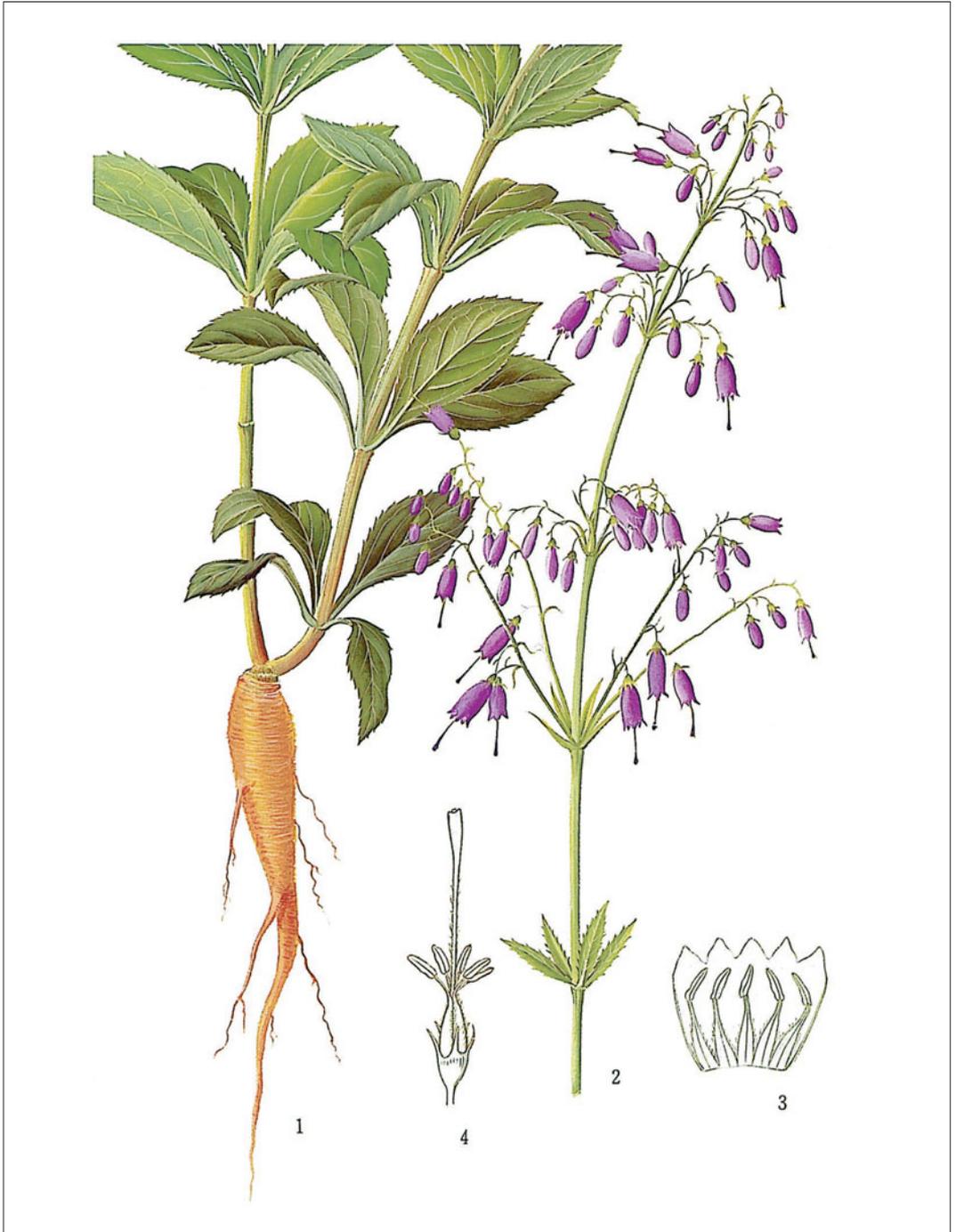
9–15 g, decocted in water for internal use.

PRECAUTIONS

It is incompatible with Rhizoma et Radix Veratri (Li Lu).

Adenophora tetraphylla (Thunb.) Fisch.
or *Adenophora axilliflora* Borb. (Fam. Campanulaceae)

NAN SHA SHEN



Adenophora tetraphylla (Thunb.) Fisch. (Fam. Campanulaceae)
1. Lower part of the plant; 2. Branch with the flowers; 3. Opened corolla showing stamens;
4. Stamen and Pistil

PHARMACEUTICAL NAME

Herba Agastachis

ENGLISH NAME

agastache

PART USED

dried aerial part

Herba Agastachis is the dried aerial part of *Pogostemon cablin* (Blanco) Benth. or *Agastache rugosa* (Fisch. et Mey.) O. Ktze. (Fam. Labiatae). The former species is produced chiefly in Guangdong province, whereas the latter is produced in most provinces in China. It is collected in summer and autumn, and dried in sunlight or shade. The herb is used fresh or unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, slightly warm in property, acts on the Spleen, Stomach, and Lung channels.

FUNCTIONS

Resolves Dampness, relieves Summer Heat, alleviates vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the Spleen and Stomach due to the accumulation of Dampness, with epigastric distension, anorexia, nausea, and vomiting, it is used with Rhizoma Atractylodis (Cang Zhu), Cortex Magnoliae Officinalis (Hou Po), and Rhizoma Pinelliae (Ban Xia) in “The Priceless Health Restoring Powder” (Bu Huan Jin Zhen Qi San).

For invasion of Wind Cold or impairment of the internal organs from eating cold food during summer months with fever, aversion to cold, headache, vomiting, and diarrhea, it is used with Folium Perillae (Zi Su Ye), Rhizoma Pinelliae (Ban Xia), and Cortex Magnoliae Officinalis (Hou Po) in “The Powder of Agastache for Restoring Health” (Huo Xiang Zheng Qi San).

For various kinds of vomiting, especially that caused by Stagnation of Dampness in the Spleen and Stomach, it is used with Rhizoma Pinelliae (Ban Xia). For vomiting due to Damp Heat, it is used with Rhizoma Coptidis (Huang Lian) and

Caulis Bambusae In Taeniis (Zhu Ru); for vomiting due to insufficiency of the Spleen and Stomach, it is used with Radix Codonopsis (Dang Shen) and Radix Glycyrrhizae Uralensis (Gan Cao); and for vomiting during pregnancy, it is used with Fructus Amomi (Sha Ren) and Rhizoma Pinelliae (Ban Xia).

DOSAGE AND ADMINISTRATION

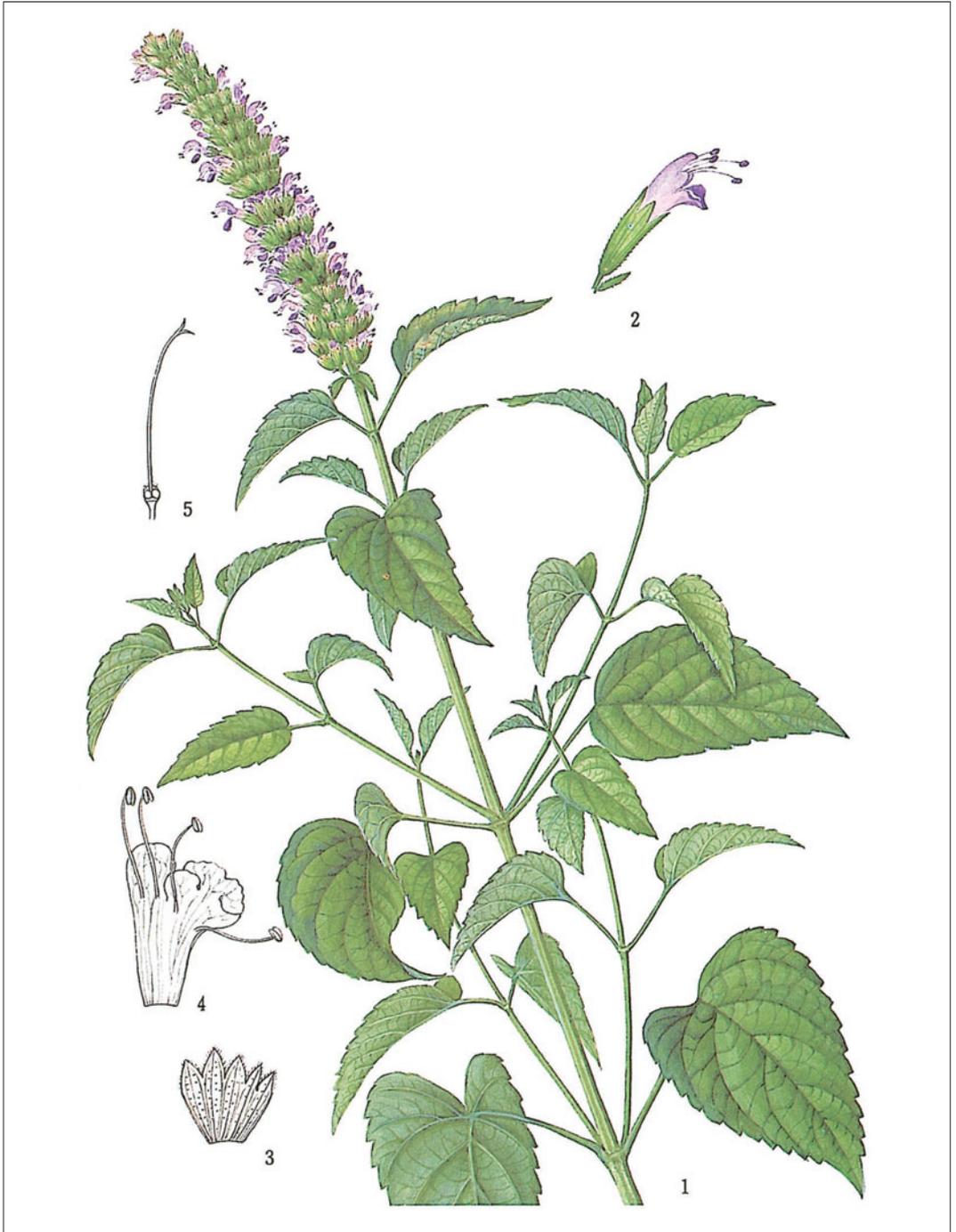
5–10 g, decocted in water for an oral dose; 10–15 g, if used fresh.

PRECAUTIONS

None noted.

Agastache rugosus (Fisch. EtMey.) O. Ktze. (Fam. Lamiaceae)
or *Pogostemon cablin* (Blanco) Benth

HUO XIANG



Agastache rugosus (Fisch. EtMey.) O. Ktze. (Fam. Lamiaceae)
1. Upper part of the plant; 2. Flower; 3. Opened calyx; 4. Opened corolla showing stamen; 5. Pistil

PHARMACEUTICAL NAME

Herba Agrimoniae

ENGLISH NAME

agrimonia herb

PART USED

dried aerial part

Herba Agrimoniae is grown in most provinces in China. After it is collected in summer and autumn, the herb is washed, dried in sunlight, cut into pieces, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and astringent in flavor, neutral in property, acts on the Lung, Liver, and Spleen channels.

FUNCTIONS

Astringes Blood, relieves dysentery, kills parasites.

CLINICAL USE AND MAJOR COMBINATIONS

Herba Agrimoniae (Xian He Cao) is used to treat various kinds of bleeding, such as hemoptysis, epistaxis, metrorrhagia, and hematuria, whether due to Deficiency, Excess, Cold, or Heat. It is used alone or with other herbs. In cases due to Blood Heat, it is used in combination with herbs that arrest bleeding due to Blood Heat, such as fresh Radix Rehmanniae (Sheng Di Huang), Cortex Moutan (Mu Dan Pi), Fructus Gardeniae Jasminoidis (Zhi Zi), and Cacumen Platycladi (Ce Bai Ye). For menorrhagia due to Cold syndromes of a Deficiency type, it is used with Radix Codonopsis (Dang Shen), Radix Astragali Membranaceus (Huang Qi), Radix Rehmanniae Preparata (Shu Di Huang).

For chronic diarrhea and dysentery, 30 g of Herba Agrimoniae (Xian He Cao) and 10 g of Flos Hibisci (Bai Jin Hua) are used for an oral dose.

For patients with a normal appetite but with lassitude caused by overstraining, 30 g of Herba Agrimoniae (Xian He Cao) and 30 g of Fructus Zizyphi Jujubae (Da Zao) are decocted and taken daily to invigorate Qi and Blood.

For vulval itching due to Trichomonas vaginitis, a decoction of 120 g of Herba Agrimoniae (Xian He Cao) is used to wash the vagina; afterward a cotton

ball soaked with the decoction is put into the vagina for 3–4 hours. Treat daily for at least one week.

For malaria, 30–60 g of Herba Agrimoniae (Xian He Cao) is decocted for an oral dose.

DOSAGE AND ADMINISTRATION

The usual dosage is 10–15 g and the large dosage is 30–60 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Agrimonia pilosa Ledeb. (Fam. Rosaceae)

1. Root; 2. Plant; 3. Flower

PHARMACEUTICAL NAME

Cortex Ailanthi Altissima

ENGLISH NAME

Chinese sumach bark

PART USED

bark

Cortex Ailanthi Altissima is produced mainly in the provinces of Shandong, Liaoning, Henan, and Anhui. It can be collected in all seasons, dried in sunlight, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sour in flavor, cold in property, acts on the Large Intestine, Stomach, and Liver channels.

FUNCTIONS

Clears Heat and dries Dampness, binds the Intestine, stops bleeding and leukorrhea, treats parasites.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea, chronic dysentery, and bloody stools, it is used with Pulvis Talci (Hua Shi) Fructus Terminaliae Chebulae (Ke Zi).

For metrorrhagia and metrostaxis, it is used with Carapax et Plastrum Testudinis (Gui Ban), Rhizoma Cyperi (Xiang Fu), Radix Scutellariae (Huang Qin), and Rhizoma Atractylodis Macrocephalae (Bai Zhu). For leukorrhea with reddish discharge with downward flow of Damp Heat, it is used with Rhizoma Alpiniae Officinarum (Gao Liang Jiang) and Cortex Phellodendri (Huang Bai).

For scabies and tinea.

DOSAGE AND ADMINISTRATION

3–5 g, decocted in water for internal use. Appropriate amount for external use.

PRECAUTIONS

None noted.



Ailanthus altissima (Mill.) Swingle. (Fam. Simaroubaceae)

1. Stem with fruit; 2. Flower; 3. Bark

PHARMACEUTICAL NAME

Fructus Akebiae

ENGLISH NAME

akebia fruit

PART USED

nearly ripe fruit

Fructus Akebiae is produced in the provinces of Jiangsu, Anhui, Zhejiang, and Hunan. It is collected in September, washed, dried, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver, Gallbladder, Stomach, and Bladder channels.

FUNCTIONS

Soothes the Liver and relieves depression, promotes blood circulation to relieve pain, causes diuresis, and destroys parasites.

CLINICAL USE AND MAJOR COMBINATIONS

For epigastric and hypochondriac distension and pain.

For amenorrhea and dysmenorrhea.

For treating snake bite and insect bite.

DOSAGE AND ADMINISTRATION

3–9 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated for those with diarrhea due to Deficiency of the Spleen.

Akebia quinata (Thunb.) Decne., *Akebia trifoliata* (Thunb.) Koidz., or *Akebia trifoliata* (Thunb.) Koidz. var. *australis* (Diels) Rehd. (Fam. Lardizabalaceae)

YU ZHI ZI



Akebia quinata (Thunb.) Decne. (Fam. Lardizabalaceae)
1. Branch with flowers; 2. male flower; 3. Female flower; 4. Fruit

PHARMACEUTICAL NAME

Cortex Albizziae Julibrissin

ENGLISH NAME

silk tree albizzia bark, mimosa tree bark

PART USED

bark

Cortex Albizziae Julibrissin is produced in all parts of China. It is collected in summer and autumn, and cut into slices.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Heart and Liver channels.

FUNCTIONS

Tranquilizes the Mind and relieves depression, promotes Blood circulation to induce swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For depression, restlessness due to Deficiency, poor memory, and insomnia, it is used alone or with other herbs such as Semen Platycladi (Bai Zi Ren).

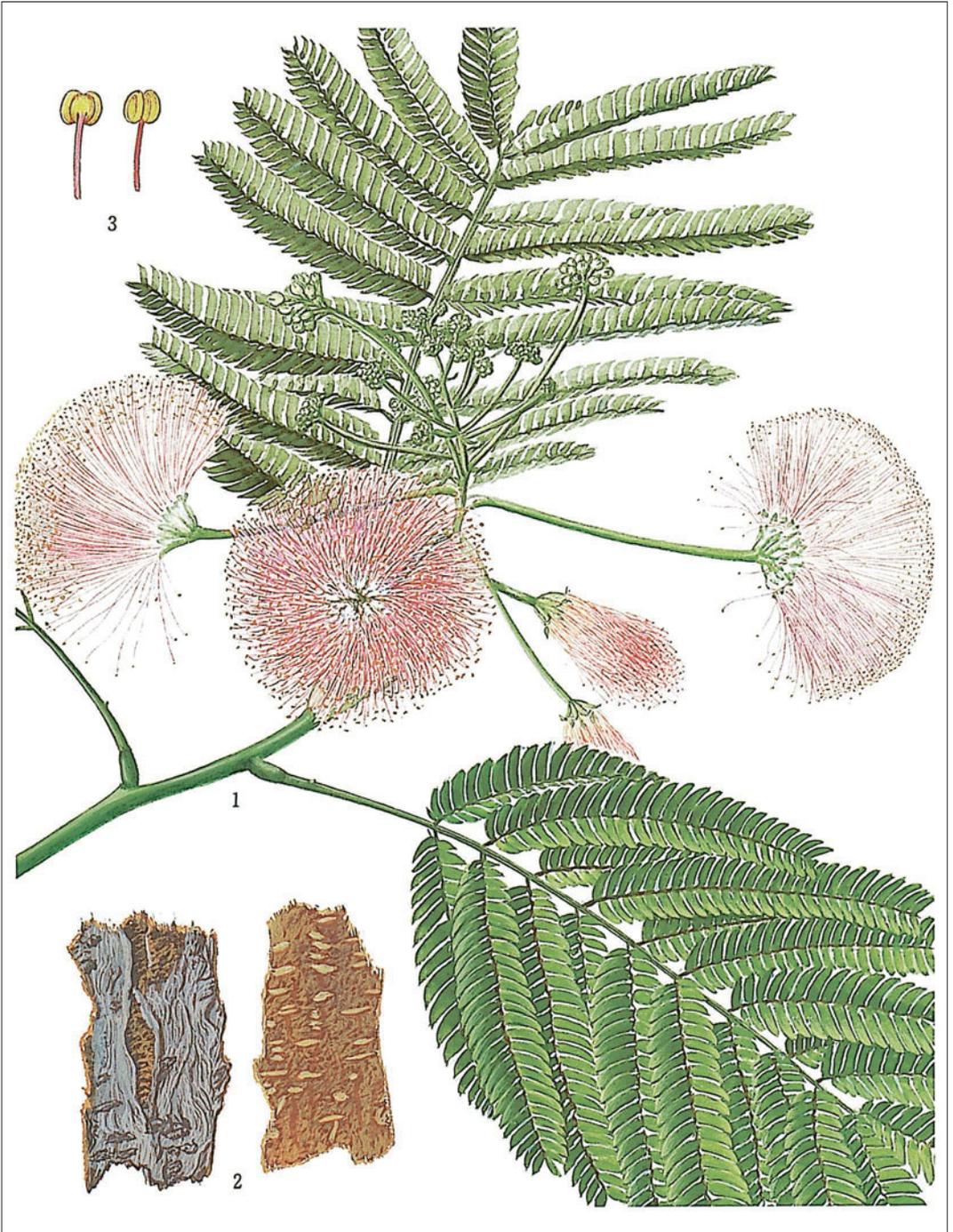
For fracture, it is used with Radix Angelicae Sinensis (Dang Gui) and Rhizoma Ligustici Chuanxiong (Chuan Xiong). For carbuncles and swelling, it is used with Herba Taraxaci (Pu Gong Ying) and Flos Chrysanthemi Indici (Ye Ju Hua).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Albizzia julibrissin Durazz. (Fam. Mimosaceae)
1. Branch with flowers; 2. Bark, herbal material; 3. Stamen

PHARMACEUTICAL NAME

Rhizoma Alismatis

ENGLISH NAME

water plantain rhizome

PART USED

dried tuber

Rhizoma Alismatis is produced chiefly in the provinces of Fujian, Sichuan, and Jiangxi. It is collected in winter, sliced and dried in sunlight, and stir-baked with bran or salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, cold in property, acts on the Kidney and Bladder channels.

FUNCTIONS

Diuretic for Excess Dampness and Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For oliguria, edema, gonorrhea with turbid urine, or leukorrhea, it is used with Sclerotium Poriae Cocos (Fu Ling) and Sclerotium Polypori Umbellati (Zhu Ling).

For diarrhea and dizziness due to Phlegm, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “The Alismatis Decoction” (Ze Xie Tang).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

Large doses may lead to spermatorrhea.



Alisma plantago-aquatica L. (Fam. Alismataceae)
1. Upper part of the plant; 2. Branch with flower; 3. Flower; 4. Tuber

PHARMACEUTICAL NAME

Bulbus Allii Macrostemi

ENGLISH NAME

long stamen onion bulb, bulb of Chinese chive

PART USED

dried bulb

Bulbus Allii Macrostemi is grown in most parts of China, but those produced in Jiangsu and Zhejiang provinces are of the best quality. It is collected in May, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver, Stomach, and Large Intestine channels.

FUNCTIONS

Relieves the obstruction of Yang to disperse accumulation of pathogens, promotes the flow of Qi to remove stagnation.

CLINICAL USE AND MAJOR COMBINATIONS

For tightness and pain in the chest, and for dyspnea and cough due to accumulation of Cold Phlegm and obstruction of Yang in the chest, it is used with *Fructus Trichosanthis* (Gua Lou) in “The Decoction of *Trichosanthis* and *Allium* with Wine” (Gua Lou Xie Bai Bai Jiu Tang) or “The Decoction of *Trichosanthes*, *Allium* and *Pinellia*” (Gua Lou Xie Bai Ban Xia Tang). With Blood Stasis marked by stabbing pain in the chest and back, it is used with *Radix Salviae Miltiorrhizae* (Dan Shen), *Flos Carthami Tinctorii* (Hong Hua), and *Radix Peoniae Rubra* (Chi Shao).

For Stagnant Qi in Stomach and Intestine with diarrhea and dysentery with tenesmus, it is used with *Radix Bupleuri* (Chai Hu), *Radix Paeoniae Alba* (Bai Shao), and *Fructus Aurantii Immaturus* (Zhi Shi), or with *Cortex Phellodendri* (Huang Bai) and *Cortex Fraxini* (Qin Pi).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

1. Contraindicated in patients with Deficient Qi.
2. Contraindicated in patients with Deficient Stomach Qi.



Allium macrostemon Bge. (Fam. Liliaceae)

1. Whole plant with flower; 2. Flower

PHARMACEUTICAL NAME

Herba Aloes

ENGLISH NAME

aloe

PART USED

dried juice or fresh plant

Herba Aloes, the dried concentrated matter obtained from the juice of the leaf of *Aloe vera* L. and *Aloe ferox* Miller or other species of the same genus, is produced chiefly in Africa as well as in some provinces of China such as Guangdong, Guangxi, and Fujian.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver and Large Intestine channels.

FUNCTIONS

Removes Liver Heat, improves intestinal motility.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation with restless and insomnia due to accumulation of Heat, it is used with Cinnabaris (Zhu Sha). For constipation with dizziness, headache, tinnitus, and irritability, it is used with Fructus Gardeniae (Zhi Zi), Indigo Naturalis (Qing Dai), and Radix Gentianae (Long Dan Cao) in “Radix Angelicae Sinensis and Herba Aloe Pills” (Dang Gui Lu Hui Wan).

For infantile malnutrition due to improper feeding and for convulsions.

Used externally for eczema and ringworm.

DOSAGE AND ADMINISTRATION

1–2 g, used in bolus and powder form. Appropriate dosage for external use.

PRECAUTIONS

Contraindicated during pregnancy and in patients with Cold and Deficient Spleen or Stomach Disorders.



Aloe vera L. (*A. barbadensis* Miller.) (Fam. Liliaceae)
1. Whole plant; 2. Flower; 3. Opened corolla showing stamen and pistal; 4. Stamen

PHARMACEUTICAL NAME

Semen Alpiniae Katsumadai

ENGLISH NAME

katsumada's galangal seed

PART USED

ripe seed

Semen Alpiniae Katsumadai is produced chiefly in Guangxi and Guangdong provinces. It is collected in summer and autumn, dried in sunlight, crushed, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Dries Dampness, warms the Spleen and Stomach, and activates the flow of Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For obstruction by Cold Dampness in the Spleen and Stomach with epigastric distention, stomach-ache, vomiting, and diarrhea, it is used with Cortex Magnoliae Officinalis (Hou Po), Rhizoma Atractylodis (Cang Zhu), and Rhizoma Pinelliae (Ban Xia), or with Cortex Cinnamomi (Rou Gui) and Rhizoma Zingiberis (Gan Jiang). Semen Alpiniae Katsumadai has a similar but stronger function of drying Dampness and warming the Spleen and Stomach than Fructus Amomi.

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose. It should be decocted after other herbs when an herbal mixture is used.

PRECAUTIONS

None noted.



Alpinia katsumadai Hayata (Fam. Zingiberaceae)

1. Fruit; 2. Leaves; 3. Flower

PHARMACEUTICAL NAME

Rhizoma Alpiniae Officinarum

ENGLISH NAME

lesser galangal rhizome

PART USED

dried rhizome

Rhizoma Alpiniae Officinarum is produced chiefly in the provinces of Guangdong, Guangxi, and Taiwan. The plant is collected in summer and autumn. After the stems and hairy rootlets are removed, the rhizomes are cut into pieces and dried in sunlight. They are used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, hot in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Warms the Spleen and Stomach, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For epigastric pain with cold sensation, it is used alone or with Rhizoma Cyperi (Xiang Fu) in “The Pill of Cyperi” (Xiang Fu Wan).

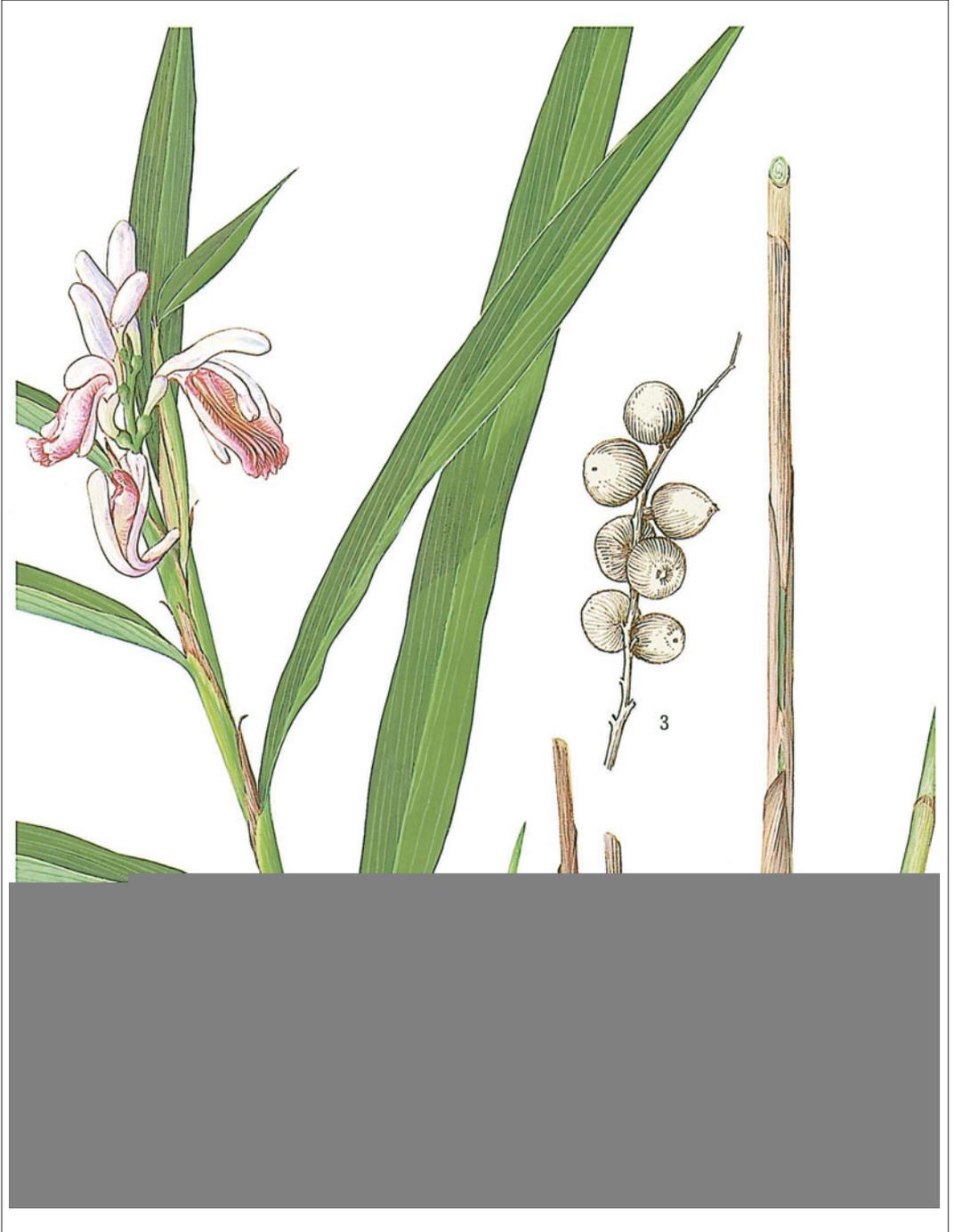
For vomiting, belching, and acid reflux due to Cold in the Stomach, it is used with Rhizoma Pinelliae (Ban Xia) and Rhizoma Zingiberis Recens (Sheng Jiang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Alpinia officinarum Hance (Fam. Zingiberaceae)
1-2. Whole plant with flowers; 3. Fruit

PHARMACEUTICAL NAME

Fructus Alpiniae Oxyphyllae

ENGLISH NAME

sharp-leaf glangal fruit, black cardamon seeds

PART USED

ripe fruit

Fructus Alpiniae Oxyphyllae is produced mainly in the provinces of Guangdong, Guangxi, Yunnan, and Fujian. It is collected in summer, and dried in sunlight. The shell is removed and the kernel is parched with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen and Kidney channels.

FUNCTIONS

Warms the Spleen to stop diarrhea and stops excessive salivation, tonifies the Kidney, arrests seminal emission, and reduces urination.

CLINICAL USE AND MAJOR COMBINATIONS

For abdominal pain, vomiting, and diarrhea due to Spleen Yang Deficiency, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Rhizoma Zingiberis (Gan Jiang).

For seminal emission, enuresis, frequent urination, and cloudy urine, it is used with Rhizoma Dioscoreae (Shan Yao) and Radix Linderae (Wu Yao).

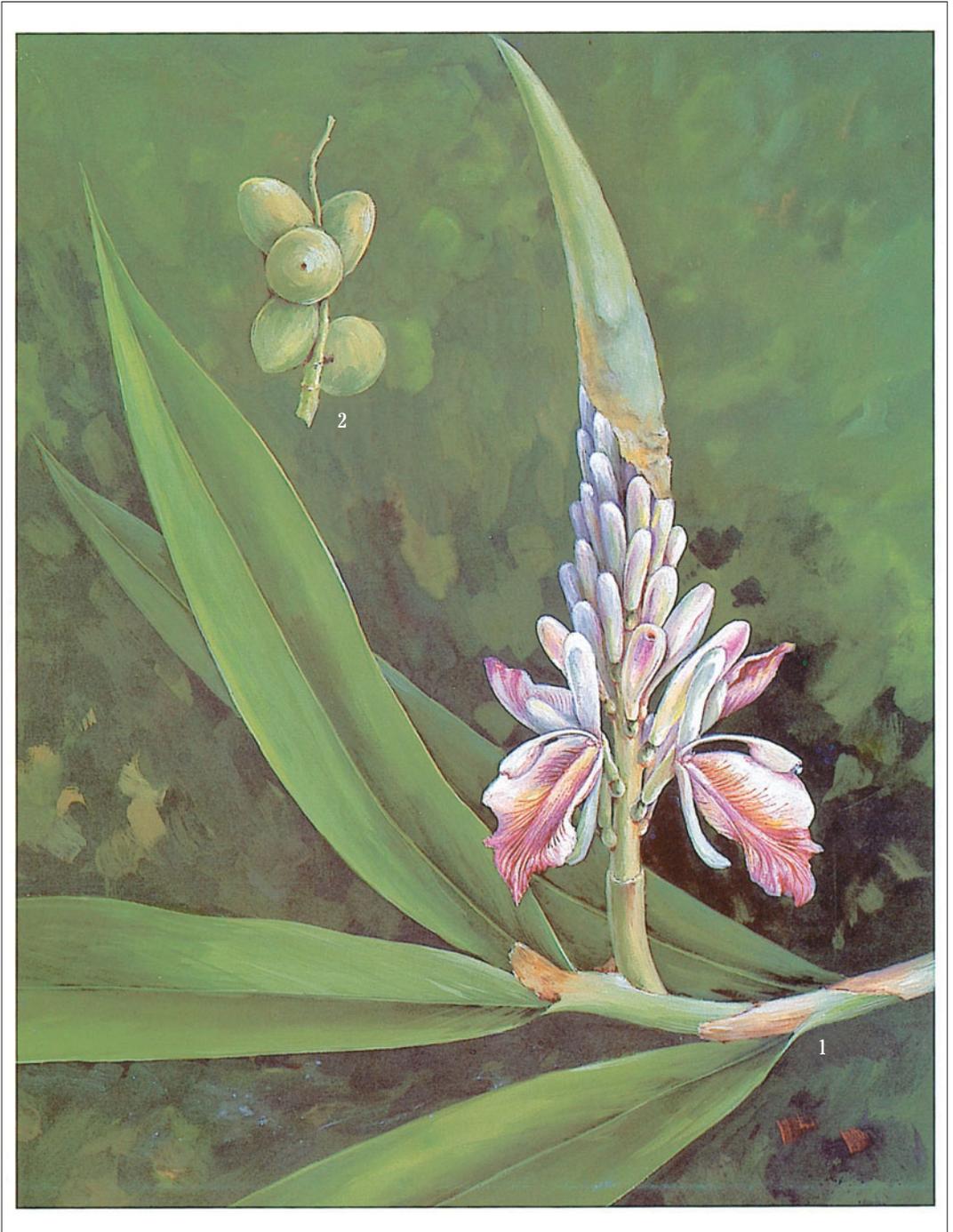
For poor appetite and drowsiness due to Cold from Deficiency of Spleen and Stomach Qi, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Pericarpium Citri Reticulatae (Chen Pi).

DOSAGE AND ADMINISTRATIONS

3–6 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Yin Deficiency and Excess Fire, or with diseases due to Damp Heat.



Alpinia oxyphylla Miq. (Fam. Zingiberaceae)
1. Flowers; 2. Fruit

PHARMACEUTICAL NAME

Fructus Amomi Kravanh

ENGLISH NAME

round cardamom fruit

PART USED

ripe fruit

Fructus Amomi Kravanh is produced in south-eastern countries in Asia. It is collected in autumn, and dried in sunlight. Usually, the crushed fruit and seeds are prepared for use before a decoction is made.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung, Spleen, and Stomach channels.

FUNCTIONS

Resolves Dampness, activates the flow of Qi, warms the Middle Heater, and stops vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For Qi Stagnation in the Spleen and Stomach, or Stagnation of Dampness in the Middle Heater, it is used with *Lignum Aquilariae Resinatum* (Chen Xiang) and *Fructus Aurantii* (Zhi Qiao).

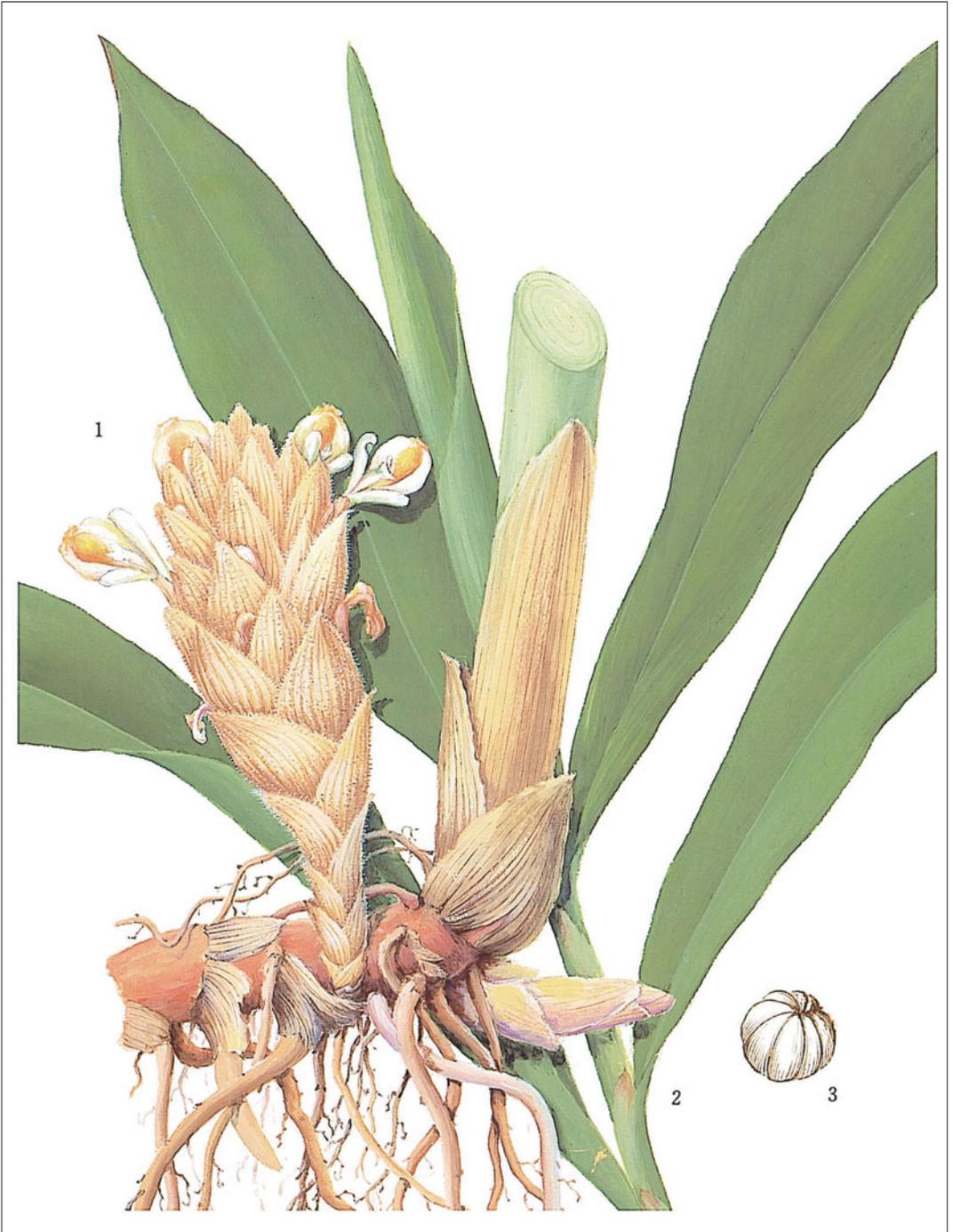
For vomiting due to Cold in the Stomach.

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for internal use. Decocted after other herbs.

PRECAUTIONS

None noted.



Amomum kravanh Pierre ex Gagnep. (Fam. Zingiberaceae)

1. Inflorescence; 2. Leaves; 3. Fruit

PHARMACEUTICAL NAME

Fructus Amomi Tsaoko

ENGLISH NAME

caoguo amomum fruit

PART USED

dried ripe fruit

Fructus Amomi Tsaoko is produced chiefly in the provinces of Yunnan, Guangxi, and Guizhou. Collected in autumn when ripe, the fruit is then cleaned and dried in sunlight. It can be stir-baked to a yellowish color or slightly stir-baked with ginger juice.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Dries Pathogenic Dampness, warms Spleen and Stomach, arrests malarial attacks.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the functions of Spleen and Stomach due to accumulation of Dampness with epigastric distention, stomachache, anorexia, nausea, vomiting, and diarrhea, it is used with Cortex Magnoliae Officinalis (Hou Po), Rhizoma Atractylodis (Cang Zhu), and Rhizoma Pinelliae (Ban Xia).

For malarial attacks, especially those with syndromes of Pathogenic Cold Dampness, it is used with Radix Dichroae (Chang Shan), Radix Bupleuri (Chai Hu), and Rhizoma Anemarrhenae (Zhi Mu).

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Amomum tsaoko Crevost et Lemaire (Fam. Zingiberaceae)

PHARMACEUTICAL NAME

Fructus Amomi

ENGLISH NAME

villous amomum fruit

PART USED

dried ripe fruit

Fructus Amomi is produced chiefly in Yangchun, Xinyi, and Gaozhou counties, in the Zhanjiang area in Guangdong, in Hainan province, and in south Asia. The highest quality Fructus Amomi is considered to be from Yangchun county. It is collected in summer and autumn when it is ripe, then dried, and crushed for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in taste, warm in nature, acts on the Spleen and Stomach channels.

FUNCTIONS

Resolves Pathogenic Dampness, activates the flow of Qi, warms the Spleen and Stomach, regulates the activities of Qi to prevent threatened abortion.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the Spleen and Stomach functions due to Dampness and Stagnation of Qi with epigastric distention, anorexia, nausea, vomiting, and diarrhea, it is used with Rhizoma Atractylodis (Cang Zhu), Cortex Magnoliae Officinalis (Hou Po), and Fructus Amomi Kravanh (Dou Kou); or with Radix Aucklandiae (Mu Xiang), Fructus Aurantii Immaturus (Zhi Shi), and Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “Aucklandiae Amomi Aurantii Pill” (Xiang Sha Zhi Shi Wan); or with Radix Codonopsis (Dang Shen) and Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “The Six Gentlemen Pill with Aucklandiae and Amomi” (Xiang Sha Liu Jun Zi Wan).

For diarrhea due to Cold of the Deficiency type in the Spleen and Stomach, it is used alone as powder for an oral dose, or with herbs for warming the Interior, such as Rhizoma Zingiberis (Gan Jiang).

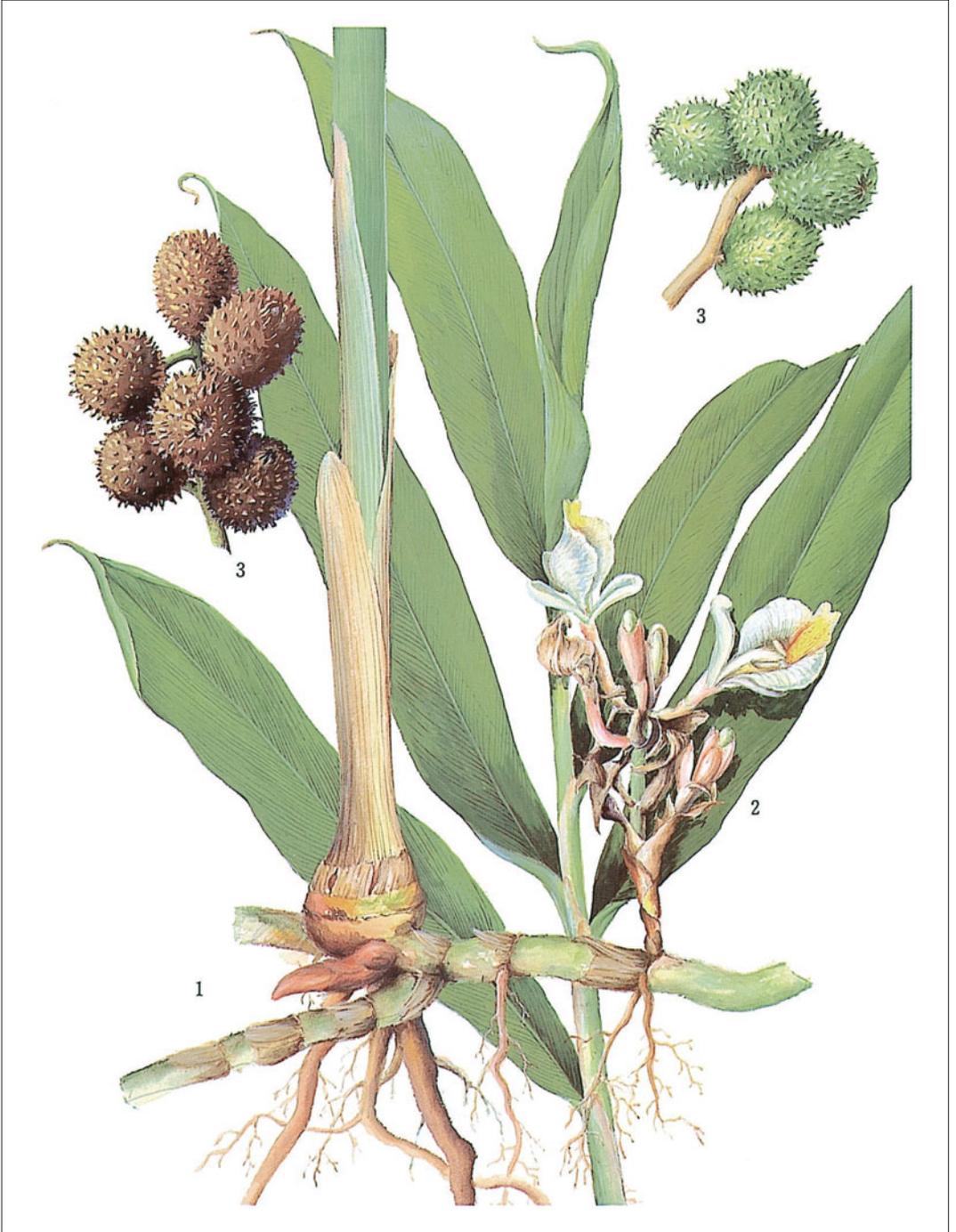
For morning sickness and threatened abortion with excessive fetal movement, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu) and Caulis Perillae (Zi Su Geng).

DOSAGE AND ADMINISTRATION

3–6 g, used as powder, or decocted in water for an oral dose, but decocted after the other herbs.

PRECAUTIONS

None noted.



Amomum villosum Lour. (Fam. Zingiberaceae)
1. Root-tuber and flowers; 2. Leaf; 3. Fruit

PHARMACEUTICAL NAME

Herba Andrographitis Paniculata

ENGLISH NAME

kariyat, andrographis

PART USED

dried aerial part

Herba Andrographitis Paniculata is produced chiefly in the southern, eastern, and southwestern parts of China. The herb is collected in early autumn, sliced, and dried in sunlight. It may be used fresh or prepared as a paste for external application.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Lung, Stomach, Large Intestine, and Small Intestine channels.

FUNCTIONS

Clears Pathogenic Heat, eliminates Dampness, and promotes diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases at the initial stage with symptoms of fever, headache, and sore and swollen throat, it is used with Flos Lonicerae (Jin Yin Hua), Radix Platycodi (Jie Geng), and Fructus Arctii (Niu Bang Zi).

For cough due to Excess Heat in the Lung, it is used with Cortex Lycii Radicis (Di Gu Pi) and Cortex Mori (Sang Bai Pi).

For lung abscess with cough, thick sputum, and chest pain, it is used with Herba Houottuynia Cordatae (Yu Xing Cao) and Radix Platycodi (Jie Geng).

For diarrhea due to Damp Heat, it is used alone or with Herba Portulacae (Ma Chi Xian) and Flos Lonicerae (Jin Yin Hua).

For polyuria and dysuria due to Pathogenic Heat, it is used with Rhizoma Polygoni Cuspidati (Hu Zhang), Semen Plantaginis (Che Qian Zi), and Rhizoma Imperatae (Bai Mao Gen).

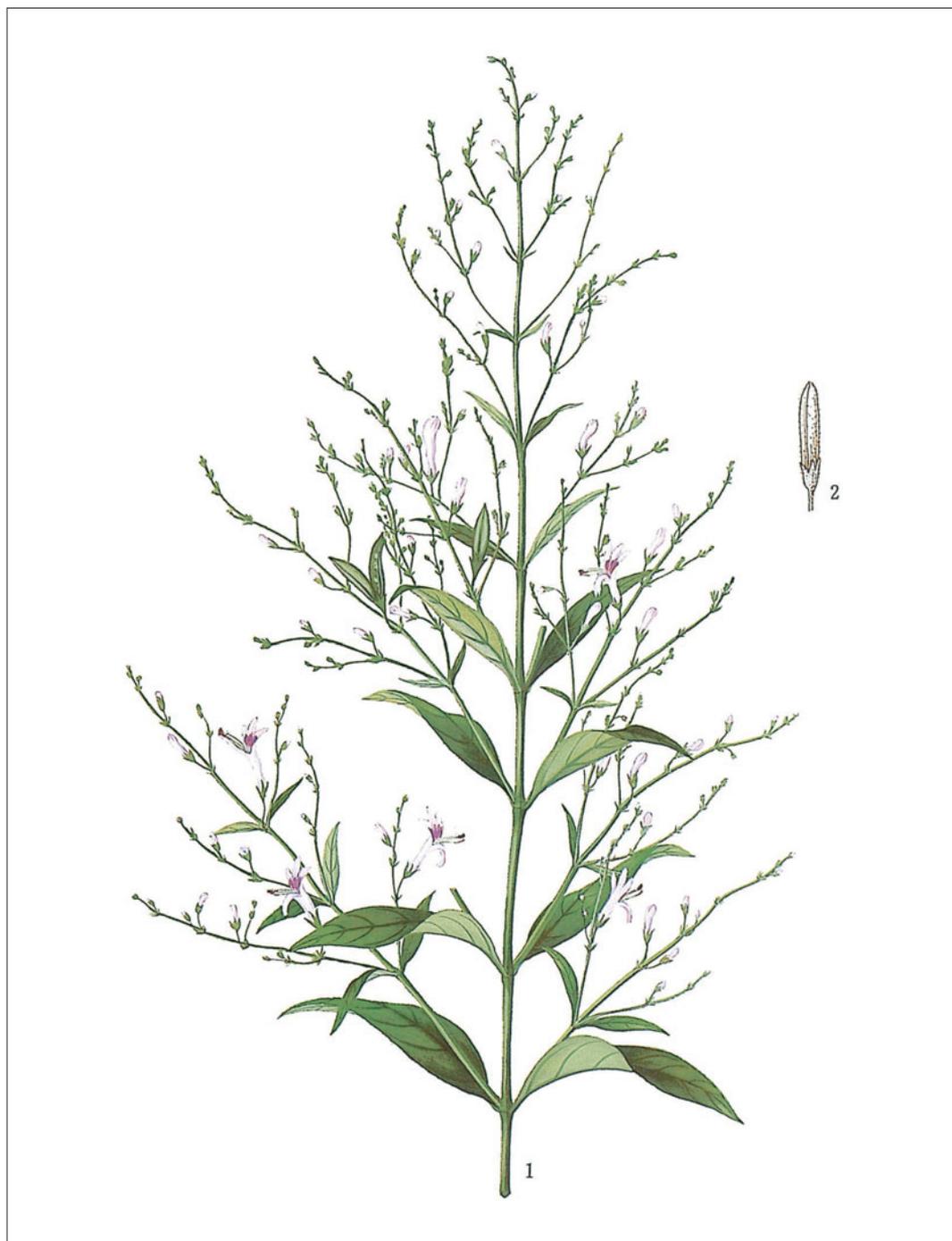
For carbuncles, sores, and nodules, fresh Andrographitis can be pounded into a paste for external application.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose or used in pills and powder. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Andrographis paniculata (Burm. F.) Nees (Fam. Acanthaceae)
1. Branch with flower; 2. Fruit

PHARMACEUTICAL NAME

Rhizoma Anemarrhenae

ENGLISH NAME

anemarrhena rhizome

PART USED

dried rhizome

Rhizoma Anemarrhenae is produced chiefly in the provinces of Hebei, Shanxi, and Guangdong. The best quality is produced in the Li county of Hebei. It is collected in spring and autumn, then dried in sunlight after removal of the aerial part, the bark, and the hairy rootlets. The rhizome is sliced and stir-baked with salt.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, cold in property, acts on the Lung, the Stomach, and the Kidney channels.

FUNCTIONS

Clears away pathogenic Heat and Fire, replenishes Yin, promotes the production of Fluid, alleviates Dryness.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases due to Excess Pathogenic Heat in the Lung and Stomach with such symptoms as high fever, dire thirst, full and forceful pulse.

For dry cough due to Excess Heat or cough with thick sputum due to Yin Deficiency, it is used with *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu) in “Anemarrhenae and Fritillariae Powder” (Er Mu Sang).

For hyperactivity of Fire due to Deficiency of Lung Yin and Kidney Yin, with night sweats and irritability, it is used with *Cortex Phellodendri* (Huang Bai) in “The Pill of Anemarrhenae, Phellodendri, and Rehmanniae” (Zhi Bai Di Huang Wan).

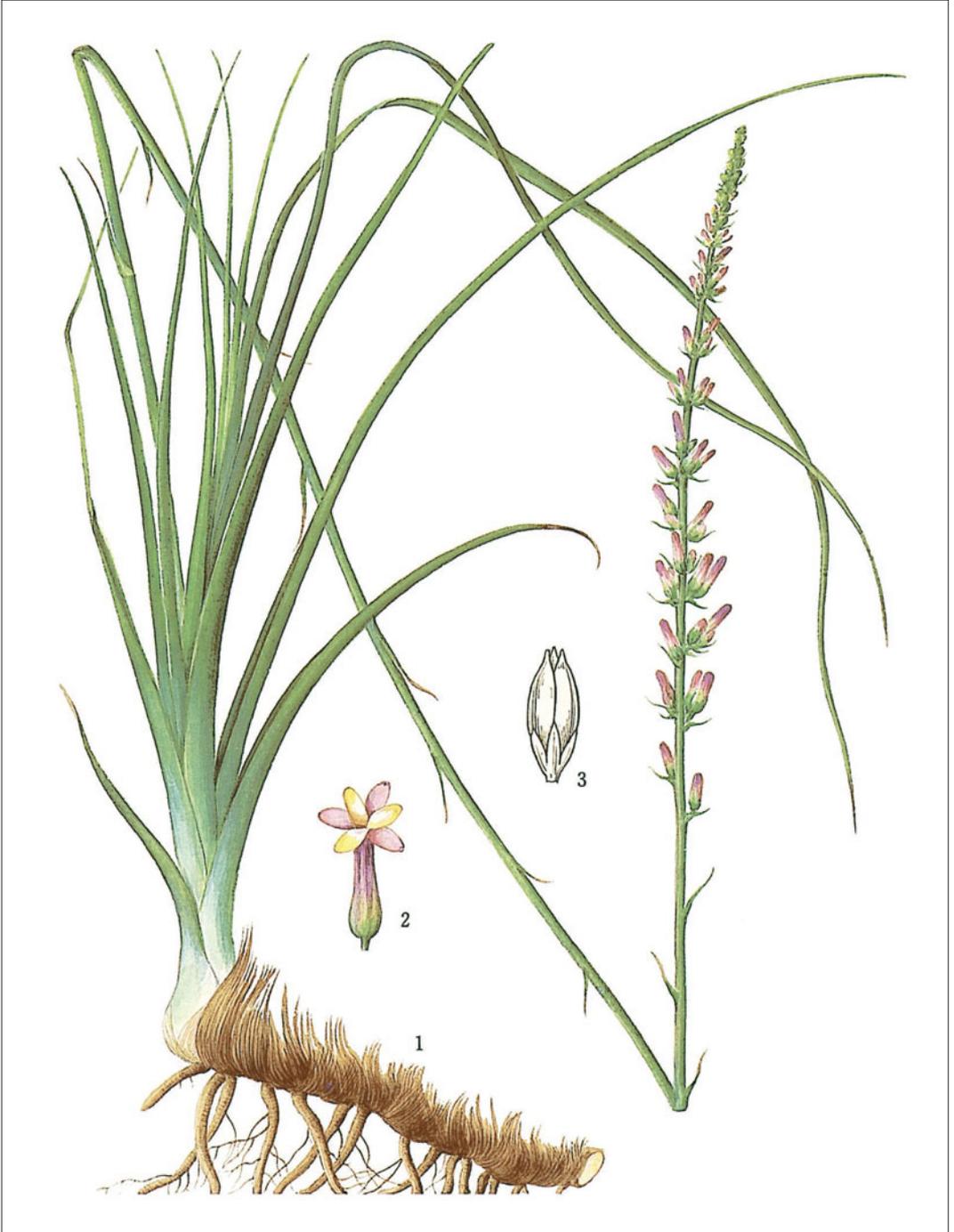
For diabetes due to Deficiency of Yin showing as polydipsia and polyuria, it is used with *Radix Trichosanthis* (Tian Hua Fen) and *Fructus Schisandrae* (Wu Wei Zi).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for an oral dose or used in pills or powder form.

PRECAUTIONS

Contraindicated for patients with diarrhea due to a Spleen Deficiency.



Anemarrhena asphodeloides Bge. (Fam. Liliaceae)
1. Whole plant with flower; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Radix Angelicae Biserratae

ENGLISH NAME

biserrat angelica root

PART USED

dried root

Radix Angelicae Biserratae is produced chiefly in the provinces of Hubei and Sichuan. It is collected in early spring when it begins to sprout or at the end of autumn when it is withered. The hairy rootlets are removed and the root is cleaned, dried and sliced, then used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver, Kidney, and Bladder channels.

FUNCTIONS

Expels Pathogenic Wind and Dampness to relieve rheumatic conditions and pain, relieves Exterior syndromes by dispelling Pathogenic Cold.

CLINICAL USE AND MAJOR COMBINATIONS

For arthritis due to Wind Dampness, especially arthritis in the lower back and legs, Radix Angelicae Pubescentis is used with other anti-rheumatics such as Radix Rehmanniae (Sheng Di Huang), Cortex Eucommiae Ulmoidis (Du Zhong), and Rumulus Taxilli Sutchuenensis (Sang Ji Sheng) in “The Angelicae Biserratae-Taxilli Decoction” (Du Huo Ji Sheng Tang).

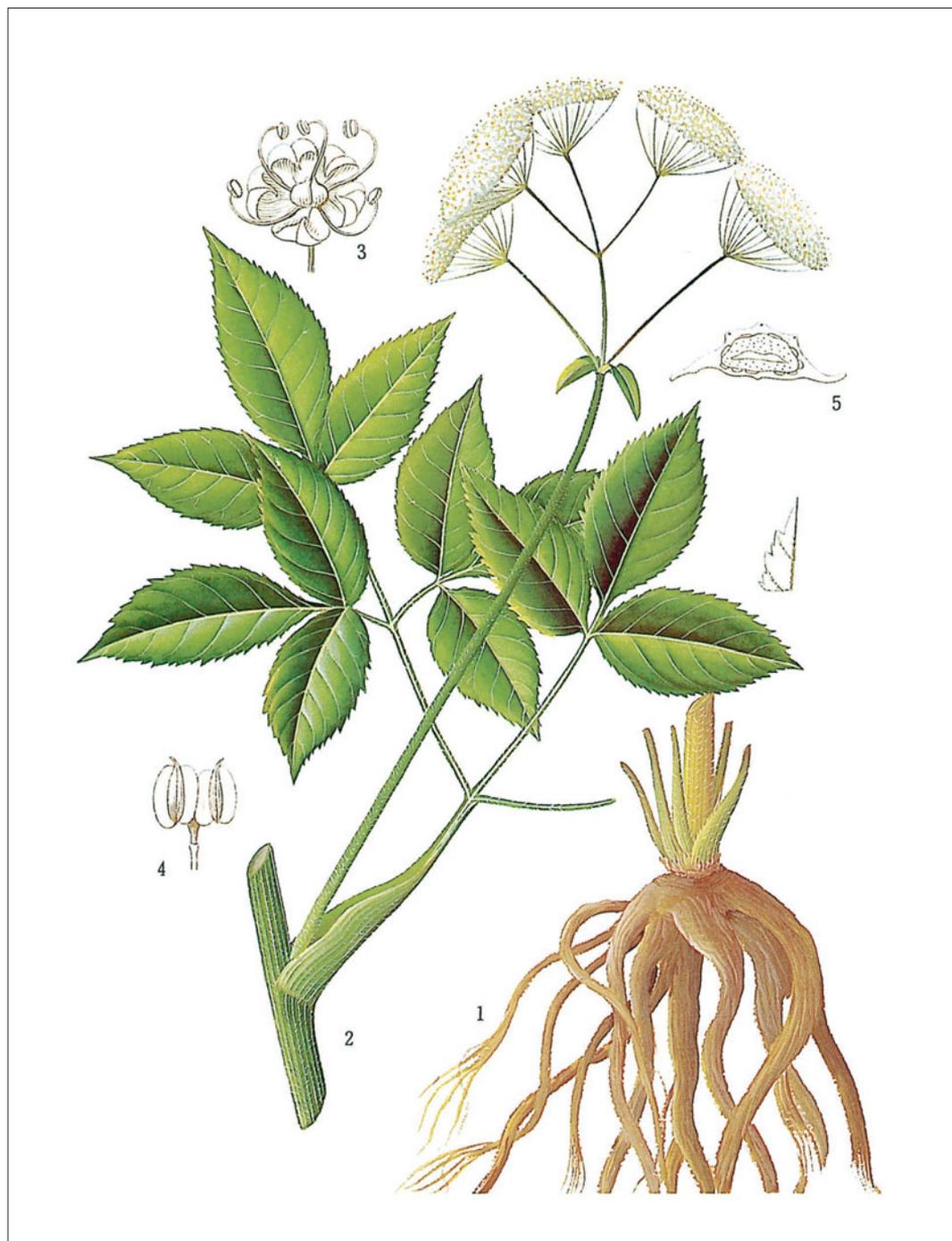
For invasion of Cold on the Shao Yin channel complicated by Pathogenic Dampness in the interior manifesting as headache with precordial pain, aching joints all over the body, and aversion to cold, it is used with Rhizoma Notoperygii (Qiang Huo).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Angelica biserrata (Shan et Yuan) Yuan et Shan (Fam. Apiaceae)
1. Root; 2. Branch with flower; 3. Flower; 4. Fruit; 5. Cross-section of the fruit

PHARMACEUTICAL NAME

Radix Angelicae Dahuricae

ENGLISH NAME

dahurian angelica root, angelica root

PART USED

root

Radix Angelicae Dahuricae is produced chiefly in Zhejiang, Hubei, Liaoning, and Sichuan provinces. It is harvested in summer and autumn when the leaves turn yellow. After removal of the hairy rootlets, it is sliced and dried in the sunlight. It is used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung and Stomach channels.

FUNCTIONS

Relieves Exterior syndromes, dispels Wind and removes Dampness, reduces swelling, drains pus, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For common cold due to Wind Cold with headache and stuffy nose, it is used with Radix Saposhnikoviae (Fang Feng) and Rhizoma Notopterygii (Qiang Huo) in “The Nine-Ingredient Notopterygium Decoction” (Jiu Wei Qiang Huo Tang).

For headache, especially pain in the forehead, it is used alone or with Rhizoma Ligustici (Chuan Xiong) and Radix Saposhnikoviae (Fang Feng) in “The Chuan Xiong-Mixture Powder” (Chuan Xiong Cha Tiao San).

For headache due to stuffy nose with rhinorrhea, it is used with Fructus Xanthii (Cang Er Zi) and Flos Magnoliae (Xin Yi) in “The Xanthii Powder” (Cang Er San).

For toothache due to Wind Cold which is aggravated by cold air or food, it is used with Herba Asari (Xi Xin). For toothache due to Wind Fire that is aggravated by Heat.

For various kinds of infections of the skin. For example, for acute mastitis, it is used with Fructus Trichosanthis (Gua Lou), Herba Taraxaci (Pu Gong Ying), and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu); for swelling and pain of sores and wounds, it is used with Flos Lonicerae (Jin Yin Hua) and Radix Trichosanthis (Tian Hua Fen).

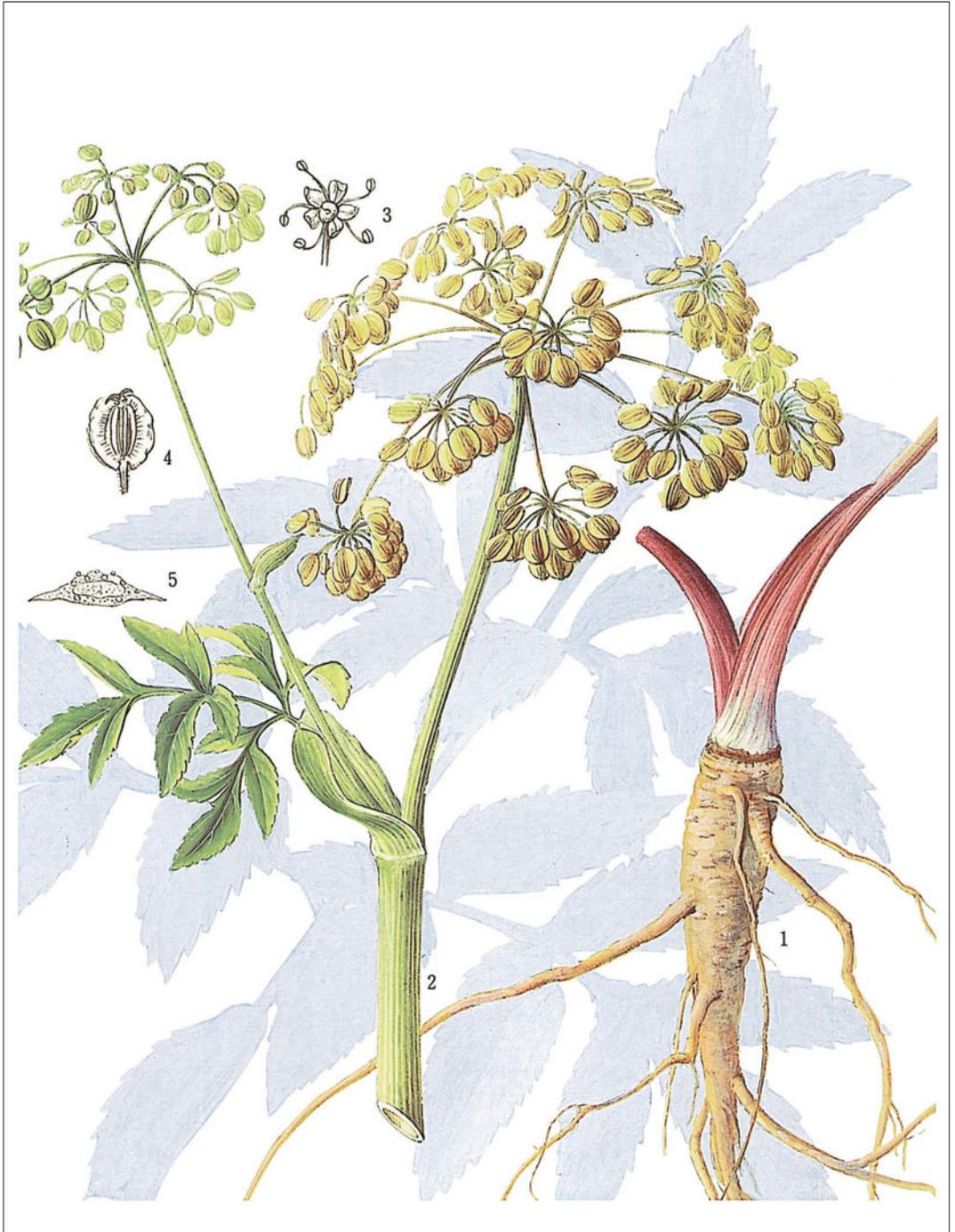
For profuse, clear, and thin leukorrhea due to Cold Damp, it is used with Os Sepiae seu Sepiellae (Hai Piao Xiao), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Atractylodis Macrocephalae (Bai Zhu).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Angelica dahurica Benth. et Hood. F. (Fam. Apiaceae)
1. Root; 2. Branch with fruit; 3. Flower; 4. Fruit; 5. Cross-section of fruit

PHARMACEUTICAL NAME

Radix Angelicae Sinensis

ENGLISH NAME

Chinese angelica root

PART USED

dried root

Radix Angelicae Sinensis is produced mainly in Gansu Province. Collected in late autumn, the root is smoked dry over low heat after the rootlets are removed. It is sliced and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and pungent in flavor, warm in property, acts on the Liver, Heart, and Spleen channels.

FUNCTIONS

Tonifies the Blood, promotes Blood circulation, relieves pain, and moistens the Intestine.

CLINICAL USE AND MAJOR COMBINATIONS

For Blood Deficiency syndromes with sallow complexion, pale lips and tongue, dizziness, palpitation, and pale nails, it is used with herbs that tonify Qi, such as *Radix Astragali Membranaceus* (Huang Qi) in “The *Radix Angelicae Sinensis* Decoction for Replenishing the Blood” (Dang Gui Bu Xue Tang).

For irregular menstruation, amenorrhea, and menorrhagia. For patients with Blood Deficiency, it is used with *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), *Radix Rehmanniae Preparata* (Shu Di Huang), and *Radix Paeoniae Alba* (Bai Shao) in “The Decoction of Four Ingredients” (Si Wu Tang). For amenorrhea due to Blood Stasis, it is used with *Flos Carthami Tinctorii* (Hong Hua), *Semen Persicae* (Tao Ren), *Radix Paeoniae Rubra* (Chi Shao), and *Rhizoma Ligustici Chuanxiong* (Chuan Xiong) in “The Decoction of Four Ingredients Plus *Semen Persicae* and *Flos Carthami*” (Tao Hong Si Wu Tang). For menorrhagia, it is used with *Rhizoma Cyperi* (Xiang Fu) and *Radix Curcumae Yanhusuo* (Yan Hu Suo).

For pain in the extremities due to Blood Stasis, it is used with *Radix Salviae Miltiorrhizae* (Dan Shen), Myrrha (Mo Yao), and *Gummi Olibanum* (Ru Xiang) in “The Effective Bolus for Activating Energy Flow in Channels and Collaterals” (Huo Luo Xiao Ling Dan). For traumatic pain, it is used with *Radix et Rhizoma Rhei* (Da Huang), *Flos Carthami Tinctorii* (Hong Hua), and *Semen Persicae* (Tao Ren) in “The Decoction for Recovery and Activity of Blood Circulation” (Fu Yuan Huo Xue Tang). For arthralgia or numbness of the extremities, it is used with *Rhizoma Notoperygii* (Qiang Huo), *Ramulus Cinnamomi* (Gui Zhi), and *Radix Gentianae Macrophyllae* (Qin Jiao) in “The Decoction for Treating Rheumatic or Rheumatoid Arthritis” (Juan Bi Tang).

For early stage infections with redness, swelling, and pain but without pus, it is used with *Flos Lonicerae* (Jin Yin Hua), *Radix Paeoniae Rubra* (Chi Shao), and *Radix Trichosanthis* (Tian Hua Fen) in “The Fairy Decoction for Treating Cutaneous Infections” (Xian Fang Huo Ming Yin). For slow-healing infections long after rupture, it is used with *Radix Astragali Membranaceus* (Huang Qi), *Radix Ginseng* (Ren Shen), *Radix Rehmanniae Preparata* (Shu Di Huang), and *Cortex Cinnamomi* (Rou Gui) in “The Decoction of Ten Powerful Tonics” (Shi Quan Da Bu Tang).

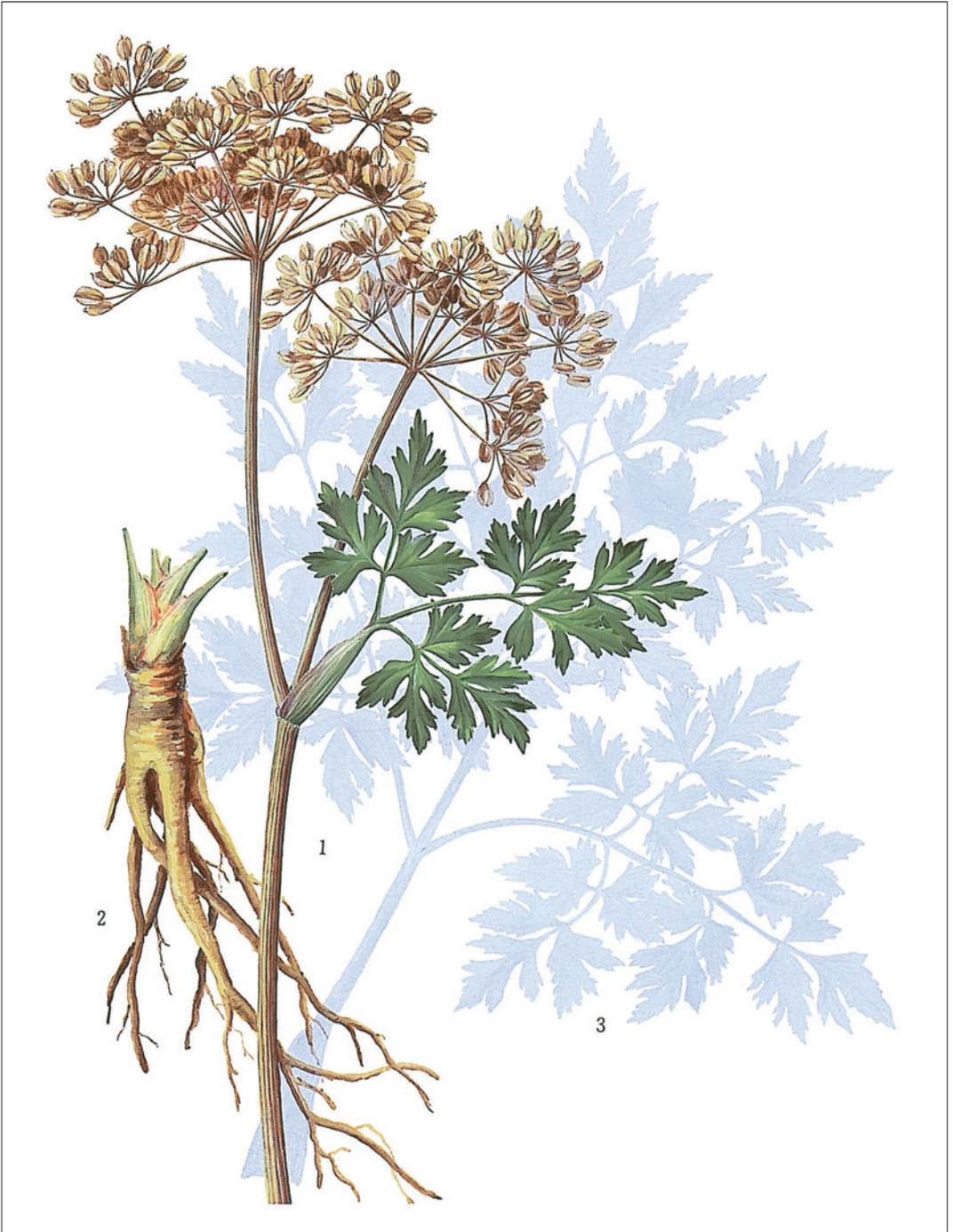
For constipation due to Blood Deficiency and Dry Intestines, it is used with *Herba Cistanches* (Rou Cong Rong) and *Fructus Cannabis Sativae* (Huo Ma Ren).

DOSAGE AND ADMINISTRATION

5–15 g, decocted in water for internal use. It is used unprepared for nourishing Blood and stir-baked with wine for promoting menstrual flow and Blood circulation.

PRECAUTIONS

Contraindicated in patients with Excess Dampness and loose stools.



Angelica sinensis (Oliv.) Diels. (Fam. Apiaceae)

1. Branch; 2. Root; 3. Leaves

PHARMACEUTICAL NAME

Folium Apocyni Veneti

ENGLISH NAME

dogbane leaf

PART USED

dried leaf

Folium Apocyni Veneti is produced chiefly in the provinces of Liaoning, Jilin, Inner Mongolia, and Anhui. The herb is collected in summer, cleaned, and dried for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Tasteless and astringent in flavor, slightly cold in property, acts on the Liver channel.

FUNCTIONS

Soothes the Liver, clears Heat, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For hypertension due to Hyperactive Liver Yang or Liver Heat with headache, dizziness, restlessness, and insomnia, it can be used alone or with Spica Prunellae (Xia Ku Cao), Ramulus Uncariae Cum Uncis (Gou Teng), and Flos Chrysanthemi Indici (Ye Ju Hua). This herb can also be used for dysuria and edema due to Heat.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose or steeped in boiling water.

PRECAUTIONS

None noted.



Apocynum venetum L. (Fam. Apocynaceae)
1. Branch with flowers and fruit; 2. Root

PHARMACEUTICAL NAME

Lignum Aquilariae Resinatum

ENGLISH NAME

Chinese eaglewood, aquilaria

PART USED

wood containing resin

Lignum Aquilariae Resinatum is produced chiefly in the provinces of Guangdong and Guangxi, and in Taiwan. It is dried in the shade and ground into a fine powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Spleen, Stomach, and Kidney channels.

FUNCTIONS

Promotes the flow of Qi, relieves pain, normalizes the function of the Stomach, warms the Kidney, and relieves asthma.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and pain in the chest and abdomen due to Stagnation of Cold and Qi, it is used with Radix Linderae (Wu Yao), Radix Aucklandiae (Mu Xiang), and Semen Arecae (Bing Lang).

For vomiting and hiccups due to Cold from Stomach Deficiency, it is used with Flos Syzygii Aromatici (Ding Xiang), Fructus Amomi Kravanh (Dou Kou), and Calyx Kaki (Shi Di).

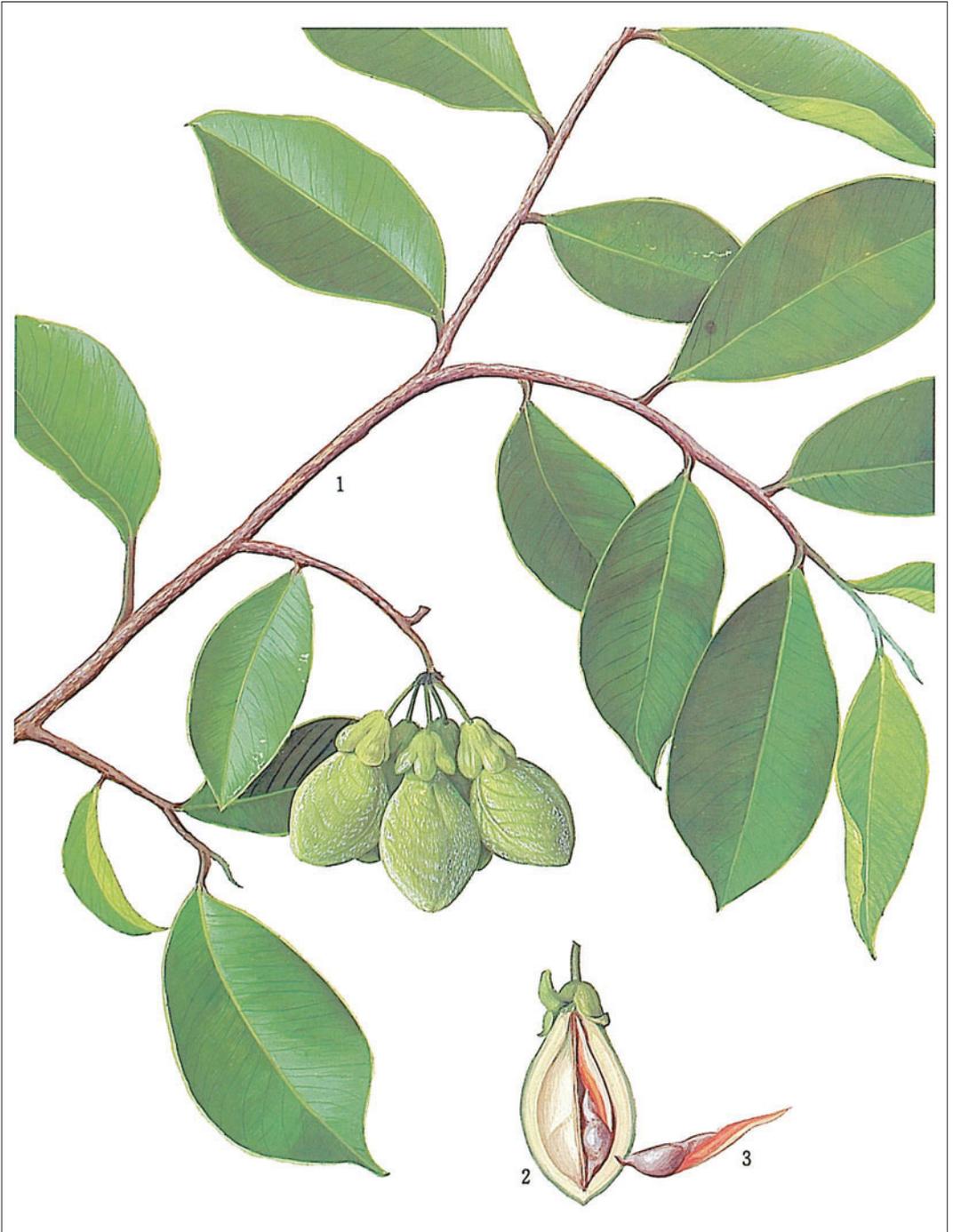
For stuffy chest, asthma, and dyspnea due to failure of the Kidney to grasp the Qi, it is used with Radix Aconiti Lateralis Preparata (Zhi Fu Zi), Cortex Cinnamomi (Rou Gui), and Fructus Psoraleae (Bu Gu Zhi), or with Fructus Perillae (Zi Su Zi), Radix Peucedani (Qian Hu), Cortex Magnoliae Officinalis (Hou Po), Pericarpium Citri Reticulatae (Chen Pi), and Rhizoma Pinelliae (Ban Xia).

DOSAGE AND ADMINISTRATION

1–1.5 g, ground into powder for an oral dose.

PRECAUTIONS

Contraindicated in patients with Hyperactive Fire due to Yin Deficiency.



Aquilaria sinensis (Lour.) Gilg (Fam. Thymelaeaceae)
1. Branch with fruit; 2. Cross-section of the fruit; 3. Seed

PHARMACEUTICAL NAME

Fructus Arctii

ENGLISH NAME

great burdock fruit

PART USED

dried ripe fruit

Fructus Arctii is produced mainly in the provinces of Hebei and Zhejiang. It is collected in autumn, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, cold in property, acts on the Lung and Stomach channel.

FUNCTIONS

Disperses Wind Heat, promotes rash eruption, and soothes sore throat.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat with such symptoms as sore throat and expectoration, it is often used with *Menthae Arvensis* (Bo He), *Herba Schizonepetae Tenuifolia* (Jing Jie), and *Radix Platycodi* (Jie Geng) as in “The Forsythiae and Lonicerae Powder” (Yin Qiao San) or “The Arctii Decoction” (Niu Bang Tang).

For the initial stage of measles and rubella and incomplete eruption of measles, it is used with *Flos Lonicerae* (Jin Yin Hua), *Menthae Arvensis* (Bo He), *Herba Schizonepetae Tenuifolia* (Jing Jie), and *Radix Arnebiae seu Lithospermi* (Zi Cao).

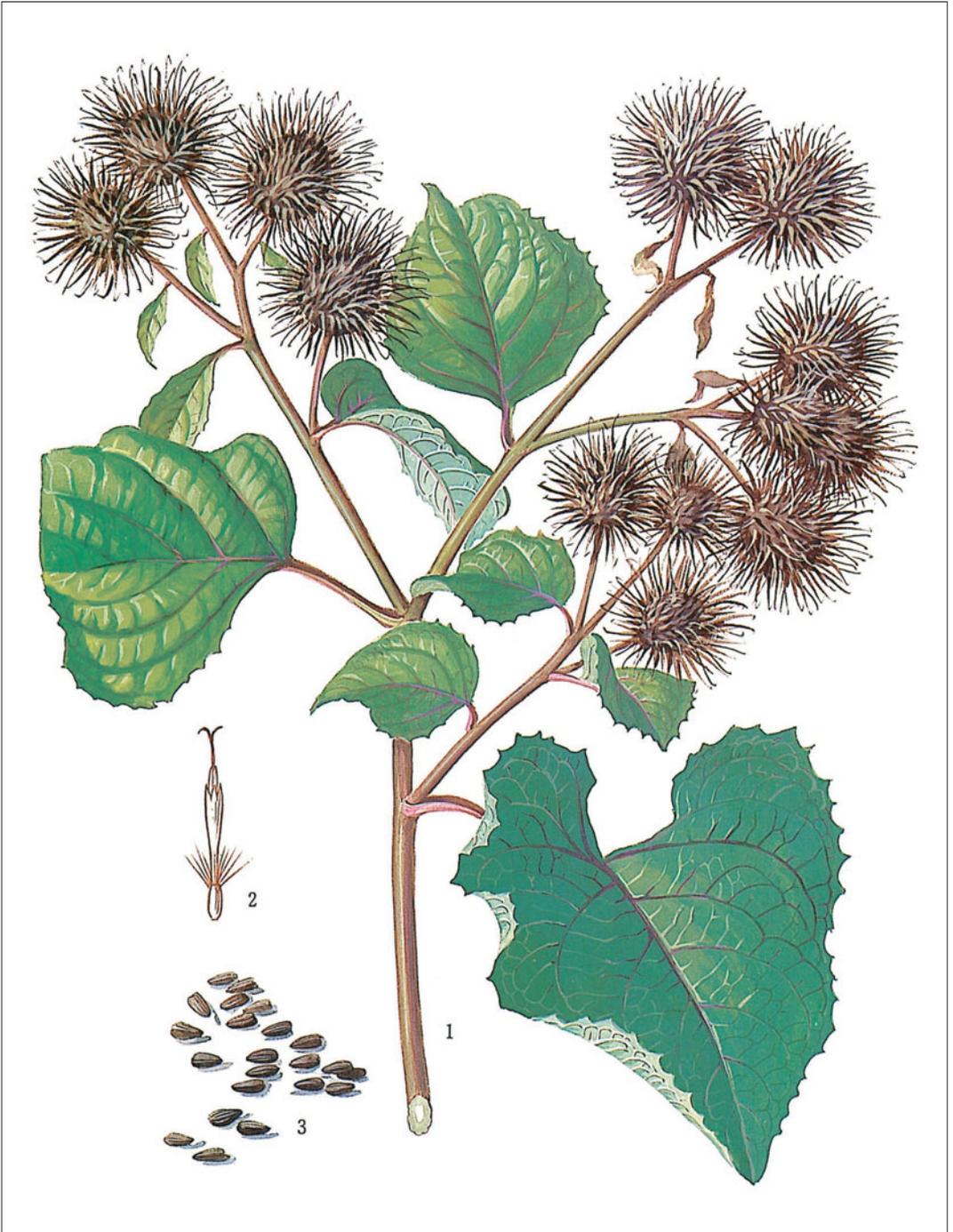
For mumps, erysipelas, carbuncles, and sores, it is often used in combination with *Radix Isatidis* (Ban Lan Gen), *Flos Chrysanthemi Indici* (Ye Ju Hua), and *Fructus Forsythiae Suspensae* (Lian Qiao).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose, or used in pills or powders.

PRECAUTIONS

1. It should not be used in patients with diarrhea due to Deficiency of Qi.
2. It is contraindicated in patients with open streptococcus infection of the skin, carbuncles, and sores.



Arctium lappa L. (Fam. Asteraceae)
1. Branch with fruit; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Semen Arecae

ENGLISH NAME

areca seeds

PART USED

dried ripe seed

Semen Arecae is produced chiefly in the provinces of Hainan, Fujian, and Yunnan. Collected in spring and winter, it is peeled, dried, and sliced after maceration.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Stomach and Large Intestine channels.

FUNCTIONS

Kills parasites, relieves food retention, promotes the flow of Qi, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of worms in the intestinal tract, such as ascariasis, taeniasis, and ancylostomiasis. For taeniasis, it is used with Semen Cucurbitae (Nan Gua Zi).

For food retention or stagnation of Qi with distention and a sensation of fullness in the epigastrium, and for constipation and diarrhea with tenesmus, it is used with Radix Aucklandiae (Mu Xiang), Pericarpium Citri Reticulatae Viride (Qing Pi), and Radix et Rhizoma Rhei (Da Huang).

For edema, it is used with Radix Phytolaccae (Shang Lu), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Alismatis (Ze Xie) in “The Decoction for Diuresis” (Shu Zao Yin Zi) or with Fructus Chaenomelis (Mu Gua), Fructus Evodiae (Wu Zhu Yu), Pericarpium Citri Reticulatae (Chen Pi), and Caulis Perillae (Zi Su Geng) in “The Cock Crowing Powder” (Ji Ming San).

For malaria.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose; 60–120 g, if used alone to treat taeniasis.

PRECAUTIONS

Contraindicated in patients with diarrhea due to Spleen Deficiency.



Areca catechu L. (Fam. Arecaceae)
1. Whole plant; 2. Fruit; 3. Cross section of the fruit; 4. Seeds

PHARMACEUTICAL NAME

Pericarpium Arecae

ENGLISH NAME

areca peel

PART USED

dried pericarp

Pericarpium Arecae is mainly grown in Guangdong, Hainan, Yunnan, and Fujian. The unripe fruit is collected in winter through spring. It is boiled, dried, and sliced. This unripe peel is called Da Fu Pi, whereas the ripe fruit is called Da Fu Mao.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, slightly warm in property, acts on the Spleen, Stomach, Large Intestine, and Small Intestine channels.

FUNCTIONS

Lowers Qi and soothes the Middle Heater, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For Qi Stagnation due to accumulation of Dampness with epigastric and abdominal distension, difficult elimination of the feces, edema of the legs, and oliguria, it is used with Semen Arecae (Bing Lang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with loose stools due to Spleen Deficiency.



Areca catechu L. (Fam. Arecaceae)
1. Whole plant; 2. Fruit; 3. Cross section of the fruit; 4. Seeds

PHARMACEUTICAL NAME

Rhizoma Arisaematis

ENGLISH NAME

jack-in-the-pulpit tuber

PART USED

dried tuber

Rhizoma Arisaematis is grown in the provinces of Henan, Hebei, Fujian, and Sichuan. After it is collected in autumn and winter, the stem and hairy rootlets are cleaned. Then it is dried in sunlight or soaked in an alum solution, decocted with ginger, sliced, and then dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, warm in property with toxic effects, acts on the Lung, Liver, and Spleen channels.

FUNCTIONS

Eliminates Dampness and resolves Phlegm, dispels Wind, and alleviates pain.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with copious sputum, greasy tongue coating, and stuffy chest due to damp sputum accumulation, it is used with Pericarpium Citri Reticulatae (Chen Pi), Rhizoma Pinelliae (Ban Xia), Sclerotium Poriae Cocos (Fu Ling), and Fructus Aurantii Immaturus (Zhi Shi). For cough with yellow and sticky sputum due to Lung Heat, it is used with Radix Scutellariae (Huang Qin) and Fructus Trichosanthis (Gua Lou).

For dizziness due to Wind Phlegm, paralysis, facial paralysis, and numbness in the hands or feet, it is used with Rhizoma Pinelliae (Ban Xia), Rhizoma Typhonii Gigantei (Bai Fu Zi), and Radix Aconiti (Chuan Wu).

For boils, carbuncles, scrofula, and tuberculosis, the herb is soaked in vinegar and the concentrated solution is applied topically.

In recent years, this herb has been used to treat carcinoma of the uterine cervix. Pharmacological research shows the herb has antineoplastic action.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

1. Contraindicated during pregnancy.
2. Toxic.



Arisaema erubescens (Wall.) Schott. (Fam. Araceae)
1. Branch with flower; 2. Root-tuber; 3. Flower

PHARMACEUTICAL NAME

Radix Aristolochiae

ENGLISH NAME

slender Dutchman's pipe root

PART USED

dried lianoid stem and/or root

Radix Aristolochiae is produced chiefly in the provinces of Jiangsu, Zhejiang, and Anhui. The herb is collected in October and November. After the hairy rootlets are removed, the stem or root is dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, slightly cold in property, acts on the Liver and Stomach channels.

FUNCTIONS

Promotes the flow of Qi, relieves pain, reduces swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and pain in the chest and hypochondriac region or abdomen due to Stagnation of Liver and Stomach Qi, it is used with Rhizoma Cyperi (Xiang Fu) and Fructus Meliae Radicis (Chuan Lian Zi).

For carbuncles, boils, and snake and insect bites, it is used with Radix Angelicae Dahuricae (Bai Zhi) for an oral dose or for topical application.

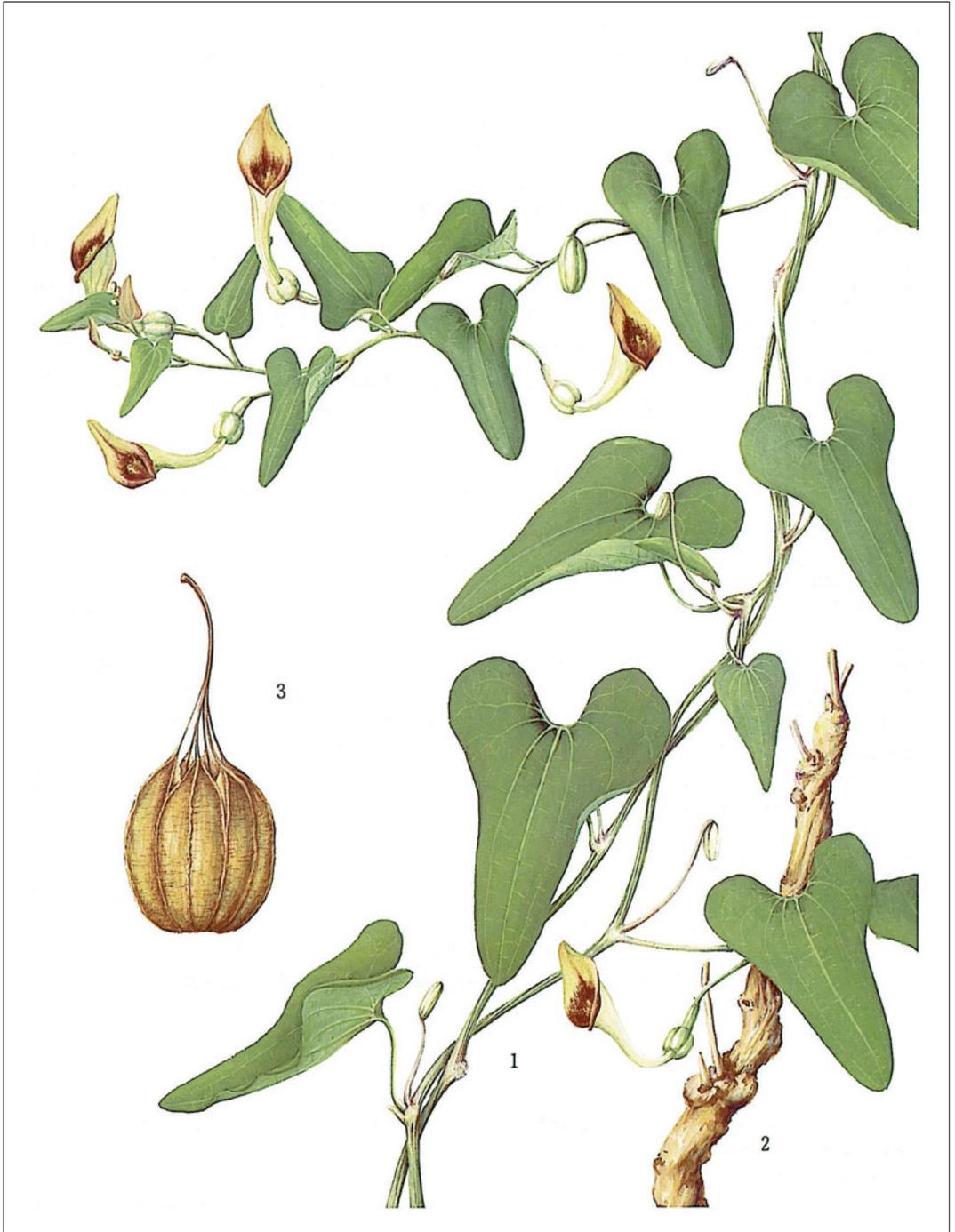
Hypotensive.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. 1.5–2 g, if used as powder for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

Large dosages may result in vomiting and anorexia.



Aristolochia debilis Sieb. Et Zucc. (Fam. Aristolochiaceae)

1. Branch with flower; 2. Root; 3. Fruit

PHARMACEUTICAL NAME

Caulis Akebiae

ENGLISH NAME

akebia stem

PART USED

stem

Caulis Akebiae is produced chiefly in the provinces of Jilin, Heilongjiang, Liaoning, and Sichuan. All of them are collected in spring and autumn, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart, Small Intestine, and Bladder channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea, promotes galactation.

CLINICAL USE AND MAJOR COMBINATIONS

For dribbling urination with scanty, dark urine and burning pain due to Pathogenic Damp Heat in the Bladder, or with sores in the mouth, restlessness, and dark urine due to Excessive Heat in the Heart, it is used with Pulvis Talci (Hua Shi) and Semen Plantaginis (Che Qian Zi) in “The Eight Health Restoring Powder” (Ba Zheng San). Or, it is used with Radix Rehmanniae (Sheng Di Huang), Radix Glycyrrhizae Uralensis (Gan Cao), and Herba Lophatheri (Dan Zhu Ye) in “Powder for Reducing Heart Fire” (Dao Chi San).

For galactostasis, it is used with Semen Vaccariae (Wang Bu Liu Xing) and Squama Manitis (Chuan Shan Jia), or cooked with pig’s feet.

Also used in the treatment of rheumatic or rheumatoid arthritis due to Damp Heat.

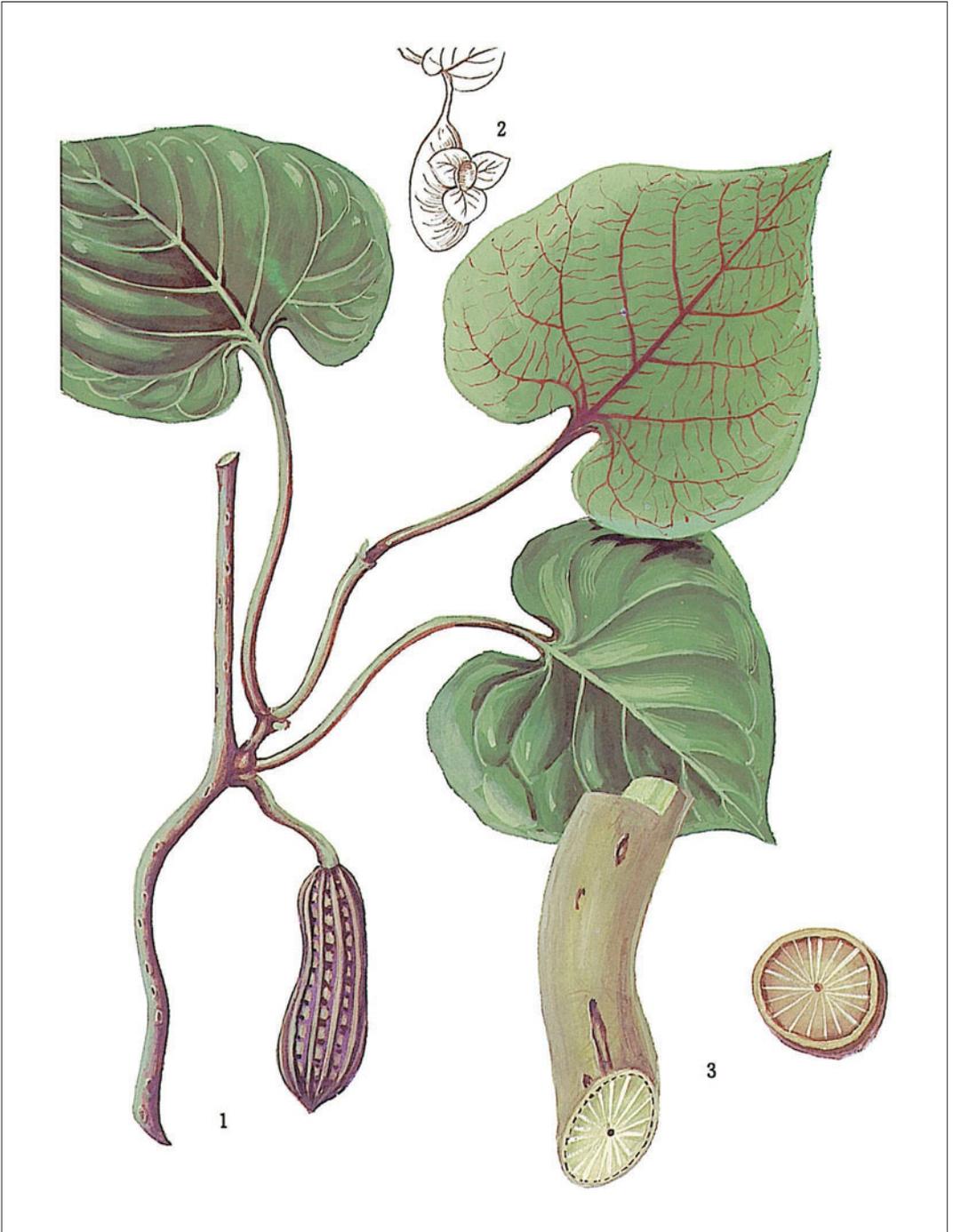
DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose.

PRECAUTIONS

1. According to clinical reports, large dosages (60 g) of Caulis Arkebiae can result in acute renal failure.
2. Use with caution in pregnant women.

Aristolochia manshuriensis contains aristolochic acid, which has been the subject of warnings by the U.S. Food and Drug Administration. Its use has also been banned in some jurisdictions because of a possible link to kidney disease. Please consult a physician before using this herb.



Aristolochia manshuriensis Kom. (Fam. Aristolochiaceae)
1. Branch with fruit; 2. Flower; 3. Stem, cross section of the stem

PHARMACEUTICAL NAME

Herba Aristolochiae Mollissimae

ENGLISH NAME

herb of woolly Dutchman's pipe

PART USED

whole plant

Herba Aristolochiae Mollissimae is produced mainly in the provinces of Jiangsu, Hunan, and Jiangxi. This herb is the whole plant or rhizome. It is collected in summer and autumn, dried in the sun, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Dispels Wind Dampness, reactivates channels, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia with painful joints, dysfunction of the tendons and bones, injury and wounds with swelling and pain, it is used alone or with other herbs that relieve arthralgia.

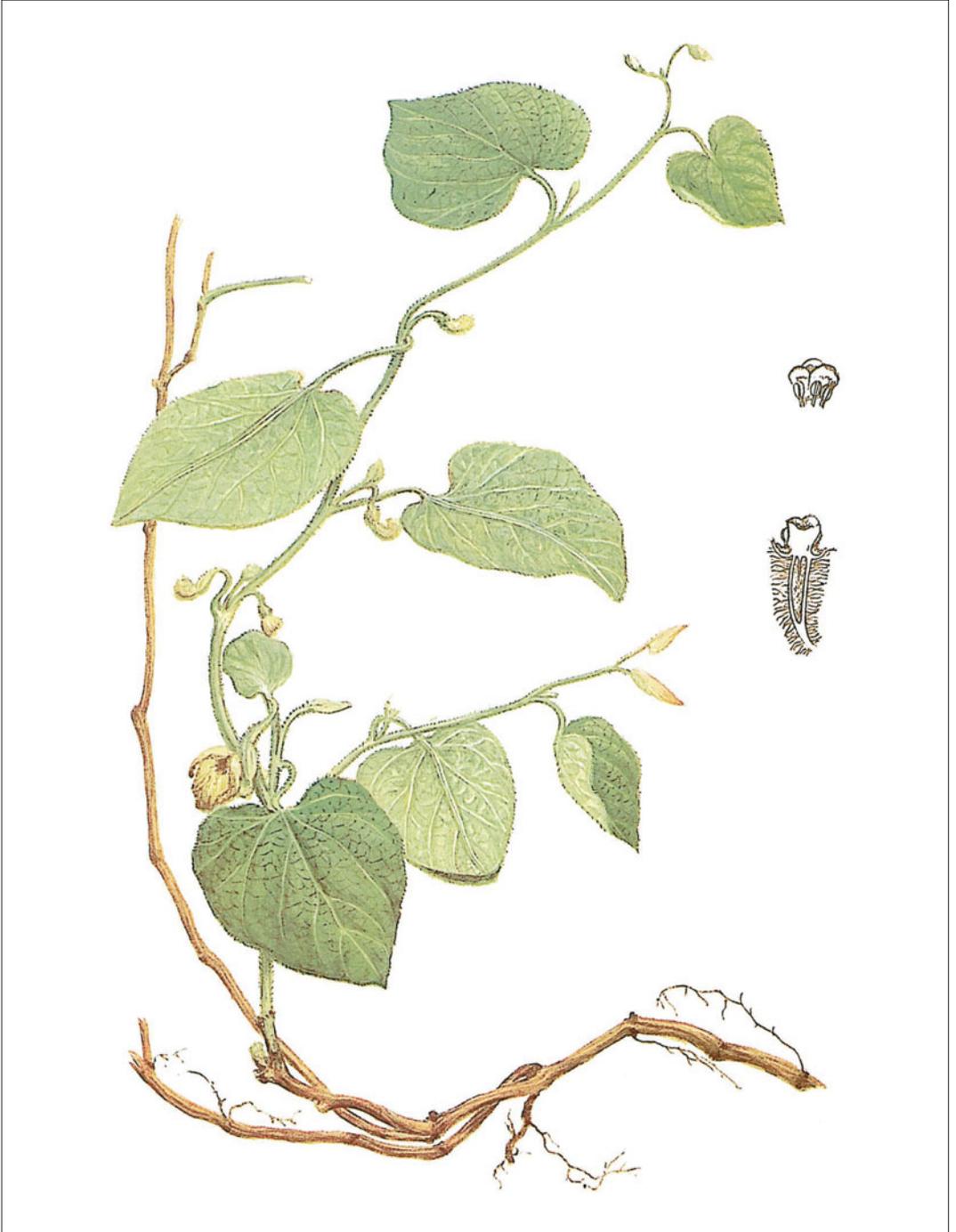
Used for stomachache and toothache.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Aristolochia mollissima Hance (Fam. Aristolochiaceae)

PHARMACEUTICAL NAME

Radix Arnebiae seu Lithospermi

ENGLISH NAME

arnebia root, groomwell root

PART USED

dried root

Radix Arnebiae seu Lithospermi is mainly grown in the provinces of Liaoning, Hunan, Hubei, and Xinjiang. It is collected in spring or autumn.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Heart and Liver channels.

FUNCTIONS

Removes Blood Heat, promotes blood circulation, counteracts toxicity, and facilitates eruption of measles.

CLINICAL USE AND MAJOR COMBINATIONS

For purpura that are dark in color due to presence of toxic Heat in the blood or measles with inadequate eruption, it is used with Periostracum Cicadae (Chan Tui) and Radix Peoniae Rubra (Chi Shao). For measles with inadequate eruption and sore throat, it is used with Fructus Arctii (Niu Bang Zi), Fructus Forsythiae Suspensae (Lian Qiao), and Radix Sophorae Tonkinensis (Shan Dou Gen).

For eczema, scalds, and burns, it is applied externally with Radix Angelicae Dahuricae (Bai Zhi), Radix Angelicae Sinensis (Dang Gui), and Sanguis Draconis (Xue Jie).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for oral use, or made into a bolus or powder. For external use, appropriate quantity to be stewed into a soft extract or soaked in vegetable oil and applied topically.

PRECAUTIONS

Contraindicated in patients with Deficiency of the Spleen with diarrhea.



Arnebia euchroma (Royle) Johnst. (Fam. Boraginaceae)

1. Whole plant with flower; 2. Flower; 3. Opened corolla showing stamen; 4. Pistil; 5. Style

PHARMACEUTICAL NAME

Herba Artemisiae Annuae

ENGLISH NAME

sweet wormwood

PART USED

dried aerial part

Herba Artemisiae Annuae is produced throughout China. It is collected in summer or autumn, dried in the shade and cut into pieces, or it is used fresh.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, cold in property, acts on the Liver, Gallbladder, and Kidney channels.

FUNCTIONS

Clears Blood Heat, reduces consumptive fever and Summer Heat, stops malarial attacks.

CLINICAL USE AND MAJOR COMBINATIONS

For malaria with chills and fever, it is used with Radix Scutellariae (Huang Qin) and Rhizoma Pinelliae (Ban Xia) in “Herba Artemisiae Annuae and Radix Scutellariae Decoction for Clearing Away Damp Heat from the Gallbladder” (Hao Qin Qing Dan Tang).

For late-stage febrile diseases with accumulation of Heat in the Yin system marked by nocturnal fever, or for lingering low-grade fever after febrile diseases, it is used with Carapax Trionycis Sinensis (Bie Jia), Cortex Moutan (Mu Dan Pi), and Radix Rehmanniae (Sheng Di Huang) in “The Decoction of Herba Artemisiae Annuae and Carapax Amydace Sinensis” (Qing Hao Bie Jia Tang).

For invasion of Summer Heat marked by fever with or without sweating, dizziness, and headache.

To treat infantile fever during summer months, it is used with Cortex Lycii Radicis (Di Gu Pi) and Rhizoma Anemarrhenae (Zhi Mu).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

This herb should not be decocted over a long period of time.



Artemisia annua L. (Fam. Asteraceae)
1. Root; 2. Branch with flowers; 3. Enlargement of leaves; 4. Inflorescence; 5. Flower

PHARMACEUTICAL NAME

Folium Artemisiae Argyi

ENGLISH NAME

argy wormwood

PART USED

dried leaf

Folium Artemisiae Argyi is produced in the provinces of middle China. It is collected during spring and summer, and dried in sunlight or in shade. It is used unprepared or carbonized by stir-baking. The leaves and the lateral shoots are cut off and pounded to wool after drying to make argyi wool or moxa for use in moxibustion.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, warm in property, acts on the Liver, Spleen, and Kidney channels.

FUNCTIONS

Warms the channels, arrests bleeding, dispels cold, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding. It is mainly used for metrorrhagia due to Cold of the Deficiency type. It is used carbonized by stir-baking, and can be used with donkey-hide gelatin (A Jiao) and *Radix Rehmanniae* (Sheng Di Huang) in “The Decoction of Donkey-Hide Gelatin and *Folium Artemisiae Argyi*” (Jiao Ai Tang). For epistaxis and hemoptysis due to invasion of Blood by Pathogenic Heat, it is used with fresh *Radix Rehmanniae* (Sheng Di Huang), fresh *Cacumen Platycladi* (Ce Bai Ye).

For cold pain in the lower abdomen, irregular menstruation, dysmenorrhea, and leukorrhagia due to Cold of the Deficiency type in the Lower Heater, it is used with *Radix Angelicae Sinensis* (Dang Gui) and *Rhizoma Cyperi* (Xiang Fu).

This herb can be used in a lotion form for eczema and pruritus, or burned on acupuncture points to warm Blood and Qi, and to relieve pain.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

Contraindicated in patients with Yin Deficient Blood Heat.



Artemisia argyi Levl. et Vant., *A. Vulgaris* L. (Fam. Asteraceae)
1. Middle part of the plant; 2. Upper part of the plant; 3. Female flower; 4. Hermaphrodite flower

PHARMACEUTICAL NAME

Herba Artemisiae Scopariae

ENGLISH NAME

virgate wormwood herb

PART USED

dried seedling

Herba Artemisiae Scopariae is produced chiefly in Shanxi and Anhui provinces. Collected in spring, it is cleaned, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in taste, cold in property, acts on the Spleen, Stomach, Liver, and Gallbladder channels.

FUNCTIONS

Clears Pathogenic Damp Heat, relieves jaundice.

CLINICAL USE AND MAJOR COMBINATIONS

For jaundice, it is used with Radix et Rhizoma Rhei (Da Huang) and Fructus Gardeniae (Zhi Zi) in “The Artemisiae Scopariae Decoction” (Yin Chen Hao Tang); or with Radix Aconiti Lateralis Preparata (Zhi Fu Zi) and Rhizoma Zingiberis (Gan Jiang) in “The Cold Limbs Decoction of Artemisiae Scopariae” (Yin Chen Si Ni Tang).

For eczema and sores with itchiness, it is decocted in water for an oral dose or used for topical application.

It is now used to treat hepatitis, cirrhosis of the liver, and cholelithiasis.

It is used with Fructus Mume for biliary ascariasis.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Artemisia scoparia Waldst. et Kit. or *Artemisia capillaris* Thunb. (Fam. Asteraceae)
1. Branch with flowers; 2. Flower; 3. Hermaphrodite flower; 4. Female flower

PHARMACEUTICAL NAME

Herba Asari

ENGLISH NAME

Manchurian wild ginger, asarum

PART USED

dried plant

Herba Asari is produced chiefly in the provinces of Liaoning, Jilin, Heilongjiang, and Shanxi. It is collected in summer, cleaned, and dried in shade.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung and Kidney channels.

FUNCTIONS

Dispels Wind, expels Cold to relieve pain, warms the Lung to resolve Fluid, removes nasal obstruction.

CLINICAL USE AND MAJOR COMBINATIONS

For headaches and migraine headaches due to Wind Cold, it is used alone or with Rhizoma Chuanxiong (Chuan Xiong), Radix Angelicae Dahuricae (Bai Zhi), and Rhizoma Notoperygii (Qiang Huo).

For toothache, Herba Asari is used alone or with Radix Angelicae Dahuricae (Bai Zhi); for toothaches due to invasion of Wind and Cold, it is used with Gypsum Fibrosum (Shi Gao) and Radix Scutellariae (Huang Qin).

For rheumatic or rheumatoid arthritis, it is used with Rhizoma Notoperygii (Qiang Huo) and Radix Saposhnikoviae (Fang Feng).

For invasion of Wind Cold, it is used with Rhizoma Notoperygii (Qiang Huo) and Radix Saposhnikoviae (Fang Feng) in “The Notoperygii Decoction of Nine Ingredients” (Jiu Wei Qiang Huo Tang); or with Herba Ephedrae (Ma Huang) and Radix Aconiti Lateralis Preparata (Zhi Fu Zi).

For retention of Fluid in the Lung with cough, dyspnea, and profuse, watery sputum, it is used with Herba Ephedrae (Ma Huang), Rhizoma Zingiberis (Gan Jiang), and Fructus Schisandrae (Wu Wei Zi) in “The Minor Decoction of Blue Dragon” (Xiao Qing Long Tang).

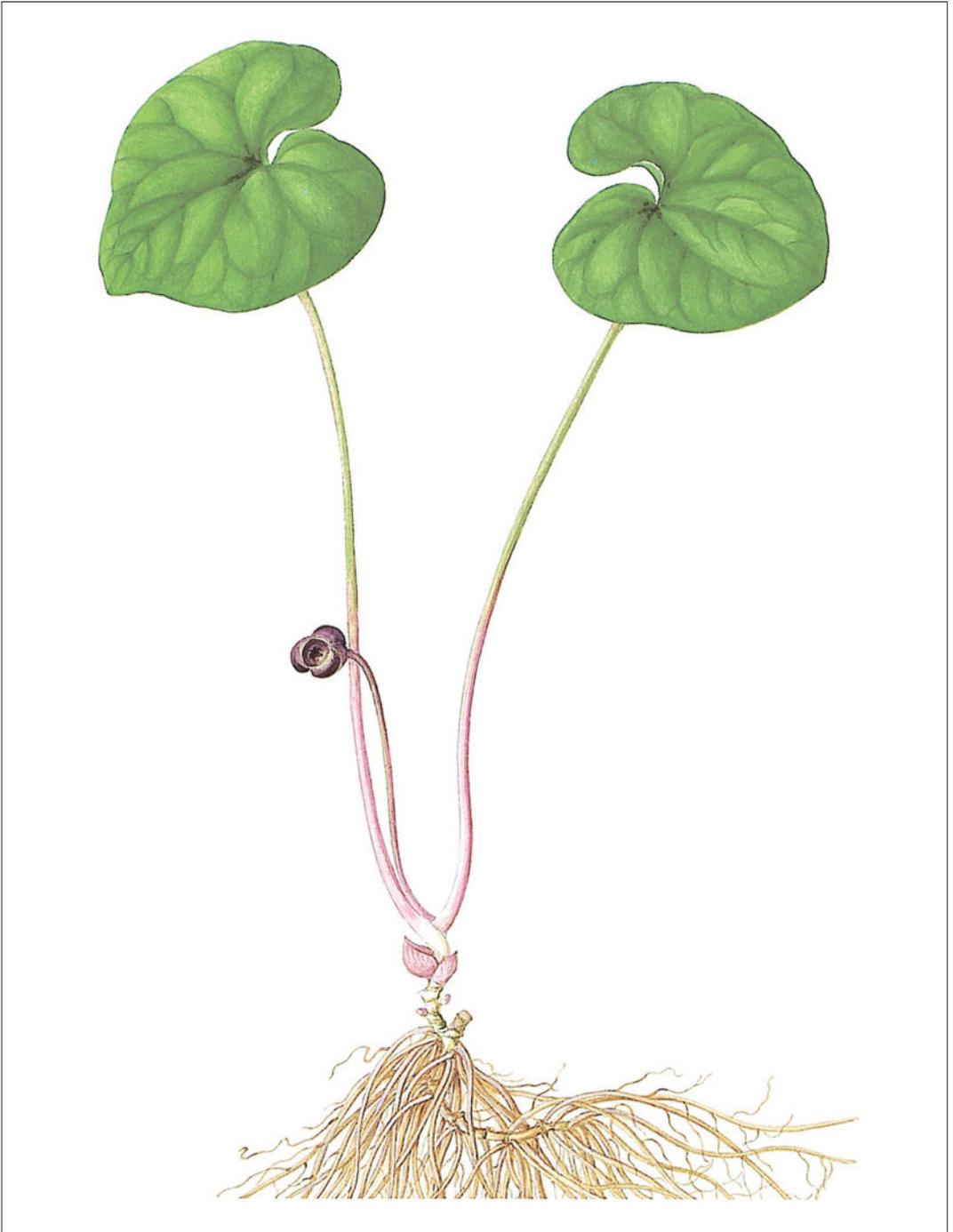
For stuffy nose and rhinorrhea with clear nasal discharge, it is used with Radix Angelicae Dahuricae (Bai Zhi), Flos Magnoliae (Xin Yi), and Menthae Arvensis (Bo He).

DOSAGE AND ADMINISTRATION

1–3 g, decocted in water for an oral dose. For local use, the powder of Herba Asari (Xi Xin) may be insufflated into the nasal cavity for sinusitis.

PRECAUTIONS

1. Contraindicated for use in patients with headache due to hyperactive Liver Yang.
2. Contraindicated for use in patients with spontaneous sweating due to Qi Deficiency.
3. Contraindicated for use in patients with cough due to Deficiency of Yin of the Lung.
4. It is incompatible with Radix et Rhizoma Veratri (Li Lu).



Asarum heterotropoides F Schum. (Fam. Aristolochiaceae)
Whole plant

PHARMACEUTICAL NAME

Radix Asparagi

ENGLISH NAME

Cochin Chinese asparagus root

PART USED

tuberous root

Radix Asparagi is produced mainly in the provinces of Sichuan, Yunnan and Guizhou. Collected in winter, the root is boiled in water, skinned, dried, and sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, extremely cold in property, acts on the Lung and Kidney channels.

FUNCTIONS

Clears Lung Heat, nourishes Yin, and reduces Dryness.

CLINICAL USE AND MAJOR COMBINATIONS

For dry cough with sticky sputum or chronic cough with hemoptysis, it is used with Radix Ophiopogonis (Mai Dong).

For depletion of Fluids by febrile diseases with dry mouth, thirst, and diabetes, it is used with Radix Rehmanniae (Sheng Di Huang) and Radix Ginseng (Ren Shen).

For constipation due to Dry Intestines, it is used with Radix Angelicae Sinensis (Dang Gui) and Herba Cistanches (Rou Cong Rong).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with poor appetite and loose stools due to Cold and Deficient Spleen and Stomach.



Asparagus cochinchinensis (Lour.) Merr. (Fam. Liliaceae)
Whole plant

PHARMACEUTICAL NAME

Aspongopus

ENGLISH NAME

jiuxiang bug

PART USED

dried body

Aspongopus is produced mainly in the provinces of Yunnan, Sichuan, Guizhou, and Guangxi. It is captured in winter and spring, dried, and stir-baked for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, warm in property, acts on the Spleen, Liver, and Kidney channels.

FUNCTIONS

Regulates the flow of Qi and relieves pain, warms the Kidney, and restores Kidney Yang.

CLINICAL USE AND MAJOR COMBINATIONS

For epigastric pain with distension due to Cold in the Stomach or due to Qi Stagnation in the Liver and Stomach, it is used with Fructus Meliae Radicis (Chuan Lian Zi), Radix Aucklandiae (Mu Xiang), and Radix Curcumae Yanhusuo (Yan Hu Suo).

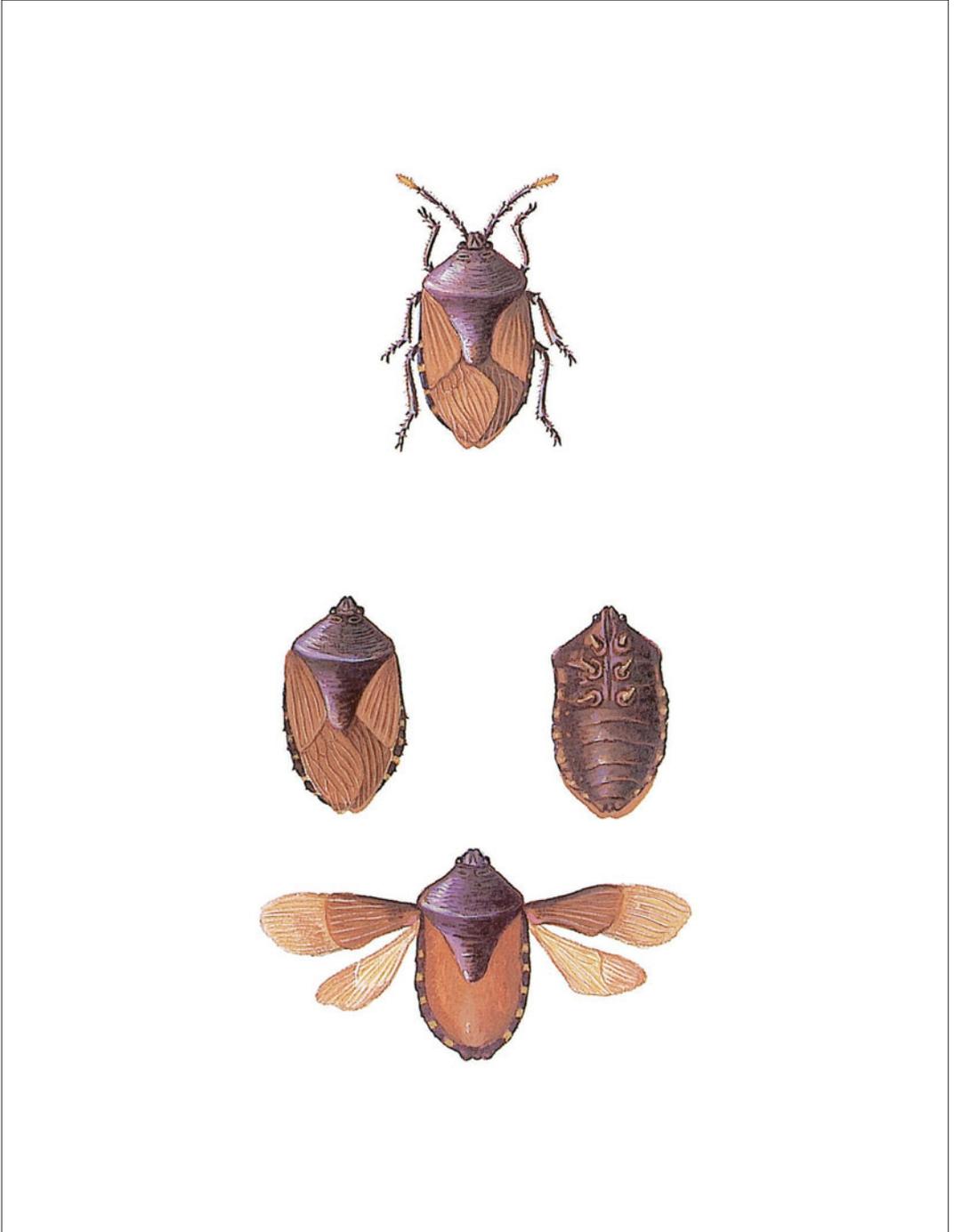
For Deficient Kidney Yang with pain of the loins and knees or impotence, it is used with Radix Clematidis (Wei Ling Xian) and Fructus Psoraleae (Bu Gu Zhi).

DOSAGE AND ADMINISTRATION

3–5 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with Internal Heat due to Yin Deficiency.



Aspongopus chinensis Dallas (Fam. Pertatomidae)
Whole body

PHARMACEUTICAL NAME

Semen Astragali Complanati

ENGLISH NAME

flatstem milkvetch seed, astragalus seed

PART USED

ripe seed

Semen Astragali Complanati is produced chiefly in the provinces of Shanxi and Shanxi. Collected in autumn, the seeds are dried in sunlight, and used unprepared or stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Kidney to treat seminal emissions, nourishes the Liver to improve eyesight.

CLINICAL USE AND MAJOR COMBINATIONS

For loin pain, impotence, seminal emission, frequent urination, and profuse leukorrhea due to Kidney Deficiency. This herb can be used alone for loin pain. For seminal emission, spontaneous emission, and profuse leukorrhea, it is used with Stamen Nelumbinis Nuciferae (Lian Xu) and Semen Euryales (Qian Shi) in “The Golden Lock Pill for Keeping Kidney Essence” (Jin Suo Gu Jing Wan).

For blurred vision and dizziness due to Liver and Kidney Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Fructus Lycii (Gou Qi Zi), and Semen Cuscutae (Tu Si Zi).

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Yin Deficiency and Hyperactive Fire or in patients with constipation.



Astragalus complanatus R. Br. (Fam. Fabaceae)

1. Branch with flower; 2. Fruit; 3. Seeds

PHARMACEUTICAL NAME

Radix Astragali

ENGLISH NAME

astragalus, milkvetch root

PART USED

dried root

Radix Astragali is produced mainly in the provinces of Shanxi, Gansu, Heilongjiang, and Inner Mongolia. The root is collected in spring and autumn, dried in sunlight, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly warm in property, acts on the Spleen and Lung channels.

FUNCTIONS

Tonifies the Qi, elevates Yang, strengthens the Defensive energy and resistance, drains pus to promote healing, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For Spleen and Lung Qi Deficiency with poor appetite, diarrhea, shortness of breath, lassitude, and weakness, or for sinking of Spleen and Stomach Qi with chronic diarrhea and prolapse of the rectum, or prolapse of the uterus. For general debility due to Deficiency of Qi after an illness with fatigue and lassitude, it is used with Radix Ginseng (Ren Shen). For poor appetite, loose stools, or diarrhea due to Deficient Spleen Qi, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu). For Deficiency of Blood and Qi, it is used with Radix Angelicae Sinensis (Dang Gui). For Qi Deficiency accompanied by Yang Deficiency with aversion to cold and profuse sweating, it is used with Radix Aconiti Lateralis Preparata (Zhi Fu Zi). For chronic diarrhea and prolapse of the rectum, it is used with Radix Ginseng (Ren Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Rhizoma Cimicifugae (Sheng Ma) in “The Decoction for Reinforcing Middle Heater and Replenishing Qi” (Bu Zhong Yi Qi Tang). For blood in the stool, metrorrhagia, and other types of bleeding due to Deficiency and failure of Qi to keep the Blood flowing within the vessels, it is used with Radix Ginseng (Ren Shen), Arillus Longan (Long Yan Rou), and Semen Ziziphi Spinosae (Suan Zao Ren) in “The Decoction for

Invigorating the Spleen and Nourishing the Heart” (Gui Pi Tang).

For spontaneous sweating due to Deficient Defensive Qi, it is used with Herba Ephedrae Root (Ma Huang Gen) in “The Concha Ostreae Powder” (Mu Li San). For night sweating due to Yin Deficiency, it is used with Radix Rehmanniae (Sheng Di Huang) and Cortex Phellodendri (Huang Bai) in “The Decoction of Radix Angelicae Sinensis with Six Yellow Ingredients” (Dang Gui Liu Huang Tang).

For carbuncles resistant to rupture, it is used with Radix Angelicae Sinensis (Dang Gui) and Squama Manitis (Chuan Shan Jia). For slow-healing carbuncles after ulceration, it is used with Radix Angelicae Sinensis (Dang Gui), Radix Ginseng (Ren Shen), and Cortex Cinnamomi (Rou Gui) in “The Decoction of Ten Powerful Tonics” (Shi Quan Da Bu Tang).

For edema and scanty urine, it is used with Radix Aristolochiae Fangchi (Fang Ji) in “The Decoction of Aristolochiae Fangchi and Radix Astragali Membranaceus” (Fang Ji Huang Qi Tang).

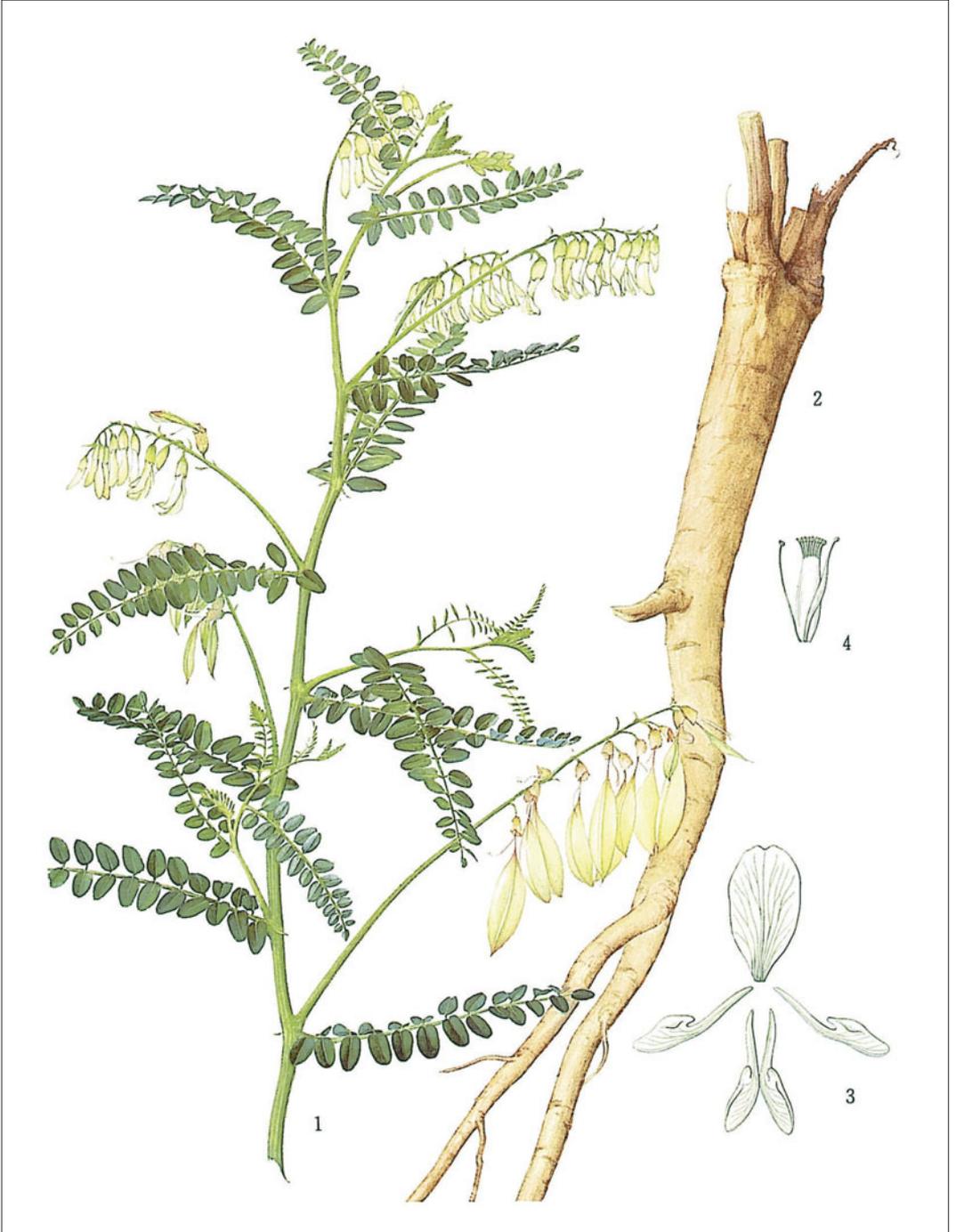
For numbness in extremities due to Deficiency of Qi and Blood Stasis, it is used with Ramulus Cinnamomi (Gui Zhi), Radix Paeoniae Alba (Bai Shao), Fructus Zizyphi Jujube (Da Zao), and Rhizoma Zingiberis Recens (Sheng Jiang); for arm pain due to Wind Dampness, it is used with Rhizoma Notoperygii (Qiang Huo), Radix Saposhnikoviae (Fang Feng), Radix Angelicae Sinensis (Dang Gui), and Rhizoma Curcumae Longae (Jiang Huang); for hemiplegia after apoplexy, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), Flos Carthami Tinctorii (Hong Hua), and Semen Persicae (Tao Ren) in “The Decoction of Invigorating Yang for Recuperation” (Bu Yang Huan Wu Tang).

DOSAGE AND ADMINISTRATION

10–15 g, or 30–60 g for a large dosage, decocted in water for an oral dose. For use as a Qi and Yang tonic, it is stir-baked.

PRECAUTIONS

Should not be used for the following: Exterior syndromes of the Excess type; Qi Stagnation and Dampness in the Interior; retention of food as the result of Excess Yang due to Yin Deficiency; carbuncles and boils at the initial stage; or protracted ulceration with Excess Heat.



Astragalus membranaceus (Fisch.) Bge. (Fam. Fabaceae)
1. Branch with flowers; 2. Root; 3. Opened corolla showing petals; 4. Stamen

PHARMACEUTICAL NAME**Rhizoma Atractylodis****ENGLISH NAME**

atractylodes rhizome

PART USED

dried rhizome

Rhizoma Atractylodis is the dried rhizome of *Atractylodes lancea* (Thunb.) DC. or *Atractylodes chinensis* (DC.) Koidz. (Fam. Asteraceae). *A. lancea* is produced chiefly in the provinces of Jiangsu, Hubei, Maoshan, and Henan. The best quality material is found in Maoshan and Jiangsu. *A. chinensis* is grown in the provinces of Inner Mongolia, Hebei, Shanxi, Liaoning, and Heilongjiang. It is collected in spring and autumn, the hairy rootlets are removed, then the rhizome is dried in sunlight. The rhizome is then macerated in water, sliced, and stir-baked to a yellowish color for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on Spleen and Stomach channels.

FUNCTIONS

Dries Dampness, invigorates the Spleen, expels Pathogenic Wind Dampness, improves eyesight.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the functions of Spleen and Stomach due to the accumulation of Dampness, with epigastric distention, anorexia, nausea, vomiting, lassitude, and a turbid, greasy tongue coating. Rhizoma Atractylodis is used with Cortex Magnoliae Officinalis (Hou Po) and Pericarpium Citri Reticulatae (Chen Pi) in the “Peptic Powder” (Ping Wei San).

For rheumatic or rheumatoid arthritis due to Cold Dampness with aching, swelling, and weakness of the loins and knees, it is used with Rhizoma Notoperygii (Qiang Huo), Radix Saposhnikoviae (Fang Feng), Herba Asari (Xi Xin), or Cortex Phellodendri (Huang Bai).

For night blindness, it is used alone or with pig or lamb liver.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Atractylodes lancea (Thunb.) DC. (Fam. Asteraceae)
1. Branch with flower; 2. Root; 3. Inflorescence

PHARMACEUTICAL NAME

Rhizoma Atractylodis Macrocephalae

ENGLISH NAME

atractylodes rhizome

PART USED

dried rhizome

Rhizoma Atractylodis Macrocephalae is produced mainly in the provinces of Zhejiang, Hubei, Hunan, Jiangxi, Fujian, and Anhui. It is collected in winter, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Tonifies the Qi and the Spleen, dries Dampness, stops sweating, and prevents miscarriage.

CLINICAL USE AND MAJOR COMBINATIONS

For poor appetite, loose stools, distension in the abdomen, or lassitude and weakness due to Deficient Spleen Qi, it is used with Radix Ginseng (Ren Shen), Sclerotium Poriae Cocos (Fu Ling), and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Decoction of Four Noble Herbs” (Si Jun Zi Tang). For Deficiency type, it is used with Radix Codonopsis (Dang Shen), Rhizoma Zingiberis (Gan Jiang), and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Decoction for Regulating the Function of Middle-Burner” (Li Zhong Tang). For poor appetite and the feeling of stuffiness and fullness in the stomach and abdomen due to Spleen Deficiency with food stagnation, it is used with Fructus Aurantii Immaturus (Zhi Shi).

For edema and Phlegm retention due to failure of the Spleen’s transportation function and retention of Dampness in the interior. For relieving Phlegm, it is used with Ramulus Cinnamomi (Gui Zhi), Sclerotium Poriae Cocos (Fu Ling), and Radix Glycyrrhizae Uralensis (Gan Cao). For relieving edema, it is used with Pericarpium Citri Reticulatae (Chen Pi), Pericarpium Arecae (Da Fu Pi), and Pericarpium Poria (Fu Ling Pi).

For spontaneous sweating due to Deficient Spleen Qi and Exterior Deficiency, it is used with Radix Astragali Membranaceus (Huang Qi) and Fructus Triticis Levis (Fu Xiao Mai).

For threatened abortion due to Deficient Spleen Qi. In cases of Internal Heat, it is used with Radix Scutellariae (Huang Qin); in cases of feelings of fullness and stuffiness in the chest due to Stagnant Qi, it is used with Caulis Perillae (Zi Su Geng), Amomi Fructus (Sha Ren), and Pericarpium Citri Reticulatae (Chen Pi). In cases of lassitude and weakness due to Qi Deficiency, it is used with Radix Codonopsis (Dang Shen) and Sclerotium Poriae Cocos (Fu Ling). In cases of dizziness and palpitation due to Blood Deficiency, it is used with Radix Angelicae Sinensis (Dang Gui), Radix Rehmanniae Preparata (Shu Di), Radix Angelicae Sinensis (Dang Gui), Radix Rehmanniae Preparata (Shu Di Huang), and Radix Paeoniae Alba (Bai Shao). In cases of pain in the lower back and abdomen, it is used with Cortex Eucommiae Ulmoidis (Du Zhong), Colla Corii Asini (A Jiao), and Radix Dipsaci (Xu Duan).

DOSAGE AND ADMINISTRATION

5–15 g, used unprepared for drying Dampness, stir-baked for Qi and Spleen tonification, and stir-baked with earth or baked to brown for strengthening the Spleen to stop diarrhea.

PRECAUTIONS

Not to be used for Yin Deficiency with internal heat or thirst due to consumption of body fluids.



Atractylodes macrocephala Koidz. (Fam. Asteraceae)

1. Root; 2. Branch with flowers

PHARMACEUTICAL NAME

Radix Aucklandiae

ENGLISH NAME

costus root

PART USED

dried root

Radix Aucklandiae is produced chiefly in India and the Chinese provinces of Yunnan and Sichuan. The root is collected in autumn, and used unprepared or after being stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Spleen, Stomach, Large Intestine, and Gallbladder channels.

FUNCTIONS

Regulates the flow of Qi, normalizes the function of Spleen and Stomach, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For Stagnation of Spleen and Stomach Qi with anorexia, distension, and pain of the epigastrium and abdomen, borborygmus, and diarrhea, it is used with Fructus Aurantii (Zhi Qiao), Fructus Meliae Radicis (Chuan Lian Zi), and Rhizoma Corydalis Yanhusuo (Yan Hu Suo); for abdominal pain and diarrhea and dysentery due to Stagnation of Damp Heat of the Stomach and Intestines, it is used with Rhizoma Coptidis (Huang Lian) in “The Aucklandiae and Coptidis Pill” (Xiang Lian Wan); for diarrhea and dysentery with tenesmus due to stagnation of undigested food, it is used with Semen Arecae (Bing Lang), Fructus Aurantii (Zhi Qiao), Radix et Rhizoma Rhei (Da Huang), and Rhizoma Coptidis (Huang Lian) in “The Pill of Aucklandiae and Arecae” (Mu Xiang Bing Lang Wan).

For dysfunction of the Liver and Gallbladder with symptoms of distension and pain in the hypochondriac regions, bitter taste in the mouth, and yellow coating on the tongue, it is used with Radix Bupleuri (Chai Hu), Radix Curcumae (Yu Jin), Fructus Aurantii (Zhi Qiao), Radix et Rhizoma Rhei (Da Huang), Herba Artemisiae Scopariae (Yin Chen), and Herba Lysimachiae (Jin Qian Cao).

For Deficient Spleen with distension in the epigastrium and abdomen, anorexia, vomiting, diarrhea, and greasy coating on the tongue, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Fructus Amomi (Sha Ren).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. For promoting the flow of Qi and removing Stagnation, it is used unprepared. For arresting diarrhea, it is usually roasted.

PRECAUTIONS

Contraindicated for use in patients with hyperactive Fire due to Deficient Yin.



Aucklandia lappa Decne. (Fam. Asteraceae)
1. Root; 2. Leaf; 3. Branch with flower

PHARMACEUTICAL NAME

Caulis Bambusae In Taeniis

ENGLISH NAME

bamboo shavings

PART USED

dried middle shavings of stem

Caulis Bambusae In Taeniis is produced mainly in southern China. It is collected in all seasons, used fresh or after being dried in sunlight, or used stir-baked with ginger juice.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Lung, Stomach, and Gallbladder channels.

FUNCTIONS

Resolves Phlegm Heat, relieves restlessness, and stops vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with thick, yellow sputum due to Lung Heat and for restlessness due to accumulation of Phlegm Heat in the Heart. For cough due to Lung Heat, it is used with Radix Scutellariae (Huang Qin) and Fructus Trichosanthis (Gua Lou). For stuffiness in the chest, copious sputum, and insomnia due to restlessness, it is used with Pericarpium Citri Reticulatae (Chen Pi), Sclerotium Poriae Cocos (Fu Ling), Rhizoma Pinelliae (Ban Xia), and Fructus Aurantii Immaturus (Zhi Shi) in the “Warm the Gallbladder Decoction” (Wen Dan Tang).

For vomiting due to Stomach Heat, it is used with Rhizoma Coptidis (Huang Lian). For vomiting due to Stomach Heat accompanied with Stomach Deficiency, it can be used with Pericarpium Citri Reticulatae (Chen Pi), Rhizoma Zingiberis Recens (Sheng Jiang), and Radix Ginseng (Ren Shen) in “The Pericarpium Citri Reticulatae and Caulis Bambusae in Taeniis Decoction” (Ju Pi Zhu Ru Tang).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.

Bambusa tuldoides Munro, *Sinocalamus beecheyanus* (Munro)
McClure var. *pubescens* P. F. Li, or *Phyllostachys nigra* (Lodd.)
Munro var. *henonis* (Mitf.) Stapf ex Rendle (Fam. Poaceae)

ZHU RU



Bambusa tuldoides Munro (Fam. Poaceae)
Stalk and branch; 2. Leaves; 3. Stalks and shoots; 4. Shoot

PHARMACEUTICAL NAME

Indigo Naturalis

ENGLISH NAME

natural indigo

PART USED

leaf and stem

This herb is the dried powder or mass prepared from the leaf or the stem and leaf of *Baphicacanthus cusia* (Nees) Bremek. (Fam. Acanthaceae), *Polygonum thinctorium* Ait. (Fam. Polygonaceae) or *Isatis indigotica* Fort. (Fam. Brassicaceae).

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver, Lung, and Stomach channels.

FUNCTIONS

Clears Blood Heat, removes Toxic Heat, and relieves convulsions.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding such as hematemesis, hemoptysis, and epistaxis due to Blood Heat, it is used alone or with *Cacumen Platycladi* (Ce Bai Ye) and *Rhizoma Imperatae* (Bai Mao Gen).

For infantile convulsions with fever and spasm, it is used with *Ramulus Uncariae Cum Uncis* (Gou Teng) and *Calculus Bovis* (Niu Huang).

For cough with thick sputum due to Lung Heat, it is used with *Fructus Trichosanthis* (Gua lou), *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu), and *Herba Spirocelae* (Fu Ping).

For ulcers in the mouth, mumps, and pharyngitis, it is used internally or topically. It can be used alone or with *Radix Scrophulariae* (Xuan Shen), *Flos Lonicerae* (Jin Yin Hua), and *Fructus Forsythiae Suspensae* (Lian Qiao).

DOSAGE AND ADMINISTRATION

1.5–3 g, used as pills or powder; cannot be used in decoction. It can also be mixed with water for external use.

PRECAUTIONS

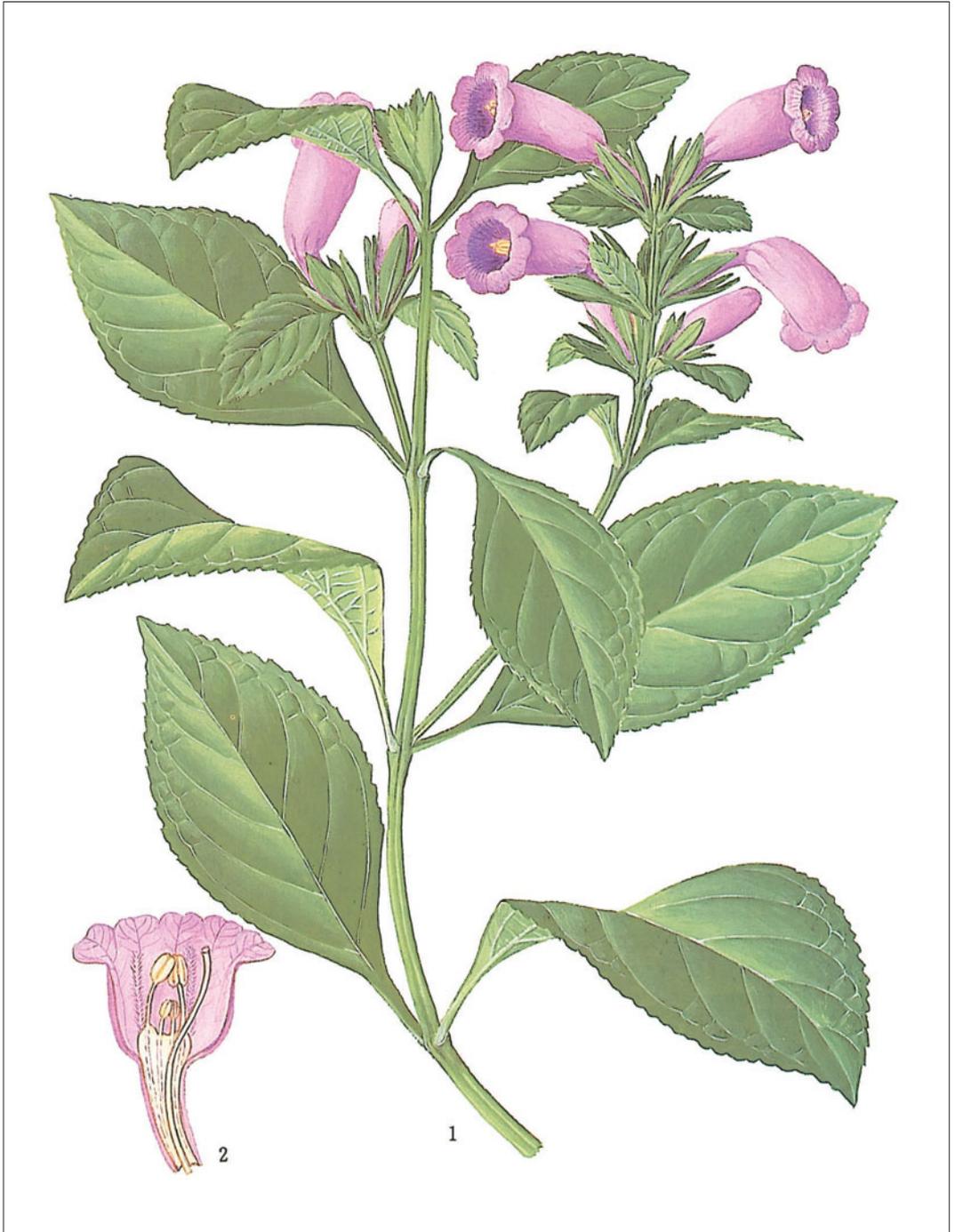
Contraindicated for patients with Cold syndromes in the Stomach.

COMPARISON

Indigo Naturalis (Qing Dai) and *Folium Isatidis* (Da Qing Ye): they have a similar function, but the former is more effective in clearing Heat from Blood and checking Endogenous Wind.

Baphicacanthus cusia (Nees) Bremek. (Fam. Acanthaceae), *Polygonu thinctorium*
Ait., (Fam. Polygonaceae) *Isatis indigotica* Fort. (Fam. Brassicaceae).

QING DAI



Baphicacanthus cusia (Nees) Bremek. (Fam. Acanthaceae)
1. Branch with flowers; 2. Opened corolla showing stamen and pistal

PHARMACEUTICAL NAME

Rhizoma Belamcandae

ENGLISH NAME

blackberry lily rhizome

PART USED

rhizome

Rhizoma Belamcandae is produced chiefly in the provinces of Hubei, Hunan, Jiangsu, and Anhui. It is collected in autumn, dried in sunlight, and sliced after removal of the rootlets.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Lung channel.

FUNCTIONS

Removes Toxic Heat, eliminates Phlegm, and soothes sore throat.

CLINICAL USE AND MAJOR COMBINATIONS

For sore throat with a lot of phlegm due to Lung Heat, it is used alone or with Radix Scutellariae (Huang Qin), Radix Platycodi (Jie Geng), and Radix Glycyrrhizae Uralensis (Gan Cao) or with Rhizoma Cimicifugae (Sheng Ma) and Lasiosphaera Seu Calvatia (Ma Bo).

For cough and dyspnea with copious expectoration due to accumulation of Toxic Heat, Phlegm, and Fire. For cough with a lot of phlegm, it is used with Cortex Mori (Sang Bai Pi), and Radix Platycodi (Jie Geng). For cough, and dyspnea with phlegm due to Lung Cold, it is used with Rhizoma Zingiberis Recens (Sheng Jiang), Herba Asari (Xi Xin), and Rhizoma Pinelliae (Ban Xia).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

This herb is contraindicated during pregnancy.



Belamcanda chinensis (L.) DC. (Fam. Iridaceae)
1. Root-tuber; 2. leaves; 3. Branch with flowers; 4. Fruit; 5. Opened fruit

PHARMACEUTICAL NAME

Exocarpium Benincasae

ENGLISH NAME

Chinese waxgourd peel, winter melon

PART USED

dried exocarp

Exocarpium Benincasae is grown in every part in China. It is collected in summer and autumn, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in taste, slightly cold in property, acts on the Lung and Small Intestine channels.

FUNCTIONS

Diuretic, relieves edema, clears Pathogenic Heat.

CLINICAL USE AND MAJOR COMBINATIONS

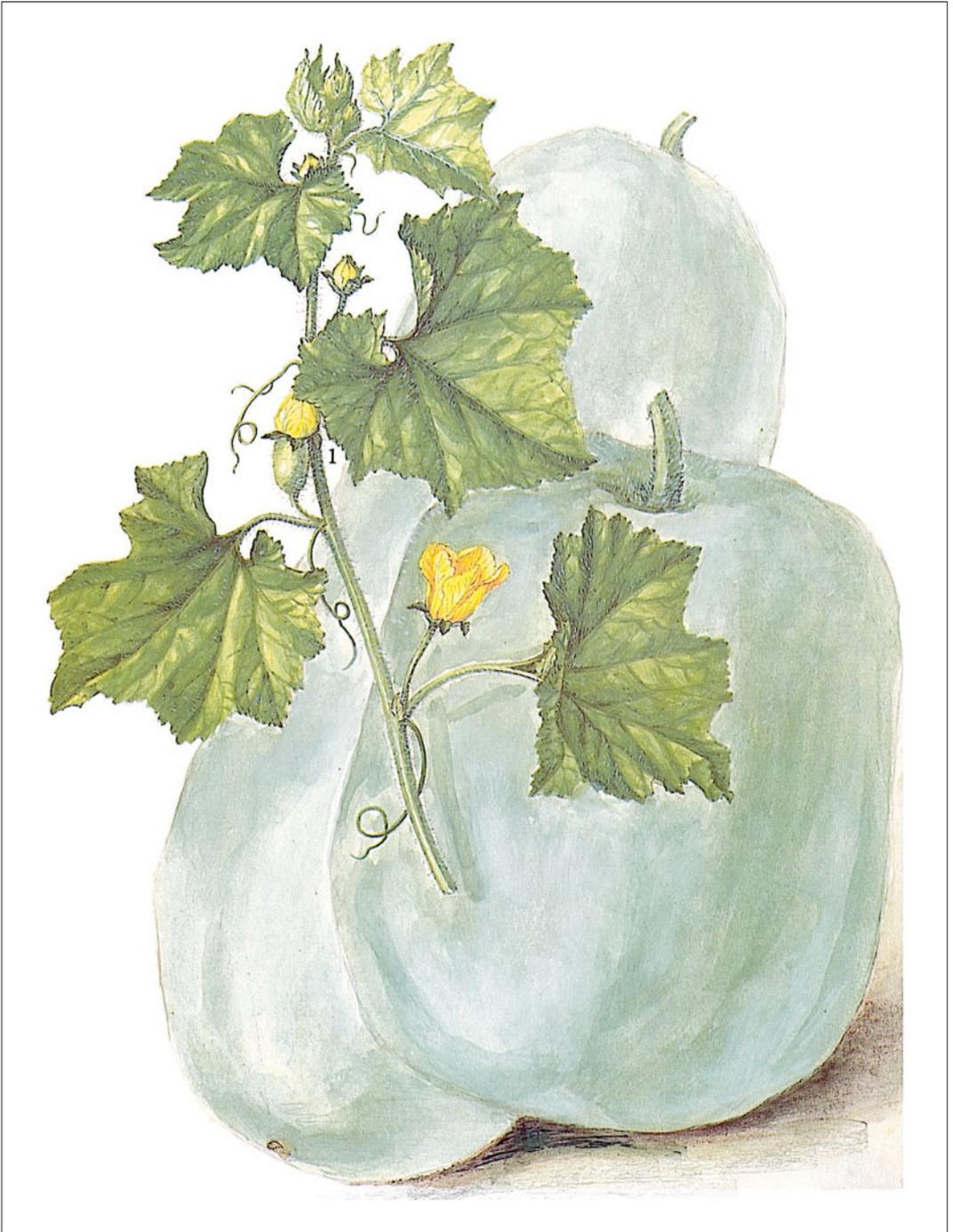
For generalized edema with Excess Heat, it is used with Semen Phaseoli Calcarati (Chi Xiao Dou), Rhizoma Imperatae (Bai Mao Gen), and Sclerotium Poriae Cocos (Fu Ling). But its function is milder than that of most other herbs that can induce diuresis.

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Benincasa hispida (Thunb.) Cogn. (Fam. Cucurbitaceae)

1. Branch with flowers; 2. Fruit

PHARMACEUTICAL NAME

Rhizoma Bletillae Striatae

ENGLISH NAME

bletilla rhizome

PART USED

dried tuber

Rhizoma Bletillae Striatae is produced chiefly in southern and southwestern China. It is collected in summer and autumn. The hairy rootlets and the bark are removed, the tuber is washed, then dried in sunlight. It is sliced or ground into fine powder for application.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter, sweet, and sour in flavor, slightly cold in property, acts on the Lung, Liver, and Stomach channels.

FUNCTIONS

Astringes blood, reduces swelling, and promotes the regeneration of tissue.

CLINICAL USE AND MAJOR COMBINATIONS

For hemoptysis, it is ground into powder and used alone or with Folium Eriobotryae (Pi Pa Ye), Nodus Nelumbinis Rhizomatis (Ou Jie), Colla Corii Asini (A Jiao), and fresh Radix Rehmanniae (Sheng Di Huang) in “The Pills of Bletillae and Eriobotryae” (Bai Ji Pi Pa Wan).

For bleeding due to traumatic injuries, it is ground into a fine powder and used externally, either alone or with powdered Gypsum Fibrosum (Shi Gao).

For sores, boils, and carbuncles at the early stage, and non-ulcerated infections, it is used with Flos Lonicerae (Jin Yin Hua), Bulbus Fritillariae Cirrhosae (Bei Mu), and Radix Trichosanthis (Tian Hua Fen) in an oral dose. For slow-healing sores, Bletilla powder is applied externally.

For *rhagades* of the hand and foot, anal fissure, scalds, and burns, an ointment made from the powder of Rhizoma Bletillae Striatae (Bai Ji) and sesame oil is applied to the local area.

DOSAGE AND ADMINISTRATION

3–10 g, if used in decoction; 1.5–3 g, if used as a powder. Appropriate quantity for external application.

PRECAUTIONS

It is incompatible with Radix Aconiti (Chuan Wu) and Radix Aconiti Kusnezoffii (Cao Wu).



Bletilla striata (Thunb.) Reichb. f. (Fam. Orchidaceae)
1. Whole plant with flowers; 2. Petal; 3. Infructescence

PHARMACEUTICAL NAME

Radix Boehmeriae

ENGLISH NAME

ramie root

PART USED

dried root

Radix Boehmeriae is produced in most provinces in China. It is collected in summer and autumn, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Heart and the Liver channels.

FUNCTIONS

Arrests bleeding by clearing Blood Heat, clears Blood Heat to prevent abortion, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding due to Blood Heat, including hemoptysis, epistaxis, metrorrhagia, and hematuria, Radix Boehmeriae (Zhu Ma Gen) is used alone or with Radix Sanguisorbae Officinalis (Di Yu), Herba Cirsii Segeti (Xiao Ji), and Cacumen Platycladi (Ce Bai Ye).

For threatened abortion and vaginal bleeding during pregnancy, it is used with Radix Scutellariae (Huang Qin) and Caulis Bambusae In Taeniis (Zhu Ru), or it is used with Radix Angelicae Sinensis (Dang Gui) and Colla Corii Asini (A Jiao), as in the “Radix Boehmeriae Decoction” (Zhu Gen Tang).

For Damp Heat gonorrhea, it is used with Rhizoma Imperatae (Bai Mao Gen) and Semen Plantaginis (Che Qian Zi).

For sores, boils, and carbuncles due to Heat, fresh Radix Boehmeriae (Zhu Ma Gen) can be crushed for topical application.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Boehmeria nivea (L.) Gaud. (Fam. Urticaceae)
1. Root; 2. Stem with flowers; 3. Flower; 4. Fruit

PHARMACEUTICAL NAME

Bombyx Batryticatus

ENGLISH NAME

body of infected silkworm

PART USED

body of fourth- or fifth-stage larva

This herb is the dried body of fourth- or fifth-stage larva of *Bombyx mori* L. (Fam. Bombycidae) that has died of infection or artificial infection by *Beauveria bassiana* (Bals.) Vuill. It is produced mainly in the provinces of Zhejiang, Jiangsu, and Sichuan. The silkworms are dried in sunlight and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty and pungent in flavor, neutral in property, acts on the Liver and Lung channels.

FUNCTIONS

Stops Wind to relieve convulsion, clear toxins, and dissolve lumps.

CLINICAL USE AND MAJOR COMBINATIONS

For spasms and convulsions due to Liver Wind and Excess Phlegm Heat, it is used with Scorpio (Quan Xie), Rhizoma Gastrodiae (Tian Ma), and Arisaema Cum Felle Bovis (Dan Nan Xing). For chronic diarrhea due to Spleen Deficiency or chronic convulsions, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Rhizoma Gastrodiae (Tian Ma) in “The Awakening the Spleen Powder” (Xing Pi San). For contorted mouth and eyes, it is used with Scorpio (Quan Xie) and Rhizoma Typhonii Gigantei (Bai Fu Zi) in “The Powder for Wry Face” (Qian Zheng San).

For headache due to Wind Heat, it is used with Herba Schizonepetae Tenuifolia (Jing Jie), Folium Mori (Sang Ye), and Herba Equiseti Hiemalis (Mu Zei) in “The Bombyx Batryticatus Powder” (Bai Jiang Can San). For sore throat due to Wind Heat, it is used with Radix Platycodi (Jie Geng), Radix Saposhnikoviae (Fang Feng), and Radix Glycyrrhizae Uralensis (Gan Cao).

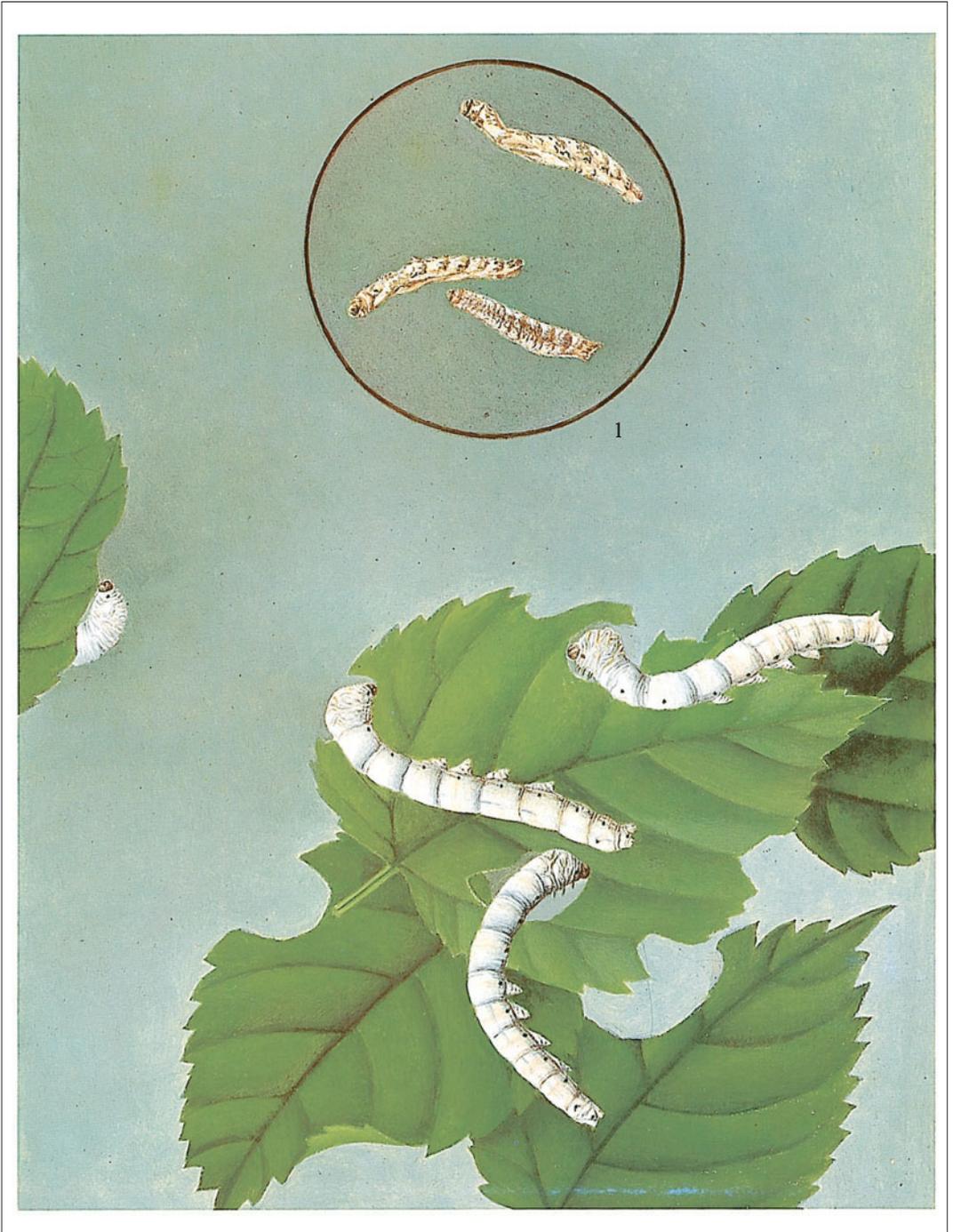
For scrofula and subcutaneous nodules, it is used with Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), Spica Prunellae (Xia Ku Cao), and Fructus Forsythiae Suspensae (Lian Qiao).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. The unprepared herb is best for dispelling Wind Heat.

PRECAUTIONS

None noted.



Bombyx mori L. (Fam. Bombycidae)
1. Whole body

PHARMACEUTICAL NAME

Calculus Bovis

ENGLISH NAME

bezoar

PART USED

calculae from the gallbladder or bile duct

Calculus Bovis is produced chiefly in the northwest and northeast part of China and in the provinces of Henan, Hebei, and Jiangsu. It is ground for use in pills and powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cool in property, acts on the Liver and Heart channels.

FUNCTIONS

Clears Pathogenic Heat, relieves convulsions by settling Internal Wind, resolves Phlegm, and restores consciousness.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases and infantile convulsion with high fever, delirium, spasms, and convulsions, it is used with Cinnabaris (Zhu Sha) or with Scorpio (Quan Xie) and Ramulus Uncariae Cum Uncis (Gou Teng) in “The Calculus Bovis Powder” (Niu Huang San).

For febrile diseases with invasion of the Pericardium by Heat, impairment of consciousness in febrile diseases and stroke, infantile convulsion, epilepsy, and mania.

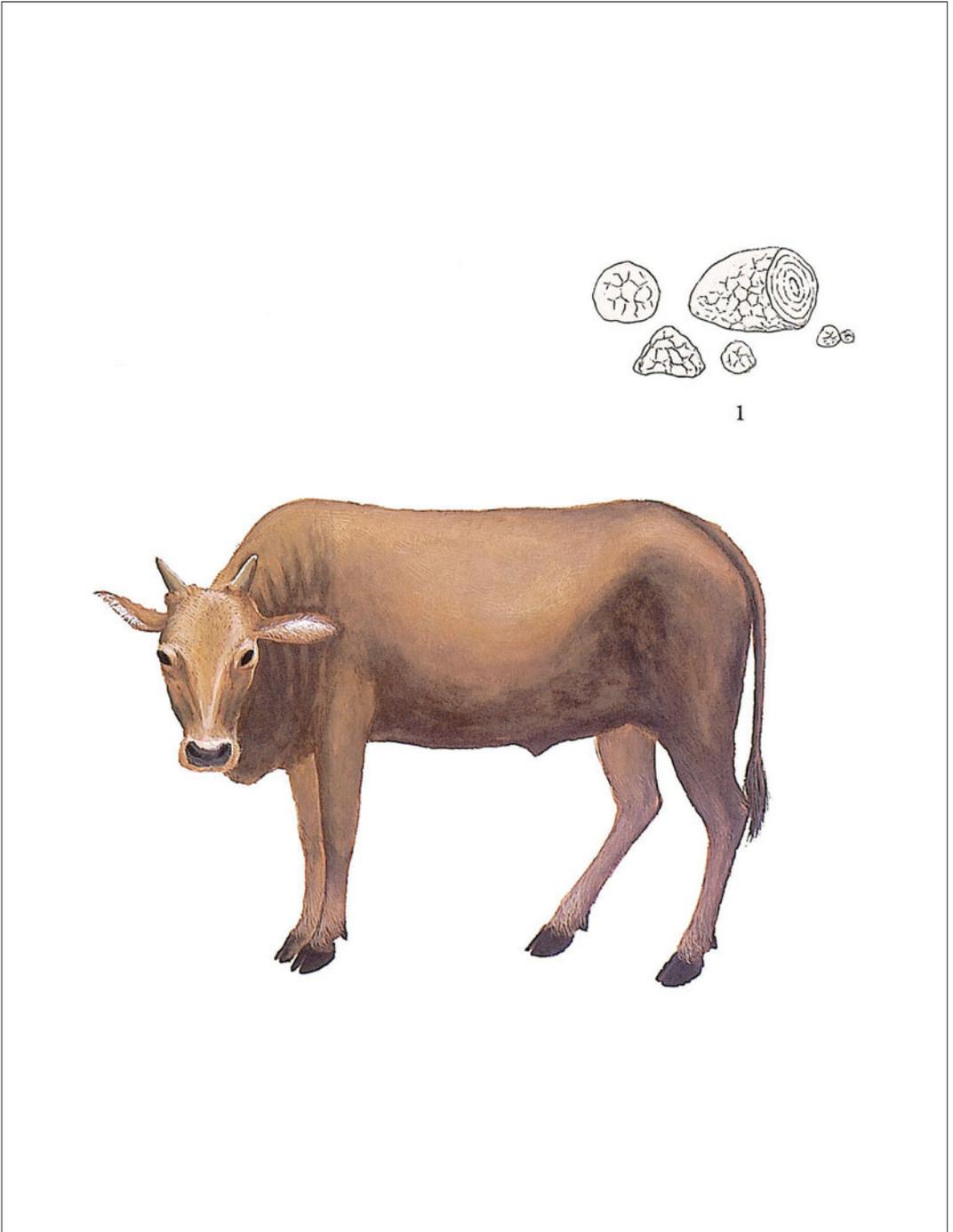
For sore throat, ulcers in the mouth, carbuncles, and boils, it is used with Radix Scutellariae (Huang Qin) and Realgar (Xiong Huang) in “Bezoar Bolus for Resurrection” (An Gong Niu Huang Wan).

DOSAGE AND ADMINISTRATION

0.15–0.35 g, used in bolus or powder. Appropriate quantity for external use.

PRECAUTIONS

Contraindicated in pregnancy and for use in patients with Excess Heat.



Bos taurus domesticus Gmelin (Fam. Bovidae)

1. Gallstone

PHARMACEUTICAL NAME

Gummi Olibanum

ENGLISH NAME

frankincense

PART USED

gum resin

Gummi Olibanum is the gum resin from *Boswellia carterii*. It is imported from Somalia and Ethiopia.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Invigorates the Blood to relieve pain, reduces swelling, and promotes tissue regeneration.

CLINICAL USE AND MAJOR COMBINATIONS

For dysmenorrhea, amenorrhea, stomach pain, rheumatic arthralgia, and traumatic pain due to Blood Stasis. For dysmenorrhea and amenorrhea, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Rhizoma Cyperi* (Xiang Fu). For stomach pain, it is used with *Fructus Meliae Radicis* (Chuan Lian Zi) and *Radix Curcumae Yanhusuo* (Yan Hu Suo). For rheumatic arthralgia, it is used with *Rhizoma Notoperygii* (Qiang Huo), *Radix Gentianae Macrophyllae* (Qin Jiao), *Radix Angelicae Sinensis* (Dang Gui), and *Caulis Piperis Fotokadsurae* (Hai Feng Teng). For traumatic pain, it is used with Myrrha (Mo Yao), *Flos Carthami Tinctorii* (Hong Hua), *Sanguis Draconis* (Xue Jie), and *Moschus* (She Xiang).

For painful swelling or ulcers that do not heal, it is used with Myrrha (Mo Yao), as a powder applied to the affected area.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Appropriate amount for external use.

PRECAUTIONS

1. Contraindicated for use during pregnancy.
2. Contraindicated for use in patients with Deficient Stomach Qi as it is likely to cause vomiting.



Boswellia carterii Birdw. (Fam. Burseraceae)
1. Branch with flowers; 2. Calyx; 3. Cross section of flower; 4. Fruit

PHARMACEUTICAL NAME

Cornu Bubali

ENGLISH NAME

water buffalo horn

PART USED

horn

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property.

FUNCTIONS

Clears Heat and removes Heat in Blood, and removes toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases manifested as high fever, unconsciousness and spitting of blood, epistaxis and convulsions, mania. This herb has the same functions as Cornu Rhinoceri (Xi Jiao).

DOSAGE AND ADMINISTRATION

6–15 g, decocted for more than 3 hours before other ingredients.

PRECAUTIONS

None noted.



1



Bubalus bubalis Linnaeus (Fam. Bovidae)

1. Horn

PHARMACEUTICAL NAME

Flos Buddleiae

ENGLISH NAME

buddleia flower bud

PART USED

dried flower bud and inflorescence

Flos Buddleiae is produced mainly in the provinces of Hubei, Sichuan, Shanxi, and Henan, although lesser amounts are produced in Yunnan, Guangxi, and Hunan. The buds are collected in spring and summer, dried, and used unprepared or fried with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Liver channel.

FUNCTIONS

Removes Heat, replenishes the Liver, and clears corneal opacity.

CLINICAL USE AND MAJOR COMBINATIONS

For Liver Heat manifested as red, swollen, and painful eyes, excessive tearing, superficial visual obstruction, or sensitivity to light, it is often used with Flos Chrysanthemi Morifolii (Ju Hua), Herba Equiseti Hiemalis (Mu Zei), and Concha Haliotidis (Shi Jue Ming). For Heat due to Liver Deficiency manifested as blurred vision and dry eyes, it can be used with Fructus Lycii (Gou Qi Zi) and other herbs that nourish the Liver.

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Buddleia officinalis Maxim. (Fam. Loganiaceae)

1. Upper part of the plant; 2. Fruit

PHARMACEUTICAL NAME

Venenum Bufonis

ENGLISH NAME

toad venom

PART USED

gland of toad

Venenum Bufonis is usually made into a cake-like form, which is dried in sunlight and ground into powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and pungent in flavor, warm in property, toxic, acts on Stomach channel.

FUNCTIONS

Removes toxins and reduces swelling, relieves pain, and restores consciousness.

CLINICAL USE AND MAJOR COMBINATIONS

For sores, carbuncles, and sore throat, it is used with Moschus (She Xiang) and Calculus Bovis (Niu Huang), and Cinnabaris (Zhu Sha) in “The Six Wonderful Pills” (Liu Shen Wan).

For abdominal pain and diarrhea caused by sun-stroke, it is used with Moschus (She Xiang) and Flos Syzygii Aromatici (Ding Xiang).

DOSAGE AND ADMINISTRATION

0.015–0.03 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

It is contraindicated during pregnancy.



Bufo bufo gargarizans Cantor (Fam. Bufonidae)

PHARMACEUTICAL NAME

Radix Bupleuri

ENGLISH NAME

hare's ear root

PART USED

root

Radix Bupleuri is produced mainly in the provinces of Hebei, Henan, Liaoning, Shanxi, and Gansu. It is collected in spring and autumn, dried in sunlight, and sliced. The root can be used unprepared or stir-baked with wine or vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, slightly warm in property, acts on the Gallbladder, Liver, Pericardium, and Triple Heater channels.

FUNCTIONS

Reduces fever, spreads Liver Qi and relieves constraint, invigorates the Spleen Yang.

CLINICAL USE AND MAJOR COMBINATIONS

For alternating chills and fever caused by Cold, with bitter taste in the mouth and dry throat, flank pain, and vomiting, it is used with Rhizoma Pinelliae (Ban Xia), Radix Codonopsis (Dang Shen), and Radix Scutellariae (Huang Qin).

For chest and flank pain, emotional instability, or menstrual problems due to Stagnant Liver Qi, it is used with Rhizoma Cyperi (Xiang Fu) and Rhizoma Ligustici Chuansiong (Chuan Xiong). For irregular menstruation due to Stagnant Liver Qi, it is used with Radix Angelicae Sinensis (Dang Gui) and Radix Paeoniae Alba (Bai Shao).

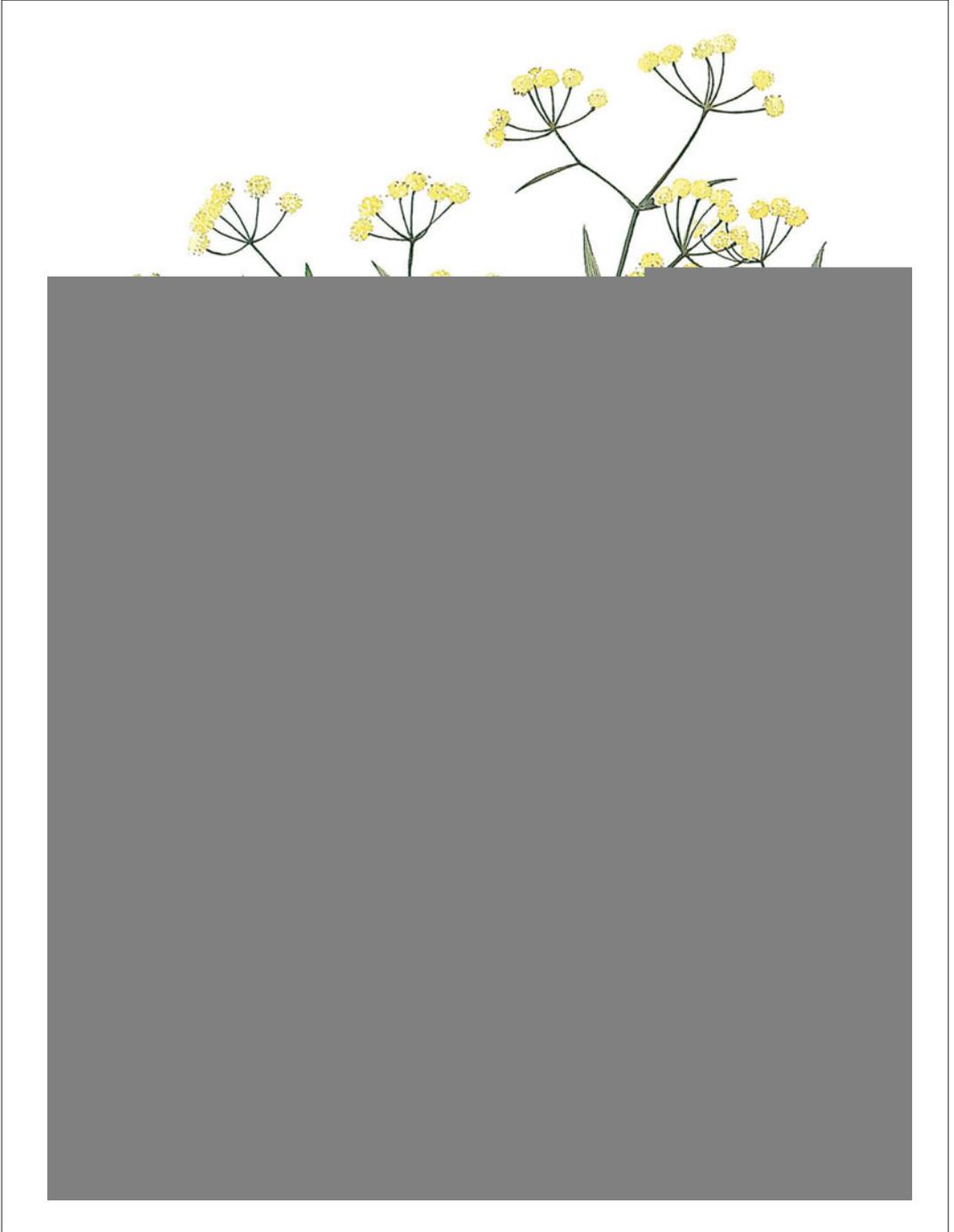
For hemorrhoids, anal or uterine prolapse, and diarrhea due to Deficient Qi, it is used with Radix Ginseng (Ren Shen), Radix Astragali Membranaceus (Huang Qi), and Rhizoma Cimicifugae (Sheng Ma) in "The Decoction for Reinforcing Middle Heater in Ease Powder" (Bu Zhong Yi Qi Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated for patients with tinnitus, deafness, dizziness, and headache caused by Fire due to Yin Deficiency and Hyperactive Liver Yang.



Bupleurum chinense DC. (Fam. Apiaceae)

1. Branch with flower; 2. Root

PHARMACEUTICAL NAME

Scorpio

ENGLISH NAME

scorpion

PART USED

dried body

Scorpio is produced chiefly in the provinces of Henan, Shandong, Hubei, and Anhui. It is captured in spring and autumn, boiled in water or salt water, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, neutral in property, toxic, acts on the Liver channel.

FUNCTIONS

Stops Wind to relieve convulsion, clears toxins, dissolves masses, and activates the channels to stop pain.

CLINICAL USE AND MAJOR COMBINATIONS

For acute and chronic convulsions, facial paralysis, and tetanus, it is used with Scolopendra (Wu Gong). For acute infantile convulsions, it is used with Rhizoma Gastrodiae (Tian Ma) and Ramulus Uncariae Cum Uncis (Gou Teng).

For chronic convulsions due to Spleen Deficiency, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Rhizoma Gastrodiae (Tian Ma). For paralysis of mouth and eyes, it is used with Rhizoma Typhonii Gigantei (Bai Fu Zi) and Bombyx Batryticatus (Jiang Can) in “The Powder for Wry Faces” (Qian Zheng San). For tetanus, it is used with Radix Angelicae Dahuricae (Bai Zhi) and Periostracum Cicadae (Chan Tui).

For sores, ulceration, and scrofula.

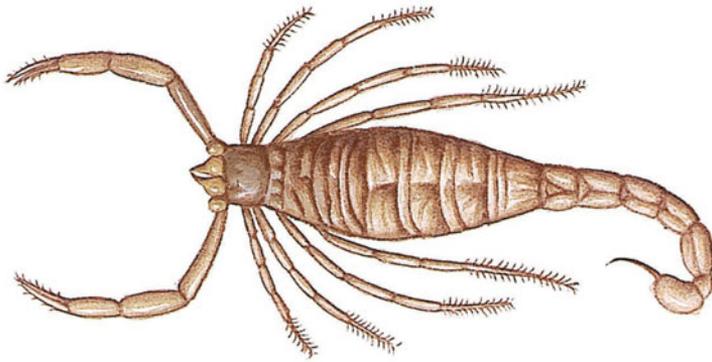
For stubborn headache, and arthralgia due to Wind Dampness, it is used alone or with Scolopendra (Wu Gong) and Bombyx Batryticatus (Jiang Can).

DOSAGE AND ADMINISTRATION

2–5 g, ground into powder for swallowing, 0.6–1 g, each time. Appropriate amount for external use.

PRECAUTIONS

Scorpio is poisonous and is not to be given in large dosages. Use cautiously in patients with endogenous Wind due to Blood Deficiency.



Buthus martensii Karsch (Fam. Buthidae)
Whole body

PHARMACEUTICAL NAME

Lignum Sappan

ENGLISH NAME

sappan wood

PART USED

dried heartwood

Lignum Sappan is produced chiefly in the provinces of Taiwan, Guangdong, Guangxi, Guizhou, and Yunnan. The wood is collected all year and cut into thin slices or small pieces for medication.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty and slightly pungent in flavor, neutral in property, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Invigorates Blood circulation to remove Blood Stasis and relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea and postpartum abdominal pain, it is used with Flos Carthami Tinctorii (Hong Hua), Semen Persicae (Tao Ren), and Radix Angelicae Sinensis (Dang Gui).

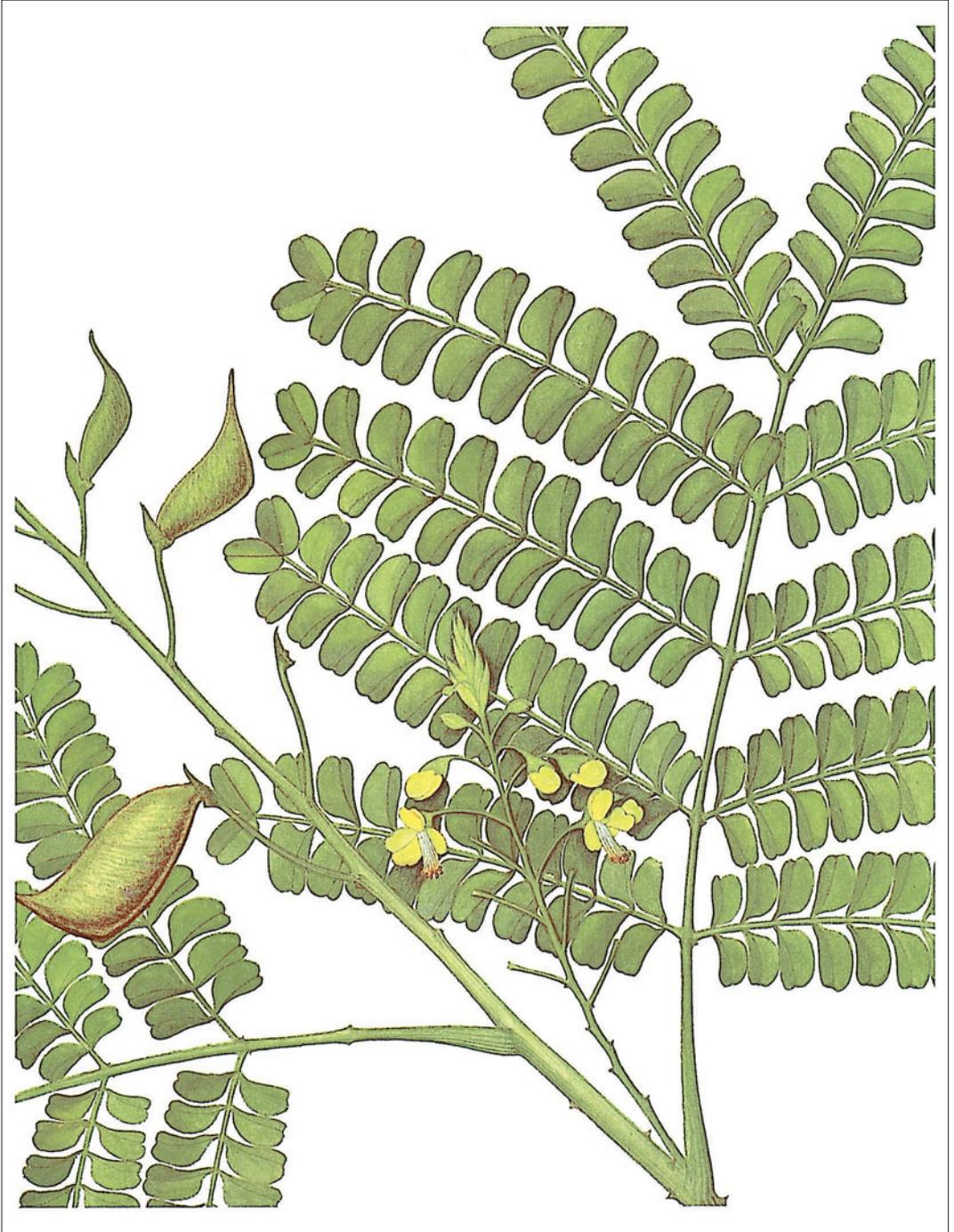
For traumatic pain, it is used with Gummi Olibanum (Ru Xiang), Myrrha (Mo Yao), Sanguis Draconis (Xue Jie), and Pyritum (Zi Ran Tong).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated during pregnancy.



Caesalpinia sappan L. (Fam. Fabaceae)

PHARMACEUTICAL NAME

Flos Campsis

ENGLISH NAME

Chinese trumpet, creeper flower

PART USED

dried flower

Flos Campsis is produced mainly in the provinces of Jiangsu and Zhejiang. The flower is collected during July and September, and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, cold in property, acts on the Liver channel.

FUNCTIONS

Promotes Blood circulation to relieve Blood Stasis, removes Heat from the Blood and dispels Wind.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea due to Blood Stasis, it can be used with Radix Angelicae Sinensis (Dang Gui), Radix Peoniae Rubra (Chi Shao), and Flos Carthami Tinctorii (Hong Hua). For masses due to Blood Stasis, it is used with Cortex Moutan (Mu Dan Pi).

For breast swelling after childbirth.

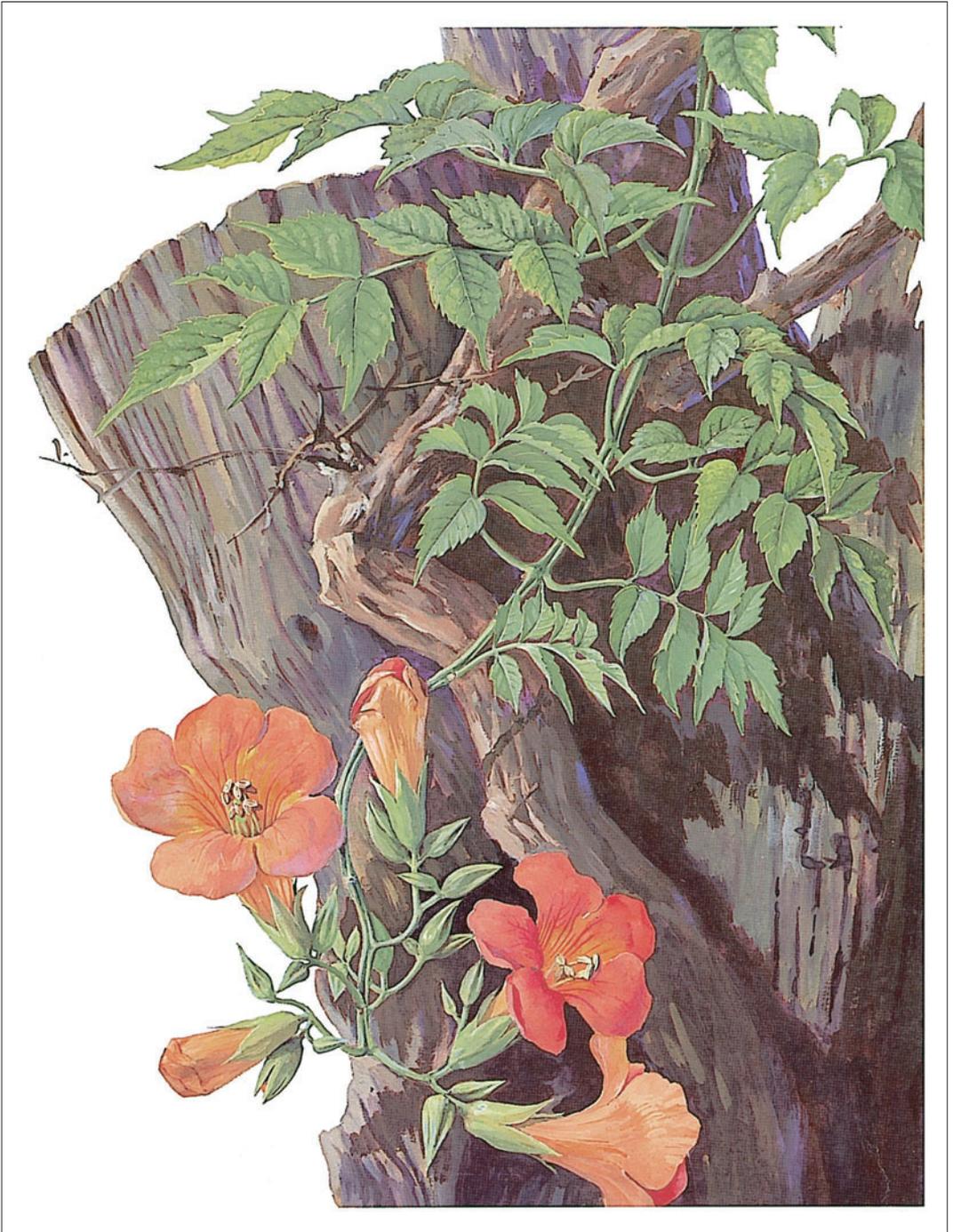
For rubella red in color, itching, and acne, it is used alone or used with Cortex Moutan (Mu Dan Pi), Radix Rehmanniae (Sheng Di Huang), and Fructus Tribuli Terrestris (Ji Li).

DOSAGE AND ADMINISTRATION

4.5–9 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated during pregnancy.



Campsis grandiflora (Thunb.) K. Schum. (Fam. Bignoniaceae)

PHARMACEUTICAL NAME

Semen Cannabis Sativae

ENGLISH NAME

hemp seeds, cannabis seeds

PART USED

dried ripe seed

Semen Cannabis Sativae is produced in every part of China. It is collected in autumn, dried in sunlight, and broken before using.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen and Large Intestine channels.

FUNCTIONS

Moistens the bowels to relieve constipation.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation due to Deficiency of body Fluids and Blood Deficiency in aged and weak patients, it is used with Radix Angelicae Sinensis (Dang Gui), Radix Rehmanniae Preparata (Shu Di Huang), and Semen Armeniacae Amarum (Ku Xing Ren) in “The Pill for Replenishing the Blood and Moistening the Bowels” (Yi Xue Run Chang Wan).

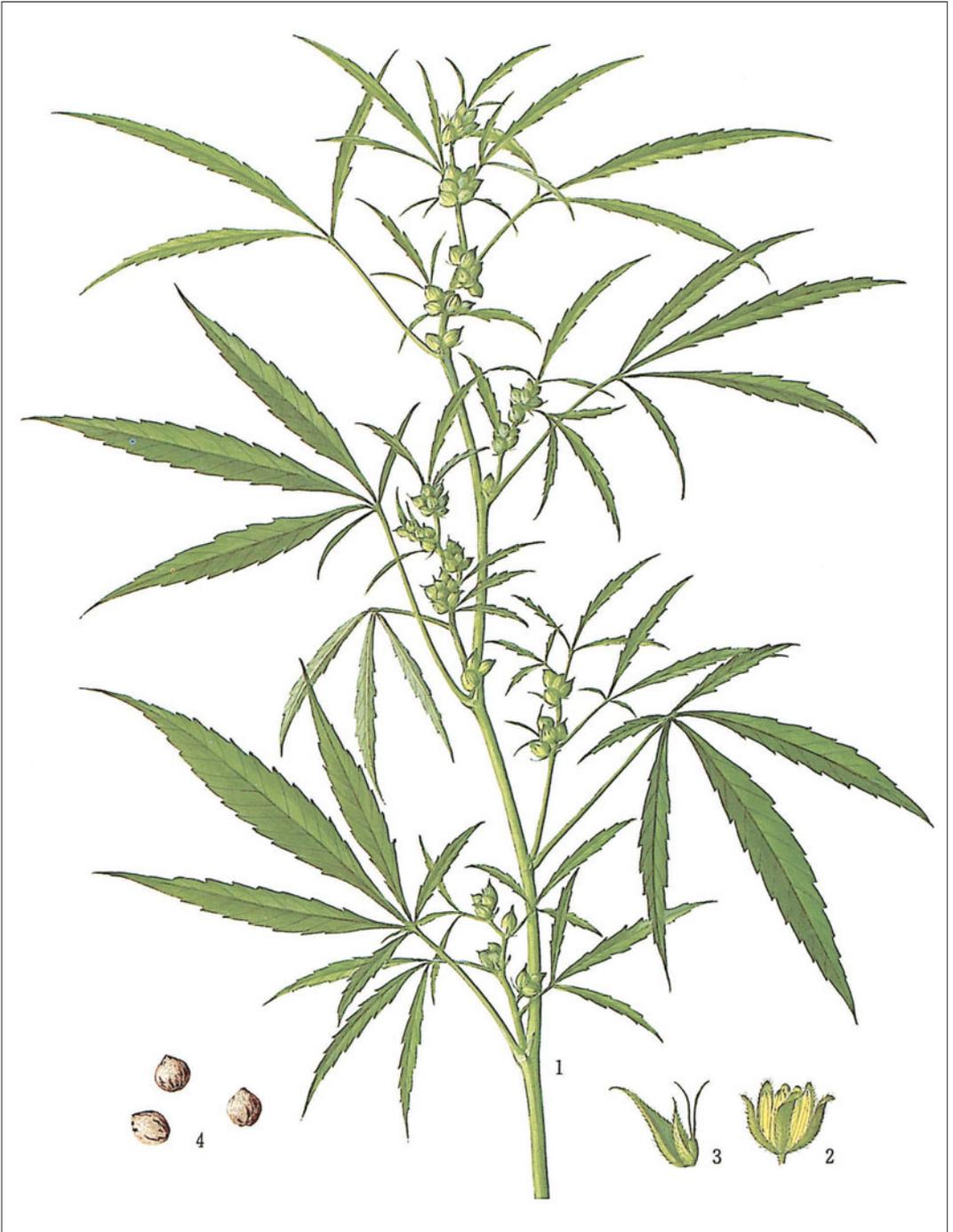
For constipation due to impairment of Yin by Pathogenic Heat or as a result of Excess Fire, for constipation associated with hemorrhoids, and for habitual constipation, it is used with Radix et Rhizoma Rhei (Da Huang), Cortex Magnoliae Officinalis (Hou Po), and Radix Paeoniae Alba (Bai Shao) in “The Hemp Seed Pill” (Ma Zi Ren Wan).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Cannabis sativa L. (Fam. Moraceae)
1. Branch with fruit; 2. Male flower; 3. Female flower; 4. seeds

PHARMACEUTICAL NAME

Flos Carthami Tinctorii

ENGLISH NAME

safflower

PART USED

dried flower

Flos Carthami Tinctorii is produced in the provinces of Henan, Hubei, Sichuan, Yunnan, and Zhejiang. The flower is picked in summer when it is turning from yellow to red, then dried in shade for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Heart and Liver channels.

FUNCTIONS

Invigorates Blood circulation to eliminate Blood Stasis, promotes menstruation.

CLINICAL USE AND MAJOR COMBINATIONS

For dysmenorrhea, amenorrhea due to Blood Stasis, postpartum abdominal pain due to retention of Blood Stasis, masses in the abdomen, and traumatic pain, it is used with Semen Persicae (Tao Yen), Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Radix Peoniae Rubra (Chi Shao).

For chest pain due to obstruction of Qi in the chest, it is used with Radix Salviae Miltiorrhizae (Dan Shen), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Radix Peoniae Rubra (Chi Shao). For pains in the hypochondria due to Blood Stasis, it is used with Gummi Olibanum (Ru Xiang) and Myrrha (Mo Yao). For traumatic pain, it is used with Lignum Sappan (Su Mu), Sanguis Draconis (Xue Jie), and Moschus (She Xiang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated during pregnancy.



Carthamus tinctorius L. (Fam. Asteraceae)
1. Branch with flowers; 2-3. Tubular flower; 4. Pistil

PHARMACEUTICAL NAME

Folium Sennae

ENGLISH NAME

senna leaf

PART USED

dried leaflet

Folium Sennae is produced chiefly in India, Egypt, and the provinces of Hainandao and Yunnan in China. Collected in September, the leaves are dried in sunlight after cleaning and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, cold in property, acts on the Large Intestine channel.

FUNCTIONS

Purges Heat, relaxes the bowels, and induces diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation, especially with accumulation of Heat. A small dose of Folium Sennae has a mild effect, whereas a large dose has a drastic effect. It is used with Cortex Magnoliae Officinalis (Hou Po) and Fructus Aurantii Immaturus (Zhi Shi).

DOSAGE AND ADMINISTRATION

1.5–3 g, for a mild effect, 5–10 g, for a drastic effect. Steep the herb in boiling water for an oral dose or decoct in water longer than other herbs.

PRECAUTIONS

Contraindicated during pregnancy, menses, and lactation. Overdose can result in abdominal pain, nausea, and vomiting.



Cassia angustifolia vahl (Fam. Fabaceae)
1. Branch with flowers; 2. Pistil and stamen; 3. Fruit

PHARMACEUTICAL NAME

Semen Cassiae

ENGLISH NAME

cassia seeds

PART USED

dried ripe seed

Semen Cassiae is produced mainly in the provinces of Anhui, Guangxi, Sichuan, Zhejiang, and Guangdong. Collected in autumn, the seeds are dried in sunlight and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, slightly cold in property, acts on the Liver and Large Intestine channels.

FUNCTIONS

Clears Liver Heat and improves eyesight, moistens the Intestines to relieve constipation.

CLINICAL USE AND MAJOR COMBINATIONS

For conjunctival congestion with swelling and pain, and for photophobia due to Liver Heat or Wind Heat in the Liver. This herb can be used alone or in combination with other herbs that clear Heat and improve eyesight. For Liver Heat, it is used with Spica Prunellae (Xia Ku Cao) and Fructus Gardeniae Jasminoidis (Zhi Zi). For Wind Heat in the Liver, it is used with Folium Mori (Sang Ye) and Flos Chrysanthemi Morifolii (Ju Hua).

For constipation due to accumulation of Heat or Dryness in the Intestine, it is used either decocted in water or ground into a powder.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Cassia obtusifolia L. (Fam. Caesalpinaceae)
1. Branch with flower and fruit; 2. Seeds

PHARMACEUTICAL NAME

Semen Celosiae

ENGLISH NAME

feather cockscomb seed

PART USED

dried ripe seed

Semen Celosiae is grown throughout China. It is collected in autumn when the seed is ripe, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Liver channel.

FUNCTIONS

Removes Heat from the Liver, clears corneal opacity.

CLINICAL USE AND MAJOR COMBINATIONS

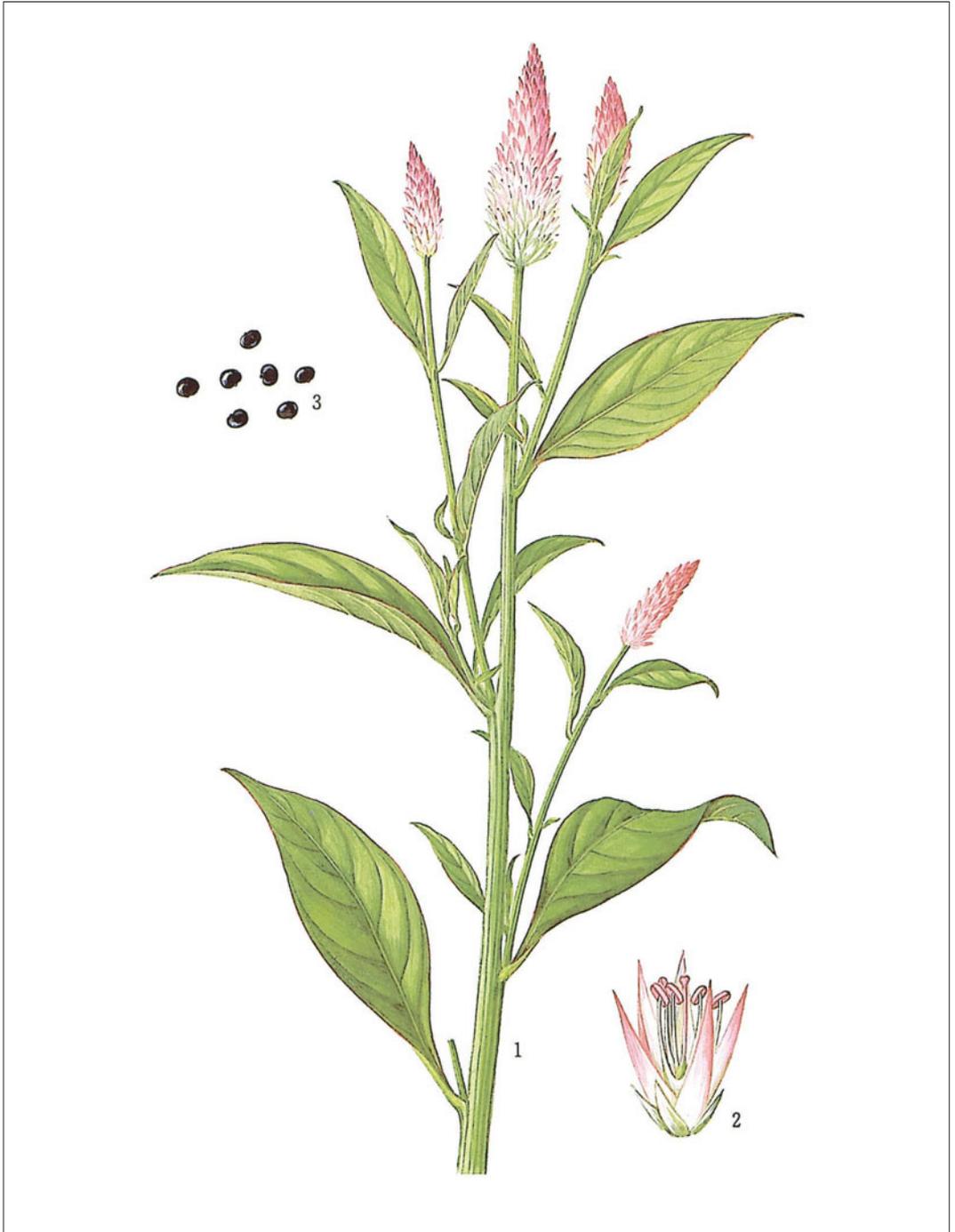
For redness of the eye and dizziness due to Excess Heat or Fire in the Liver, and for nebula with blurred vision, it is often used with Semen Cassiae (Jue Ming Zi).

DOSAGE AND ADMINISTRATION

3–15 g, decocted in water for an oral dose.

PRECAUTIONS

This herb has strong Heat clearing action and can enlarge the pupils. Contraindicated for patients with dilated pupils or Deficiency of the Liver or Kidney.



Celosia argentea L. (Fam. Amaranthaceae)

1. Branch with flower; 2. Flower; 3. Seeds

PHARMACEUTICAL NAME

Cornu Cervi Parvum

ENGLISH NAME

pilose deer antler

PART USED

young pilose antler of male

Cornu Cervi Parvum is the young pilose antler of the male *Cervus nippon* Temminck or *Cervus elaphus* Linnaeus (Fam. Cervidae). The former is known as Hua Lu Rong (sika deer pilose antler), the later known as Ma Lu Rong (red deer pilose antler). The horn is cut into slices or ground into powder for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Reinforces the Kidney Yang, replenishes Vital Essence and Blood, strengthens muscles and bones.

CLINICAL USE AND MAJOR COMBINATIONS

For aversion to cold, coldness in the extremities, impotence, frequent urination, spermatorrhea, sterility due to uterine Coldness, soreness of the loins and knees, dizziness, deafness, and listlessness due to Deficiency of Kidney Yang and consumption of the Vital Essence and Blood, it is ground into a powder and used alone or with Radix Ginseng (Ren Shen), Radix Rehmanniae Preparata (Shu Di Huang), and Fructus Lycii (Gou Qi Zi).

For Kidney and Liver Deficiency with flaccid extremities, infantile maldevelopment, delayed walking and dentition, and infantile metopism, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Rhizoma Dioscoreae (Shan Yao), and Fructus Corni (Shan Zhu Yu) in “The Rehmannia Bolus with Additional Ingredients” (Jia Wei Di Huang Wan).

For metrorrhagia, profuse leukorrhea due to Deficient Cold of the Chong and Ren channels or consolidation of the Dai channel. For metrorrhagia, it is used with Radix Angelicae Sinensis (Dang Gui), Os Sepiae seu Sepiellae (Hai Piao Xiao), and

Pollen Typhae (Pu Huang); for profuse leukorrhea, it is used with Rhizoma Cibotii Barometz (Gou Ji) and Radix Ampelopsis (Bai Lian).

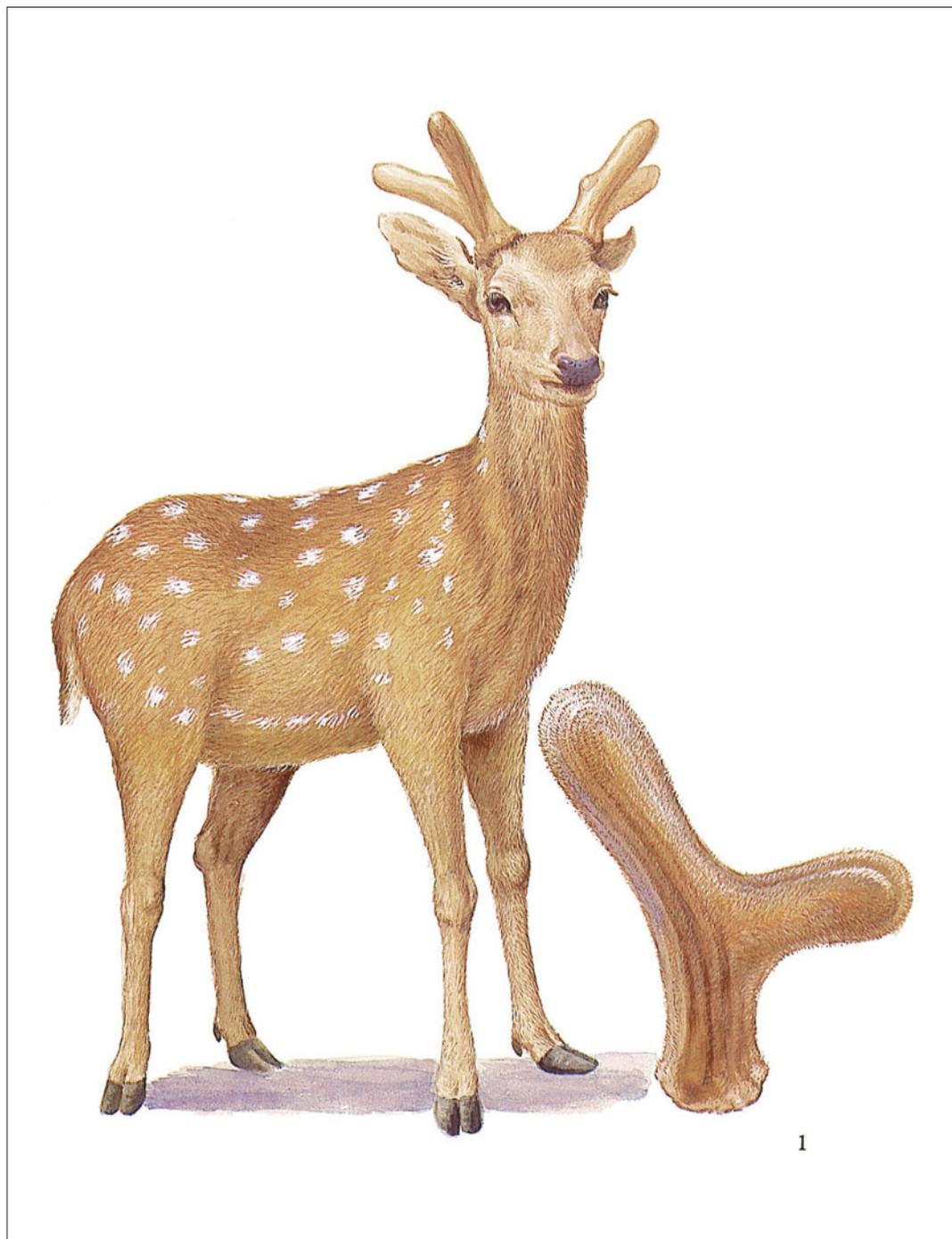
Cornu Cervi Parvum is used for deep-rooted carbuncles of a Yin nature or protracted ulcerations.

DOSAGE AND ADMINISTRATION

1–3 g, ground to a fine powder and administered three times a day, or used in pill form.

PRECAUTIONS

Cornu Cervi Parvum should be used in small dosages. It is contraindicated for those with hyperactive Yang due to Yin Deficiency, Blood Heat, Excessive Fire in Stomach, Phlegm Heat in the Lung, and epidemic febrile diseases caused by exopaths.



Cervus nippon Temminck (Fam. Cervidae)
1. Unossified young pilose antler

PHARMACEUTICAL NAME

Fructus Chaenomelis

ENGLISH NAME

flowering quince fruit

PART USED

dried nearly ripe fruit

Fructus Chaenomelis is produced chiefly in the provinces of Anhui, Zhejiang, Hubei, and Sichuan. Collected in summer and autumn, the fruit is dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, warm in property, acts on the Liver and Spleen channels.

FUNCTIONS

Soothes the channels and alleviates muscular contracture, dispels Dampness, and regulates Stomach function.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis, especially with muscular contracture, it is used with Gummi Olibanum (Ru Xiang), Myrrha (Mo Yao), and Radix Rehmanniae (Sheng Di Huang) in “The Chaenomelis Decoction” (Mu Gua Jian).

For edema and weakness of the legs, it is used with Fructus Evodiae (Wu Zhu Yu) and Semen Arecae (Bing Lang) in “The Cock Crowing Powder” (Ji Ming San).

For spasm with vomiting and diarrhea, Fructus Chaenomelis is used with Semen Coicis Lachrym-jobi (Yi Yi Ren), Rhizoma Coptidis (Huang Lian), and Fructus Evodiae (Wu Zhu Yu) in “The Silk-worm Excrement Decoction” (Can Shi Tang).

For indigestion.

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Chaenomeles speciosa (Sweet) Nakai (Fam. Rosaceae)
1. Branch with flowers; 2. Leaves; 3. Cross-section of the flower; 4. Stamen; 5. Fruit

PHARMACEUTICAL NAME

Plastrum Testudinis

ENGLISH NAME

freshwater tortoise shell

PART USED

plastron

Plastrum Testudinis is produced in the provinces of Zhejiang, Hubei, Hunan, Anhui, and Jiangsu. The plastron is cleaned to remove flesh, washed, and dried in the sunlight. If the tortoise is cooked in boiling water, it is called boiled plastron. If the flesh is removed and the shell is dried in the sun, the substance is called blood plastron. The plastron is used unprepared or stir-baked with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, cold in property, acts on the Liver, Kidney, and Heart channels.

FUNCTIONS

Nourishes Yin and suppresses hyperactive Liver Yang, tonifies the Kidney to strengthen the bones, nourishes the Blood, and reinforces the Heart.

CLINICAL USE AND MAJOR COMBINATIONS

For Excess Yang due to Yin Deficiency, it is used with Concha Haliotidis (Shi Jue Ming) and Flos Chrysanthemi Morifolii (Ju Hua). For dizziness and redness of the eyelids, anger, and nausea due to depletion of Yin caused by febrile disease, it is used with Radix Rehmanniae (Sheng Di Huang), Colla Corii Asini (A Jiao), Concha Ostreae (Mu Li), and Carapax Amydae (Bie Jia) in “The Great Pearl For Wind Syndrome” (Da Ding Feng Zhu).

For fever due to Yin Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Rhizoma Anemarrhenae (Zhi Mu), and Cortex Phellodendri (Huang Bai).

For weakness of the loins and extremities, weakness of the bones and muscles, and infantile metopism, it is used with Radix Rehmanniae Preparata (Shu Di Huang) and Cortex Phellodendri (Huang Bai) in “The Tiger Bone Pill” (Hu Qian Wan).

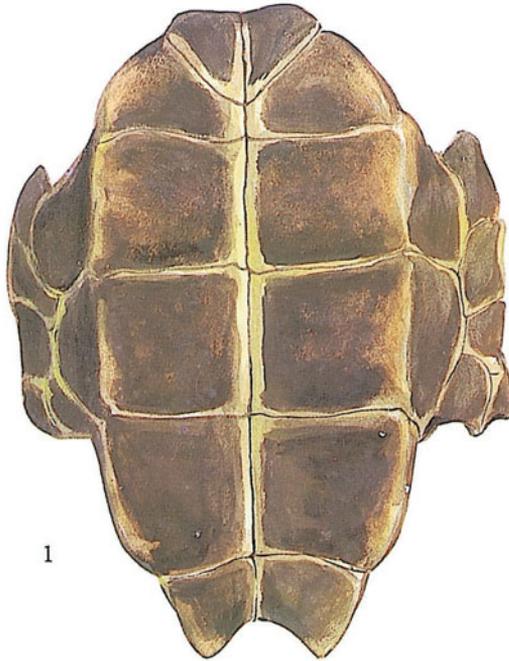
For insomnia, palpitation, and poor memory, it is used with Rhizoma Acori Tatarinowi (Shi Chang Pu) and Radix Polygalae (Yuan Zhi).

DOSAGE AND ADMINISTRATION

10–30 g, decocted prior to other herbs for internal use.

PRECAUTIONS

Contraindicated in patients with Cold due to Spleen and Stomach Deficiency.



Chinemys reevesii (Gray) (Fam. Testudinidae)
1. Plastron

PHARMACEUTICAL NAME

Flos *Chrysanthemi Morifolii*

ENGLISH NAME

chrysanthemum

PART USED

dried flower

Flos *Chrysanthemi Morifolii* is harvested mainly in Zhejiang, Anhui, Henan, and Sichuan. It is collected when the flower is in full blossom, and dried in the shade.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, slightly cold in property, acts on the Liver and Lung channels.

FUNCTIONS

Dispels Wind Heat, subdues hyperactivity of the Liver, and improves eyesight.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat and epidemic febrile diseases at the early stage with fever, dizziness, and headache. This herb can clear the upper body of Heat, clear the head, and improve eyesight. It is used with *Folium Mori* (Sang Ye), *Menthae Arvensis* (Bo He) and *Herba Schizonepetae* (Jing Jie).

For Wind Heat in the Liver channel manifested by red, painful, swollen eyes or excessive tearing, it is used with *Folium Mori* (Sang Ye) and *Periostracum Cicadae* (Chan Tui). For Deficient Yin of the Kidney and Liver with spots in front of the eyes, blurry vision, or dizziness, it is used with *Fructus Lycii* (Gou Qi Zi).

For hyperactive Liver Yang with headache, dizziness, and a feeling of fullness in the head, it is used with *Concha Haliotidis* (Shi Jue Ming), *Radix Paeoniae Alba* (Bai Shao), and *Ramulus Uncariae Cum* (Gou Teng).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose or prepared as a bolus or powder.

PRECAUTIONS

None noted.



Chrysanthemum morifolium Ramat. (Fam. Asteraceae)

1. Branch with flowers; 2-3. Flowers; 4. Stamen

PHARMACEUTICAL NAME

Rhizoma Cibotii

ENGLISH NAME

lamb of tartary

PART USED

dried rhizome

Rhizoma Cibotii is produced in the provinces of Fujian, Sichuan, Yunnan, and Zhejiang. Collected in autumn, the rhizome is heated in hot sand and cut into slices.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Liver and Kidney, strengthens the muscles and bones, expels Wind Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For lower back pain, stiffness of the spine, difficulty in turning the body, and weakness of knees and feet, it is used with Cortex Eucommiae Ulmoidis (Du Zhong), Radix Dipsaci (Xu Duan), and Radix Achyranthis Bidentatae (Niu Xi).

For profuse leukorrhea or incontinence.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated in patients with difficulty urinating and a bitter taste in the mouth due to Kidney Deficiency with Heat.



Cibotium barometz (L.) J. Sm. (Fam. Cyatheaceae)
1. Root-tuber; 2. Leaves; 3. Part of leaves showing spore

PHARMACEUTICAL NAME

Rhizoma Cimicifugae

ENGLISH NAME

black cohosh rhizome, cimicifuga

PART USED

dried rhizome

Rhizoma Cimicifugae is produced chiefly in Liaoning, Heilongjiang, Hunan, and Shanxi provinces. Collected in summer and autumn, it is dried in sunlight. The rhizome is sliced after the hairy rootlets are removed and used unprepared or stir-fried.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, slightly cold, acts on the Lung, Spleen, Large Intestine and Stomach channels.

FUNCTIONS

Induces perspiration and promotes skin rash eruption, clears Heat, and clears Toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For headache due to invasion of Wind Heat. It is often used with Radix Puerariae (Ge Gen), as in “The Puerariae Decoction” (Ge Gen Tang).

For measles with an early-stage rash, it is used together with Radix Arnebiae seu Lithospermi (Zi Cao), Fructus Arctii (Niu Bang Zi), and Folium Isatidis (Da Qing Ye).

For prolapse due to Deficiency of Qi of the Stomach and Spleen with such symptoms as shortness of breath, lassitude, and diarrhea, it is often used with Radix Bupleuri (Chai Hu), Radix Ginseng (Ren Shen), Radix Astragali Membranaceus (Huang Qi), and Rhizoma Atractylodis Macrocephalae (Bai Zhu), as in “The Decoction for Reinforcing Stomach and Spleen and Replenishing Qi” (Bu Zhong Yi Qi Tang).

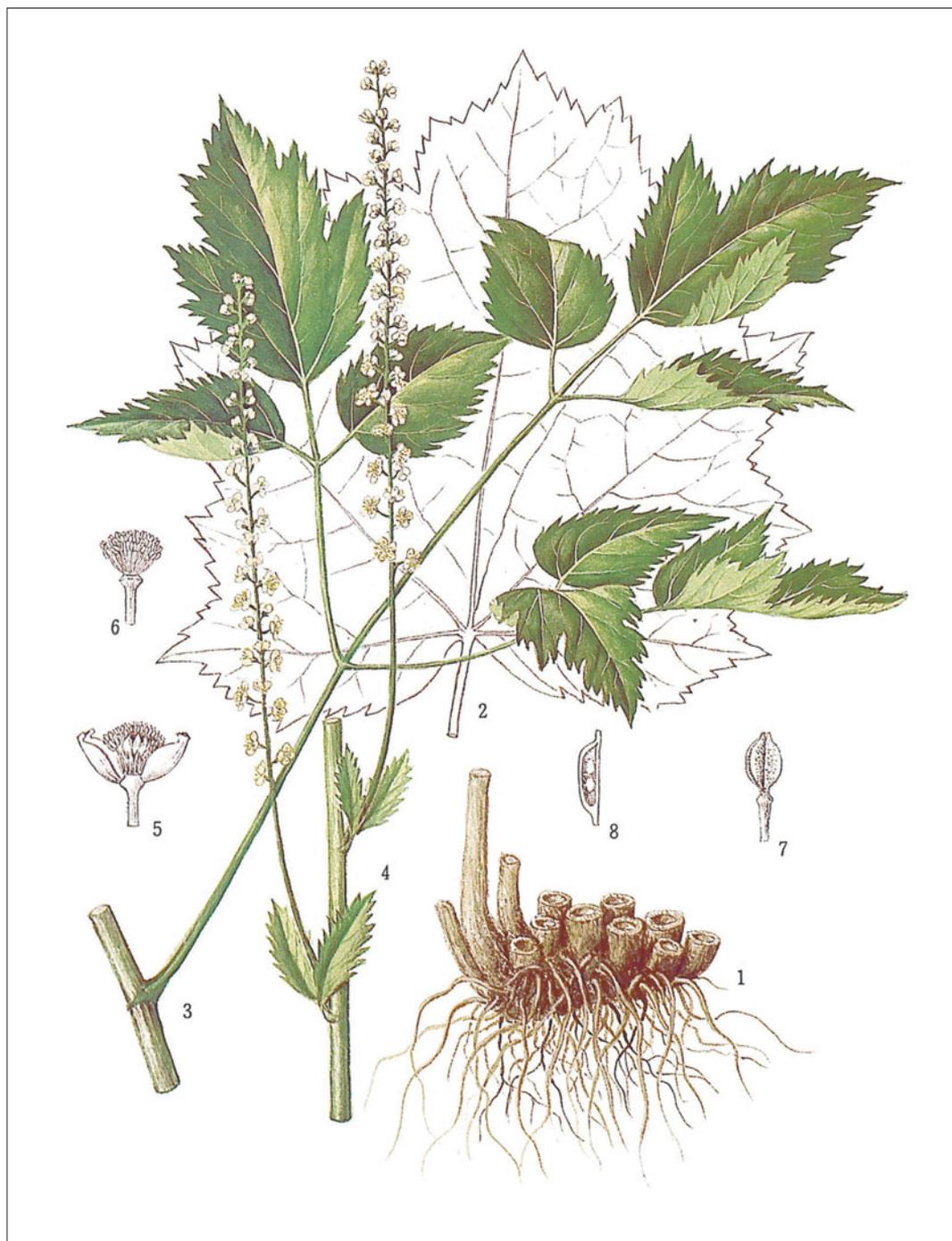
It is also used to guide other herbs upward.

DOSAGE AND ADMINISTRATION

3–10 g, use stir-fried Rhizoma Cimicifugae for prolapse due to Deficiency of Qi of the Stomach and Spleen.

PRECAUTIONS

Contraindicated in cases of fully erupted measles, diseases due to Deficiency of Yin, or patients who have difficulty breathing.



Cimicifuga heracleifolia Kom. (Fam. Ranunculaceae)
1. Root and rhizome; 2. Leaf; 3. Branch with leaves; 4. Branch with flowers;
5. Flower; 6. Stamen; 7. Fruit; 8. Cross-section of fruit

PHARMACEUTICAL NAME

Ramulus Cinnamomi

ENGLISH NAME

cassia twig, cinnamon twig

PART USED

tender twig

Ramulus Cinnamomi is produced chiefly in Guangdong, Guangxi, and Yunnan provinces in China. Collected in spring and summer, the twig is dried, sliced, and used unprepared.

FLAVOR, PROPERTIES, AND CHANNEL TROPISM

Pungent and sweet in flavor, warm in property, acts on the Heart, Lung, and Bladder channels.

FUNCTIONS

Induces diaphoresis to dispel pathogenic factors from the exterior of the body, warms the channels to relieve pain, stimulates menstruation, reinforces Yang to promote the flow of Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For headache, fever, and aversion to cold due to Wind Cold, it is used with *Radix Paeoniae Alba* (Bai Shao) in “The Cinnamon Twig Decoction” (Gui Zhi Tang). It is also used with *Herba Ephedrae* (Ma Huang) in mixtures like “The Ephedrae Decoction” (Ma Huang Tang).

For arthralgia due to Wind Cold Dampness with pain in the shoulder, back, limbs, and joints.

For Yang Stagnation and retention of water in the body due to Deficiency of the Heart Yang and Spleen Yang, which presents as a cold feeling in the back, hypochondriac distension, cough, dyspnea, hiccups, vertigo, difficulty in urination, and edema, it is used with *Sclerotium Poriae Cocos* (Fu Ling), *Sclerotium Polypori Umbellati* (Zhu Ling), and *Rhizoma Alismatis* (Ze Xie) in “Wu Ling Powder” (Wu Ling San).

For chest pain due to Qi obstruction, it is used with *Fructus Trichosanthis* (Gua Lou), *Bulbus Allii Macrostemis* (Xie Bai), and *Fructus Aurantii Immaturus* (Zhi Shi).

For palpitations or slow pulse with irregular intervals, it is used with honey-processed licorice root (*Gan Cao*), ginseng (*Ren Shen*), and *Colla Corii Asini* (A Jiao) in “The Processed Licorice Decoction” (Zhi Gan Cao Tang).

For irregular menstruation, amenorrhea, dysmenorrhea, and masses in the abdomen caused by Cold in the Blood, it is used with herbs that promote the circulation of Blood and restore regular menstrual flow, such as *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), *Cortex Moutan* (Mu Dan Pi), and *Semen Persicae* (Tao Ren) in “The Warming Channels Decoction” (Wen Jing Tang) or “The Cinnamon Twig and *Sclerotium Poriae Cocos* Pill” (Gu Zhi Fu Ling Wan).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

1. Contraindicated in warm febrile diseases and in diseases due to Yin Deficiency.
2. Use cautiously in patients with menorrhagia and in pregnant women.



Cinnamomum cassia Blume (Fam. Lauraceae)
1. Branch with fruit; 2. Cross-section of flower; 3-4. Stamen; 5. Degenerated stamen; 6. Pistil; 7. Bark

PHARMACEUTICAL NAME

Cortex Cinnamomi

ENGLISH NAME

cassia bark

PART USED

dried stem bark

Cortex Cinnamomi is produced chiefly in the provinces of Guangdong, Guangxi, and Yunnan. The bark is dried in the shade after being stripped off the tree and scraped off the cork; then it is sliced or ground into powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, hot in property, acts on the Kidney, Spleen, Heart, and Liver channels.

FUNCTIONS

Strengthens the Fire of the Vital Gate, expels Pathogenic Cold to relieve pain, warms up and removes obstructions of the channels.

CLINICAL USE AND MAJOR COMBINATIONS

For syndromes of Kidney Yang Deficiency with aversion to cold, cold limbs, weakness in the loins and knees, impotence, and frequent urination, it is used with Radix Aconiti Lateralis Preparata (Zhi Fu Zi), Radix Rehmanniae Preparata (Shu Di Huang), and Fructus Corni (Shan Zhu Yu); for syndromes of both Deficient Kidney Yang and Deficient Spleen Yang with gastric and abdominal Cold pain, anorexia, and loose stools, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu). For joint pain and lower back pain of rheumatic or rheumatoid arthritis due to Cold and Dampness, it is used with Radix Clematidis (Wei Ling Xian), Radix Aristolochiae Fangchi (Fang Ji), and Radix Gentianae Macrophyllae (Qin Jiao).

For amenorrhea and menorrhagia due to Stagnation of Qi from Cold or Blood Stasis due to Cold, it is used alone or with other herbs that activate blood circulation to stimulate menstrual discharge, such as Radix Angelicae Sinensis (Dang Gui) and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

For sores, carbuncles, and other skin conditions due to Pathogenic Cold of the Deficiency type in Qi and Blood. For carbuncles that are neither red nor hot with diffused swelling without sign of rupture, it is used with Radix Rehmanniae Preparata (Shu Di Huang) and Herba Ephedrae (Ma Huang) in “The Yang-Activating Decoction” (Yang He Tang); for unruptured abscesses and swelling or slow-healing carbuncles and swelling long after rupture, it is used with Radix Astragali Membranaceus (Huang Qi) and Radix Angelicae Sinensis (Dang Gui).

Used as an auxiliary herb in prescriptions for tonifying the Qi and Blood, such as “The Decoction of Ten Powerful Tonics” (Shi Quan Da Bu Tang).

DOSAGE AND ADMINISTRATION

2–5 g, decocted after other herbs when prepared for a decoction; 1–2 g, if used as a powder for an oral dose.

PRECAUTIONS

1. Contraindicated for use during pregnancy.
2. Do not use in patients with Yin Deficient Hyperactive Fire.



Cinnamomum cassia Blume (Fam. Lauraceae)
1. Branch with fruit; 2. Cross-section of flower; 3-4. Stamen; 5. Degenerated stamen; 6. Pistil; 7. Bark

PHARMACEUTICAL NAME

Herba Cirsii Japonici

ENGLISH NAME

Japanese thistle root

PART USED

dried aerial part or root

Herba Cirsii Japonici is produced in every part of China. It is collected in summer and autumn, dried in sunlight, cut into pieces, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, cool in property, acts on the Heart and Liver channels.

FUNCTIONS

Arrests bleeding by removing Blood Heat, removes Blood Stasis, and treats carbuncles.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding due to Blood Heat, including hemoptysis, epistaxis, metrorrhagia, and hematuria, it is used alone or with Herba Cirsii Segeti (Xiao Ji) and Cacumen Platycladi (Ce Bai Ye).

For boils, sores, and carbuncles, it can be used alone for an oral dose or for external application.

Research shows that it is effective in treating hypertension and hepatitis.

DOSAGE AND ADMINISTRATION

10–15 g, or 30–60 g fresh herb, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Cirsium japonicum DC. (Fam. Asteraceae)

1. Root; 2. Whole plant; 3. Flower

PHARMACEUTICAL NAME

Herba Cirsii Segeti

ENGLISH NAME

field thistle herb

PART USED

dried aerial part

Herba Cirsii Segeti is produced in most provinces in China. It is collected in summer, washed, dried in sunlight, cut into pieces, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cool in property, acts on the Heart and Liver channels.

FUNCTIONS

Removes Blood Heat, arrests bleeding, treats carbuncles.

CLINICAL USE AND MAJOR COMBINATIONS

Used for bleeding due to Blood Heat, including hemoptysis, epistaxis, metrorrhagia, and hematuria. It is especially effective for hematuria and often used with Pollen Typhae (Pu Huang) and Caulis Akebiae (Guan Mu Tong), as in “The Herba Cirsii Segeti Decoction” (Xiao Ji Yin Zi).

For sores, boils, and carbuncles, it is used alone for an oral dose or crushed for topical application.

DOSAGE AND ADMINISTRATION

10–15 g, or 30–60 g fresh herb, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Cirsium setosum (Willd.) MB. (Fam. Asteraceae)
1. Branch with leaves and flowers; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Herba Cistanches

ENGLISH NAME

desert living cistanche, broomrape

PART USED

stem with scales

Herba Cistanches is produced in the provinces of Inner Mongolia, Gansu, Xinjiang, and Qinghai. The herb is collected in spring, dried in sunlight, and sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, warm in property, acts on the Kidney and Large Intestine channels.

FUNCTIONS

Reinforces the Kidney Yang, moistens the Large Intestine to relax the bowel.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence due to Deficiency of Kidney Yang, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Semen Cuscutae (Tu Si Zi), and Fructus Schisandrae (Wu Wei Zi). For infertility due to depletion of the Vital Essence and Blood, it is used with Colla Cornus Cervi (Lu Jiao Jiao), Radix Rehmanniae Preparata (Shu Di Huang), Radix Angelicae Sinensis (Dang Gui), and Placenta Hominis (Zi He Che). For coldness and pain in the lower back and knee, it is used with Radix Morindae Officinalis (Ba Ji Tian), Rhizoma Dioscoreae (Bi Xie), and Cortex Eucommiae Ulmoidis (Du Zhong).

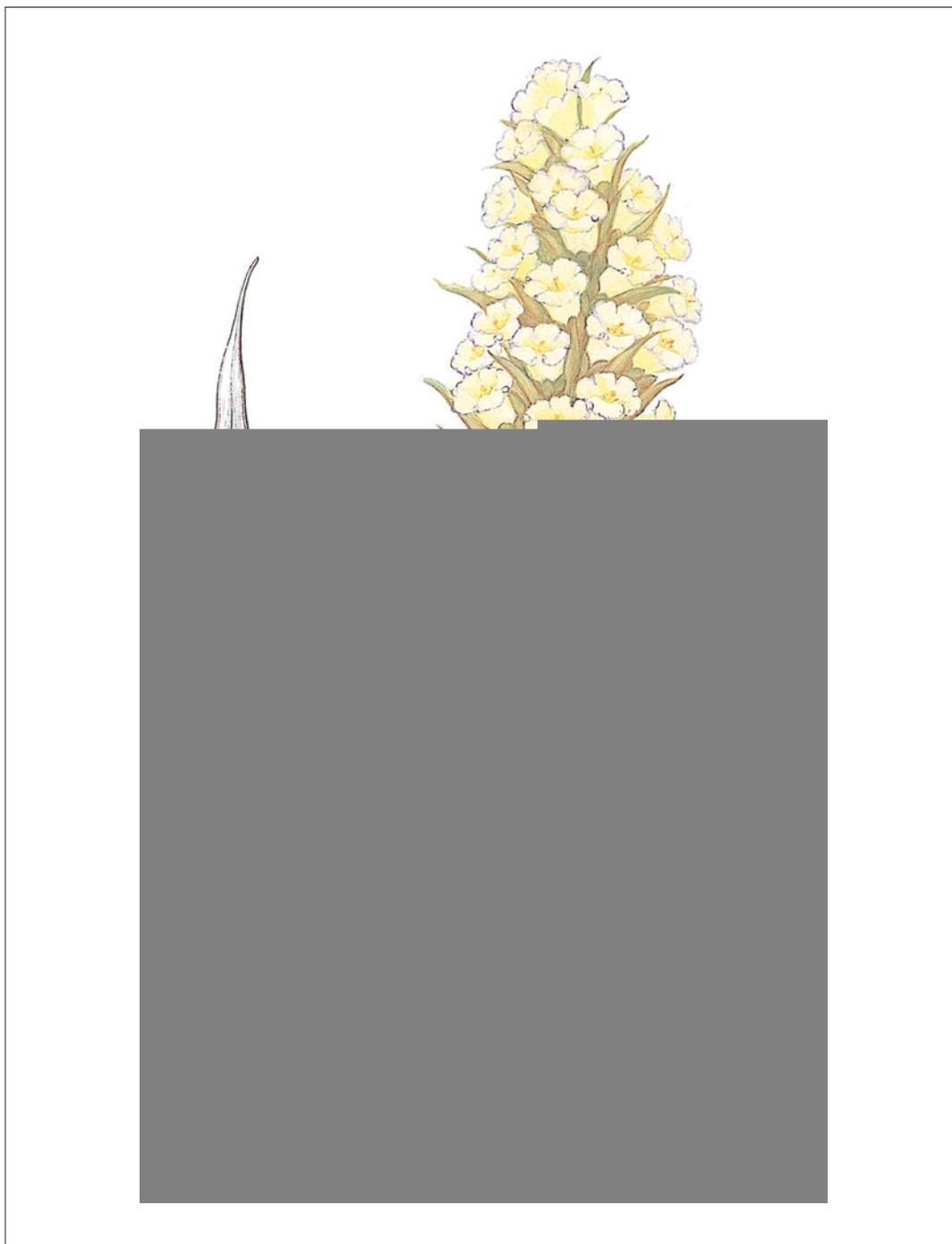
For constipation due to Dry Intestine, it is used with Fructus Cannabis Sativae (Huo Ma Ren) and Lignum Aquilariae Resinatum (Chen Xiang) in the “Moisten the Intestine Pill” (Run Chang Wan).

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with hyperactive Kidney Fire, loose stools due to Spleen Deficiency, and constipation due to Excess Heat.



Cistanche deserticola (C. A. Mey.) G. Beck (Fam. Orobanchaceae)
1. Whole plant; 2. Opened corolla showing stamen and pistil; 3. Opened calyx; 4. Bud

Fructus Aurantii

bitter orange fruit

dried immature fruit

Fructus Aurantii is produced chiefly in the provinces of Sichuan, Jiangxi, Fujian, Zhejiang, Jiangsu, and Hunan. The fruit is collected in July and August, dried in sunlight, and used unprepared or stir-baked with wheat bran.

Bitter and pungent in flavor, slightly cold in property, acts on the Spleen, Stomach, and Large Intestine channels.

Relieves Stagnation of Qi, mobilizes stagnant food in the digestive tract, resolves Phlegm.

For abdominal distension and pain, constipation, belching with a fetid odor due to stagnation of undigested food, it is used with Fructus Crataegi (Shan Zha) and Fructus Hordei Germinatus (Mai Ya). For constipation and abdominal distension due to accumulation of Heat, it is used with Cortex Magnoliae Officinalis (Hou Po) and Radix et Rhizoma Rhei (Da Huang). For abdominal distension after meals caused by Spleen Deficiency, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu). For diarrhea with tenesmus due to the accumulation of Damp Heat, it is used with Radix et Rhizoma Rhei (Da Huang), Rhizoma Coptidis (Huang Lian), and Radix Scutellariae (Huang Qin) in •The Pills of Aurantii Immaturus for Removing StagnancyŽ (Zhi Shi Dao Zhi Wan).

For feelings of ~~sin~~ fullness and fullness in the chest and upper abdomen due to obstruction of the normal flow of Qi by Phlegm. For chest pain and shortness of breath, it is used with Bulbus Allii Macrostemii (Xie Bai), Ramulus Cinnamomi (Gui Zhi), and Fructus Trichosanthis (Gua Lou). For a feeling of fullness in the chest with abdominal distension, it is used with Fructus Gardeniae (Zhi Zi) and Semen Sojae Preparatum (Dan Dou Chi).

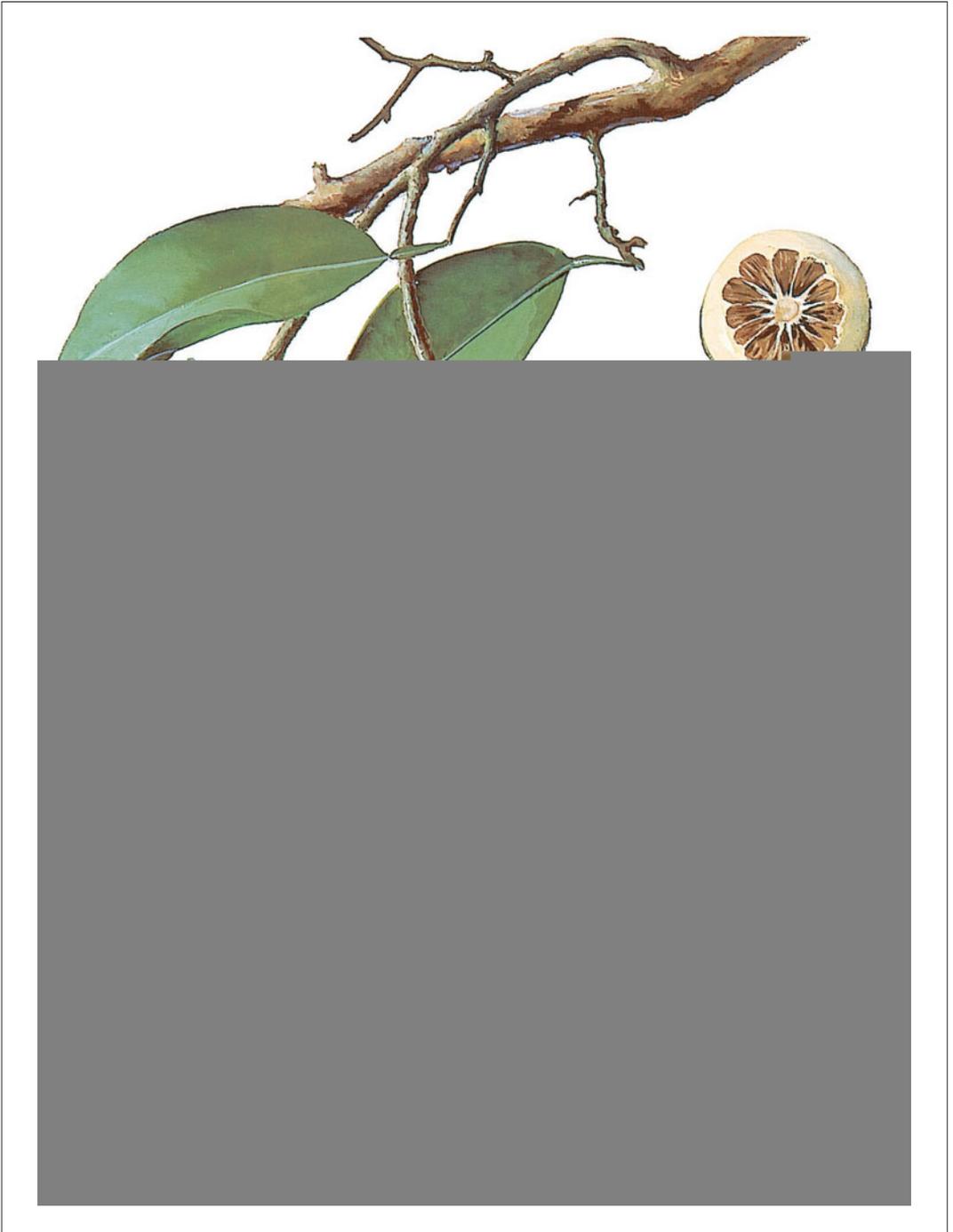
For gastroptosis, gastric dilatation, prolapse of the rectum, and hysteroptosis, it should be used with herbs that replenish the vital Qi, such as Radix Astragali Membranaceus (Huang Qi) and Radix Codonopsis (Dang Shen).

It can elevate the blood pressure.

Fructus Aurantii has effects similar to those of Fructus Aurantii Immaturus, but is milder in function.

1. Use with caution in patients with hypofunction of the Spleen and Stomach.

2. Contraindicated during pregnancy.



Citrus aurantium L. (Fam. Rutaceae)
1. Branch with fruit; 2. Immature fruit; 3. Flower

PHARMACEUTICAL NAME

Fructus Aurantii Immaturus

ENGLISH NAME

immature bitter orange fruit

PART USED

dried young fruit

Fructus Aurantii Immaturus is produced chiefly in the provinces of Sichuan, Jiangxi, Fujian, Zhejiang, Jiangsu, and Hunan. Collected in July and August and dried in sunlight, it is used unprepared or stir-baked with wheat bran.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly cold in property, acts on the Spleen, Stomach and Large Intestine channels.

FUNCTIONS

Relieves Stagnation of Qi, mobilizes stagnant food in the digestive tract, resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For abdominal distension and pain, constipation, belching with a fetid odor due to stagnation of undigested food, it is used with Fructus Crataegi (Shan Zha) and Fructus Hordei Germinatus (Mai Ya). For constipation and abdominal distension due to accumulation of Heat, it is used with Cortex Magnoliae Officinalis (Hou Po) and Radix et Rhizoma Rhei (Da Huang). For abdominal distension after meals caused by Spleen Deficiency, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu). For diarrhea with tenesmus due to the accumulation of Damp Heat, it is used with Radix et Rhizoma Rhei (Da Huang), Rhizoma Coptidis (Huang Lian), and Radix Scutellariae (Huang Qin) in “The Pills of Aurantii Immaturus for Removing Stagnancy” (Zhi Shi Dao Zhi Wan).

For feelings of stiffness and fullness in the chest and upper abdomen due to obstruction of the normal flow of Qi by Phlegm. For chest pain and shortness of breath, it is used with Bulbus Allii Macrostemii (Xie Bai), Ramulus Cinnamomi (Gui Zhi), and Fructus Trichosanthis (Gua Lou). For a feeling of fullness in the chest with abdominal dis-

ension, it is used with Fructus Gardeniae Jasminoidis (Zhi Zi) and Semen Sojae Preparatum (Dan Dou Chi).

For gastroptosis, gastric dilatation, prolapse of the rectum and hysteroptosis. It should be used with herbs that replenish the vital Qi, such as Radix Astragali Membranaceus (Huang Qi) and Radix Codonopsis (Dang Shen).

It can elevate the blood pressure.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

1. Used with caution in patients with hypofunction of the Spleen and Stomach.
2. Contraindicated during pregnancy.



Citrus aurantium L. (Fam. Rutaceae)
1. Branch with fruit; 2. Immature fruit; 3. Flower

PHARMACEUTICAL NAME

Fructus Citri Medicae

ENGLISH NAME

citron fruit

PART USED

fruit

Fructus Citri Medica is produced mainly in the provinces of Jiangsu, Zhejiang, Guangdong, Guangxi, Hunan, Hubei, and Fujian. It is collected in autumn, washed, dried in sunlight, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent, slightly bitter and sour in flavor, warm in property, acts on the Liver, Spleen, and Lung channels.

FUNCTIONS

Soothes the Liver and regulates Qi, harmonizes the Middle Heater and disperses Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For chest congestion, and pain in the rib areas, it is used with Pericarpium Trichosanthis (Gua Lou Pi), Rhizoma Cyperi (Xiang Fu), and Radix Curcumae (Yu Jin). For abdominal distension and pain, it is used with Radix Aucklandiae (Mu Xiang), Fructus Meliae Radicis (Chuan Lian Zi), and Fructus Evodiae (Wu Zhu Yu).

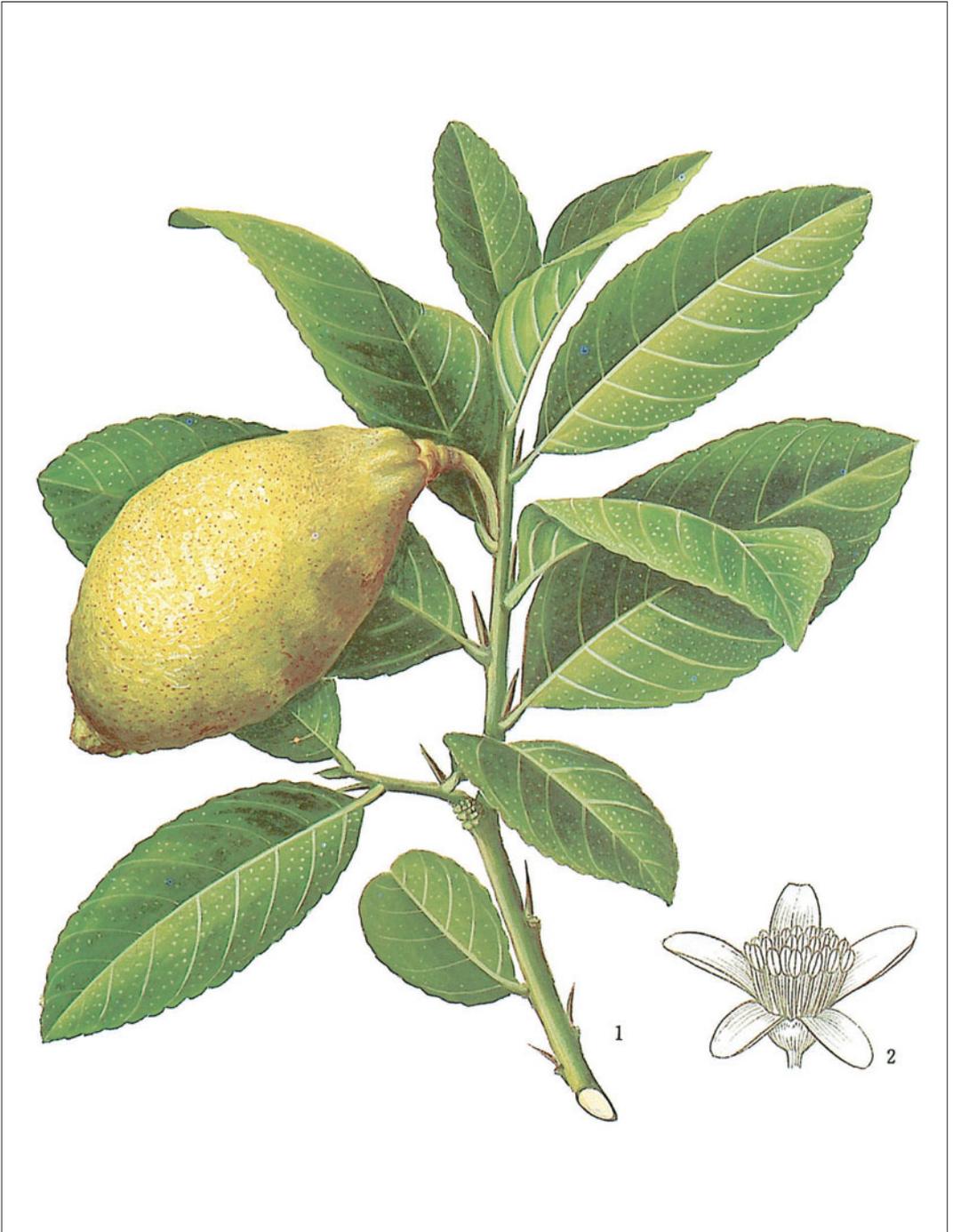
For cough with copious sputum, it is used with Rhizoma Pinelliae (Ban Xia) and Sclerotium Poriae Cocos (Fu Ling). It has the same function of dispersing Phlegm as Pericarpium Citri Reticulatae (Chen Pi).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Citrus medica L. (Fam. Rutaceae)

1. Branch with fruit; 2. Flower

PHARMACEUTICAL NAME

Fructus Citri Sarcodactylis

ENGLISH NAME

finger citron, buddha hand

PART USED

dried fruit

Fructus Citri Sarcodactylis is produced chiefly in the provinces of Guangdong, Fujian, Yunnan, and Sichuan. Collected in winter, the fruit is sliced, then dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver, Spleen, Stomach, and Lung channels.

FUNCTIONS

Regulates the Qi of the Liver and Stomach, resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and pain in the chest and hypochondriac regions due to Stagnant Liver Qi, it is used with Rhizoma Cyperi (Xiang Fu) and Radix Curcumae (Yu Jin).

For bloated stomach, anorexia, belching, and vomiting due to Stagnant Qi in the Spleen and Stomach, it is used with Radix Aucklandiae (Mu Xiang) and Fructus Aurantii (Zhi Qiao).

For cough with copious sputum and chest pain, it is used with Retinervis Luffae Fructus (Si Gua Luo), Radix Curcumae (Yu Jin), and Folium Eriobotryae (Pi Pa Ye).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Citrus medica L. var. *sarcodactylis* (Noot.) Swingle (Fam. Rutaceae)

PHARMACEUTICAL NAME

Pericarpium Citri Reticulatae

ENGLISH NAME

tangerine peel

PART USED

dried pericarp of the ripe fruit

Pericarpium Citri Reticulatae is produced chiefly in the provinces of Guangdong, Fujian, Sichuan, Jiangsu, and Zhejiang. The ripe fruit is collected in autumn. The peel is dried in sunlight or at a low temperature, cut into shreds, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Spleen and Lung channels.

FUNCTIONS

Regulates the flow of Qi, normalizes the function of the Spleen and Stomach, dries Dampness, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For Stagnant Spleen and Stomach Qi with distension and a sensation of fullness in the epigastrium with belching, nausea, anorexia, and vomiting, it is used with *Fructus Aurantii* (Zhi Qiao) and *Radix Aucklandiae* (Mu Xiang); with lassitude and tiredness, it is used with *Radix Codonopsis* (Dang Shen), *Rhizoma Atractylodis Macrocephalae* (Bai Zhu), and *Radix Glycyrrhizae Uralensis* (Gan Cao) in “The Marvelous Powder” (Yi Gong San).

For Spleen and Stomach Dampness with an oppressed feeling in the chest, abdominal distension, lassitude, loose stools, and thick greasy fur on the tongue, it is used with *Rhizoma Atractylodis* (Cang Zhu) and *Cortex Magnoliae Officinalis* (Hou Po) in “The Peptic Powder” (Ping Wei San).

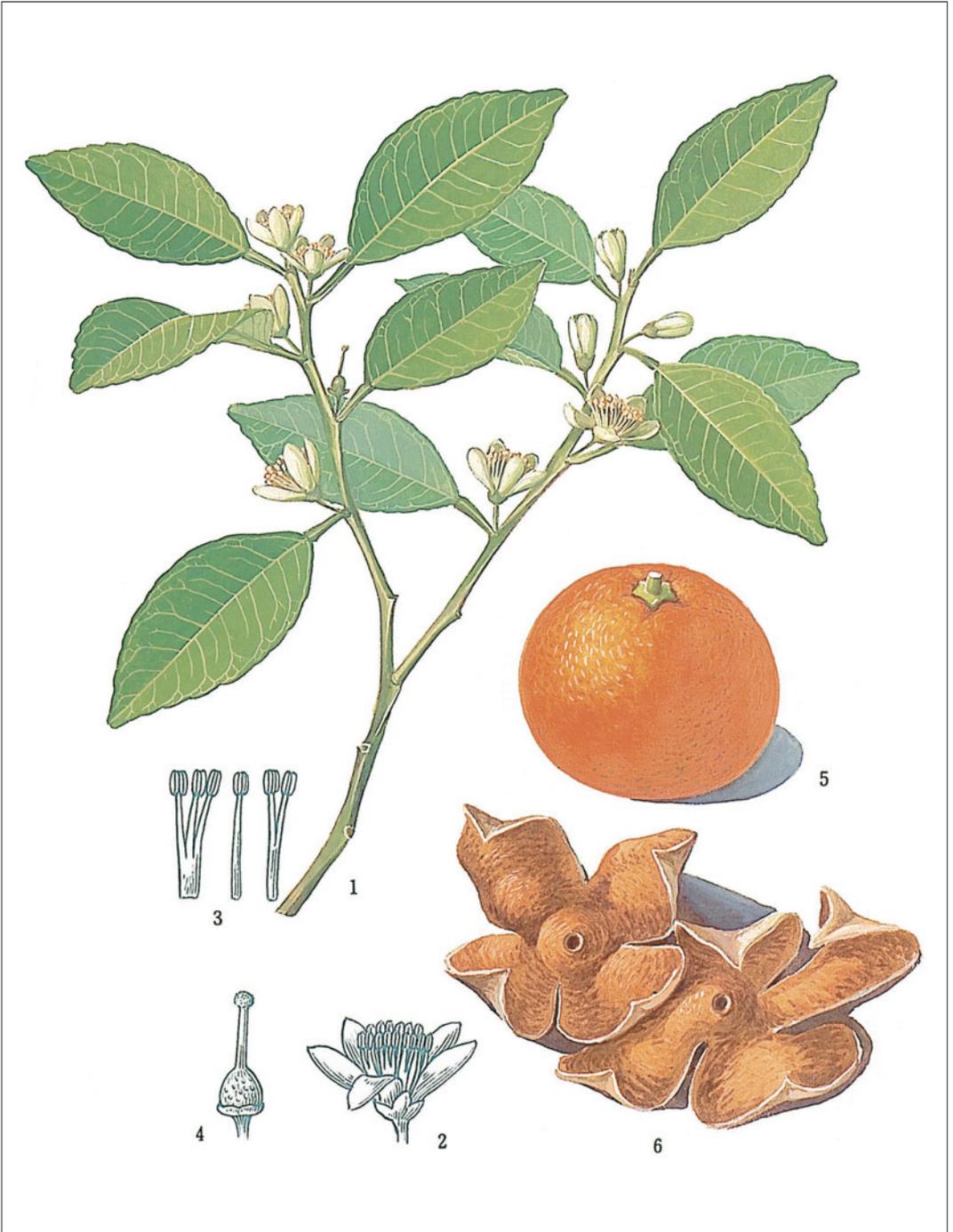
For cough with profuse sputum due to accumulation of Phlegm in the Lung, it is used with *Rhizoma Pinelliae* (Ban Xia) and *Sclerotium Poriae Cocos* (Fu Ling) in “The Two Old Herbs Decoction” (Er Chen Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Citrus reticulata Blanco (Fam. Rutaceae)
1. Branch with flower; 2. Flower; 3. Stamen; 4. Pistil; 5. Fruit; 6. Dried pericarp

PHARMACEUTICAL NAME

Radix Clematidis

ENGLISH NAME

Chinese clematis root

PART USED

dried root

Radix Clematidis is produced mainly in the provinces of Jiangsu, Anhui, and Zhejiang. It is collected in autumn, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and salty in flavor, warm in property, acts on the Bladder channel.

FUNCTIONS

Expels Wind Dampness to relieve pain, activates the channels, softens and dissolves fish bones.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia caused by Wind Dampness, numbness in the extremities, and stiffness of the joints, it is used alone or with wine. For Wind Dampness in the lower back, it is used with Radix Angelicae Sinensis (Dang Gui).

For fish bones lodged in the throat, it is decocted in water or used with vinegar.

DOSAGE AND ADMINISTRATION

5–10 g; for a bone stuck in the throat, use 30 g.

PRECAUTIONS

Contraindicated in patients with Deficient Qi.



Clematis chinensis Osbeck (Fam. Ranunculaceae)
1. Root; 2. Branch with flower; 3. Infructescence; 4. Fruit

PHARMACEUTICAL NAME

Fructus Cnidii

ENGLISH NAME

cnidium fruit

PART USED

dried fruit

Fructus Cnidii is produced mainly in the provinces of Guangdong, Guangxi, Jiangsu, and Anhui. Collected in summer and autumn, the fruit is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Kidney channel.

FUNCTIONS

Warms the Kidney and strengthens Yang, expels Wind Cold, resolves Dampness, is anthelmintic.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence and infertility, it is used with Semen Cuscutae (Tu Si Zi) and Fructus Schisandrae (Wu Wei Zi).

For profuse leukorrhea due to Cold Dampness, it is used with Fructus Corni (Shan Zhu Yu), Fructus Schisandrae (Wu Wei Zi), Rhizoma Cyperi (Xiang Fu), and Semen Plantaginis (Che Qian Zi). For long pain due to Dampness, it is used with Cortex Eucommiae Ulmoidis (Du Zhong), Radix Gentiana Macrophyllae (Qin Jiao), and Rumulus Taxilli Sutchuenensis (Sang Ji Sheng).

For trichomonas vaginalis, eczema of scrotum, scabies, tinea, and cutaneous pruritus, etc. For trichomonas vaginatis, the decoction is used over the local area or in a bath.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water, or used in pill or powder form for internal use. For external use, 15–30 g.

PRECAUTIONS

Not to be used in patients with flaring Fire due to Yin Deficiency or with Damp Heat in the Lower Heater.



Cnidium monnieri (L.) Cusson (Fam. Apiaceae)

1. Branch with flowers; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Radix Codonopsis

ENGLISH NAME

pilose asiabell root

PART USED

dried root

Radix Codonopsis is produced mainly in the provinces of Shanxi, Shanxi, Gansu, and Sichuan. It is collected in spring and autumn, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen and Lung channels.

FUNCTIONS

Invigorates the Spleen and replenishes Qi, promotes the production of body Fluid, and nourishes the Blood.

CLINICAL USE AND MAJOR COMBINATIONS

For poor appetite, loose stools, lassitude, and weakness due to Deficiency of Spleen and Stomach Qi, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu), Sclerotium Poriae Cocos (Fu Ling), and stir-baked Radix Glycyrrhizae Uralensis (Gan Cao).

For shortness of breath, cough, asthma, and weak and low voice due to Deficient Lung Qi, it is used with Radix Astragali Membranaceus (Huang Qi) and Fructus Schisandrae (Wu Wei Zi) in “The Lung Invigorating Decoction” (Bu Fei Tang).

For shortness of breath and thirst due to consumption of both Qi and body Fluid in febrile diseases, it is used with Fructus Schisandrae (Wu Wei Zi) and Radix Ophiopogonis (Mai Dong).

For dizziness and palpitation and for sallow complexion due to Blood Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang) and Radix Angelicae Sinensis (Dang Gui) in “The Decoction of Eight Treasures” (Ba Zhen Tang).

This herb is used with other herbs for treating Exterior syndromes or with purgative herbs for general weakness or constipation with Deficiency of the Vital Qi.

DOSAGE AND ADMINISTRATION

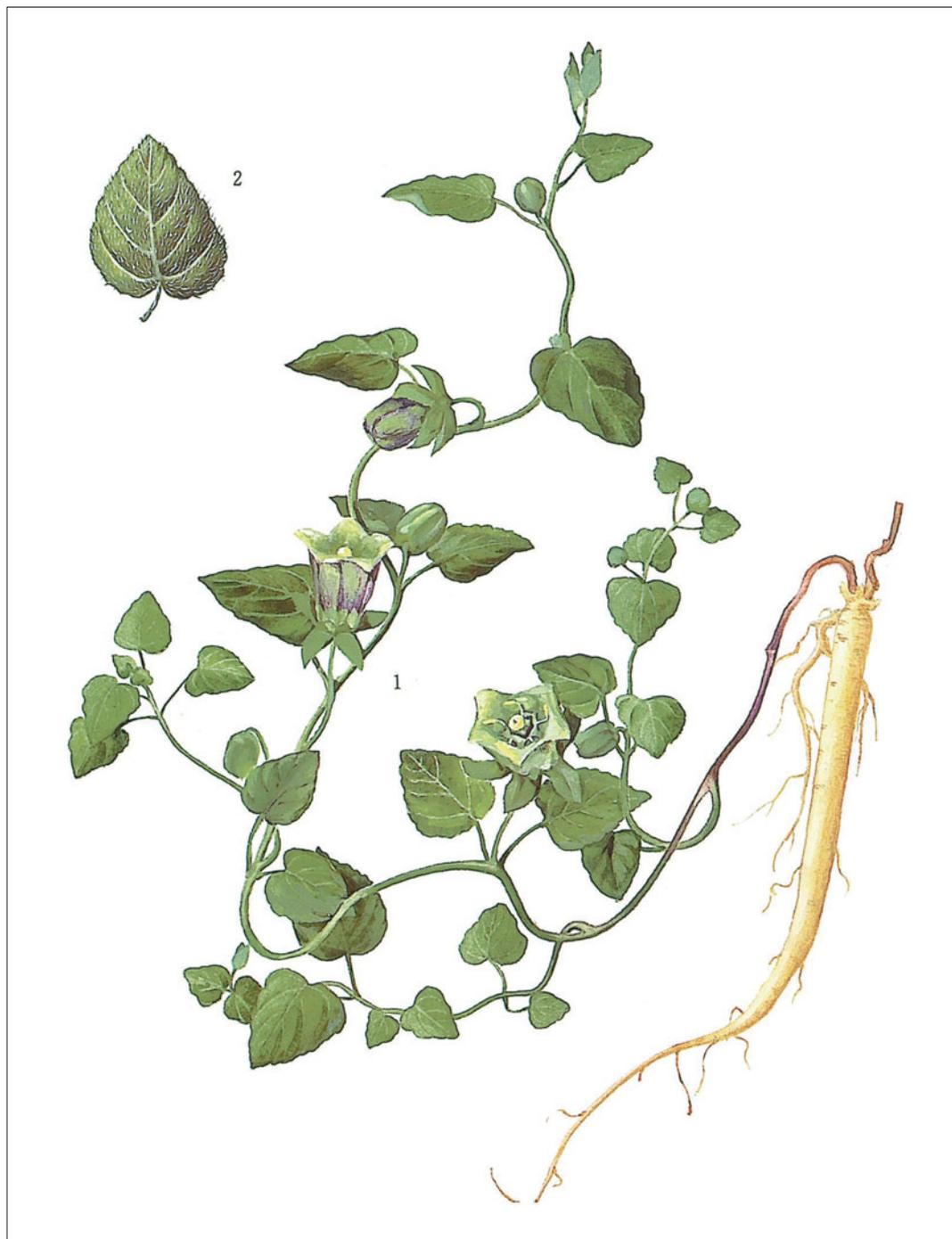
10–30 g, decocted in water for an oral dose.

PRECAUTIONS

Not to be used for Heat syndromes. Not to be used with Radix et Rhizome Veratri (Li Lu).

Codonopsis pilosula (Franch.) Nannf., *Codonopsis pilosula* Nannf. var. *modeata* (Nannf.) L. T. Shen, or *Codonopsis tangshen* Oliv. (Fam. Campanulaceae)

DANG SHEN



Codonopsis pilosula (Franch.) Nannf. (Fam. Campanulaceae)
1. Whole plant with flower; 2. Leaf

PHARMACEUTICAL NAME

Semen Coicis

ENGLISH NAME

coix seed

PART USED

dried ripe kernel

Semen Coicis is produced chiefly in the provinces of Fujian, Hebei, and Liaoning. The seed is collected in autumn and dried in sunlight. After the shell is removed, the kernel is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, slightly cold in property, acts on the Spleen, Stomach, and Lung channels.

FUNCTIONS

Diuretic, invigorates the Spleen, alleviates arthritis, expels Pathogenic Heat, facilitates the drainage of pus.

CLINICAL USE AND MAJOR COMBINATIONS

For dysuria, edema, and diarrhea due to Spleen Deficiency, it functions similarly to *Sclerotium Poriae Cocos* (Fu Ling) and is often used with herbs that remove Dampness or invigorate the Spleen, such as *Sclerotium Poriae Cocos* (Fu Ling) and *Rhizoma Atractylodis Macrocephalae* (Bai Zhu).

For rheumatic or rheumatoid arthritis with contracture of joints and muscles, it is used with *Herba Ephedrae* (Ma Huang), *Semen Armeniacae Amarum* (Ku Xing Ren), and *Radix Glycyrrhizae Uralensis* (Gan Cao), or it is cooked into soup with rice and eaten in everyday meals.

For lung abscesses with cough and thick sputum, *Semen Coicis* is used with *Semen Persicae* (Tao Ren), *Cortex Moutan* (Mu Dan Pi), and *Rhizoma Phragmitis* (Lu Gen).

For appendicitis, it is used with *Herba Baijiangcao* (Bai Jiang Cao), *Cortex Moutan* (Mu Dan Pi), and *Semen Persicae* (Tao Ren).

DOSAGE AND ADMINISTRATION

10–30 g stir-baked *Semen Coicis* is better than unprepared *Semen Coicis* for use as a Spleen or Qi tonic.

PRECAUTIONS

None noted.



Coix lacryma-jobi L. var. *ma-yuen* (Roman.) Stapf (Fam. Poaceae)
1. Whole plant; 2. Male flower; 3. Pistil

PHARMACEUTICAL NAME

Herba Commelinae

ENGLISH NAME

dayflower herb

PART USED

dried aerial part

Herba Commelinae is grown in every part of China, and collected in summer and autumn.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, cold in property, acts on the Lung, Stomach, and Bladder channels.

FUNCTIONS

Clears Heat and toxins, promotes diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For Exterior syndromes with fever, it is used with *Menthae Arvensis* (Bo He) and *Fructus Arctii* (Niu Bang Zi). For epidemic febrile diseases with pathogenic factors in the Qi system, it is used with *Gypsum Fibrosum* (Shi Gao) and *Rhizoma Anemarrhenae* (Zhi Mu).

For acute urinary infection with painful, difficult urination, it is used alone or with *Herba Plantaginis* (Che Qian Cao) and *Herba Lophatheri Gracilis* (Dan Zhu Ye).

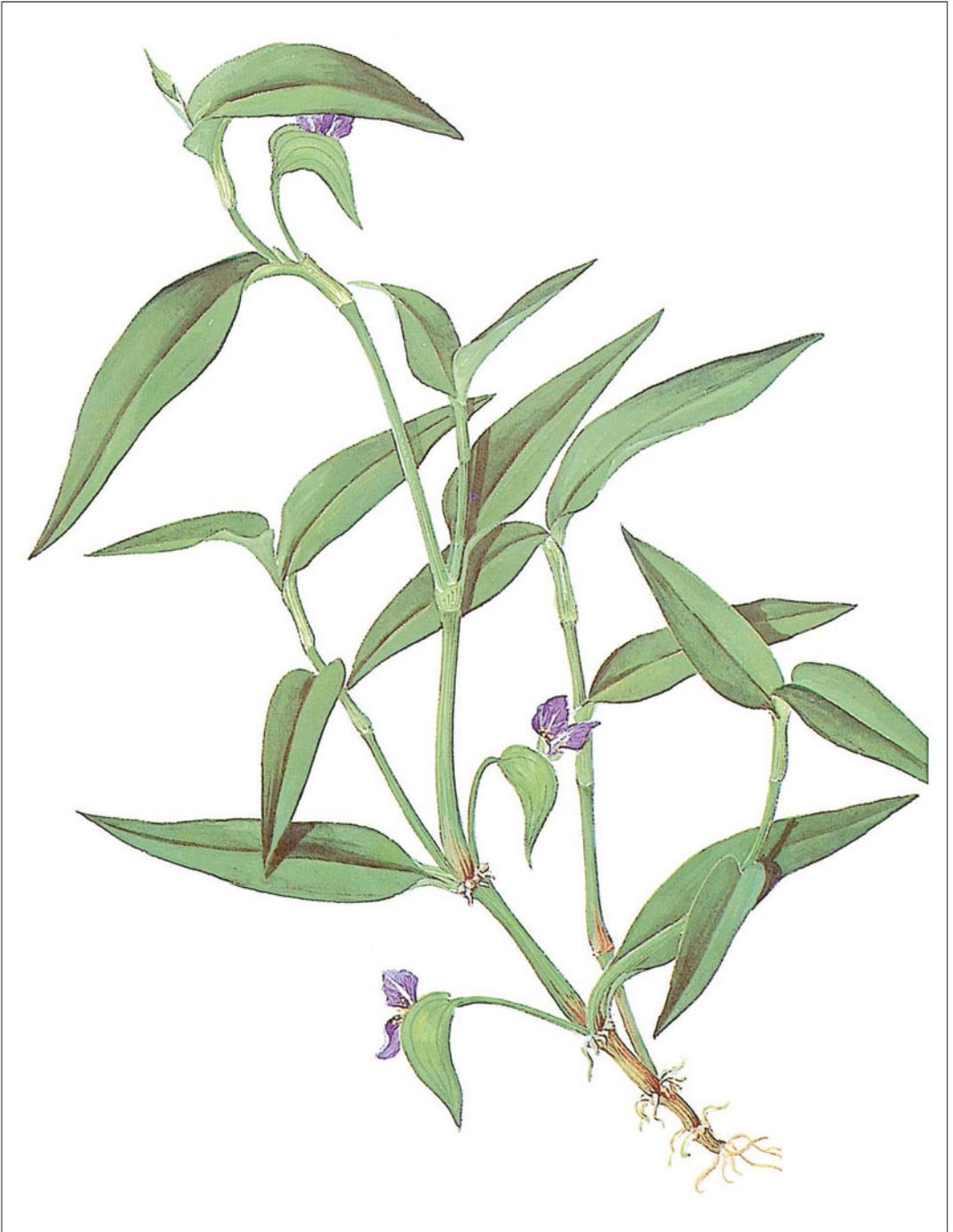
For sore throat, it is used with *Folium Isatidis* (Da Qing Ye) and *Radix Isatidis* (Ban Lan Gen). For carbuncles and boils, it is used with *Herba Violae* (Zi Hua Di Ding) and *Flos Chrysanthemi Indici* (Ye Ju Hua).

DOSAGE AND ADMINISTRATION

15–30 g, for external use.

PRECAUTIONS

None noted.



Commelina communis L. (Fam. Commelinaceae)

PHARMACEUTICAL NAME

Myrrha

ENGLISH NAME

myrrh

PART USED

gum resin from the stem

This herb consists of the gum resin obtained from the woody stem of *Commiphora myrrha* Engl. It is produced mainly in Africa.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Invigorates Blood to relieve pain, reduces swelling, and promotes tissue regeneration.

CLINICAL USE AND MAJOR COMBINATIONS

For dysmenorrhea, amenorrhea, stomach and abdominal pain, and traumatic pain, it is used with Gummi Olibanum (Ru Xiang). In treating arthralgia, Gummi Olibanum (Ru Xiang) is used rather than Myrrha (Mo Yao). In treating pain due to Qi and Blood Stasis, the two herbs are used in combination to produce better effects.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Appropriate amount for external use.

PRECAUTIONS

Contraindicated during pregnancy in cases of excessive uterine bleeding.



Commiphora myrrha Engl. (Fam. Burseraceae)
1. Stem with leaves; 2. Branch with fruit; 3. Leaf; 4. Fruit

PHARMACEUTICAL NAME

Rhizoma Coptidis

ENGLISH NAME

golden thread rhizome

PART USED

dried rhizome

Rhizoma Coptidis is grown chiefly in the middle and southern regions of China. After it is collected in autumn, the rootlets are removed. The rhizome is then dried in sunlight and used unprepared or stir-baked with ginger juice.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart, Liver, Stomach, and Large Intestine channels.

FUNCTIONS

Removes Damp Heat, purges Fire, and counteracts toxicity.

CLINICAL USE AND MAJOR COMBINATIONS

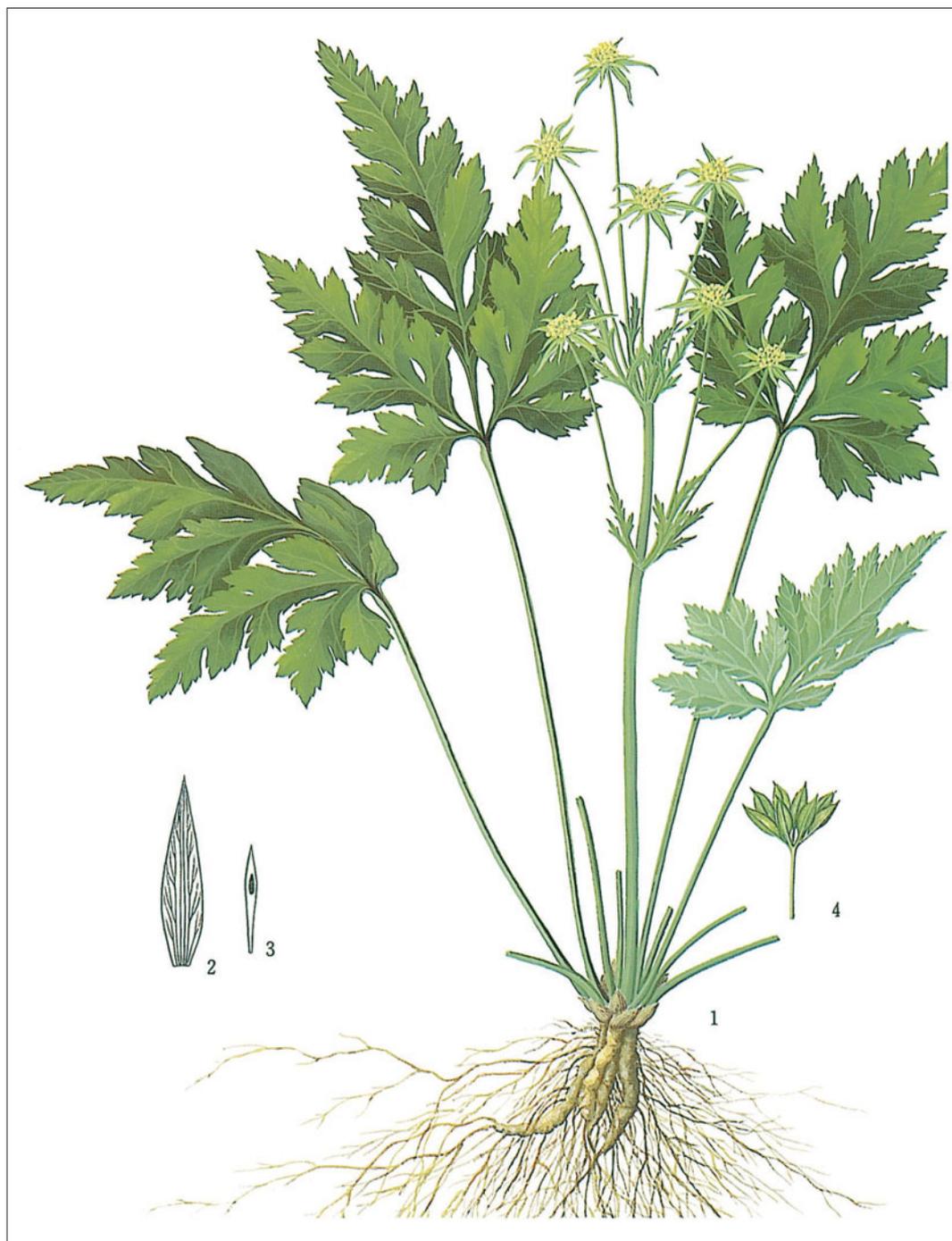
For Damp-Heat with stuffiness and fullness of the abdomen or acute dysentery with jaundice; high fever accompanied by impairment of consciousness; restlessness and insomnia due to exuberant Fire; spitting of blood and epistaxis caused by Heat in the Blood; inflammation of the eyes; acid reflux; toothache; diabetes; carbuncles and sores; externally used for eczema and other skin diseases with exudation; purulent discharge from the ear.

DOSAGE AND ADMINISTRATION

1.5–4.5 g, decocted in water for an oral dose or used in a bolus or as a powder. Appropriate quantity for external use.

PRECAUTIONS

Because this herb is very bitter and cold, it should not be used in large amounts or over a long period of time to avoid damage to the Stomach. It is contraindicated when vomiting is due to Stomach Cold or when diarrhea is due to Spleen Deficiency.



Coptis chinensis Franch. (Fam. Ranunculaceae)
1. Whole plant with flowers; 2. Sepal; 3. Petal; 4. Fruit

PHARMACEUTICAL NAME

Cordyceps Sinensis

ENGLISH NAME

Chinese caterpillar fungus

PART USED

whole mass of the stroma of the fungus and the larva of its host

Cordyceps Sinensis is produced mainly in the provinces of Sichuan, Qinhai, and Yunnan, and in Tibet. It is collected in summer, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Kidney and Lung channels.

FUNCTIONS

Tonifies the Kidney and Lung, stops bleeding and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence, seminal emission, and pain in the loin and knee, it is used alone or with *Cortex Eucommiae Ulmoidis* (Du Zhong), *Herba Epimedii* (Yin Yang Huo), and *Radix Morindae Officinalis* (Ba Ji Tian).

For chronic cough and asthma with sputum and blood, it is used alone or in combination with other herbs that tonify the Lung and Kidney. For cough with sputum and blood due to Deficient Lung Yin, it is used with *Colla Corii Asini* (A Jiao) and *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu).

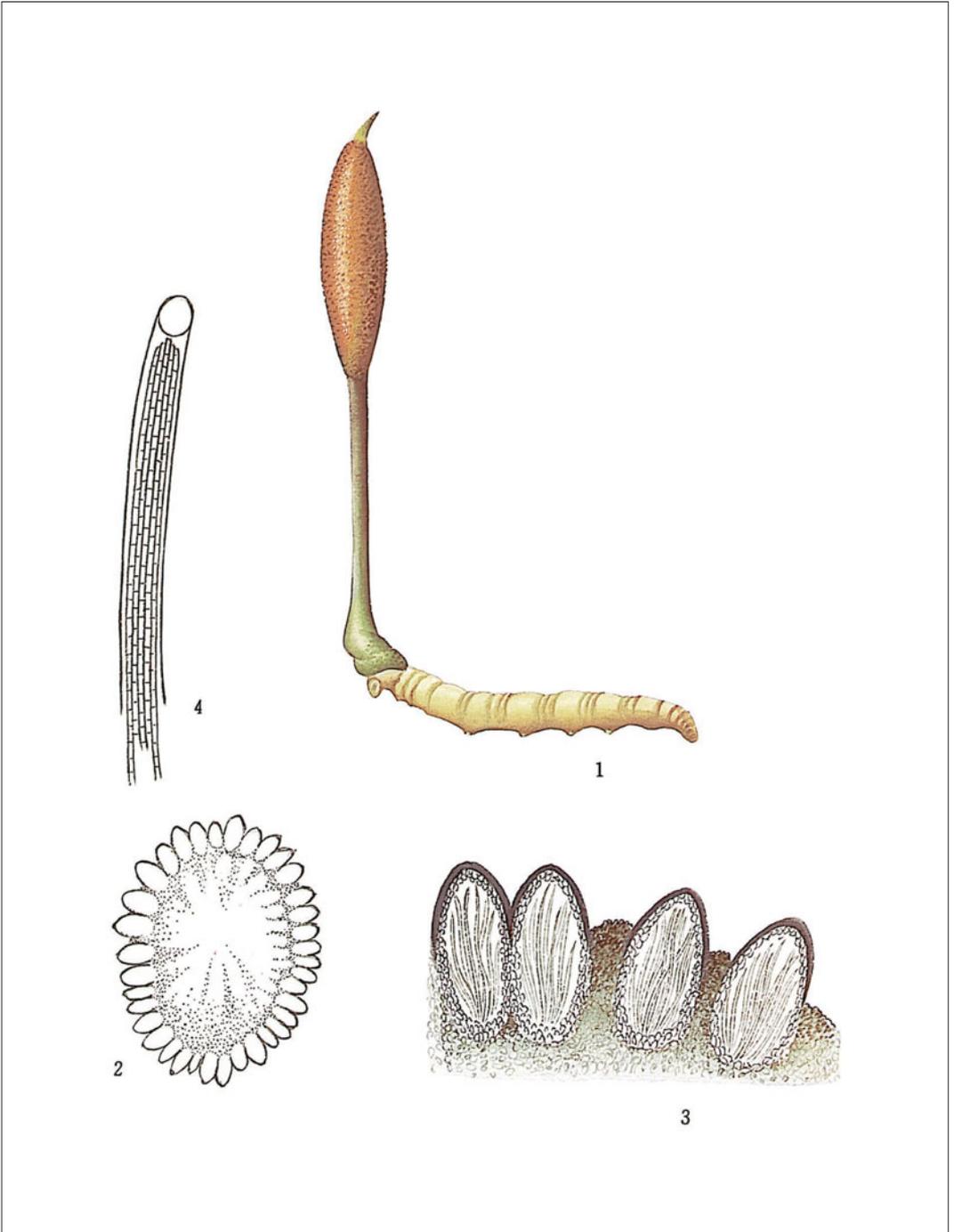
Cordyceps is used for patients with spontaneous sweating, aversion to cold, or general weakness; it is decocted with chicken or pork.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose, or used with chicken or pork in soup, or used in pills or as a powder.

PRECAUTIONS

It is contraindicated in patients with Exterior Excess.



Cordyceps sinensis (Berk.) Sacc. (Fam. Clavicipitaceae)
1. The complex of fungus and worm; 2. Cross-section of the fungus;
3. Enlargement of the shell of the fungus; 4. Enlargement of the fungus

PHARMACEUTICAL NAME

Fructus Corni

ENGLISH NAME

Japanese cornel

PART USED

ripe fruit

Fructus Corni is produced mainly in the provinces of Zhejiang, Anhui, Henan, Shanxi, and Shanxi. It is collected in autumn, baked over a slow fire or scalded slightly in boiling water, and then dried in the sunlight or baked after removal of the pit.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, slightly warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Nourishes the Liver and Kidney channels, induces astringent action to arrest incessant and excessive loss of Fluids.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness and weakness of the loins and knees due to Deficient Liver Yin and Kidney Yin, it is used with Rhizoma Dioscoreae (Shan Yao), Radix Rehmanniae Preparata (Shu Di Huang), and Rhizoma Alismatis (Ze Xie) in “The Rehmannia Bolus of Six Ingredients” (Liu Wei Di Huang Wan). For impotence and spontaneous emission due to Deficient Kidney Yang, it is used with Fructus Psoraleae (Bu Gu Zhi), Radix Angelicae Sinensis (Dang Gui), and Moschus (She Xiang).

For seminal emission and spontaneous emission, urinary incontinence, and excessive perspiration. For urinary incontinence, it is used with Ootheca Mantidis (Sang Piao Xiao), Fructus Rubi Chingii (Fu Pen Zi), Semen Astragali Complanati (Sha Yuan Zi), and Fructus Alpiniae Oxyphyllae (Yi Zhi Ren). For chronic excessive perspiration with severe debility, it is used with Radix Ginseng (Ren Shen) and Concha Ostreae (Mu Li).

For metrorrhagia.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for internal use or used in pill or powder form; 30 g for a large dosage.

PRECAUTIONS

Contraindicated in patients with Damp Heat or difficulty in micturition.



Cornus officinalis Sieb. et Zucc. (Fam. Cornaceae)
1. Branch with flowers; 2. Branch with fruit; 3. Flower

PHARMACEUTICAL NAME

Rhizoma Corydalis Decumbentis

ENGLISH NAME

decumbent corydalis tuber

PART USED

dried tuber

Rhizoma Corydalis Decumbentis is produced in the provinces of Hunan, Fujian, Zhejiang, and Jiangsu. It is collected in spring and summer, and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and slightly pungent in flavor, warm in property.

FUNCTIONS

Promotes the flow of Qi and blood circulation, removes obstruction from the channels to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For all kinds of hypertension and paralysis, it is used with Ramulus Uncariae Cum Uncis (Gou Teng), Cortex Mori (Sang Bai Pi), and Spica Prunellae (Xia Ku Cao).

For sciatica and rheumatic arthritis.

For traumatic injuries.

DOSAGE AND ADMINISTRATION

6–12 g, ground into powder and divided into three doses.

PRECAUTIONS

None noted.



Corydalis decumbens (Thunb.) Pers. (Fam. Papaveraceae)
1. Whole plant with flower; 2. Flower; 3. Upper petal; 4. Fruit

PHARMACEUTICAL NAME

Rhizoma Corydalis Yanhusuo

ENGLISH NAME

corydalis rhizome

PART USED

dried tuber

Rhizoma Corydalis is produced mainly in Zhejiang province, collected in summer. The herb is used unprepared, pounded, or ground into powder, or parched with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Heart, Liver, and Spleen channels.

FUNCTIONS

Invigorates Blood and promotes circulation of Qi to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For pain in the epigastrium, hypochondrium, and stomach due to Stasis of Qi and Blood, also for pain all over the body. In treating severe pain in the stomach, it is used alone or with Fructus Meliae Radicis (Chuan Lian Zi). For dysmenorrhea, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), Radix Paeoniae Alba (Bai Shao), and Rhizoma Cyperi (Xiang Fu). For pain in the hypochondrium, it is used with Fructus Trichosanthis (Gua Lou), Bulbus Allii Macrostemi (Xie Bai), Radix Curcumae (Yu Jin), and Radix Linderae (Wu Yao). For pain in the extremities or all over the body, it is used with Radix Angelicae Sinensis (Dang Gui), Ramulus Cinnamomi (Gui Zhi), and Radix Peoniae Rubra (Chi Shao). For traumatic pain, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), Gummi Olibanum (Ru Xiang), and Myrrha (Mo Yao).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water; or 1.5–3 g of the powder can be taken orally with water. The herb parched with vinegar is more effective.

PRECAUTIONS

None noted.



Corydalis yanhusuo W. T. Wang (Fam. Papaveraceae)
1. Whole plant with flower; 2. Flower; 3. Upper petal

PHARMACEUTICAL NAME

Fructus Crataegi

ENGLISH NAME

hawthorn fruit

PART USED

dried ripe fruit

Fructus Crataegi is produced chiefly in the provinces of Henan, Jiangsu, Zhejiang, Anhui, Hubei, Guizhou, and Guangdong. It is collected in autumn and winter, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour and sweet in flavor, slightly warm in property, acts on the Spleen, Stomach, and Liver channels.

FUNCTIONS

Promotes digestion, activates blood circulation, and resolves Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For stagnation of food or excessive intake of greasy food, it is used alone or with *Massa Fermentata Medicinalis* (Shen Qu) and *Fructus Hordei Germinatus* (Mai Ya). In cases of simultaneous distension and pain in the epigastrium, it is used with *Radix Aucklandiae* (Mu Xiang) and *Fructus Aurantii* (Zhi Qiao).

For diarrhea due to improper or excessive food intake, stir-baked *Fructus Crataegi* is ground into a powder and mixed with water for an oral dose.

For postpartum abdominal pain and leukorrhea due to Blood Stasis, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Herba Leonuri* (Yi Mu Cao).

For colic in the lower abdomen, it is used with *Fructus Foeniculi* (Xiao Hui Xiang) and *Semen Citri Reticulatae* (Ju He).

Also used in treating hypertension and coronary heart disease.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose; 10–15 g, if used as powder. The stir-baked *Fructus Crataegi* is used for indigestion and Blood Stasis. The unprepared herb is used for hypertension and coronary heart disease.

PRECAUTIONS

None noted.



Crataegus pinnatifida Bge. var. *major* N. E. Br. (Fam. Rosaceae)
1. Branch with fruit; 2. Flower

PHARMACEUTICAL NAME

Periostracum Cicadae

ENGLISH NAME

cicada slough

PART USED

slough

Periostracum Cicadae is the slough of *Cryptotympana pustulata* Fabricius (Fam. Cicadidae) dropped off the nymph during emergence. It is produced in most parts of China, collected in summer and autumn, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung and Liver channels.

FUNCTIONS

Disperses Wind Heat, promotes rash eruption, clears corneal opacity, and alleviates spasm.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat and febrile diseases at the initial stage with fever and headache, it is used with Flos Chrysanthemi Morifolii (Ju Hua), Fructus Arctii (Niu Bang Zi), Radix Platycodi (Jie Geng), or Semen Sterculiae Lychnophorae (Pang Da Hai).

For measles at the initial stage with incomplete eruption of rash, it is used with Fructus Arctii (Niu Bang Zi) and Radix Puerariae (Ge Gen). For rubella and itching due to Wind Heat, it is used with Fructus Tribuli Terrestris (Ji Li) and Herba Schizonepetae Tenuifolia (Jing Jie).

For inflammation of the eyes with formation of corneal opacity due to Excess Wind Heat in the Liver channel, it is used with Flos Chrysanthemi Morifolii (Ju Hua) and Herba Equiseti Hiemalis (Mu Zei) in “The Cicadae-Chrysanthemi Powder” (Chan Hua San).

For convulsion and tetanus due to Excess Wind Heat in the Liver channel, it is used alone or with Scorpio (Quan Xie), Bombyx Batryticatus (Jiang Can), and Ramulus Uncariae Cum Uncis (Gou Teng).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in a standard water decoction, or in pill or powder form.

PRECAUTIONS

None noted.



Cryptotympana pustulata Fabricius (Fam. Cicadidae)
1. Dried slough

PHARMACEUTICAL NAME

Rhizoma Curculiginis

ENGLISH NAME

curculigo rhizome

PART USED

dried rhizome

Rhizoma Curculiginis is produced chiefly in the provinces of Sichuan, Yunnan, and Guizhou. It is collected in spring and autumn, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Kidney channel, mildly toxic.

FUNCTIONS

Warms the Kidney and reinforces the Kidney Yang, expels Wind, and removes Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

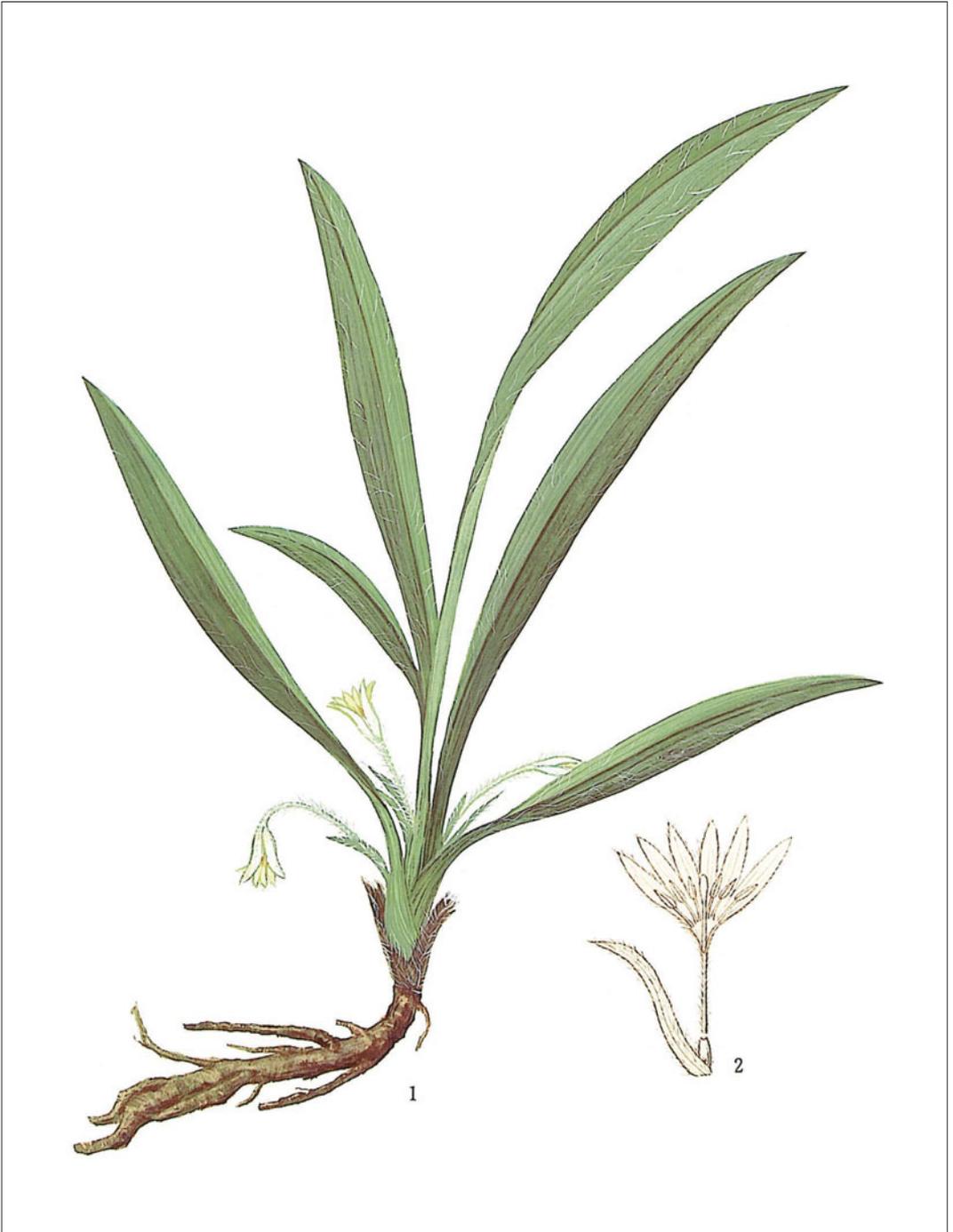
For impotence, seminal emission, and premature ejaculation due to Kidney Yang Deficiency, weakness in the lower back and knees due to Kidney Deficiency, and arthralgia due to Cold and Dampness, it is used with Herba Epimedii (*Yin Yang Huo*).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use, or macerated into wine, or used in pill or powder form.

PRECAUTIONS

1. Contraindicated in patients with Excess Fire due to Yin Deficiency.
2. Mildly toxic.



Curculigo orchioides Gaertn. (Fam. Amaryllidaceae)
1. Whole plant with flowers; 2. Opened corolla showing stamen and pistil

PHARMACEUTICAL NAME

Rhizoma Curcumae Longae

ENGLISH NAME

turmeric rhizome

PART USED

dried rhizome

Rhizoma Curcumae Longae is produced in the provinces of Sichuan, Fujian, Jiangxi, and Yunnan, and in Taiwan. Collected in autumn and winter, the rhizome is washed and scalded in boiling water, then dried in sunlight. After the hairy rootlets and peel are removed, it is sliced and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver and Spleen channels.

FUNCTIONS

Invigorates circulation of Blood and promotes menstruation to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For pain in the chest and hypochondria due to Blood Stasis or for amenorrhea and abdominal pain due to Blood Stasis, it is used with Radix Angelicae Sinensis (Dang Gui), Flos Carthami Tinctorii (Hong Hua), and Radix Curcumae Yanhusuo (Yan Hu Suo).

For arm pain due to Wind Dampness, it is used with Rhizoma Notopterygii (Qiang Huo) and Radix Angelicae Sinensis (Dang Gui).

Used with Radix et Rhizoma Rhei (Da Huang), Radix Angelicae Dahuricae (Bai Zhi), Rhizoma Arisaematis (Tian Nan Xing), and Radix Trichosanthis (Tian Hua Fen) in powder form, it is applied topically, for skin ulceration.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose. Appropriate amount for external use.

PRECAUTIONS

None noted.



Curcuma longa L. (Fam. Zingiberaceae)
1. Whole plant with flowers; 2. Tuberous root and rhizome

PHARMACEUTICAL NAME

Radix Curcumae

ENGLISH NAME

turmeric tuber

PART USED

dried root tuber

Radix Curcumae is produced chiefly in Zhejiang and Jiangsu provinces. It is collected in winter and autumn, cleaned, broiled, dried in sunlight, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, cold in property, acts on the Heart, Liver, and Gallbladder channels.

FUNCTIONS

Invigorates Blood to relieve pain, promotes flow of Qi to relieve depression, clears Heat from the Heart, cools Blood to stop bleeding, facilitates Gallbladder function.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and pain of the chest, epigastrium, and abdomen, it is used with Radix Salviae Miltiorrhizae (Dan Shen), Radix Bupleuri (Chai Hu), Herba Moslae seu Elsholtziae (Xiang Ru), and Fructus Aurantii (Zhi Qiao). For dysmenorrhea due to constrained Liver Qi and congealed Blood, it is used with Radix Bupleuri (Chai Hu), Herba Moslae seu Elsholtziae (Xiang Ru), Radix Angelicae Sinensis (Dang Gui), and Radix Paeoniae Alba (Bai Shao).

For mental confusion and unconsciousness due to Phlegm accumulation.

For hematemesis, epistaxis, and hematuria due to Constrained Liver Qi with heat signs, it is used with Radix Rehmanniae (Sheng Di Huang), Cortex Moutan (Mu Dan Pi), Fructus Gardeniae Jasminoidis (Zhi Zi), and Radix Achyranthis Bidentatae (Niu Xi).

For jaundice, it is used with Herba Artemisiae Scopariae (Yin Chen) and Fructus Gardeniae Jasminoidis (Zhi Zi).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.

Curcuma longa L., *Curcuma aromatica* Salisb., or less frequently
C. zedoaria (Berg.) Rosc. (Fam. Zingiberaceae)

YU JIN



Curcuma longa L. (Fam. Zingiberaceae)
1. Whole plant with flowers; 2. Tuberous root and rhizome

PHARMACEUTICAL NAME

Rhizoma Curcumae Zedoariae

ENGLISH NAME

zedoray rhizome

PART USED

dried rhizome

Rhizoma Curcumae Zedoariae is produced mainly in the provinces of Guangxi, Sichuan, Zhejiang, Jiangxi, Guangdong, Fujian, and Yunnan. It is collected in autumn and winter, steamed or boiled, sliced, and used unprepared or with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver and Spleen channels.

FUNCTIONS

Breaks up congealed Blood, promotes flow of Qi to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, it is used with *Rhizoma Spargani* (San Leng), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Radix Achyranthis Bidentatae* (Niu Xi). For masses in the abdomen, it is used with *Rhizoma Spargani* (San Leng), *Radix Salviae Miltiorrhizae* (Dan Shen), and *Carapax Ameydae Sinensis* (Bie Jia).

For abdominal pain and distension due to food stagnancy, it is used with *Rhizoma Spargani* (San Leng), *Radix Aucklandiae* (Mu Xiang), *Fructus Aurantii Immaturus* (Zhi Shi), and *Fructus Crataegi* (Shan Zha).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

This herb is contraindicated for use during pregnancy and for patients with menorrhagia.



Curcuma phaelculis Valeton (Fam. Zingiberaceae)
1. Root and flowers; 2. Upper part of the plant

PHARMACEUTICAL NAME

Semen Cuscutae

ENGLISH NAME

Chinese dodder seed

PART USED

ripe seed

Semen Cuscutae is grown in Jiangsu, Liaoning Jilin, and Hebei. Collected in autumn, the seed is dried in sunlight. It is used unprepared or pounded into mash and made into cakes.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, neutral in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies both Kidney Yang and Kidney Yin to treat spontaneous emission and frequent urination, improves vision, and stops diarrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For pain in the loins and knees, it is used with Cortex Eucommiae Ulmoidis (Du Zhong) and Rhizoma Dioscoreae (Shan Yao). For impotence and spontaneous emission, it is used with Fructus Lycii (Gou Qi Zi), Fructus Rubi Chingii (Fu Pen Zi), and Fructus Schisandrae (Wu Wei Zi). For frequent urination, it is used with Cornu Cervi Pantotrichum (Lu Rong), Ootheca Mantidis (Sang Piao Xiao), and Fructus Schisandrae (Wu Wei Zi).

For blurred vision and poor eyesight, it is used with Radix Rehmanniae Preparata (Shu Di Huang) and Semen Plantaginis (Che Qian Zi).

For poor appetite, loose stools, or diarrhea due to Spleen Deficiency, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Radix Astragali Membranaceus (Huang Qi).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated in patients with Excess Fire due to Yin Deficiency and with constipation.



Cuscuta chinensis Lam. (Fam. Convolvulaceae)
1. Whole plant; 2. Opened corolla; 3. Fruit; 4. Seed

PHARMACEUTICAL NAME

Radix Cynanchi Atrati

ENGLISH NAME

blackened swallowwort root

PART USED

dried root and rhizome

Radix Cynanchi Atrati is produced in every part of China. It is collected in autumn, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and salty in flavor, cold in property, acts on the Stomach and Liver channels.

FUNCTIONS

Removes Blood Heat, relieves dysuria, counteracts toxicity, and heals sores.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with invasion of the Blood by pathogenic factors, and for fever due to Yin Deficiency or Blood Deficiency after delivery. For the latter case, the herb can be used with *Radix Angelicae Sinensis* (Dang Gui), *Radix Ginseng* (Ren Shen), and *Radix Glycyrrhizae Uralensis* (Gan Cao) in “Decoction of *Radix Cynanchi Atrati*” (Bai Wei Tang).

For acute urinary infection, and for dysuria with hematuria, it is used with *Herba Lophatheri Gracilis* (Dan Zhu Ye), *Pulvis Talci* (Hua Shi), *Caulis Akebiae* (Guan Mu Tong) and *Radix Rehmanniae* (Sheng Di Huang).

For sore throat, boils, and sores.

DOSAGE AND ADMINISTRATION

3–12 g, decocted in water for an oral dose, or made into a bolus or powder.

PRECAUTIONS

None noted.



Cynanchum atratum Bge. (Fam. Asclepiadaceae)
1. Root and branch; 2. Branch with flowers; 3. Fruit

PHARMACEUTICAL NAME

Radix Cynanchi Paniculati



Cynanchum paniculatum (Bge.) Kitag. (Fam. Asclepiadaceae)
1. Whole plant with flower; 2. Branch with fruit; 3. Flower; 4. Secondary corolla;
5. Side view of the stigma; 6. Pollen organ; 7. Pistil

PHARMACEUTICAL NAME

Rhizoma Cynanchi Stauntonii

ENGLISH NAME

willowleaf swallowwort rhizome, glaucescent
swallowwort rhizome

PART USED

dried rhizome and root

Rhizoma Cynanchi Stauntonii is produced mainly in the provinces of Zhejiang, Anhui, Henan, Shandong, and Fujian. It is collected in autumn. After cleaning, it is dried in sunlight, sliced, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, neutral in property, acts on the Lung channel.

FUNCTIONS

Expels Phlegm, treats Rebellious Qi of the Lung, relieves cough.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with copious sputum, stuffy chest, and shortness of breath due to obstruction of Lung Qi. For cough due to Wind Cold, it is used with *Herba Schizonepetae Tenuifolia* (Jing Jie), *Radix Platycodi* (Jie Geng), and *Pericarpium Citri Reticulatae* (Chen Pi) in “The Relieve Cough Powder” (Zhi Sou San). For cough and asthma with edema, and copious sputum, it is used with *Radix Euphorbiae seu Knoxiae* (Da Ji) in the “*Rhizoma Cynanchi Stauntonii* Decoction” (Bai Qian Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Cynanchum stauntonii (Decne.) Schltr. Ex Levl. (Fam. Asclepiadaceae)
1. Lower part of the plant; 2. Branch with flowers; 3. Flower; 4. Fruit

PHARMACEUTICAL NAME

Herba Cynomorii

ENGLISH NAME

songaria cynomorium stem

PART USED

stem

Herba Cynomorii is produced mainly in the provinces of Inner Mongolia, Gansu, Qinghai, and Xinjiang. Collected in spring and autumn, the stem is dried, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Liver, Kidney, and Large Intestine channels.

FUNCTIONS

Tonifies the Kidney and strengthens the Yang, moistens the Intestine to ease bowel movement.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence, infertility, weakness of the extremities. For weakness of the extremities, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Carapax et Plastrum Testudinis (Gui Ban), and Os Tigris (Hu Gu).

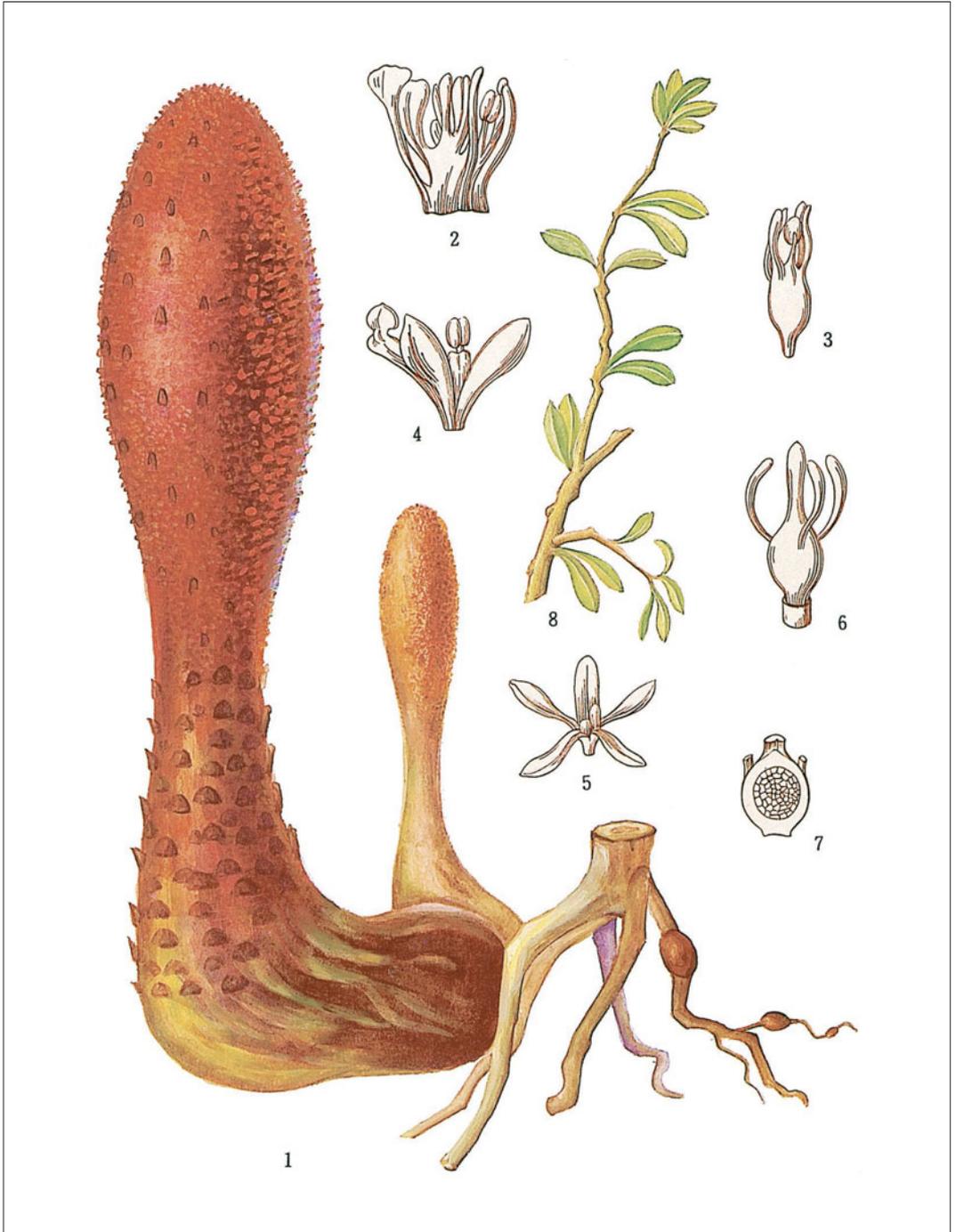
For constipation due to Dry Intestine, it is used with Fructus Cannabis Sativae (Huo Ma Ren) and Radix Angelicae Sinensis (Dang Gui).

DOSAGE AND ADMINISTRATION

15 g or less, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Hyperactive Yang due to Yin Deficiency, diarrhea due to Spleen Qi Deficiency, and constipation due to Excess Heat.



Cynomorium songaricum Rupr. (Fam. Cynomoriaceae)
1. Parasitizing plant; 2. Flower; 3. Hermaphrodite flower; 4-5. Male flower; 6. Female flower and degenerated stamen; 7. Cross-section of fruit; 8. Stem of the host plant

PHARMACEUTICAL NAME

Rhizoma Cyperi

ENGLISH NAME

nutgrass rhizome

PART USED

dried rhizome

Rhizoma Cyperi is produced chiefly in the provinces of Guangdong, Henan, Sichuan, Zhejiang, and Shandong. Collected in September and October, it is dried in sunlight and used unprepared or stir-baked with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent, slightly bitter, and slightly sweet in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Soothes the Liver, regulates the flow of Qi, normalizes menstruation to relieve dysmenorrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For Stagnant Liver Qi with distension and pain in the hypochondriac region, it is used with *Radix Bupleuri* (Chai Hu), *Fructus Aurantii* (Zhi Qiao), and *Radix Paeoniae Alba* (Bai Shao) in “The Bupleuri Powder for Relieving Liver Qi” (Chai Hu Shu Gan San). For distending pain and stuffiness in the epigastrium, and indigestion, it is used with *Radix Aucklandiae* (Mu Xiang) and *Fructus Citri Sarcodactylis* (Fo Shou). For periumbilical colic due to invasion by Cold, it is used with *Fructus Foeniculi* (Xiao Hui Xiang) and *Radix Linderae* (Wu Yao).

For irregular menstruation and dysmenorrhea, especially when caused by Stagnant Liver Qi, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), *Radix Paeoniae Alba* (Bai Shao), and *Radix Bupleuri* (Chai Hu).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for an oral dose.

PRECAUTIONS

Use with caution in patients with Deficient Qi or Blood Heat.



Cyperus rotundus L. (Fam. Cyperaceae)
1. Whole plant with flowers; 2. Litter ear

PHARMACEUTICAL NAME

Resina Draconis

ENGLISH NAME

dragon's blood

PART USED

red resin

Resina Draconis is grown mainly in Indonesia, India, and Malaysia. It is collected in summer, wrapped in cloth, and placed in hot water to soften it into granules. The granules are dried and ground into powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, neutral in property, acts on the Heart and Liver channels.

FUNCTIONS

Used externally to stop bleeding and promote tissue regeneration. Used internally to promote blood circulation to resolve Blood Stasis and relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For traumatic injury, it is used alone or with Pollen Typhae (Pu Huang). For refractory ulcer, it is used with Gummi Olibanum (Ru Xiang) and Myrrha (Mo Yao).

For swelling and pain due to Blood Stasis, it is used with Gummi Olibanum (Ru Xiang) and Myrrha (Mo Yao) in "The Anti-Bruise Powder" (Qi Li San).

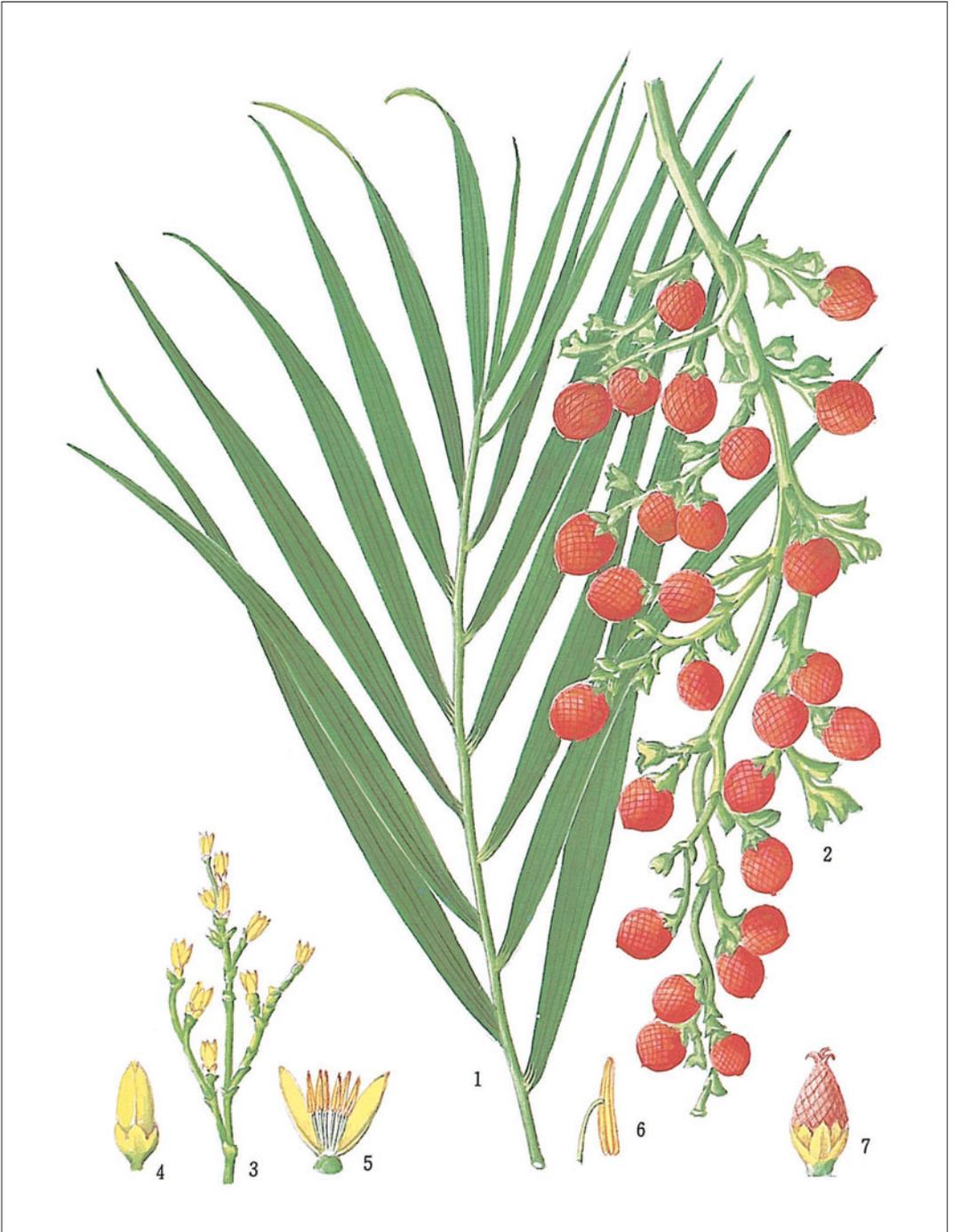
For amenorrhea, dysmenorrhea, and all kinds of gastric and abdominal pain due to Blood Stasis.

DOSAGE AND ADMINISTRATION

1–1.5 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

Not to be used for patients without symptoms of Blood Stasis.



Daemonorops draco BI. (Fam. Araceae)
1. Leaves; 2. Fruit; 3. Flowers; 4. Male flower; 5. Opened male flower showing stamen; 6. Stamen; 7. Female flower

PHARMACEUTICAL NAME

Lignum Dalbergiae Odoriferae

ENGLISH NAME

dalbergia heartwood

PART USED

dried trunk and root of heartwood

Lignum Dalbergiae Odoriferae is produced in Hainan province. The wood is cut into slices, and dried in the shade.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Heart and Liver channels.

FUNCTIONS

Invigorates Blood circulation to remove Blood Stasis, stops bleeding, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For pain in the chest and hypochondria, it is used with Radix Curcumae (Yu Jin), Semen Persicae (Tao Ren), and Retinervus Luffae Fructus (Si Gua Luo). For traumatic pain and swelling, it is used with Gummi Olibanum (Ru Xiang) and Myrrha (Mo Yao).

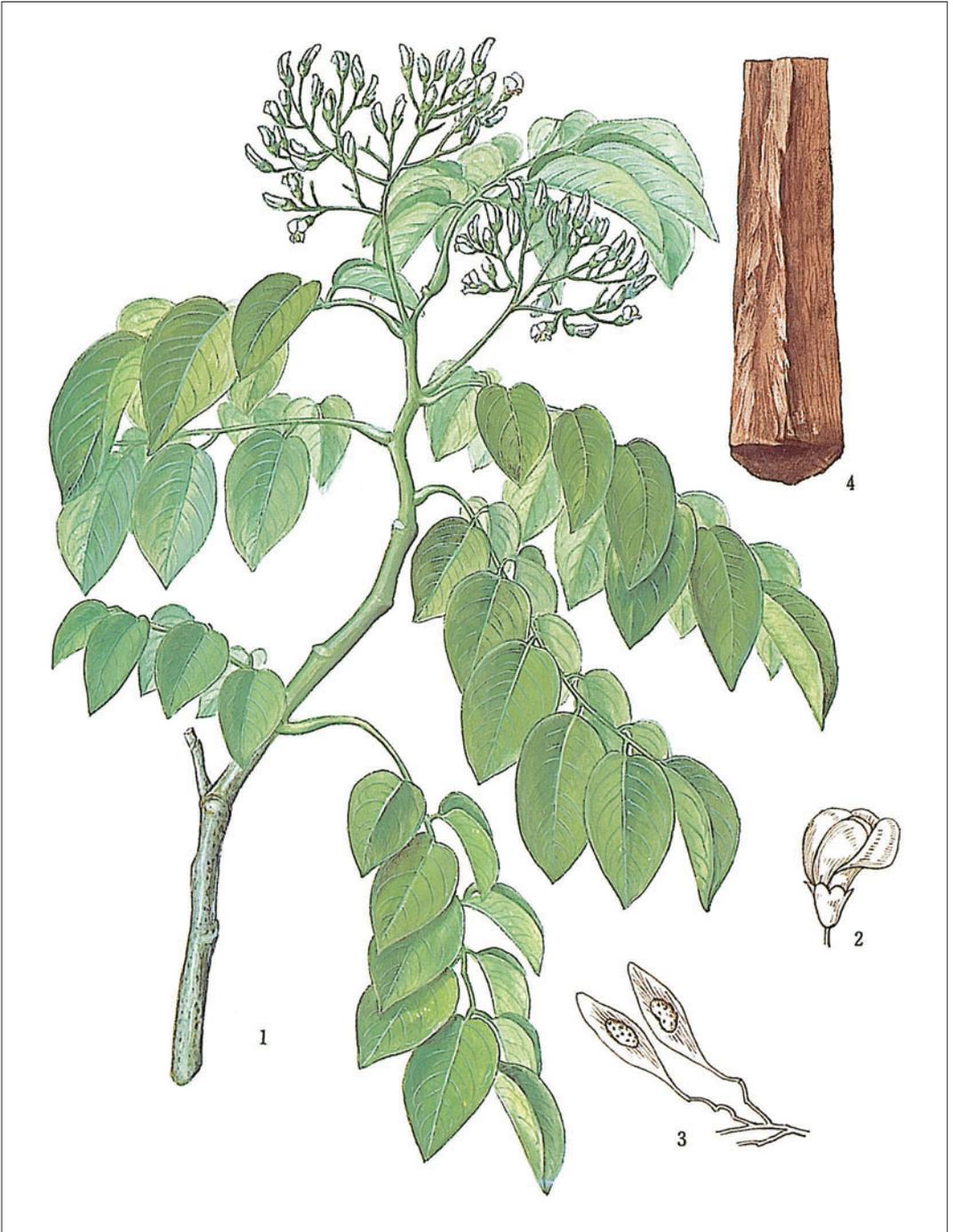
For vomiting and abdominal pain, it is used with Radix Aucklandiae (Mu Xiang) and Herba Agastachis (Huo Xiang).

DOSAGE AND ADMINISTRATION

3–6 g. Appropriate amount for external use.

PRECAUTIONS

Contraindicated for use in patients with Yin Deficient Fire syndromes.



Dalbergia odorifera T. Chen (Fam. Fabaceae)
1. Branch with flowers; 2. Flower; 3. Fruit; 4. Wood

PHARMACEUTICAL NAME

Flos Daphnes Genkwa

ENGLISH NAME

lilac daphne flower bud

PART USED

dried flower bud

Flos Daphnes Genkwa is produced chiefly in the provinces of Anhui, Jiangsu, Zhejiang, Sichuan, and Shandong. The flower buds are collected in spring before they bloom, dried in sunlight, and processed with vinegar for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, mildly toxic, acts on the Lung, Kidney, and Large Intestine channels.

FUNCTIONS

Purgative diuretic, resolves Phlegm, relieves cough, kills parasites, and is effective in the treatment of skin diseases.

CLINICAL USE AND MAJOR COMBINATIONS

For anasarca, ascites, and hydrothorax. Flos Daphnes Genkwa is a hydragogue with similar but less drastic action than that of Radix Euphorbiae Kansui (Gan Sui) and Radix Euphorbiae seu Knoxiae (Da Ji), and it is especially effective for hydrothorax.

For chronic bronchitis due to Cold Dampness, it is used with Fructus Zizyphi Jujubae (Da Zao).

For scabies, tinea, and frostbite, it is used alone or with Realgar (Xiong Huang) for external application.

DOSAGE AND ADMINISTRATION

1.5–3 g, if decocted; 0.6g, if used as powder. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated for weak or pregnant patients.
2. It is incompatible with Radix Glycyrrhizae Uralensis (Gan Cao).
3. Mildly toxic.



Daphne genkwa Sieb. et Zucc. (Fam. Thymelaeaceae)
1. Branch with flowers; 2. Root

PHARMACEUTICAL NAME

Herba Dendrobii

ENGLISH NAME

dendrobium

PART USED

stem

Herba Dendrobii is produced mainly in the provinces of Sichuan, Guizhou, and Yunnan. It is collected in summer and autumn, dried in sunlight, cut into segments, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Stomach and Kidney channels.

FUNCTIONS

Nourishes the Stomach and promotes the production of Fluids, replenishes Yin, and clears Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For thirst due to dehydration by febrile diseases, it is used with Radix Ophiopogonis (Mai Dong), Radix Rehmanniae (Sheng Di Huang), and Radix Trichosanthis (Tian Hua Fen). For dry tongue and thirst due to Insufficient Stomach Yin, it is used with Radix Glehniae (Bei Sha Shen) and Rhizoma Polygonati Odorati (Yu Zhu).

For fever due to Yin Deficiency, it is used with Radix Rehmanniae (Sheng Di Huang), Radix Ophiopogonis (Mai Dong), and Radix Ampelopsis (Bai Lian).

For poor eyesight, it is used with Flos Chrysanthemi Morifolii (Ju Hua), Semen Cuscutae (Tu Si Zi), and Fructus Lycii (Gou Qi Zi). For weakness in the loins and knees due to Deficient Kidney Yin, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Fructus Lycii (Gou Qi Zi), and Radix Achyranthis Bidentatae (Niu Xi).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water before other herbs for internal use. The fresh herb is much more effective in clearing Heat and promoting the production of Fluids. The dry herb used in decoction is used to treat dry tongue due to Yin Deficiency.

PRECAUTIONS

Not to be taken by patients with Damp Warm syndromes.



Dendrobium nobile Lindl. (Fam. Orchidaceae)

PHARMACEUTICAL NAME

Herba Desmodii Styracifolii

ENGLISH NAME

snowbell leaf tickclover herb

PART USED

dried aerial part

Herba Desmodii Styracifolii is produced mainly in Guangdong province. It is collected in summer and autumn, and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and neutral in flavor, cold in property.

FUNCTIONS

Clears Heat and removes Dampness, is a diuretic, and relieves dysuria.

CLINICAL USE AND MAJOR COMBINATIONS

For urinary disturbance due to Damp Heat, urolithiasis with difficult painful urination, or edema with oliguria, it is used with Herba Plantaginis (Che Qian Cao).

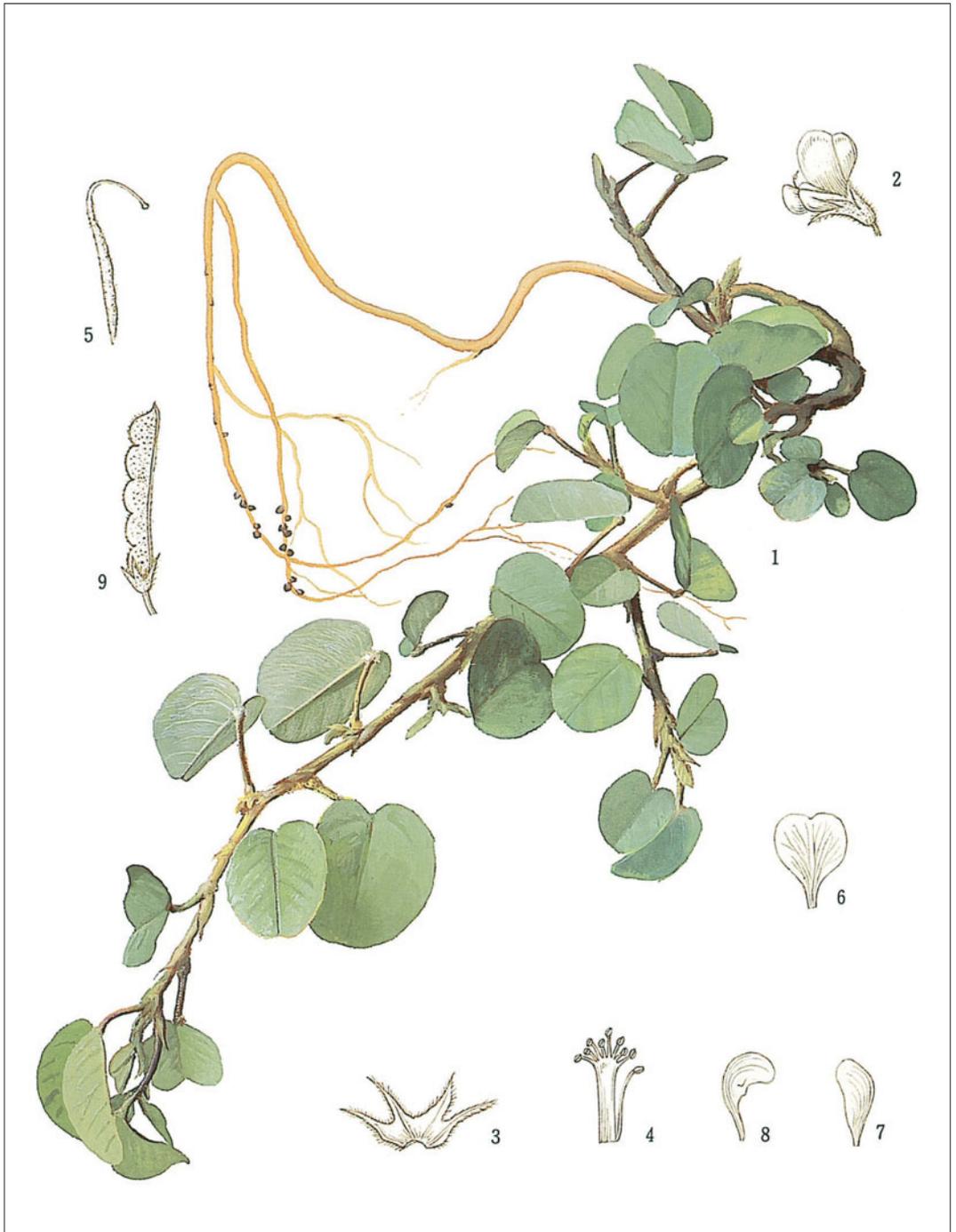
For jaundice with dark urine, it is used with Rhizoma Imperatae (Bai Mao Gen) and Herba Plantaginis (Che Qian Cao).

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Desmodium styracifolium (Osb.) Merr. (Fam. Fabaceae)
1. Whole plant; 2. Flower; 3. Calyx; 4. Stamen; 5. Pistil; 6–8. Petal; 9. Fruit

PHARMACEUTICAL NAME

Herba Dianthi

ENGLISH NAME

pink dianthus herb

PART USED

dried aerial part

Herba Dianthi is produced chiefly in the provinces of Hebei, Henan, Liaoning, Hubei, and Jiangsu. The herb is collected in summer and autumn, cleaned, dried, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in taste, cold in property, acts on the Heart, Small Intestine, and Bladder channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For dribbling urination with scanty, dark urine and burning pain, it is used with Herba Polygoni Avicularis (Bian Xu) and Caulis Akebiae (Guan Mu Tong), in “The Eight Health Restoring Powder” (Ba Zheng San).

For amenorrhea due to Blood Stagnation.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for use during pregnancy.



Dianthus superbus L. (Fam. Caryophyllaceae)

PHARMACEUTICAL NAME

Radix Dichroae

ENGLISH NAME

dichroa root

PART USED

dried root

Radix Dichroae is grown mainly in the provinces of Sichuan, Guizhou, Hunan, and Hubei. The plant is collected in autumn. After the rootlets are removed, the root is dried in sunlight, then sliced and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, cold in property, mildly toxic, acts on the Lung, Heart, and Liver channels.

FUNCTIONS

Eliminates Phlegm and induces diuresis, stops malarial attacks.

CLINICAL USE AND MAJOR COMBINATIONS

For sputum in chest, it is used with Radix Glycyrrhizae Uralensis (Gan Cao) and honey.

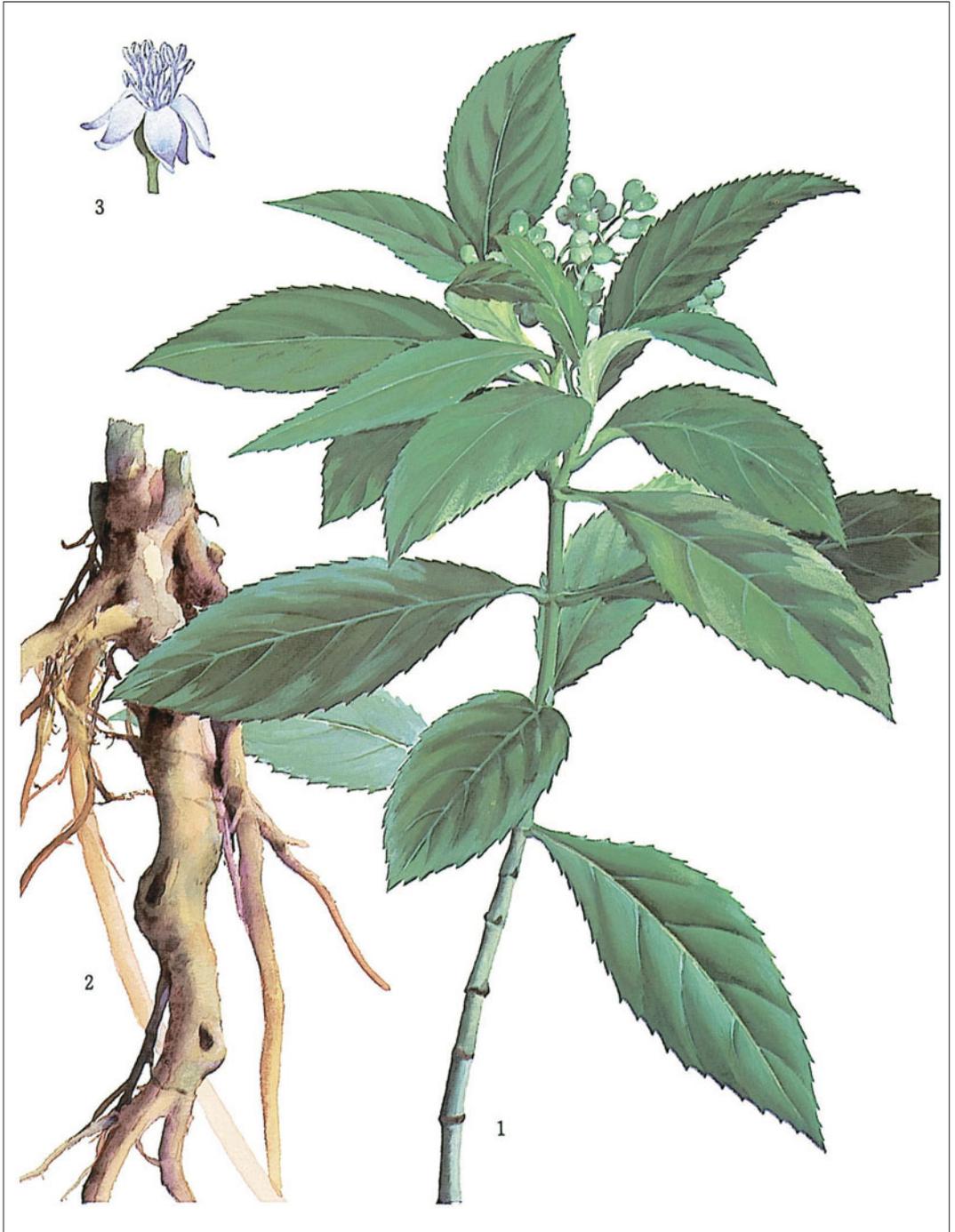
For malaria, it is used with Fructus Amomi Tsaoko (Cao Guo), Semen Arecae (Bing Lang), and Pericardium Citri Reticulatae Viride (Qing Pi).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water taken internally. For use as an emetic, it is used unprepared. For malaria, it is stir-baked with wine.

PRECAUTIONS

Mildly toxic; use cautiously for patients with weakness and debility.



Dichroa febrifuga Lour. (Fam. Saxifragaceae)
1. Branch with fruit; 2. Root; 3. Flower

PHARMACEUTICAL NAME

Cortex Dictamni

ENGLISH NAME

dense fruit pittany root-bark

PART USED

dried root bark

Cortex Dictamni is produced chiefly in the provinces of Liaoning, Hebei, Sichuan, and Jiangsu. It is collected in spring or autumn, sliced, and dried in the sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Clears Pathogenic Heat, removes Dampness, relieves itching.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of skin inflammation with yellowish watery discharge, eczema, rubella, tinea, and scabies, it is used with Radix Sophorae Flavescens (Ku Shen) and Rhizoma Atractylodis (Cang Zhu).

For jaundice due to Damp Heat, it is used with Herba Artemisiae Scopariae (Yin Chen) and Radix Scutellariae (Huang Qin).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Dictamnus dasycarpus Turcz. (Fam. Rutaceae)

1. Branch with flowers; 2. Fruit; 3. Root

PHARMACEUTICAL NAME**Rhizoma Dioscoreae****ENGLISH NAME****Chinese yam rhizome****PART USED**

rhizome

Rhizoma Dioscoreae is produced in the provinces of Henan, Hebei, Shanxi, and Shandong. After the rhizome is harvested in winter, it is skinned, smoked with sulfur, and dried in sunlight. Or it may be macerated, rolled into cylindrical rods and polished, sliced, and used unprepared or stir-baked with wheat bran.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen, Lung, and Kidney channels.

FUNCTIONS

Tonifies the Qi and nourishes Yin, tonifies the Lung, Spleen, and Kidney.

CLINICAL USE AND MAJOR COMBINATIONS

For poor appetite, loose stools or diarrhea due to Deficient Spleen Qi, it is used with Radix Ginseng (Ren Shen), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “The Powder of Radix Ginseng, Poria and Rhizoma Atractylodis Macrocephalae” (Shen Ling Bai Zhu San).

For cough and asthma due to Lung Deficiency, it is used with Radix Codonopsis (Dang Shen), Radix Ophiopogonis (Mai Dong), and Fructus Schisandrae (Wu Wei Zi).

For spermatorrhea due to Kidney Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang) and Fructus Corni (Shan Zhu Yu) in “The Bolus of Six Herbs Including Rehmannia” (Liu Wei Di Huang Wan). For frequent urination due to Kidney Deficiency, it is used with Fructus Alpiniae Oxyphyllae (Yi Zhi Ren) and Radix Linderae (Wu Yao) in “The Pill for Decreasing Urination” (Suo Quan Wan). For leukorrhagia due to Deficient

Spleen with Dampness, it is used with Radix Codonopsis (Dang Shen) and Rhizoma Atractylodis Macrocephalae (Bai Zhu). For yellow leukorrhea with signs of Damp Heat, it is used with Cortex Phellodendri (Huang Bai). For leukorrhea due to Kidney Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Fructus Corni (Shan Zhu Yu), and Semen Cuscutae (Tu Si Zi).

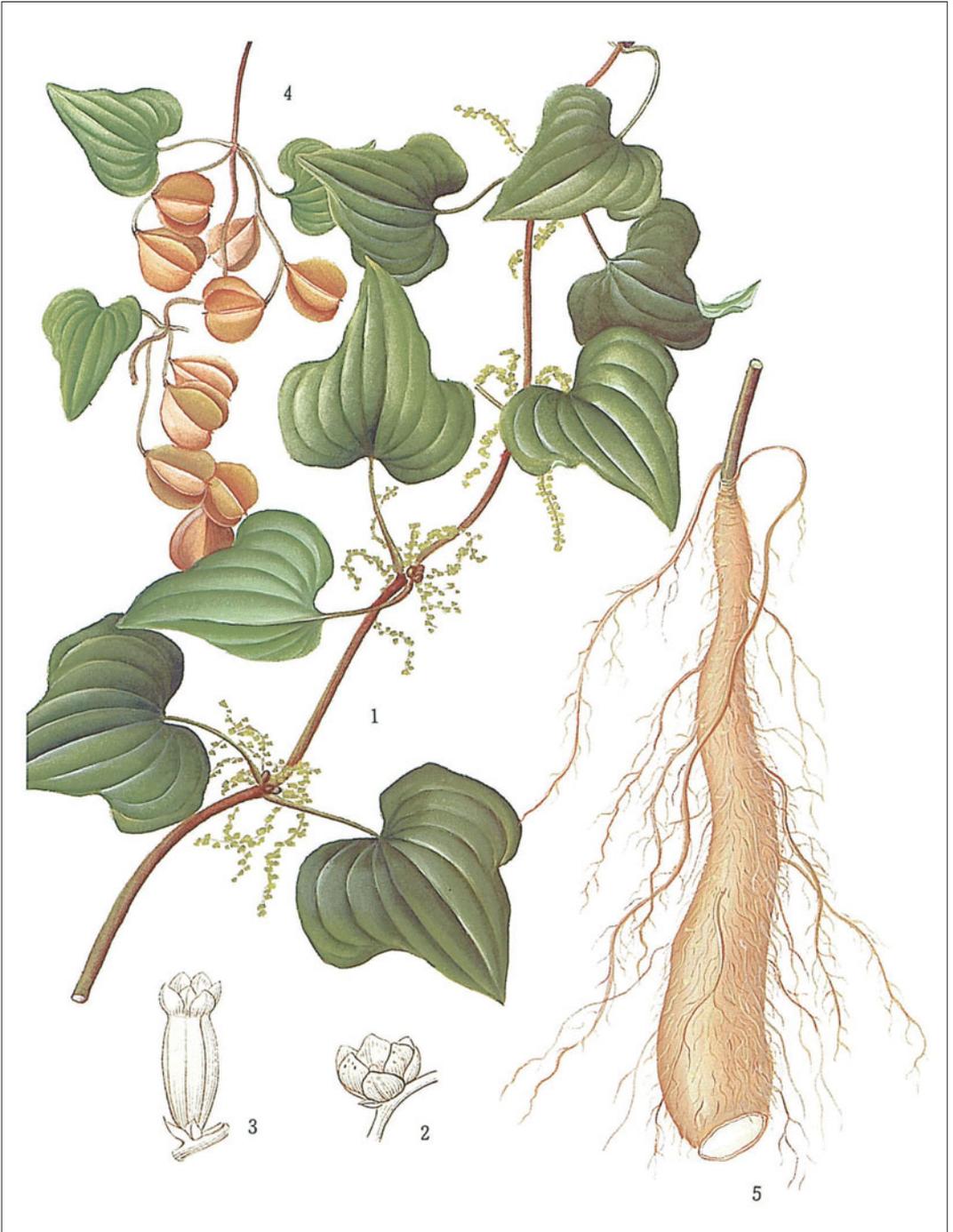
For consumptive thirst, it is decocted for frequent drinks, 250 g every day, or used with Radix Astragali Membranaceus (Huang Qi), Radix Puerariae (Ge Gen), Rhizoma Anemarrhenae (Zhi Mu), and Radix Trichosanthis (Tian Hua Fen) in “The Decoction for Diabetes” (Yu Ye Tang).

DOSAGE AND ADMINISTRATION

10–30 g, or for a large dosage use 60–250 g, ground into powder and taken orally, 6–10 g each time. For nourishing Yin, it is used unprepared; for tonifying the Spleen to stop diarrhea, it is used stir-baked with wheat bran.

PRECAUTIONS

Not to be used in patients with abdominal distension due to Excess Dampness or food stagnation.



Dioscorea opposita Thunb. (Fam. Dioscoreaceae)
1. Branch with flowers; 2. Male flower; 3. Female flower; 4. Fruit; 5. Root-tuber

PHARMACEUTICAL NAME

Calyx Kaki

ENGLISH NAME

persimmon calyx and receptacle

PART USED

dried persistent calyx

Calyx Kaki is produced chiefly in the provinces of Sichuan, Guangdong, Fujian, Shandong, and Henan. It is collected in August and September, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Stomach channel.

FUNCTIONS

Regulates Rebellious Qi of the Stomach.

CLINICAL USE AND MAJOR COMBINATIONS

For hiccups due to Cold in the Stomach, it is used with *Flos Syzygii Aromatici* (Ding Xiang) and *Rhizoma Zingiberis Recens* (Sheng Jiang) in the “Calyx Kaki Decoction” (Shi Di Tang).

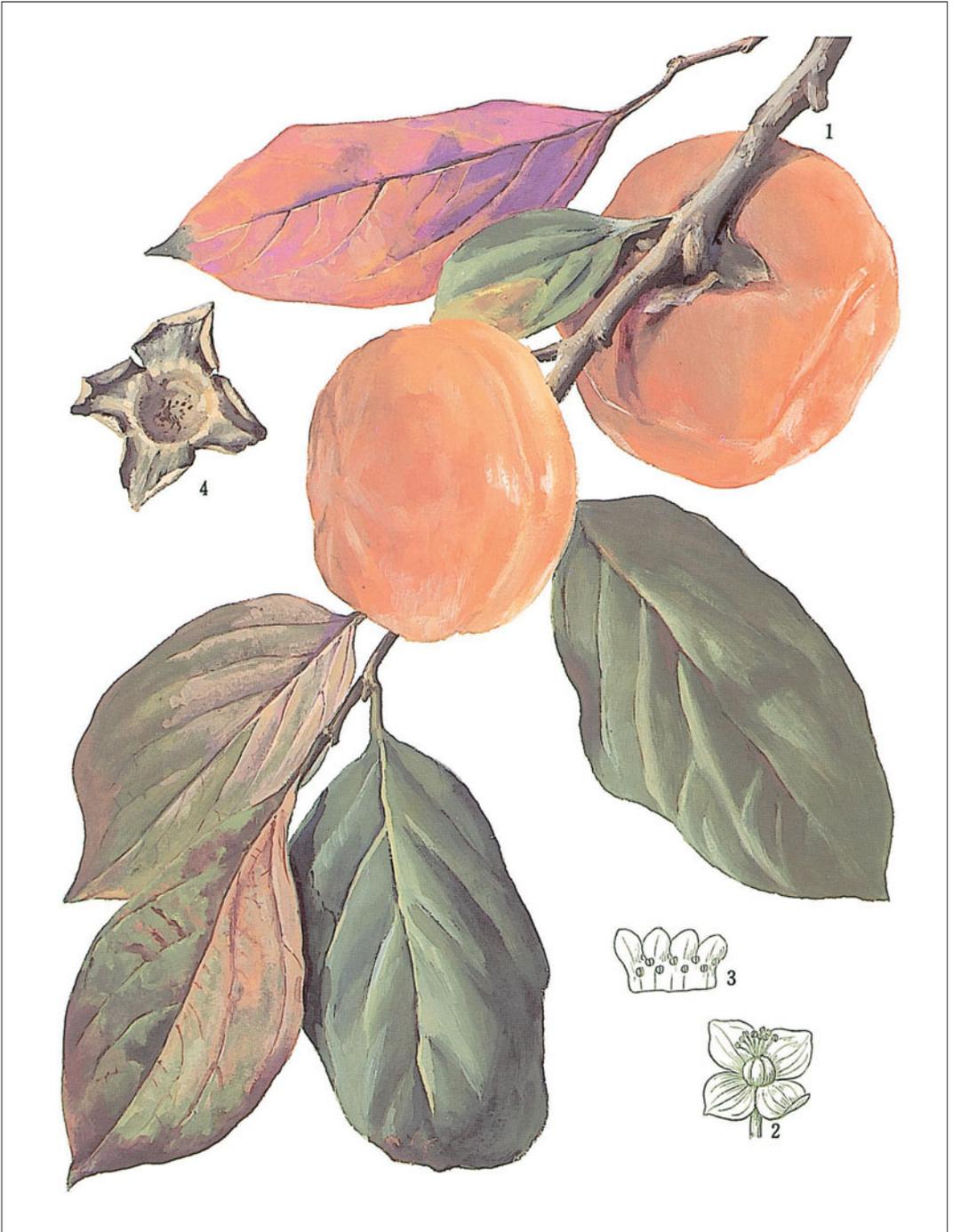
For hiccups due to Stomach Heat, it is used with *Rhizoma Phragmitis* (Lu Gen) and *Caulis Bambusae In Taeniis* (Zhu Ru).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Diospyros kaki L. f. (Fam. Ebenaceae)
1. Branch with fruit; 2. Female flower; 3. Cross-section of male flower; 4. Calyx

PHARMACEUTICAL NAME

Radix Dipsaci

ENGLISH NAME

Himalayan teasel root

PART USED

dried root

Radix Dipsaci is produced mainly in the provinces of Sichuan and Hubei. The root is collected in summer, sliced, and dried in sunlight. It is used unprepared, stir-baked with wine, or stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter, sweet, and pungent in flavor, slightly warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Liver and Kidney, promotes blood circulation, and promotes reunion of fractured bones.

CLINICAL USE AND MAJOR COMBINATIONS

For soreness and pain of the loins and legs, weakness of the feet and knees, and metrorrhagia due to Liver and Kidney Deficiency. For soreness and pain of the loin and weakness of the feet, it is used with Cortex Eucommiae Ulmoidis (Du Zhong), Radix Achyranthis Bidentatae (Niu Xi), and Rhizoma Dioscoreae (Bi Xie). For metrorrhagia, it is used with Radix Astragali Membranaceus (Huang Qi) and Radix Rehmanniae Preparata (Shu Di Huang).

For threat of abortion, and vaginal bleeding during pregnancy, it is used with Radix Dipsaci (Xu Duan), Rumulus Taxilli Sutchuenensis (Sang Ji Sheng), Semen Cuscutae (Tu Si Zi), and Colla Corii Asini (A Jiao).

For traumatic injury, sores, carbuncles, and ulcers, it is used with Rhizoma Drynariae (Gu Sui Bu) and Sanguis Draconis (Xue Jie).

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for internal use. Used stir-baked for metrorrhagia. Appropriate amount of powdered herb for external use.

PRECAUTIONS

None noted.



Dipsacus asperoides C. Y. Cheng at T. M. Ai (Fam. Dipsacaceae)

1. Root and branch; 2. Branch with flowers; 3. Flower

PHARMACEUTICAL NAME

Semen Dolichoris

ENGLISH NAME

hyacinth bean

PART USED

seed

Semen Dolichoris is produced in the provinces of Zhejiang, Jiangsu, Anhui, Hunan, Jiangxi, and Sichuan. It is collected in autumn, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Invigorates the Spleen to resolve Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For lassitude and weakness, poor appetite, or diarrhea due to Spleen Deficiency, and for leukorrhea, it is used with Radix Ginseng (Ren Shen), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “The Powder of Radix Ginseng, Poria and Rhizoma Atractylodis Macrocephalae” (Shen Ling Bai Zhu San).

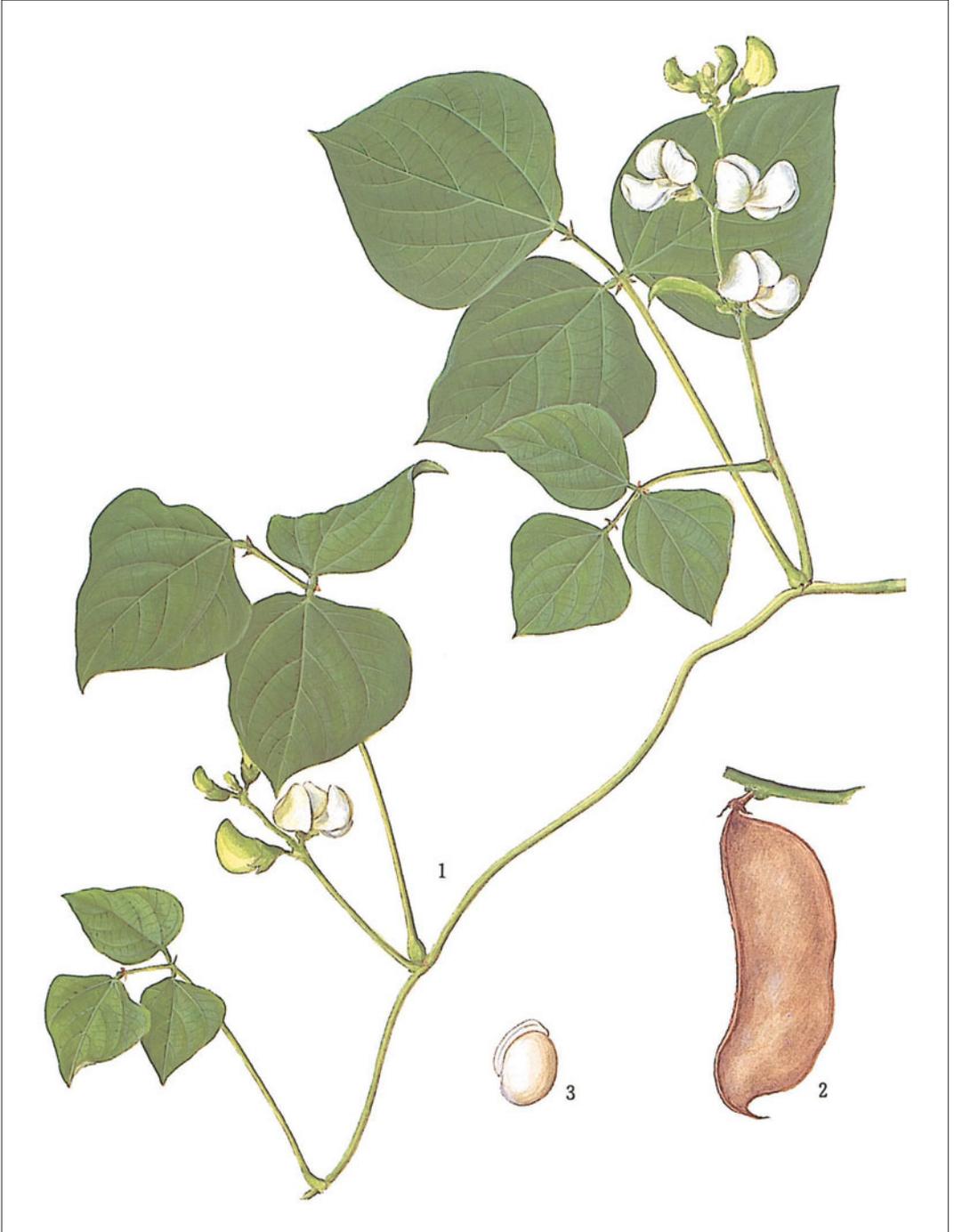
For vomiting and diarrhea due to Summer Heat, it is used alone or with Cortex Magnoliae Officinalis (Hou Po) and Herba Moslae seu Elsholtziae (Xiang Ru) in “The Herba Moslae Powder” (Xiang Ru Powder).

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose. It is used stir-baked for invigorating the Spleen to stop diarrhea, and used unprepared for relieving Summer Heat.

PRECAUTIONS

None noted.



Dolichos lablab L. (Fam. Fabaceae)
1. Branch with flowers; 2. Fruit; 3. Seed

PHARMACEUTICAL NAME

Rhizoma Drynariae

ENGLISH NAME

drynaria rhizome

PART USED

rhizome

Rhizoma Drynariae is produced in the provinces of Hubei, Zhejiang, Guangdong, and Guangxi. Collected in winter or spring, the fern is heated in hot sand to remove the hairy part, then pounded into pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Kidney, promotes Blood circulation, stops bleeding, and treats injury.

CLINICAL USE AND MAJOR COMBINATIONS

For pain in the loins, weakness in the feet, tinnitus and deafness, toothache, and chronic diarrhea due to Kidney Deficiency. For loin and foot pain, it is used with *Fructus Psoraleae* (Bu Gu Zhi), *Radix Achyranthis Bidentatae* (Niu Xi), and *Semen Juglandis* (Hu Tao Rou). For tinnitus, toothache, and deafness, it is used with *Radix Rehmanniae Preparata* (Shu Di Huang) and *Fructus Corni* (Shan Zhu Yu). For chronic diarrhea, a powder is used.

For fractures, it is used with *Pyritum* (Zi Ran Tong), *Carapax et Plastrum Testudinis* (Gui Ban), and *Myrrha* (Mo Yao). Powder can be applied to the local area.

It can be macerated into wine and used for alopecia areata.

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose, or used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

It is contraindicated in patients with Heat due to Yin Deficiency and for patients without Blood Stasis.



Drynaria fortunei (Kunze) J. Sm. (Fam. Polypodiaceae)

PHARMACEUTICAL NAME

Herba Ecliptae

ENGLISH NAME

eclipta

PART USED

entire plant

Herba Ecliptae is produced chiefly in the provinces of Jiangsu, Jiangxi, and Zhejiang. It is collected in autumn, dried in sunlight, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, cold in property, acts on the Liver and Kidney channels.

FUNCTIONS

Replenishes Yin and tonifies the Kidney, removes Blood Heat, and stops bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness and blurred vision due to Deficient Liver Yin and Kidney Yin, it is used with Fructus Ligustri Lucidi (Nu Zhen Zi).

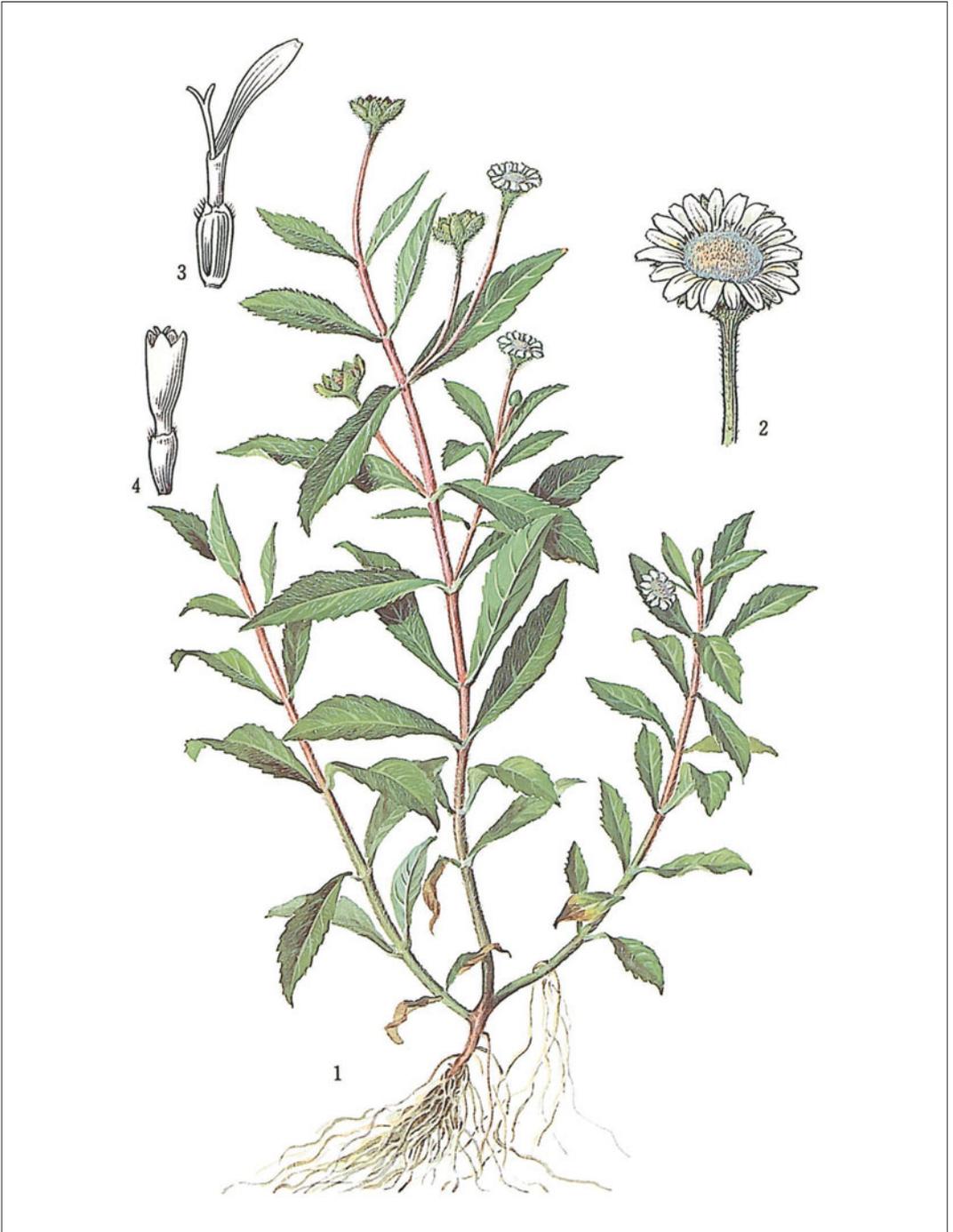
For hemorrhagia, epistaxis, hemaecia, hematuria, and metrorrhagia due to Yin Deficiency and Blood Heat, it is used alone or with Radix Rehmanniae (Sheng Di Huang), Pollen Typhae (Pu Huang), Colla Corii Asini (A Jiao), and Rhizoma Imperatae (Bai Mao Gen).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use. Appropriate amount for external use.

PRECAUTIONS

Contraindicated in patients with diarrhea due to Cold and Deficiency in the Spleen and Stomach.



Eclipta prostrata L. (Fam. Asteraceae)
1. Whole plant; 2. Capitulum; 3. Ligulate flower; 4. Hermaphrodite flower

PHARMACEUTICAL NAME

Periostracum Serpentis

ENGLISH NAME

snake skin slough

PART USED

skin slough

Periostracum Serpentis is produced mainly in the provinces of Zhejiang, Guangxi, Sichuan, Jiangsu, and Fujian. It is dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Dispels Wind, relieves convulsion, and removes nebula (ocular cloudiness) to improve vision.

CLINICAL USE AND MAJOR COMBINATIONS

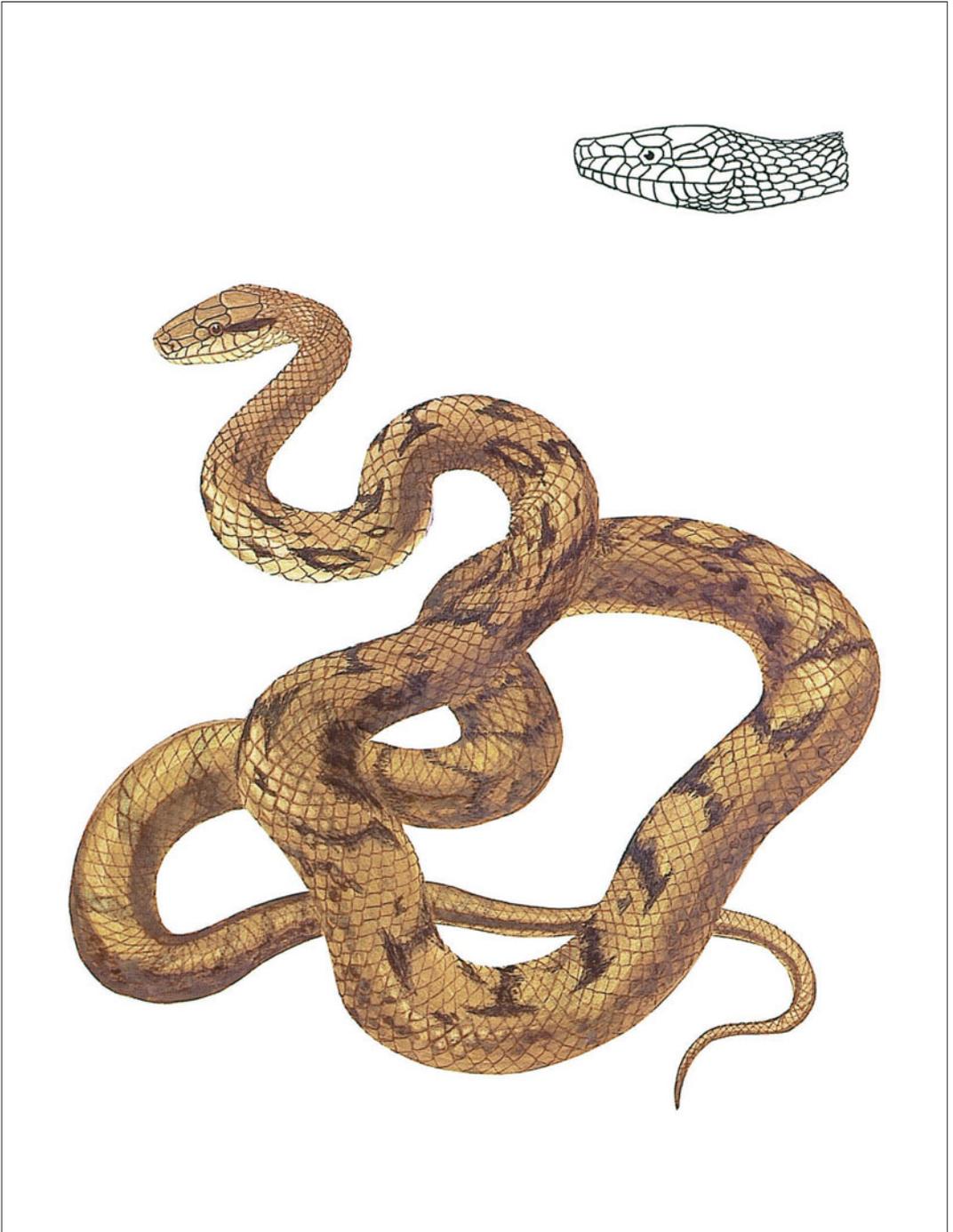
For infantile convulsion, skin itching, and nebula. For nebula, it is used with *Periostracum Cicadae* (Chan Tui) and *Fructus Tribuli Terietris* (Ji Li). For rash due to Wind Heat, it is used with *Periostracum Cicadae* (Chan Tui), *Radix Rehmanniae* (Sheng Di Huang), and *Radix Angelicae Sinensis* (Dang Gui).

DOSAGE AND ADMINISTRATION

2–3 g, decocted in water for an oral dose;
0.3–0.6 g, ground into powder for use.

PRECAUTIONS

None noted.



Elaphe aeniurus Cope. (Fam. Serpentes)

PHARMACEUTICAL NAME

Herba Elsholtziae Splendentis

ENGLISH NAME

aromatic madder

PART USED

dried aerial part

Herba Elsholtziae Splendentis is grown mainly in the provinces of Jiangxi, Hebei, and Henan. That produced in Jiangxi province is of the best quality. The cultivated herb is called Jiang Herba Elsholtziae, while the wild herb is known as Green Herba Elsholtziae. It is harvested in summer and autumn, dried in sunlight, and cut into pieces.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, slightly warm in property, acts on the Lung and Stomach channels.

FUNCTIONS

Induces diaphoresis, regulates the function of the Stomach and the Spleen, removes Dampness by promoting urination.

CLINICAL USE AND MAJOR COMBINATIONS

For attack of Summer Heat and Dampness marked by fever, aversion to cold, headache, abdominal pain, diarrhea, and lack of sweating, it is used with Semen Dolichoris Lablab (Bai Bian Dou) and Cortex Magnoliae Officinalis (Hou Po) in “The Herba Elsholtziae Powder” (Xiang Ru San).

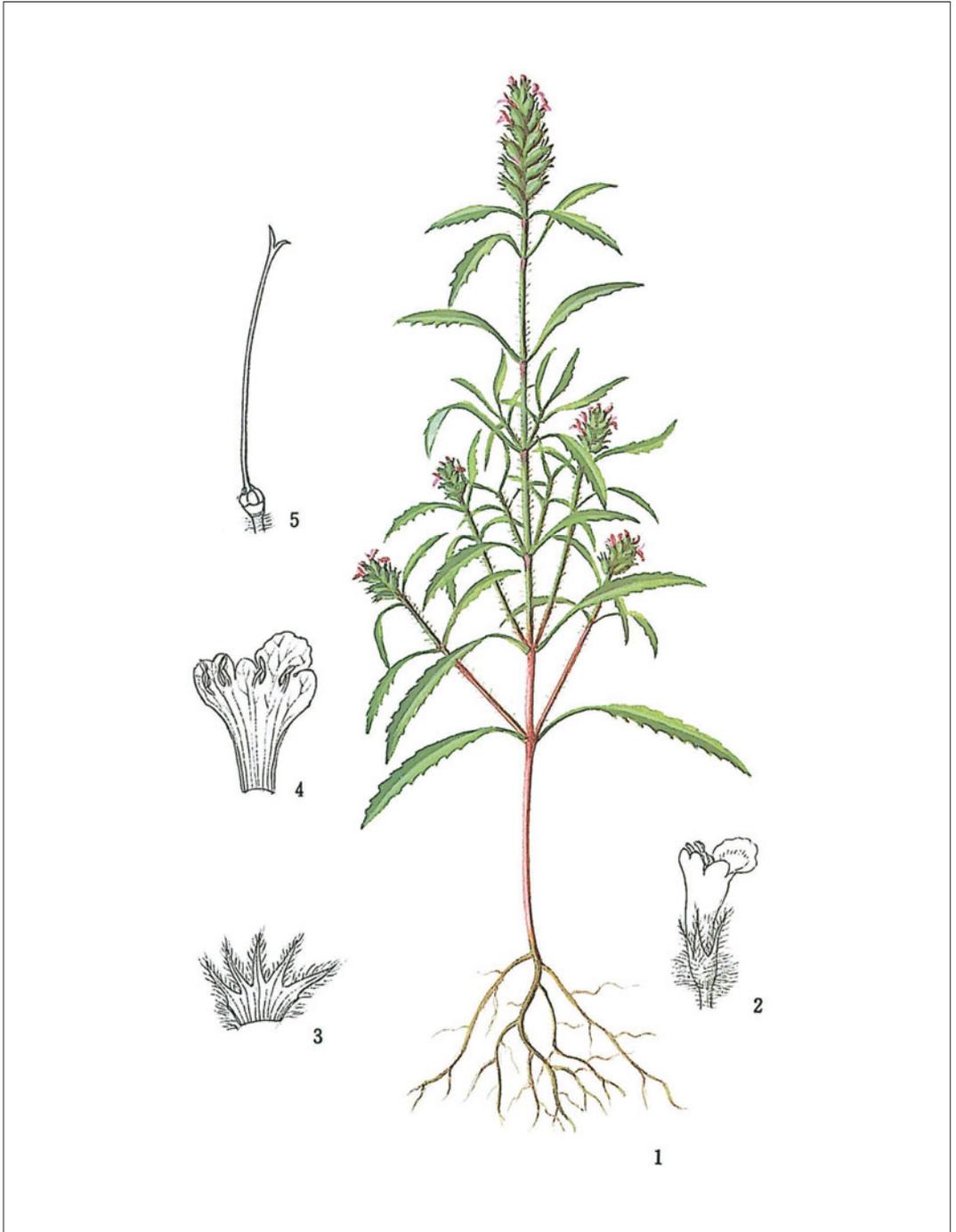
For edema and oliguria, especially from Spleen Deficiency, it is used alone or with Rhizoma Atractylodis Macrocephalae (Bai Zhu) in the “Ru Zhu Pill” (Ru Zhu Wan).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated for spontaneous sweating due to Exterior Deficiency.



Elsholtzia splendens Nakai ex F. Maekwa (Fam. Lamiaceae)
1. Whole plant; 2. Flower; 3. Opened calyx; 4. Opened corolla showing stem; 5. Pistil

PHARMACEUTICAL NAME

Herba Ephedra

ENGLISH NAME

ephedra

PART USED

stem

Herba Ephedrae is grown in the provinces of Hebei, Shanxi, Inner Mongolia, Gansu, Liaoning, and Sichuan. Harvested in autumn, the stem is dried and cut into segments. It is used unprepared or after being stir-baked with honey.

PROPERTY, FLAVOR, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Lung and Bladder channels.

FUNCTIONS

Dispers pathogenic factors from the Exterior of the body by diaphoresis, promotes the flow of Lung Qi, allays asthma, and induces diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For Exterior syndromes of the Excess type due to invasion of Wind Cold with chills, fever, headache, stuffy nose, anhidrosis with a floating, tense pulse, it is used with Ramulus Cinnamomi (Gui Zhi), Semen Pruni Armeniacae (Ku Xing Ren), and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Ephedra Decoction” (Ma Huang Tang).

For cough and dyspnea, it is used with Pruni Armeniacae (Ku Xing Ren) and licorice in “The Decoction of Three Crude Herbs” (San Ao Tang). For cough and asthma with profuse, thin, clear sputum that results from obstruction of the Lung by Cold Phlegm, it is used with Herba Asari (Xi Xin), Zingiberi Officinalis (Gan Jiang), and Rhizoma Pinelliae (Ban Xia) in “The Minor Green Dragon Decoction” (Xiao Qing Ling Tang). For cough with dyspnea and fever from retention of Lung Heat, it is used with Gypsum (Shi Gao), Pruni Armeniacae (Ku Xing Ren) and Radix Glycyrrhizae Uralensis (Gan Cao) in the “Ephedra Pruni Armeniacae Licorice Decoction” (Ma Xing Shi Gan Tang).

For edema with fever, it is used with Gypsum in “The Decoction for Relieving Edema” (Yue Bi Tang). For edema with deep pulse and cold, it is used with Radix Aconiti Carmichaeli Preparata (Zhi Fu Zi) and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Ephedra Aconiti Licorice Decoction” (Ma Huang Fu Zi Gan Cao Tang).

DOSAGE AND ADMINISTRATION

1.5–9 g, decocted in water for internal use. To promote diaphoresis and induce diuresis, Herba Ephedrae is usually used unprepared; for relieving cough and dyspnea, it is stir-baked.

PRECAUTIONS

1. Herba Ephedrae should not be used in large doses because of its strong diaphoretic action. It is contraindicated for spontaneous sweating due to Exterior Deficiency, night sweats due to Yin deficiency, and asthma of Insufficiency type due to failure of the Kidney to grasp Qi.
2. Use cautiously in patients with hypertension.



Ephedra sinica Stapf, (Fam. Ephedraceae)
1. Branch with fruit; 2. Inflorescence of male flower; 3. Inflorescence of female flower; 4. Female flower

PHARMACEUTICAL NAME

Herba Epimedii

ENGLISH NAME

epimedium herb

PART USED

dried aerial part

Herba Epimedii is produced in the provinces of Shanxi, Sichuan, Hubei, Shanxi, and Guangxi. The herb is collected in the spring and autumn, then dried in sunlight. It is sliced and used unprepared or stir-baked with sheep fat.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Reinforces Kidney Yang, expels Wind and Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence, frequent urination, and weakness of the loins and knees, it is used either alone macerated in wine or used with Radix Rehmanniae Preparata (Shu Di Huang), Fructus Lycii (Gou Qi Zi), and Rhizoma Curculiginis (Xian Mao).

For arthralgia due to Wind Cold Dampness with numbness in the extremities, it is used with Radix Clematidis (Wei Ling Xian) and Fructus Xanthii Sibirici (Cang Er Zi) in “The Herba Epimedii Powder” (Xian Ling Pi San).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use, macerated in wine taken internally, simmered into a soft extract, or prepared into a bolus or powder.

PRECAUTIONS

Contraindicated in patients with Excess Fire due to Yin Deficiency.

Epimedium brevicornum Maxim., *Epimedium sagittatum* (Sieb. et Zucc.)
Maxim., *Epimedium Wushanense* T. S. Ying,
or *Epimedium koreanum* Nakai (Fam. Berberidaceae)

YIN YANG HUO



Epimedium brevicornum Maxim. (Fam. Berberidaceae)
1. Whole plant; 2. Flower

PHARMACEUTICAL NAME

Colla Corii Asini (Fam. Equidae)

ENGLISH NAME

donkey-hide gelatin, ass-hide glue

PART USED

gelatin

Colla Corii Asini is the dry glue obtained from the hide of *Equus asinus* L. (Fam. Equidae). The donkey-hide gelatin is obtained after a series of processes: washing, soaking, rinsing, and stewing. The gelatin is produced mainly in Shandong, Zhejiang, and Jiangsu provinces. It is used unprepared or stir-baked with oyster shell powder or cat-tail pollen powder and formed into small glue balls.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Lung, Liver, and Kidney channels.

FUNCTIONS

Tonifies the Blood and stops bleeding, replenishes Yin, and moistens the Lung.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness and palpitation due to Yin Deficiency, it is used with *Radix Codonopsis* (Dang Shen), *Radix Astragali Membranaceus* (Huang Qi), *Radix Angelicae Sinensis* (Dang Gui), and *Radix Rehmanniae Preparata* (Shu Di Huang).

For hematemesis, it is used with *Pollen Typhae* (Pu Huang) and *Radix Rehmanniae* (Sheng Di Huang). For metrorrhagia, it is used with *Radix Rehmanniae* (Sheng Di Huang) and *Radix Paeoniae Alba* (Bai Shao).

For restlessness and insomnia due to Yin Deficiency, it is used with *Rhizoma Coptidis* (Huang Lian) and *Radix Paeoniae Alba* (Bai Shao) in “The Decoction of *Rhizoma Coptidis* and *Radix Paeoniae Alba*” (Huang Lian A Jiao Tang).

For cough and dyspnea, or dry cough due to Deficient Lung Yin. For cough and dyspnea with a feeling of dryness in the throat and bloody sputum, it is used with *Fructus Aristolochiae* (Ma Dou Ling), *Fructus Arctii* (Niu Bang Zi) and *Semen*

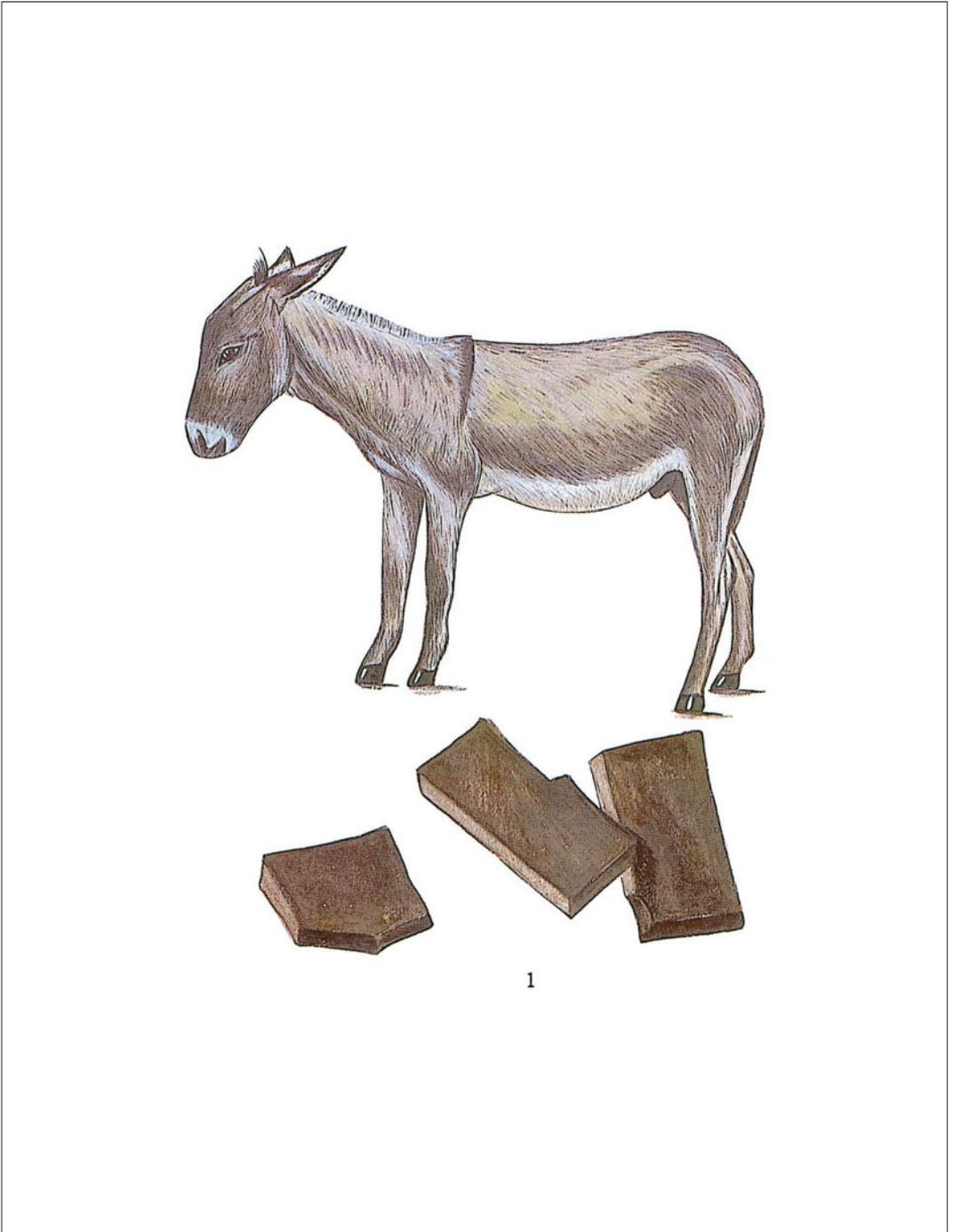
Armeniaca Amarum (Ku Xing Ren) in “The Decoction of *Colla Corii Asini* for Tonifying the Lung” (Bu Fei A Jiao Tang). For cough without sputum, asthma, thirst, and dry throat, it is used with *Gypsum Fibrosum* (Shi Gao), *Semen Armeniaca Amarum* (Ku Xing Ren) and *Radix Ophiopogonis* (Mai Dong).

DOSAGE AND ADMINISTRATION

5–10 g, melted by heating with water or dissolved in boiling water, yellow rice, or millet wine for internal use. For tonifying the Blood and nourishing Yin, it is used unprepared. To stop bleeding, it is stir-baked with *Pollen Typhae* (Pu Huang). For moistening the Lung, it is stir-baked with powder of *Gecko* (Ge Jie).

PRECAUTIONS

Contraindicated in patients with poor appetite, vomiting, and diarrhea due to Spleen and Stomach Deficiency.



Equus asinus L. (Fam. Equidae)

1. Extract of the skin

PHARMACEUTICAL NAME

Corium Erinacei

ENGLISH NAME

hedgehog hide

PART USED

hide

Corium Erinacei is produced mainly in the provinces of Hebei, Jiangsu, Shandong, Henan, Shanxi, Jiling, and Hubei. The skin is stripped, dried in shade, sliced, and stir-baked for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Stomach, Large Intestine, and Kidney channels.

FUNCTIONS

Arrests bleeding, controls seminal emission, and reduces urination.

CLINICAL USE AND MAJOR COMBINATIONS

For hemafecia.

For hemorrhoids and anal fistulas, it can be used with Radix Angelicae Sinensis (Dang Gui) and ground into powder.

For seminal emission and enuresis, it can be used alone or in combination with Fructus Alpiniae Oxyphyllae (Yi Zhi Ren) and Draconis Os (Long Gu).

In addition, Corium Erinacei can be used for stomachache due to Blood Stasis. It can be ground into a powder for use.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose, or ground into powder, 1.5–3 g each time.

PRECAUTIONS

None noted.



Erinaceus europaeus L. (Fam. Erinaceidae)

1. Skin

PHARMACEUTICAL NAME

Folium Eriobotryae

ENGLISH NAME

loquat leaf

PART USED

dried leaf

Folium Eriobotryae is produced mainly in the provinces of Guangdong, Jiangsu, Zhejiang, and Hunan. The leaf is collected in spring and summer, dried in sunlight, cleaned, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Lung and Stomach channels.

FUNCTIONS

Resolves Phlegm, relieves cough, treats Rebellious Stomach Qi to stop vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For cough and dyspnea with copious sputum: for cough due to Wind Heat, it is used with *Radix Peucedani* (Qian Hu); for cough and dyspnea due to Dry Heat, it is used with *Cortex Mori* (Sang Bai Pi).

For dry mouth and for vomiting due to Stomach Heat, it is used with *Radix Ophiopogonis* (Mai Dong), *Caulis Bambusae In Taeniis* (Zhu Ru), and *Rhizoma Phragmitis* (Lu Gen).

DOSAGE AND ADMINISTRATION

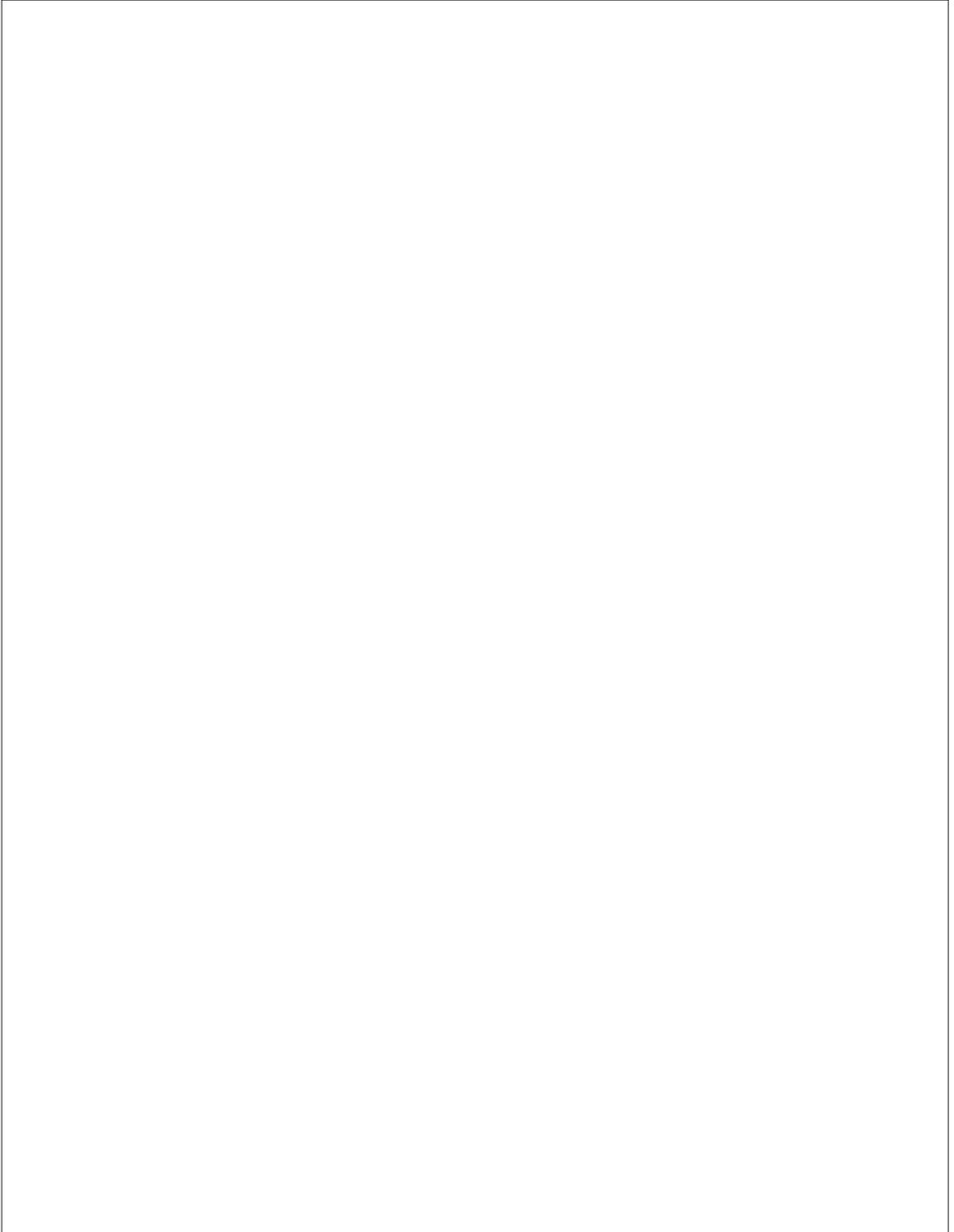
3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.

Eriobotrya japonica (Thunb.) Lindl. (Fam. Rosaceae)

PI PA YE



Eriobotrya japonica (Thunb.) Lindl. (Fam. Rosaceae)
. Branch with fruit; . Opened corolla showing stamen and pistil; . Pistil

PHARMACEUTICAL NAME

Flos Eriocauli

ENGLISH NAME

pipewort capitulum

PART USED

dried capitulum

Flos Eriocauli is produced chiefly in the provinces of Zhejiang, Jiangsu, Anhui, Jiangxi, Hunan, Guangdong, and Guangxi. It is collected in autumn, dried in sunlight, and cut into pieces.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Expels Wind and Heat, clears corneal opacity.

CLINICAL USE AND MAJOR COMBINATIONS

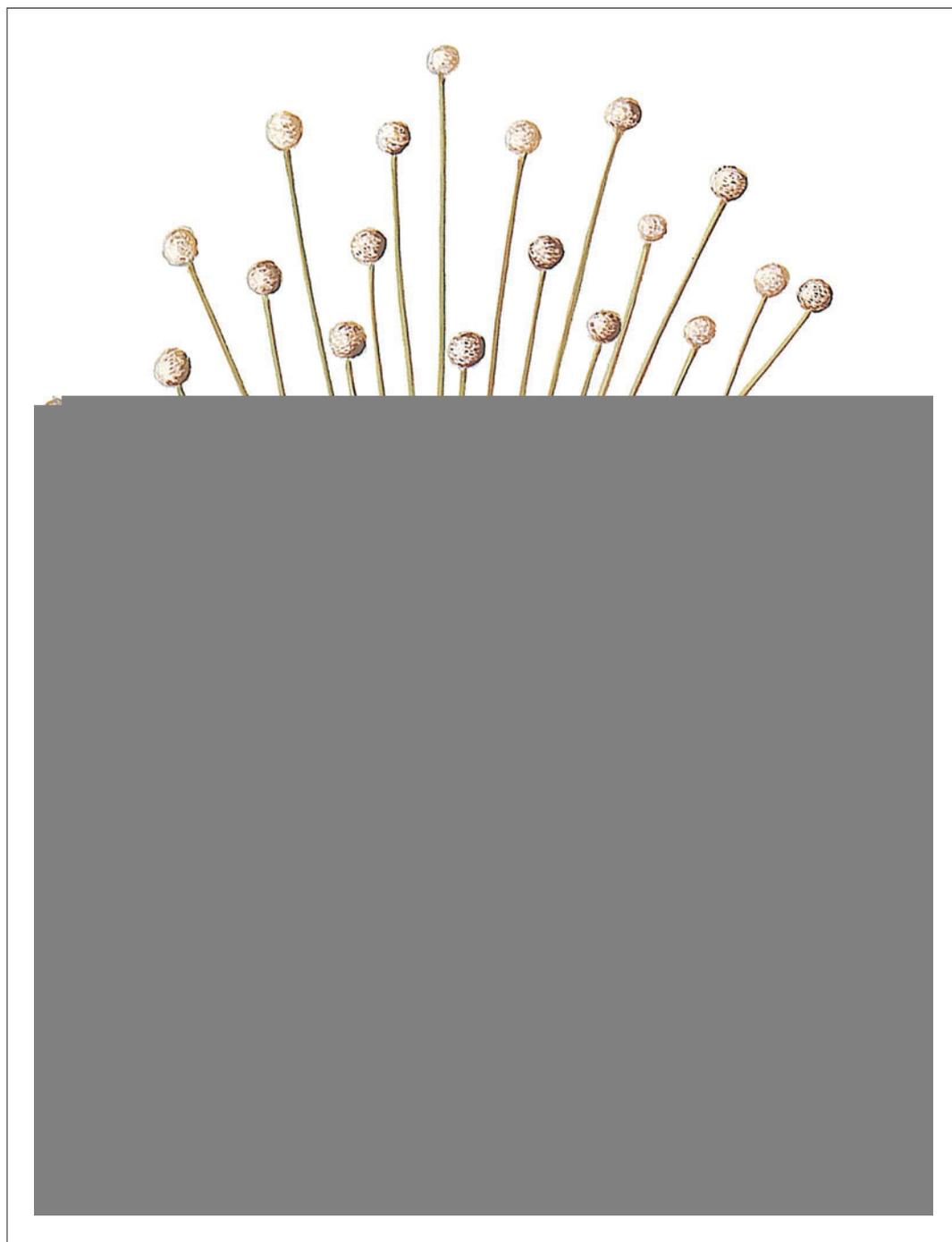
For Wind Heat of the Liver channel manifested as red, swollen eyes, spots in front of the eyes, or pterygium.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Eriocaulon buergerianum Koern. (Fam. Eriocaulaceae)
1. Whole plant; 2. Fruit

PHARMACEUTICAL NAME

Cortex Erythrinae

ENGLISH NAME

erythrina bark, coral-tree bark

PART USED

bark

Cortex Erythrinae is produced mainly in the provinces of Guangxi, Yunnan, Fujian, and Hubei. Collected in summer, the bark is dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Dispels Wind and Dampness, reactivates channels.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia due to Wind Dampness, contracture of the extremities, lumbar soreness, and aching knees, it is used with herbs that dispel Wind and Dampness; promotes Blood circulation, and reactivates the channels.

For treating itching skin lesions, it is used with Semen Cnidii Monnierii (She Chuang Zi).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for internal use. Proper amount for external use.

PRECAUTIONS

None noted.



Erythrina variegata L. (Fam. Fabaceae)
1. Branch with leaves; 2. Branch with flower; 3. Bark

PHARMACEUTICAL NAME

Cortex Eucommiae Ulmoidis

ENGLISH NAME

eucommia bark

PART USED

dried stem bark

Cortex Eucommiae Ulmoidis is produced mainly in the provinces of Sichuan, Yunnan, Guizhou, and Hubei. It is collected in summer and autumn, dried in sunlight, and used unprepared or stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Nourishes the Liver and Kidney, strengthens the bones and muscles, and prevents miscarriage.

CLINICAL USE AND MAJOR COMBINATIONS

For soreness and pain in the loins and knees, and for weakness of the muscles due to Liver and Kidney Deficiency, it is used with Fructus Psoraleae (Bu Gu Zhi) and Semen Juglandis (Hu Tao Rou). For impotence and frequent urination due to Liver and Kidney Deficiency, it is used with Fructus Corni (Shan Zhu Yu), Semen Cuscutae (Tu Si Zi), and Fructus Psoraleae (Bu Gu Zhi).

For metrorrhagia, or threatened miscarriage, it is used with Radix Dipsaci (Xu Duan) and Rhizoma Dioscoreae (Shan Yao).

This herb is also used for dizziness due to hyperactive Liver Yang with Radix Paeoniae Alba (Bai Shao), Concha Haliotidis (Shi Jue Ming), Spica Prunellae (Xia Ku Cao), and Radix Scutellariae (Huang Qin).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Stir-baked Cortex Eucommiae Ulmoidis has a stronger effect than the unprepared form.

PRECAUTIONS

It is contraindicated in patients with Excess Fire due to Yin Deficiency.



Eucommia ulmoides Oliv. (Fam. Eucommiaceae)
1. Branch with fruit; 2. Bark

PHARMACEUTICAL NAME

Flos Caryophylli

ENGLISH NAME

clove flower bud

PART USED

dried flower bud

Flos Caryophylli is produced mainly in southeastern Asia, including Guangdong province in China. It is collected in winter and spring, dried in the sun after removal of the residual stem, and used unprepared.

FLAVOR, PROPERTIES, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen, Stomach, and Kidney channels.

FUNCTIONS

Warms the Spleen and the Stomach, regulates Rebellious Qi of the Stomach, warms the Kidney, and aids the Yang.

CLINICAL USE AND MAJOR COMBINATIONS

For Cold symptoms caused by Spleen and Stomach characterized by gastric and abdominal pain due to Cold, nausea, vomiting, hiccups, and anorexia. It is used with Radix Ginseng (Ren Shen), Rhizoma Zingiberis Recens (Sheng Jiang), Rhizoma Pinelliae (Ban Xia), Amomi Fructus (Sha Ren), and Large-head Atractylodis Macrocephalae (Bai Zhu).

For impotence with lassitude in the loins and knees caused by Deficiency of Kidney Yang, it is used with Radix Aconiti Lateralis Preparata (Zhi Fu Zi), Radix Morindae Officinalis (Ba Ji Tian) and Cortex Cinnamomi (Rou Gui).

DOSAGE AND ADMINISTRATION

1–3 g, decocted in water for an oral dose.

PRECAUTIONS

1. Use with caution in patients with Heat syndromes and Yin Deficiency syndromes.
2. Incompatible with turmeric root tuber.



Eugenia caryophyllata Thunberg (Fam. Myrtaceae)

1. Branch with flowers; 2. Bud; 3. Fruit

PHARMACEUTICAL NAME

Herba Eupatorii

ENGLISH NAME

fortune eupatorium herb

PART USED

dried aerial part

Herba Eupatorii is produced chiefly in the provinces of Jiangsu, Zhejiang, Hebei, and Shandong. It is collected in summer and autumn, cut into pieces, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, neutral in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Resolves Dampness, relieves Summer Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the Spleen and Stomach due to accumulation of Dampness, it is used with Herba Agastachis (Huo Xiang), Rhizoma Atractylodis (Cang Zhu), and Cortex Magnoliae Officinalis (Hou Po).

For invasion of Wind Cold or digestive weakness caused by eating cold food during the summer months, it is used with Herba Agastachis (Huo Xiang), and Herba Artemisiae Annuae (Qing Hao), and Semen Coicis Lachryma-jobi (Yi Yi Ren).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose; 10–15 g, if used fresh.

PRECAUTIONS

None noted.



Eupatorium fortunei Turcz. (Fam. Asteraceae)

1. Whole plant; 2-3. Flower; 4. Petal

PHARMACEUTICAL NAME

Herba Euphorbiae Humifusae

ENGLISH NAME

creeping euphorbia, wolf's milk

PART USED

whole plant

Herba Euphorbiae Humifusae is grown in all parts of China, but chiefly in the southeast. It is collected in summer and autumn, dried in sunlight, and cut into pieces.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, neutral in property, acts on the Liver, Stomach, and Large Intestine channels.

FUNCTIONS

Clears Pathogenic Heat, arrests bleeding, promotes blood circulation, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For dysentery due to Pathogenic Heat with bloody stools, it is used alone or with *Herba Portulacae* (Ma Chi Xian).

For various kinds of carbuncles, boils, and snake bite, fresh *Herba Euphorbiae Humifusae* (Di Jin Cao) can be mashed for topical application.

For hematochezia, it is used alone or with *Radix Sanguisorbae Officinalis* (Di Yu).

For hematuria, it is used with *Rhizoma Imperatae* (Bai Mao Gen) and *Herba Cirsii Segeti* (Xiao Ji).

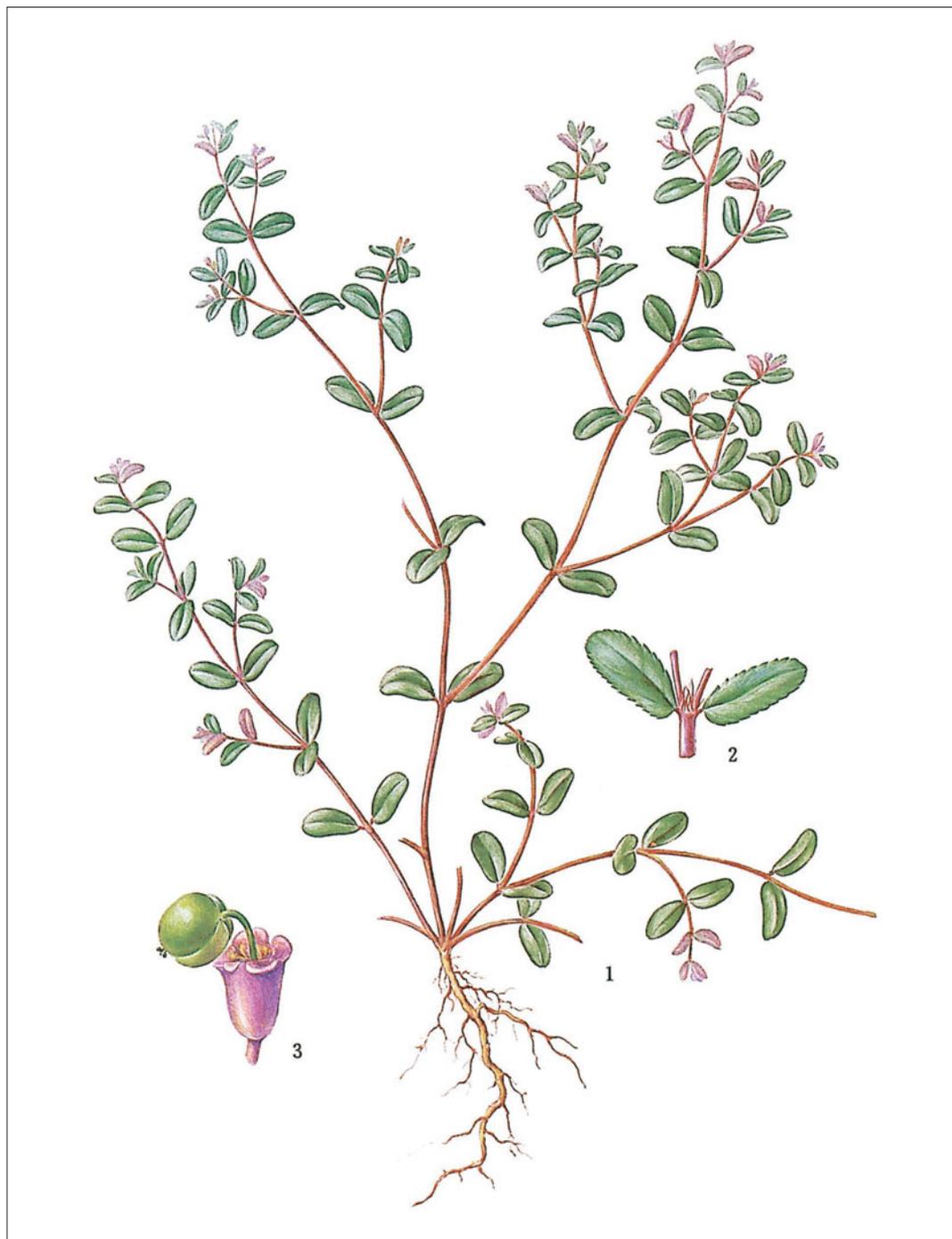
For metrorrhagia, it is used with *Radix Rubiae*.

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Euphorbia humifusa Willd. (Fam. Euphorbiaceae)
1. Whole plant; 2. Enlargement of leaves and branch; 3. Inflorescence

PHARMACEUTICAL NAME

Radix Euphorbiae Kansui

ENGLISH NAME

gansui root

PART USED

dried tuber root

Radix Euphorbiae Kansui is produced chiefly in the provinces of Shanxi and Henan. The herb is collected in spring before blooming or in autumn after the stem and leaves are withered. The bark is removed and the root is dried in sunlight, then used after processing with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, cold in property, toxic, acts on the Lung, Kidney, and Large Intestine channels.

FUNCTIONS

Causes drastic purgation, is a diuretic, reduces swelling and masses.

CLINICAL USE AND MAJOR COMBINATIONS

For anasarca, ascites, and hydrothorax. Radix Euphorbia Kansui can cause diarrhea. It can be used alone or with other herbs such as Semen Pharbitidis (Qian Niu Zi) in “The Two-Qi Decoction” (Er Qi Tang) for ascites; with Radix Cirsii Japonici (Da Ji), Flos Daphnes Genkwa (Yuan Hua), and Fructus Zizyphi Jujubae (Da Zao) for ascites and hydrothorax in “The Ten Jujube Decoction” (Shi Zao Tang); or with Radix et Rhizoma Rhei (Da Huang) and Mirabilitum (Mang Xiao) for hydrothorax due to fluid retention combined with Excess Heat in “The Major Decoction for Removing Water Heat from Chest.”

Recently, it has been used with Radix et Rhizoma Rhei (Da Huang), Cortex Magnoliae Officinalis (Hou Po), and Semen Persicae (Tao Ren) for severe intestinal obstruction and intestinal hydrops in “The Decoction of Kansui for Release of Intestinal Obstruction.”

For epilepsy due to Wind Phlegm, it is used with Cinnabaris (Zhu Sha).

For carbuncles, boils, and sores, Radix Euphorbiae Kansui (Gan Sui) can be ground into a fine powder for topical application.

DOSAGE AND ADMINISTRATION

0.5–1 g. It should be used in pills or powder because it does not dissolve in water. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated for weak patients or pregnant women.
2. It is incompatible with Radix Glycyrrhizae Uralensis (Gan Cao).
3. Toxic.



Euphorbia kansui T. N. Liou et T. P. Wang (Fam. Euphorbiaceae)

1. Whole plant with flower; 2. Flower

PHARMACEUTICAL NAME

Semen Euphorbiae

ENGLISH NAME

caper euphorbia seed

PART USED

dried ripe seed

Semen Euphorbiae is produced chiefly in the provinces of Hebei, Henan, and Zhejiang. The seed is collected in summer and autumn, dried in sunlight, and cleaned for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, toxic, acts on the Liver, Kidney, and Large Intestine channels.

FUNCTIONS

Causes drastic purgation to reduce edema, eliminates Blood Stasis to reduce masses.

CLINICAL USE AND MAJOR COMBINATIONS

For anasarca and ascites with abdominal distension, constipation, and oliguria, Semen Euphorbiae can be used alone or with Radix et Rhizoma Rhei (Da Huang).

For amenorrhea due to Blood Stasis, it is used with other herbs that promote blood circulation.

For ringworm, it is applied externally.

DOSAGE AND ADMINISTRATION

1–2 g, used as Semen Euphorbiae Pulveratum (pulverized caper euphorbia seed) after steam-baking and defatting. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated for weak or pregnant patients.
2. Toxic.



Euphorbia lathyris L. (Fam. Euphorbiaceae)
1. Branch with fruit; 2. Enlargement of the fruit

PHARMACEUTICAL NAME

Arillus Longanae

ENGLISH NAME

dried longan pulp

PART USED

ripe fruit

Arillus Longanae is produced mainly in the provinces of Guangdong, Fujian, Taiwan, and Guangxi. The fruit is collected in autumn, the kernel is removed, and the herb is dried in the sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Heart and Spleen channels.

FUNCTIONS

Tonifies the Heart and Spleen, replenishes the Blood and Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For palpitation due to fright, insomnia, and poor memory, it is used alone or with Radix Astragali Membranaceus (Huang Qi), Radix Ginseng (Ren Shen), Radix Angelicae Sinensis (Dang Gui), and Semen Ziziphi Spinosae (Suan Zao Ren) in “The Decoction for Invigorating the Spleen and Heart” (Gui Pi Wan).

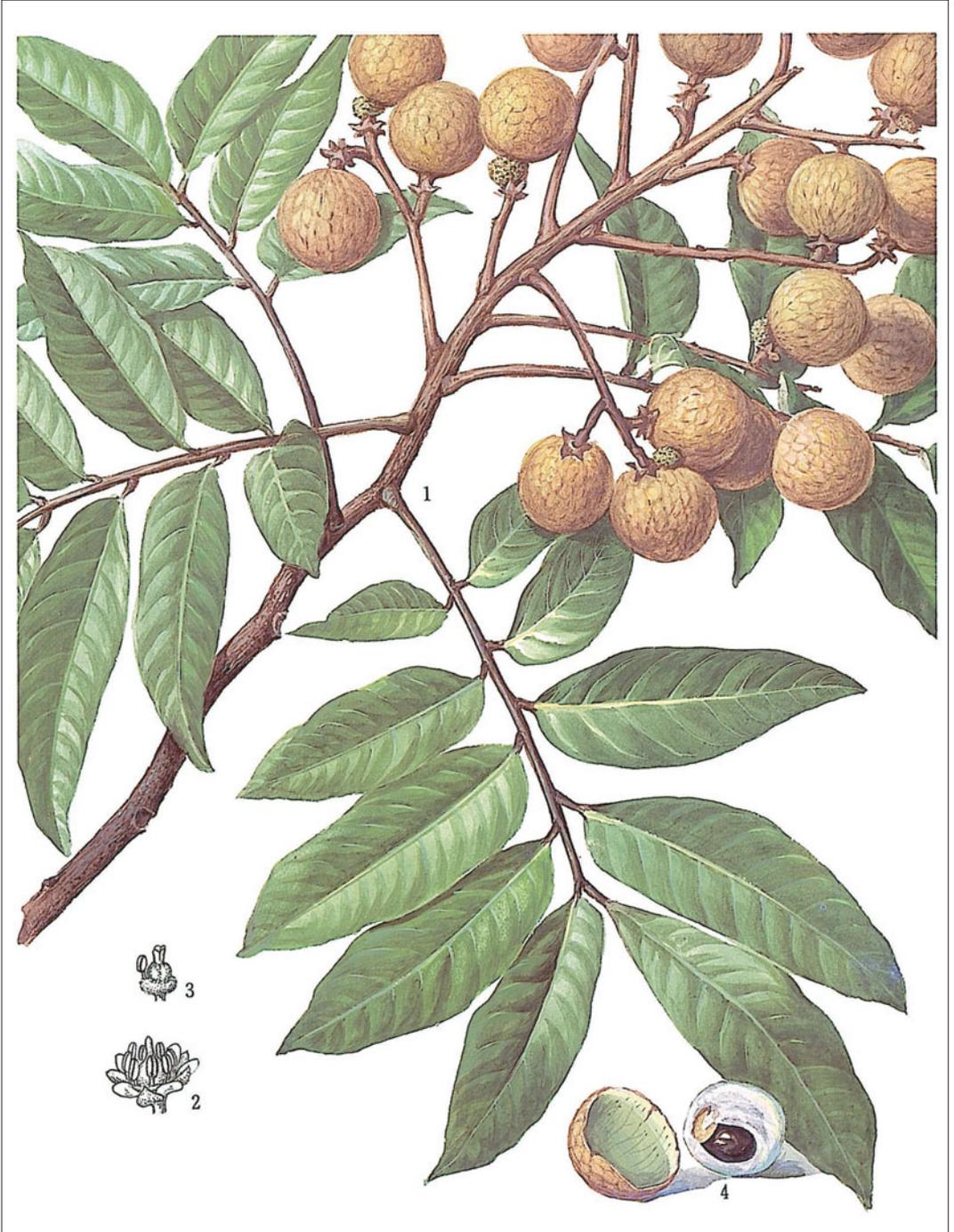
For Deficiency of Qi and Blood.

DOSAGE AND ADMINISTRATION

10–15 g, or 30 g in large dosage, decocted in water for internal use, or used in pills or macerated into wine.

PRECAUTIONS

Contraindicated in patients with Stagnation of Dampness in the Middle Heater, with Phlegm or Fire symptoms.



Euphoria longan (Lour.) Steud. (Fam. Sapindaceae)
1. Branch with fruit; 2. Flower; 3. Pistil; 4. Seed

PHARMACEUTICAL NAME

Eupolyphaga seu Steleophaga

ENGLISH NAME

ground beetle

PART USED

dried body

Eupolyphaga seu Steleophaga is produced in the provinces of Hunan, Hubei, Jiangsu, and Henan. It is collected in summer, killed with boiling water, dried in sunlight, and stored in a dry place.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver channel.

FUNCTIONS

Disperses Blood, removes Blood Stasis, helps in setting broken bones, and healing tendons.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, and for postpartum abdominal pain due to Blood Stasis, it is used with Radix et Rhizoma Rhei (Da Huang) and Semen Persicae (Tao Ren). For masses in the abdomen, it is used with Carapax Trionycis (Bie Jia) and Cortex Moutan (Mu Dan Pi).

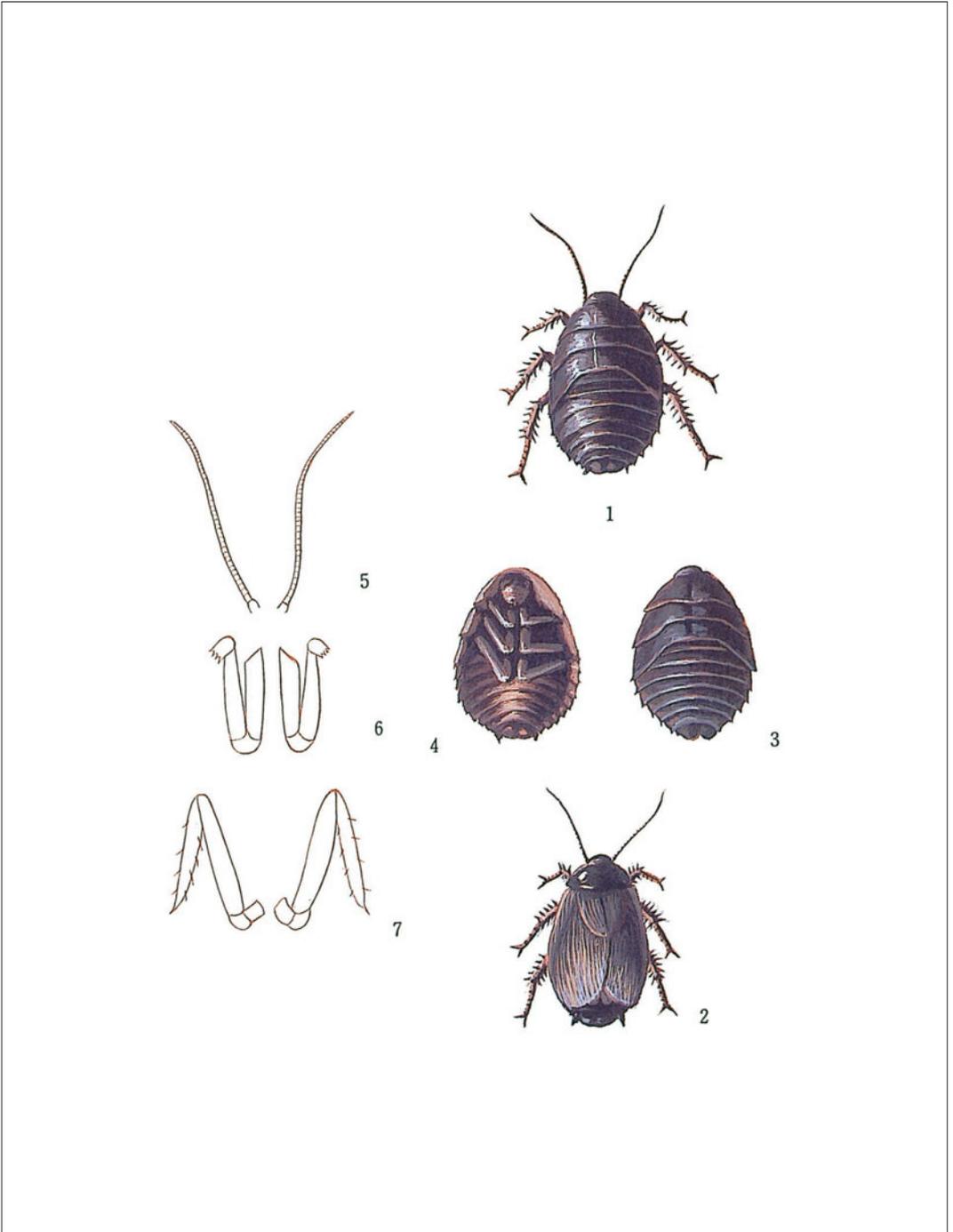
For fractures, it is used with Rhizoma Drynariae (Gu Sui Bu), Semen Persicae (Tao Ren), Gummi Olibanum (Ru Xiang), and Myrrha (Mo Yao). For lumbar sprain, it is used alone in powder form.

DOSAGE AND ADMINISTRATION

3–10 g, ground into powder, 1–1.5 g each time.

PRECAUTIONS

It is contraindicated during pregnancy.



Eupolyphage sinensis Walker (Fam. Corydiidae)
1. Female; 2. Male; 3. View of the back; 4. View of the abdomen; 5. Antenna; 6. Front leg; 7. Back leg

PHARMACEUTICAL NAME

Semen Euryales

ENGLISH NAME

euriale seed

PART USED

ripe seed

Semen Euryales is produced mainly in the provinces of Hunan, Jiangsu, Anhui, and Shandong. Collected in autumn, the seed is dried in sunlight and broken into pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and astringent in flavor, neutral in property, acts on the Spleen and Kidney channels.

FUNCTIONS

Removes Spleen Dampness, tonifies the Kidney to treat seminal emission.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea due to Spleen Deficiency, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu), Radix Codonopsis (Dang Shen), Semen Nelumbinis (Lian Zi), and Rhizoma Dioscoreae (Shan Yao).

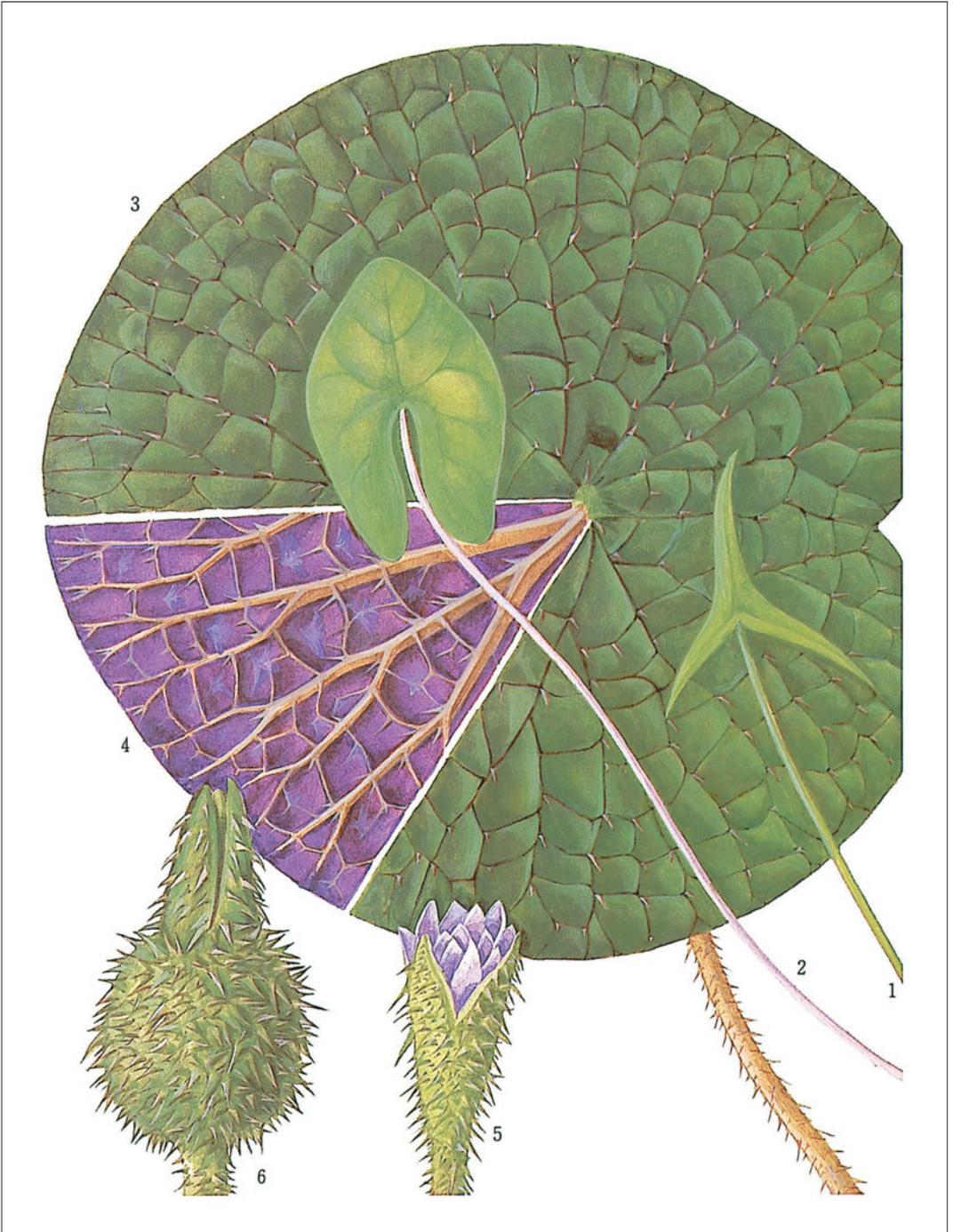
For seminal emission, urinary incontinence, and profuse leukorrhea due to Kidney Deficiency. For seminal emission and spontaneous emission, it is used with Semen Astragali Complanati (Sha Yuan Zi), Concha Ostreae (Mu Li), and Semen Nelumbinis (Lian Zi) in “The Golden Lock Pill for Keeping Kidney Essence” (Jin Suo Gu Jing Wan).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Euryale ferox Salisb. (Fam. Nymphaeaceae)
1-2. Young leaf below water; 3. Upper surface of the leaf; 4. Under side of the leaf; 5. Flower; 6. Fruit

PHARMACEUTICAL NAME

Fructus Evodiae

ENGLISH NAME

evodia fruit

PART USED

dried ripe fruit

Fructus Evodiae is produced chiefly in the provinces of Guizhou, Guangxi, Hunan, Yunnan, Shanxi, Zhejiang, and Sichuan. It is collected in autumn, dried in sunlight or at a low temperature, and stir-baked with either salt water or “The Decoction of Glycyrrhizae” (Gan cao Tang).

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, hot in property, slightly poisonous, acts on the Liver, Spleen, and Stomach channels.

FUNCTIONS

Dispels Cold, relieves pain, soothes the Liver, alleviates Rebellious Qi, dries Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For gastric and abdominal Cold pain, it is used with Rhizoma Zingiberis (Gan Jiang) and Radix Aucklandiae (Mu Xiang). For periumbilical colic due to invasion by Cold, it is used with Radix Linderae (Wu Yao) and Fructus Foeniculi (Xiao Hui Xiang). For headache and salivation due to adverse flow of Liver Qi, it is used with Radix Ginseng (Ren Shen) and Rhizoma Zingiberis Recens (Sheng Jiang) in “The Decoction of Fructus Evodiae” (Wu Zhu Yu Tang). For diarrhea before dawn due to Deficiency of Spleen Yang and Kidney Yang, it is used with Fructus Psoraleae (Bu Gu Zhi), Semen Myristicae (Rou Dou Kou), and Fructus Schisandrae (Wu Wei Zi) in “The Four Miraculous Herbal Pills” (Si Shen Wan).

For flaccid, swollen and painful legs due to Cold Dampness, it is used with Fructus Chaenomelis (Mu Gua), as in “The Cock-Crowing Powder” (Ji Ming San).

For vomiting and acid reflux due to Cold in the Stomach, it is used with Rhizoma Zingiberis Recens (Sheng Jiang) and Rhizoma Pinelliae (Ban Xia). For hyperactivity of Liver Fire in the Stomach, it is used as an accessory herb to Rhizoma Coptidis (Huang Lian).

Effective for canker sores and hypertension.

DOSAGE AND ADMINISTRATION

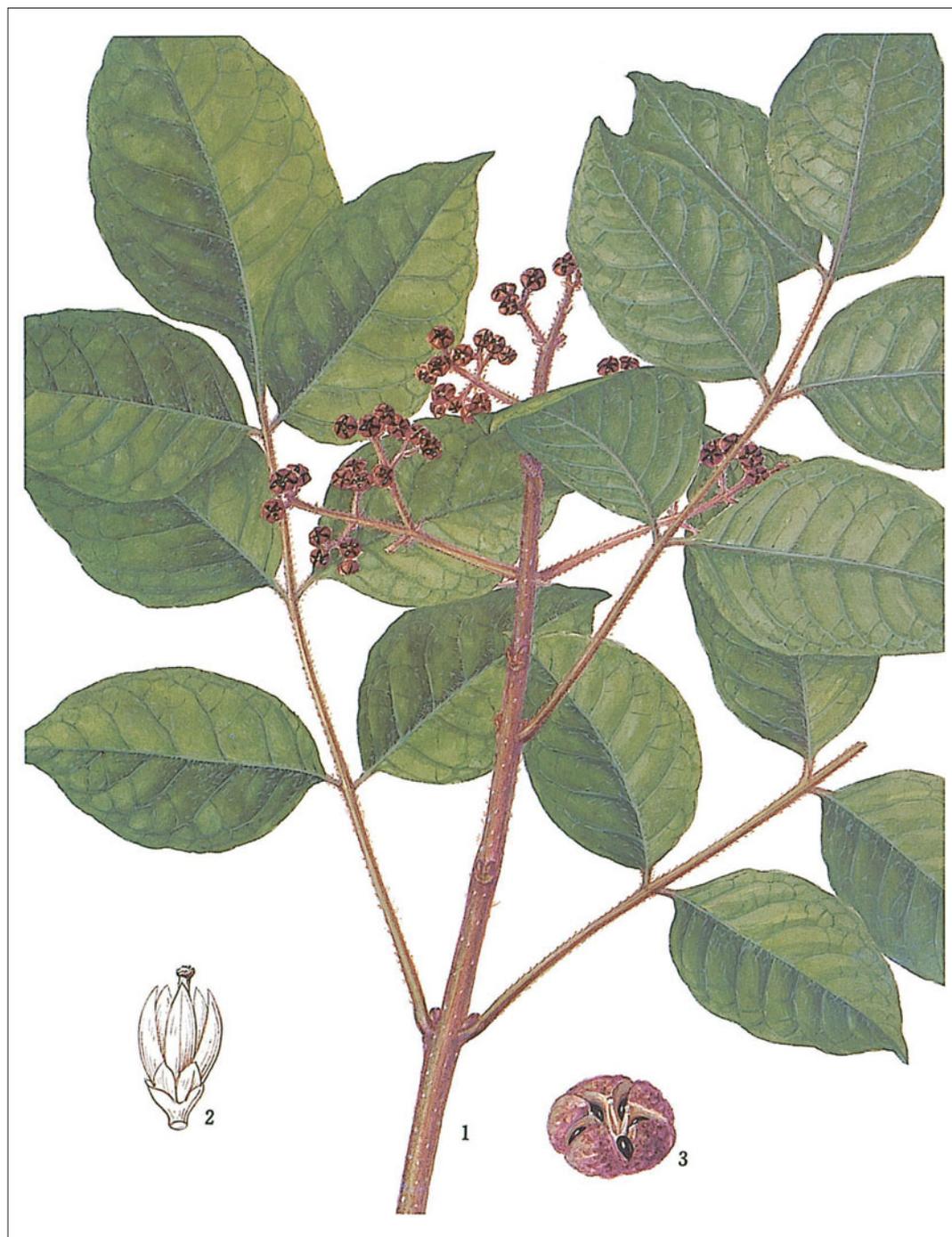
1.5–5 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated for use in patients with Yin Deficient Heat syndromes.
2. Contraindicated for use in large dosages or over a long period of time.

Evodia rutaecarpa (Juss.) Benth., *Evodia rutaecarpa* (Juss.) Benth. var. *officinalis* (Dode) Huang, or *Evodia rutaecarpa* (Juss.) Benth. var. *bodinieri* (Dode) Huang (Fam. Rutaceae)

WU ZHU YU



Evodia rutaecarpa (Juss.) Benth. (Fam. Rutaceae)
1. Branch with fruit; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Fructus Foeniculi

ENGLISH NAME

fennel fruit

PART USED

dried ripe fruit

Fructus Foeniculi is grown in most provinces in China. It is collected in summer and autumn, dried in sunlight, and used unprepared or after being stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Liver, Kidney, Spleen, and Stomach channels.

FUNCTIONS

Expels Cold, relieves pain, regulates the flow of Qi in the Stomach.

CLINICAL USE AND MAJOR COMBINATIONS

For scrotal hernia with pain and cold extremities, or hydrocele of tunica vaginitis, it is used with Cortex Cinnamomi (Rou Gui), Lignum Aquilariae Resinatum (Chen Xiang), and Radix Linderae (Wu Yao) in “The Decoction for Warming the Liver” (Nuan Gan Jian); or it is used with Semen Citri Reticulatae (Ju He) and Fructus Crataegi (Shan Zha) and ground into a fine powder for an oral dose.

For vomiting, anoxia, and epigastric pain due to Cold in the Stomach, it is used with Rhizoma Zingiberis (Gan Jiang) and Radix Aucklandiae (Mu Xiang).

DOSAGE AND ADMINISTRATION

10–15 g, or 30–60 g fresh herb, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Foeniculum vulgare Mill. (Fam. Apiaceae)
1. Upper part of the plant; 2. Branch with flowers; 3. Flower; 4-5. Fruit

PHARMACEUTICAL NAME

Fructus Forsythiae Suspensae

ENGLISH NAME

forsythia capsule

PART USED

dried fruit

Fructus Forsythiae Suspensae is produced in the east, northeast, and southeast parts of China. If the capsule is collected in autumn when nearly ripe and still greenish, removed from foreign matter, steamed thoroughly, and dried in the sun, it is known as Qing Qiao (Green Forsythiae). If the capsule is collected when fully ripe, dried, and cleaned, it is known as Huang Qiao (Yellow Forsythiae). Green Forsythiae is better than Yellow Forsythiae. Both Green Forsythiae and Yellow Forsythiae are used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Lung, Heart, and Gallbladder channels.

FUNCTIONS

Clears Pathogenic Heat, reduces swelling, and dissolves lumps.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat in febrile diseases at the initial stage with fever, headache, and thirst, it is used with Flos Lonicerae (Jin Yin Hua), Fructus Arctii (Niu Bang Zi), and Menthae Arvensis (Bo He) in “The Lonicerae-Forsythiae Powder” (Yin Qiao San).

For invasion of Wind Heat in febrile diseases with symptoms of high fever, restlessness, and delirium, it is used with Plumula Nelumbinis Nuciferae (Lian Zi Xin).

For various kinds of carbuncles, boils, inflammation of the lymph glands, mastitis, and erysipelas, it is used with Flos Chrysanthemi Indici (Ye Ju Hua), Flos Lonicerae (Jin Yin Hua), and Radix Trichosanthis (Tian Hua Fen), or with Radix Scrophulariae (Xuan Shen) and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Forsythia suspensa (Thunb.) Vahl (Fam. Oleaceae)
1. Branch with flowers; 2. Branch with leaves; 3. Fruit

PHARMACEUTICAL NAME

Cortex Fraxini

ENGLISH NAME

northern ash bark

PART USED

branch or stem bark

Cortex Fraxini is produced chiefly in the provinces of Jilin, Liaoning, and Henan. Collected in spring and autumn, the bark is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver, Gallbladder, and Large Intestine channels.

FUNCTIONS

Clears Pathogenic Heat, improves eyesight by clearing Excess Liver Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For dysentery with bloody stools due to Pathogenic Heat, it is used with Radix Pulsatillae Chinesis (Bai Tou Weng) and Rhizoma Coptidis (Huang Lian) in “The Pulsatillae Decoction” (Bai Tou Weng Tang).

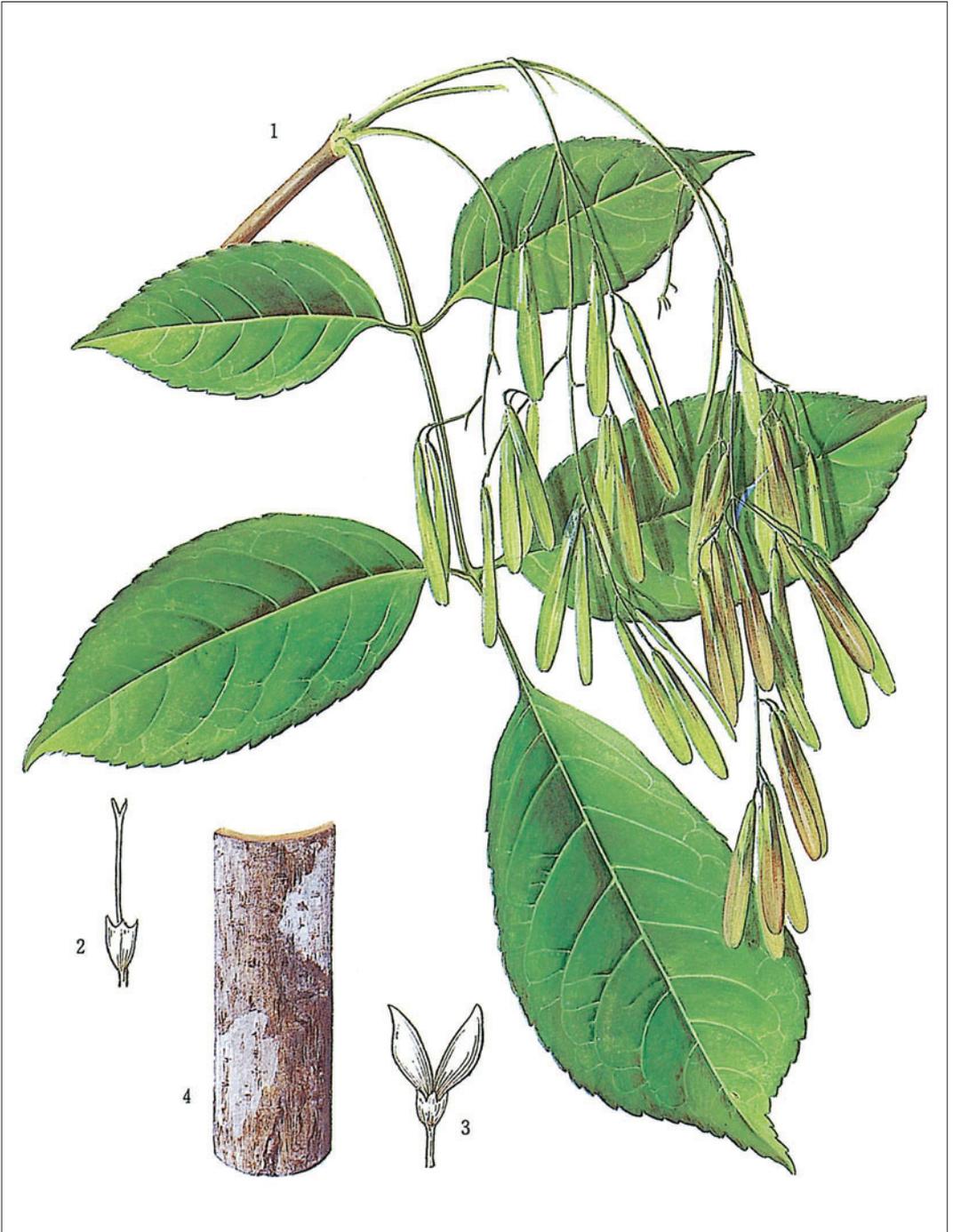
For inflammation of the eye and nebula due to Excess Heat in the Liver channel, it is used alone for external application or with Rhizoma Coptidis (Huang Lian) and Herba Lophatheri (Dan Zhu Ye).

DOSAGE AND ADMINISTRATION

3–12 g, decocted in water for an oral dose, or used in pills and powder. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Fraxinus rhynchophylla Hance (Fam. Oleaceae)
1. Branch with fruit; 2. Female flower; 3. Hermaphrodite flower; 4. Bark

PHARMACEUTICAL NAME

Bulbus Fritillariae Cirrhosae

ENGLISH NAME

fritillaria bulb

PART USED

dried bulb

Bulbus Fritillariae Cirrhosae is produced mainly in the provinces of Sichuan, Yunnan, and Gansu, and in Tibet. The bulbs are collected in summer and used after being dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, slightly cold in property, acts on the Lung and Heart channels.

FUNCTIONS

Removes Lung Heat, moistens the Lung, resolves phlegm and relieves cough, and dispels masses.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with scanty sputum and dry throat due to Lung Deficiency, it is used with herbs that nourish Yin and moisten the Lung, such as Radix Asparagi (Tian Dong) and Radix Ophiopogonis (Mai Dong).

For scrofula, sores, and abscesses.

DOSAGE AND ADMINISTRATION

3–10 g, ground into powder and taken with water, 1–1.5 g each time.

PRECAUTIONS

It is antagonistic to Radix Aconiti (Wu Tou).



Fritillaria cirrhosa D. Don (Fam. Liliaceae)
1. Whole plant with flower; 2. Open flower showing stamen and pistil

PHARMACEUTICAL NAME

Bulbus Fritillariae Thunbergii

ENGLISH NAME

Thunberg fritillary bulb

PART USED

dried bulb

Bulbus Fritillariae Thunbergii is produced mainly in Jinxian county in Zhejiang province. Collected in summer when the plant has withered, the bulb is washed and dried for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Lung and Heart channels.

FUNCTIONS

Removes Heat and resolves phlegm, dispels accumulation.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to invasion of Wind Heat or phlegm Fire in the Lung, it is used with Folium Mori (Sang Ye), Fructus Arctii (Niu Bang Zi), Radix Peucedani (Qian Hu), and Semen Armeniacae Amarum (Ku Xing Ren).

For scrofula, it is used with Radix Scrophulariae (Xuan Shen) and Concha Ostreae (Mu Li). For breast carbuncles, it is used with Herba Taraxaci (Pu Gong Ying), Radix Trichosanthis (Tian Hua Fen), and Fructus Forsythiae Suspensae (Lian Qiao). For lung abscesses, it is used with Herba Houttuynia Cordatae Cordatae (Yu Xing Cao), fresh Rhizoma Phragmitis (Lu Gen), and Semen Coicis Lachryma-jobi (Yi Yi Ren).

DOSAGE AND ADMINISTRATION

3–10 g, ground into powder and taken with water, 1–1.5 g each time.

PRECAUTIONS

It is antagonistic to Radix Aconite.



Fritillaria thunbergii Miq. (Fam. Liliaceae)
1. Young plant; 2. Branch with flower; 3. Fruit

PHARMACEUTICAL NAME

Endothelium Corneum Gigeriae Galli

ENGLISH NAME

chicken gizzard's internal lining

PART USED

dried inner wall of the gizzard

Endothelium Corneum Gigeriae Galli is washed clean after separation from the gizzard, dried in sunlight or heated with hot sand, ground, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen, Stomach, Small Intestine, and Bladder channels.

FUNCTIONS

Invigorates Spleen Qi to promote digestion, arrests spontaneous seminal emission and enuresis, is an antilithiatic.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and fullness in the epigastrium due to indigestion, it is used alone or with *Fructus Crataegi* (Shan Zha) and *Fructus Hordei Germinatus* (Mai Ya).

For indigestion and malnutrition in children, it is used with *Rhizoma Atractylodis Macrocephalae* (Bai Zhu), *Rhizoma Dioscoreae* (Shan Yao), and *Sclerotium Poriae Cocos* (Fu Ling).

For enuresis, it is used with *Ootheca Mantidis* (Sang Piao Xiao) and *Fructus Rubi Chingii* (Fu Pen Zi).

For spontaneous seminal emission, it is used with *Semen Nelumbinis Nuciferae* (Lian Zi) and *Semen Cuscutae* (Tu Si Zi).

For lithiasis of the Liver and Gallbladder, it is used with *Herba Lysimachiae* (Jin Qian Cao) and *Radix Curcumae* (Yu Jin).

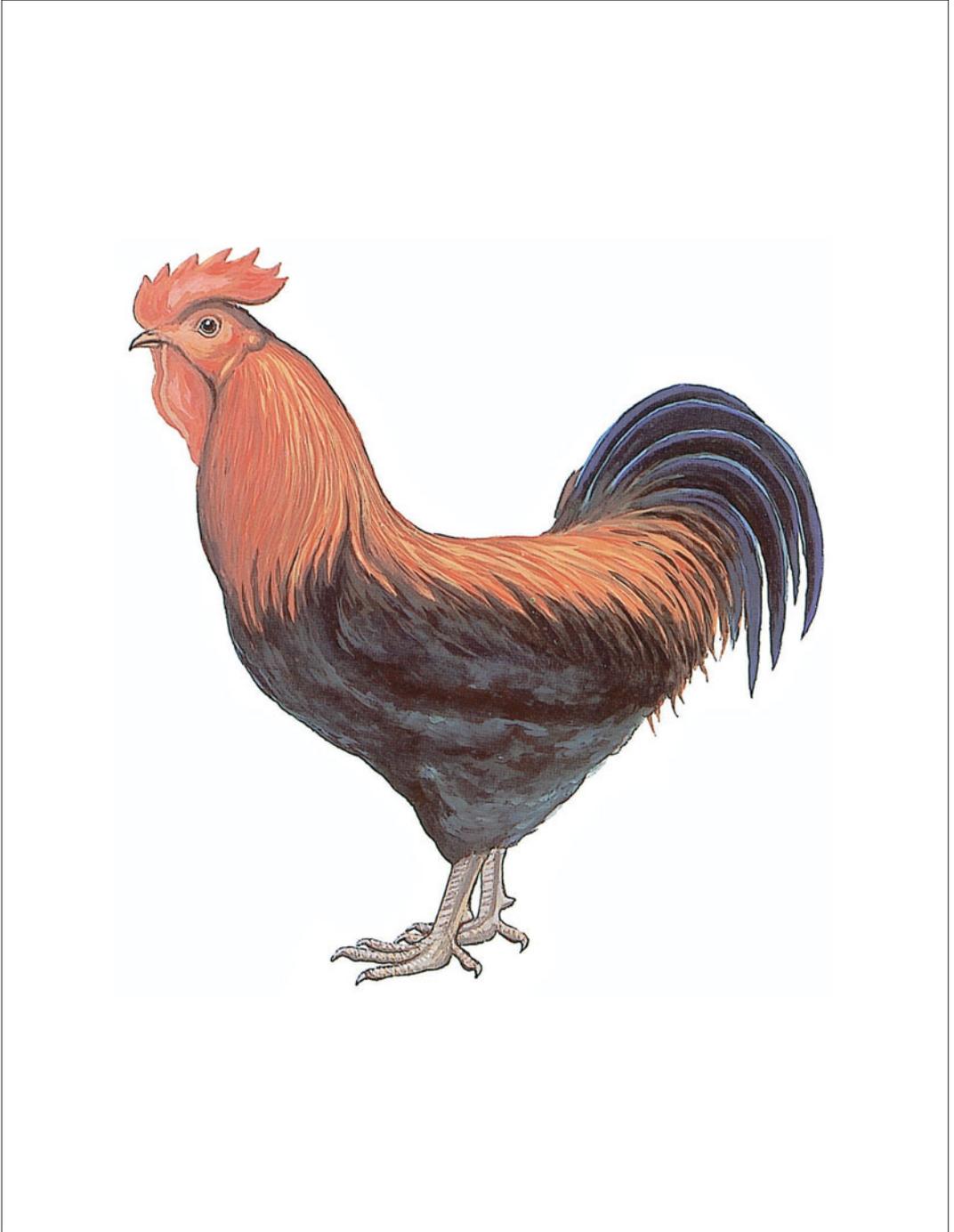
For lithiasis of the Kidney and Bladder, it is used with *Herba Lysimachiae* (Jin Qian Cao) and *Spora Lygodii* (Hai Jin Sha).

DOSAGE AND ADMINISTRATION

1.5–3 g, ground and infused for an oral dose.

PRECAUTIONS

None noted.



Gallus gallus domesticus Brisson (Fam. Phasianidae)

PHARMACEUTICAL NAME

Fructus Gardeniae

ENGLISH NAME

cape jasmine fruit

PART USED

ripe fruit

Fructus Gardeniae is produced in the southern part of China. It is collected in autumn and winter, and used unprepared or stir-baked until brown or charred.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart, Lung, Stomach, and the Triple Heater channels.

FUNCTIONS

Reduces pathogenic Fire, relieves irritability, dispels Excess Heat, promotes diuresis, and clears Pathogenic Heat from the Blood.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with irritability, melancholia, and restlessness, it is used with Semen Sojae Preparatum (Dan Dou Chi) in “The Gardeniae-Sojae Decoction” (Zhi Zi Chi Tang). It can also be used with Rhizoma Coptidis (Huang Lian), Fructus Forsythiae Suspensae (Lian Qiao), and Radix Scutellariae (Huang Qin).

For jaundice, fever, and scanty, dark urine due to Stagnation of Damp Heat in the Liver and Gallbladder, it is used with Herba Artemisiae Scopariae (Yin Chen) and Radix et Rhizoma Rhei (Da Huang) in “The Artemisiae Scopariae Decoction” (Yin Chen Hao Tang), or with Cortex Phellodendri (Huang Bai) in “The Gardeniae-Phellodendri Decoction” (Zhi Zi Bai Pi Tang).

For hemoptysis, epistaxis, and hematuria, it is used with Rhizoma Imperatae (Bai Mao Gen), Radix Rehmanniae (Sheng Di Huang), and Radix Scutellariae (Huang Qin).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

Contraindicated in patients with diarrhea due to a Spleen Deficiency.



Gardenia jasminoides Ellis (Fam. Rubiaceae)

1. Branch with flower; 2. Fruit

PHARMACEUTICAL NAME

Rhizoma Gastrodiae

ENGLISH NAME

tall gastrodia tuber

PART USED

dried tuber

Rhizoma Gastrodiae is produced mainly in the provinces of Sichuan, Yunnan, and Guizhou. After it is collected in winter, the tuber is skinned and thoroughly boiled. Then it is dried in sunlight or baked dry and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Stops Wind to relieve convulsion, soothes the Liver, and suppresses hyperactive Liver Yang.

CLINICAL USE AND MAJOR COMBINATIONS

For acute infantile convulsions, it is used with Ramulus Uncariae Cum Uncis (Gou Teng), Cornu Saigae Tataricae (Ling Yang Jiao), and Scorpio (Quan Xie) in “The Ramulus Uncariae Cum Uncis Decoction” (Gou Teng Yin). For chronic infantile convulsions, it is used with Radix Ginseng (Ren Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Bombyx Batryticatus (Jiang Can) in “The Decoction for Invigorating the Spleen” (Xing Pi San). For tetanus, it is used with Radix Saposhnikoviae (Fang Feng) and Rhizoma Typhonii Gigantei (Bai Fu Zi).

For dizziness and headache due to Hyperactive of Liver Yang, it is used with Ramulus Uncariae Cum Uncis (Gou Teng), Radix Scutellariae (Huang Qin), and Radix Achyranthis Bidentatae (Niu Xi) in “The Decoction of Rhizoma Gastrodiae and Ramulus Uncariae Cum Uncis” (Tian Ma Gou Teng Yin). It is also used for Wind Phlegm vertigo, with Rhizoma Pinelliae (Ban Xia), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Sclerotium Poriae Cocos (Fu Ling) in “The Decoction of Rhizoma Pinelliae, Rhizoma Atractylodis Macrocephalae, and Rhizoma Gastrodiae” (Ban Xia Bai Zhu Tian Ma Tang). It is used with Rhizoma Ligustici Chuanxiong (Chuan Xiong) for headache.

For numbness of the limbs or quadriplegia and for rheumatic arthralgia, it is used with Radix Gentianae Macrophyllae (Qin Jiao), Rhizoma Notoperygii (Qiang Huo), Radix Achyranthis Bidentatae (Niu Xi), and Rumulus Taxilli Sutchuenensis (Sang Ji Sheng).

DOSAGE AND ADMINISTRATION

3–10 g, ground into a powder and swallowed, 1–1.5 g each time.

PRECAUTIONS

None noted.



Gastrodia elata Blume (Fam. Orchidaceae)
1. Root-tuber; 2-3. Branch with flower; 4. Flower

PHARMACEUTICAL NAME

Gecko

ENGLISH NAME

gecko

PART USED

dried body

Gecko is produced mainly in Guangxi province. After the animal is captured in summer, and the head, claws, and viscera are removed, the remainder of the body is dried and ground into powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, neutral in property, acts on the Lung and Kidney channels.

FUNCTIONS

Tonifies the Lung and Kidney Yang, relieves cough and asthma, replenishes the Vital Essence and Blood.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to Lung Deficiency, asthma due to Kidney Deficiency, and cough and asthma due to Deficient Lung Yin, it is used with Radix Ginseng (Ren Shen), Semen Armeniacae Amarum (Xing Ren), and Bulbus Fritillariae Cirrhosae (Bei Mu) in “The Powder of Radix Ginseng and Gecko” (Ren Shen Ge Jie San).

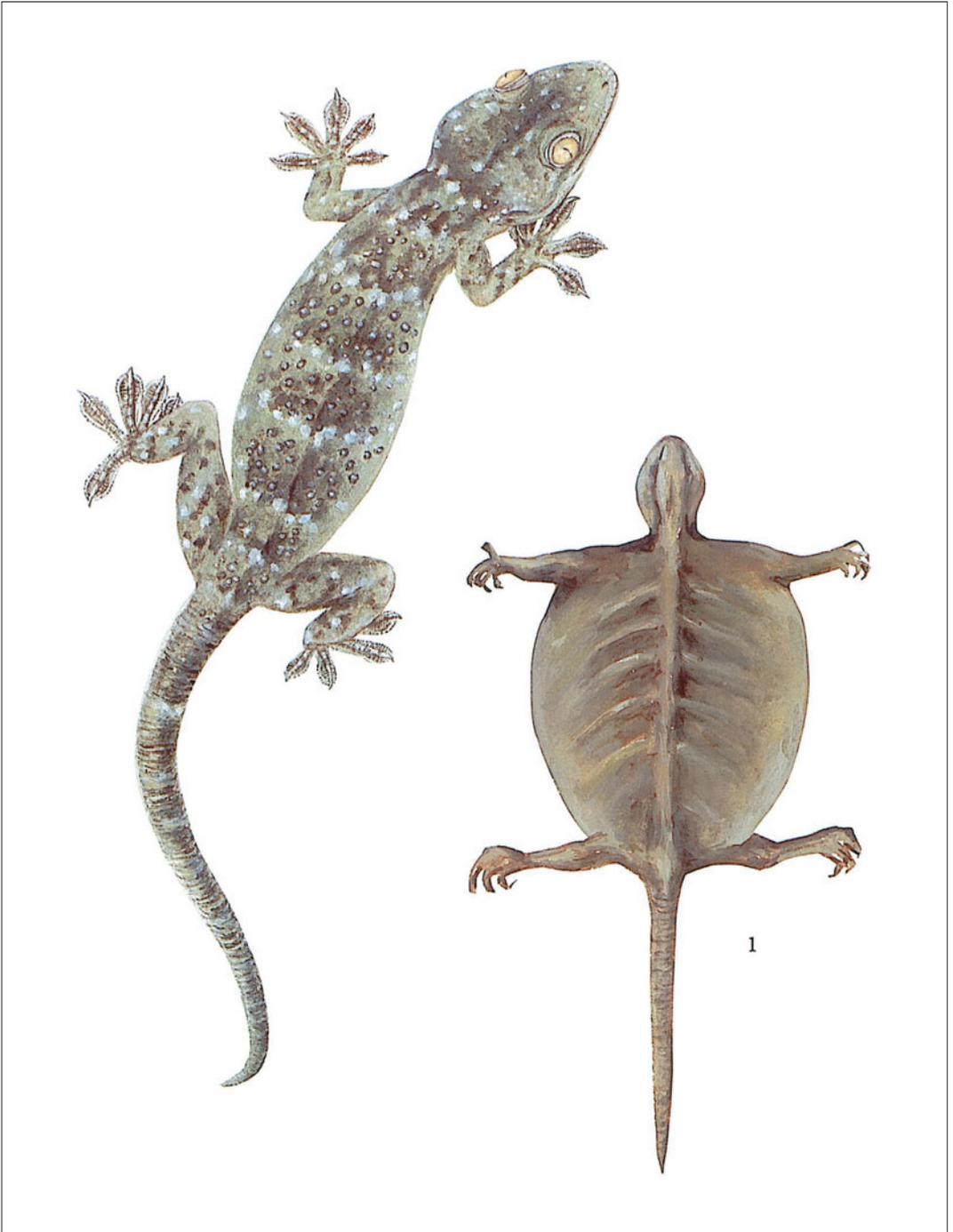
For impotence due to Deficient Kidney Yang, insufficient Vital Essence, and Deficient Blood, it is used with Radix Ginseng (Ren Shen), Cornu Cervi Pantotrichum (Lu Rong), and Herba Epimedii (Yin Yang Huo).

DOSAGE AND ADMINISTRATION

3–7 g, decocted in water for an oral dose, or ground into powder.

PRECAUTIONS

It is contraindicated for patients with Wind Cold or Excess Heat.



Gekko gecko Linnaeus (Fam. Geckonidae)
1. Dried body

PHARMACEUTICAL NAME

Radix Gentianae Macrophyllae

ENGLISH NAME

large leaf gentian root

PART USED

dried root

Radix Gentianae Macrophyllae, from the first three species, falls into two groups known as *Qin Jiao* and *Ma Hua Jiao*. The herb derived from the last one is commonly known as *Xiao Qin Jiao*. To prepare *Qin Jiao* and *Ma Hua Jiao*, the roots are softened in the sun, then piled up until the water evaporates, leaving a reddish-yellow or greyish-yellow color on the surface. They are spread out and dried in the sun; or they are dried in the sun directly after collection. As for *Xiao Qin Jiao*, the black bark is rubbed off when fresh and the root is dried in the sun. The herb is produced in the provinces of Gansu, Shanxi, Inner Mongolia, and Sichuan.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly cold in property, acts on the Stomach, Liver, and Gallbladder channels.

FUNCTIONS

Expels Wind Dampness, removes Heat of the Deficiency type.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis with muscular contracture and severe joint pain, it is used with *Radix Aristolochiae Fangchi* (*Fang Ji*), *Radix Angelicae Pubescentis* (*Du Huo*), and others.

For fever due to Yin Deficiency, it is used with *Carapax Trionycis* (*Bie Jia*), *Herba Artemisiae Annuae* (*Qing Hao*), *Rhizoma Anemarrhenae* (*Zhi Mu*), and *Cortex Lycii Radicis* (*Di Gu Pi*).

For jaundice, it is used with *Herba Artemisiae Scopariae* (*Yin Chen*) and *Fructus Gardeniae* (*Zhi Zi*).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Gentiana macrophylla Pall. (Fam. Gentianaceae)
1-2. Whole plant with flowers; 3. Calyx; 4. Opened corolla showing stamen; 5. Fruit

PHARMACEUTICAL NAME

Radix Gentianae Scabrae

ENGLISH NAME

Chinese gentian root

PART USED

dried root and rhizome

Radix Gentianae Scabrae is grown throughout China. It is collected in spring or autumn, dried in sunlight, cut into segments, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver, Gallbladder, and Stomach channels.

FUNCTIONS

Clears Heat, dries Dampness, purges Fire in the Liver.

CLINICAL USE AND MAJOR COMBINATIONS

For Damp Heat with jaundice, it is used with Herba Artemisiae Scopariae (Yin Chen) and Fructus Gardeniae (Zhi Zi). For scrotal swelling, perineal pruritus, and yellow, thick leukorrhagia and eczema, it is used with Semen Plantaginis (Che Qian Zi), Cortex Phellodendri (Huang Bai), and Radix Sophorae Flavescentis (Ku Shen).

For persistent high fever, spasm, and convulsion due to Excess Liver Heat, it is used with Ramulus Uncariae Cum Uncis (Gou Teng), Rhizoma Coptidis (Huang Lian), and Calculus Bovis (Niu Huang).

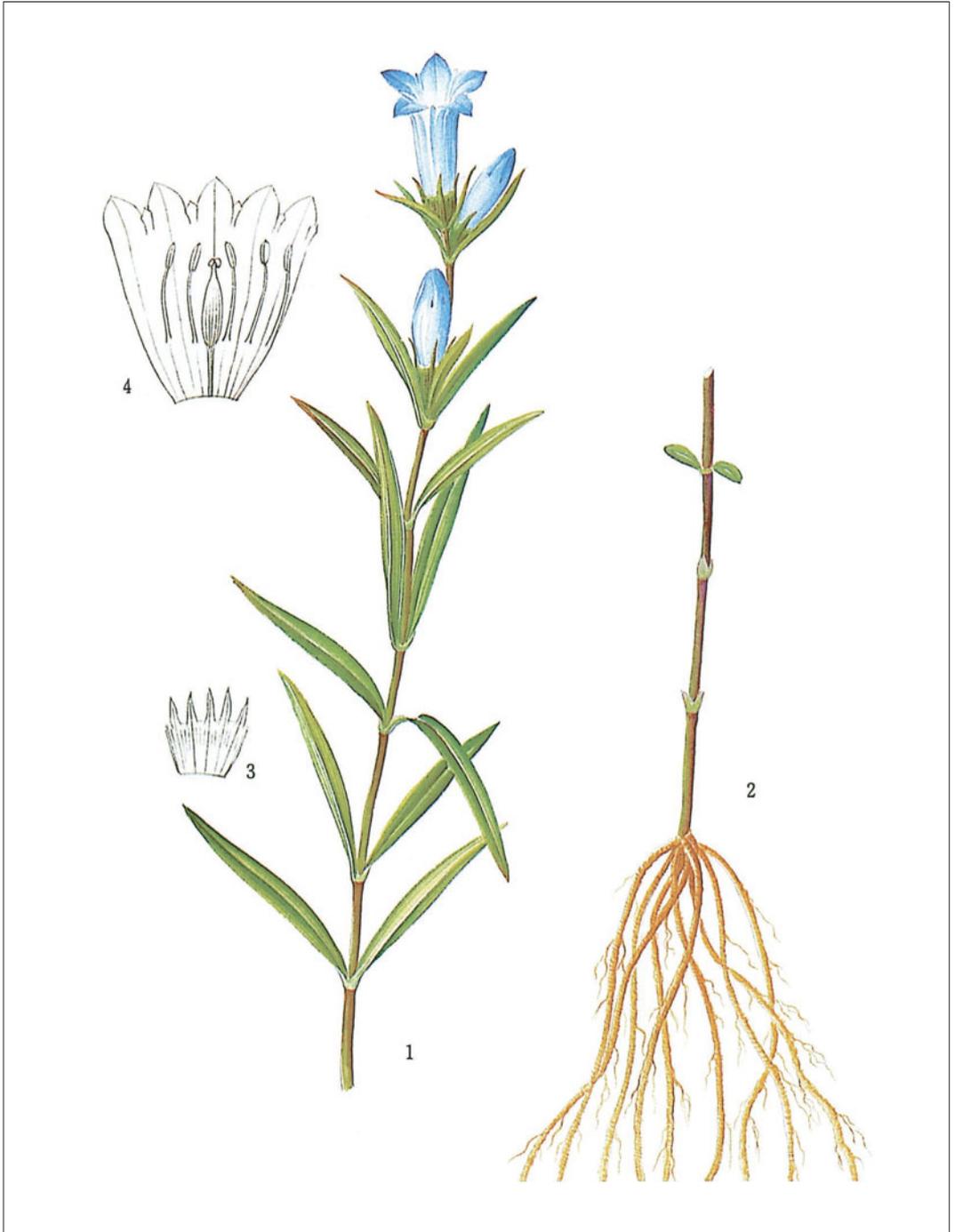
For Fire of Excess type in the Liver and Gallbladder with headache, fullness in the hypochondriac region, bitter taste in the mouth, and deafness, it is used with Radix Bupleuri (Chai Hu), Radix Scutellariae (Huang Qin), and Caulis Akebiae (Mu Tong) in “The Decoction of Gentiana for Purging Liver Fire” (Long Dan Xie Gan Tang).

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose, or used in bolus and powders. Appropriate quantity for external use.

PRECAUTIONS

Contraindicated for Cold syndromes of a Deficiency type in the Spleen and Stomach.



Gentiana manshurica Kitag (Fam. Gentianaceae)
1. Branch with flowers; 2. Root and stem; 3. Opened calyx; 4. Opened corolla showing stamen and pistil

PHARMACEUTICAL NAME

Semen Ginkgo Bilobae

ENGLISH NAME

gingko seed

PART USED

ripe seed

Semen Ginkgo is produced mainly in the provinces of Guangxi, Sichuan, Henan, and Shandong. It is collected in autumn, cleaned, and dried in sunlight. It is pounded into pieces before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet, bitter, and sour in flavor, neutral in property, slightly toxic, acts on the Lung channel.

FUNCTIONS

Astringes Excess Fluid to relieve cough and asthma, reduces leukorrhea and urination.

CLINICAL USE AND MAJOR COMBINATIONS

For asthma with sputum, it is used with Herba Ephedrae (Ma Huang) and Radix Glycyrrhizae Uralensis (Gan Cao). For asthma and dyspnea due to Lung Heat, it is used with Radix Scutellariae (Huang Qin) and Cortex Mori (Sang Bai Pi) in “The Asthma Relieving Decoction” (Ding Chuan Tang).

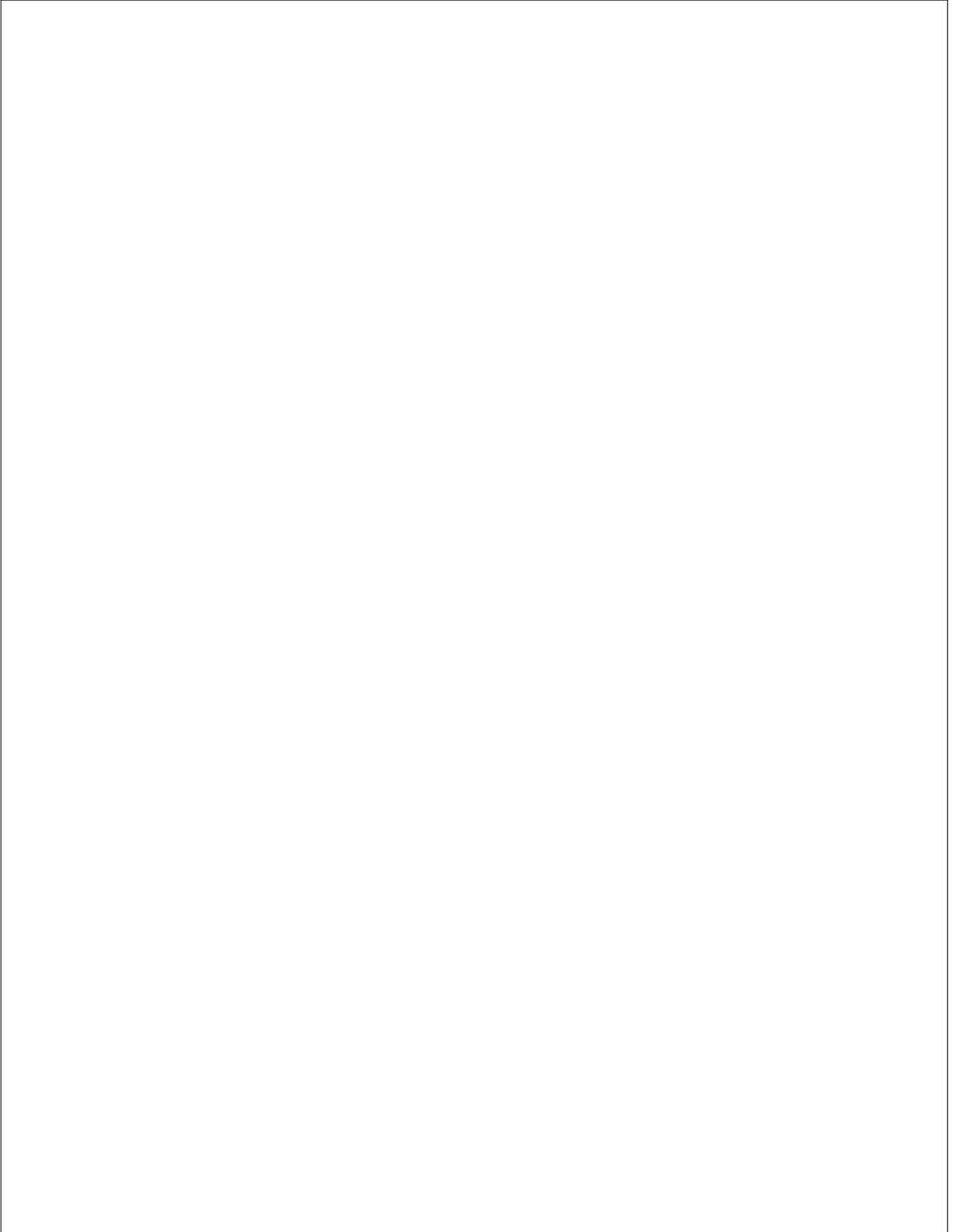
For leukorrhea with white discharge, it is used with Rhizoma Dioscoreae (Bi Xie) and Fructus Alpiniae Oxyphyllae (Yi Zhi Ren). For leukorrhea with yellow and sticky discharge due to Damp Heat, it is used with Cortex Phellodendri (Huang Bai).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

Toxic in large dosages.



Ginkgo biloba L. (Fam. Ginkgoaceae)

1. Branch with fruit; 2. Stamen; 3. Shoot with young ovule; 4. Seed without skin

PHARMACEUTICAL NAME

Fructus Gleditsiae

ENGLISH NAME

Chinese honeylocust fruit

PART USED

fruit

Fructus Gleditsiae is produced in northeastern, midwestern, and mideastern China. It is collected in autumn when the fruit is ripe, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, slightly poisonous, acts on the Lung and Large Intestine channels.

FUNCTIONS

Eliminates Phlegm, opens the orifices, and awakens the Spirit.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with copious sputum, congestion in the chest, asthma, and difficult expectoration.

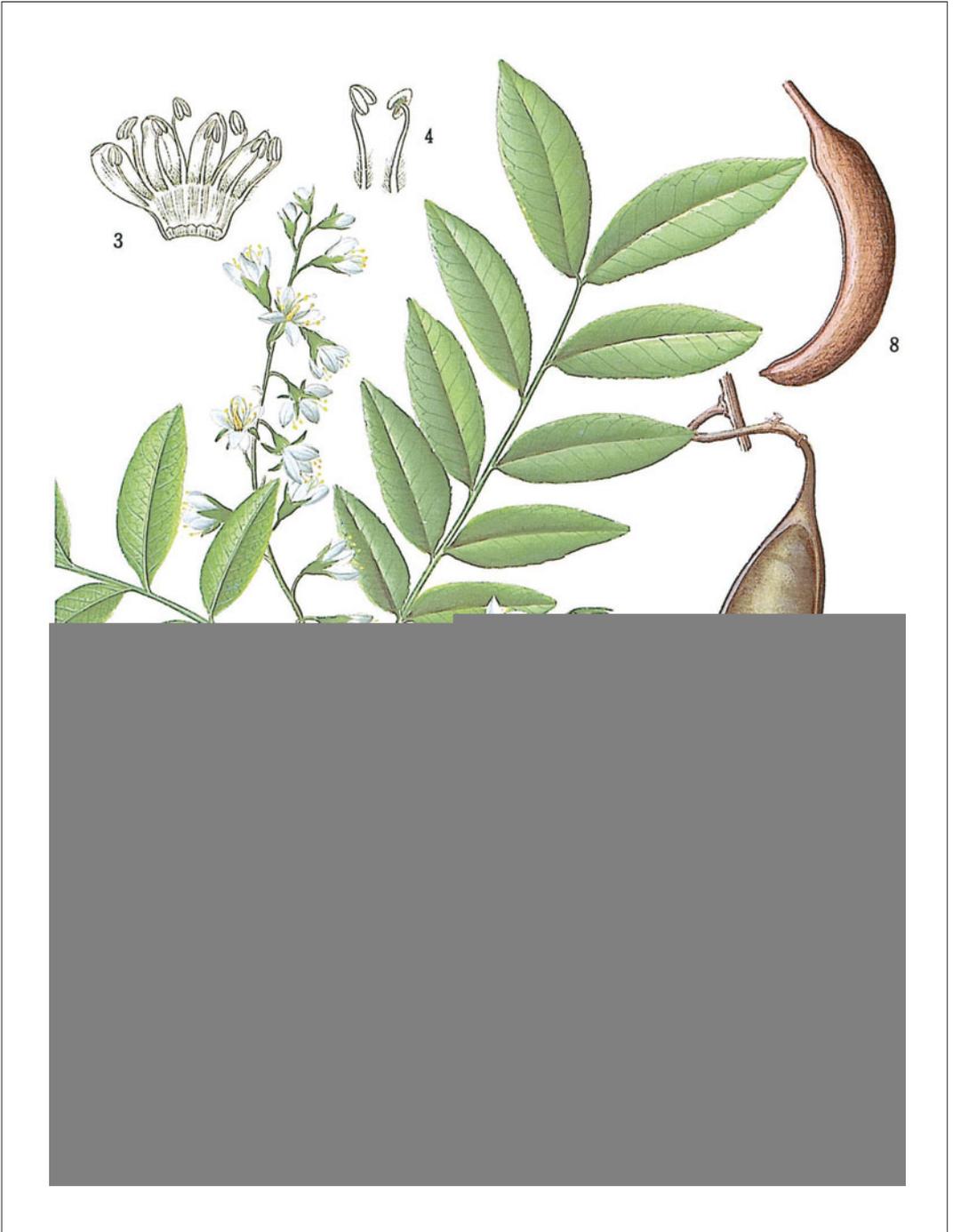
For sudden loss of consciousness with lockjaw and epilepsy due to Excess Phlegm, it is used with Herba Asari cum Radice (Xi Xin) as a nasal insufflation.

DOSAGE AND ADMINISTRATION

1.5–5 g, in powder or pill form.

PRECAUTIONS

Contraindicated during pregnancy and in patients with Qi and Yin Deficiency. Symptoms of overdose include vomiting and diarrhea.



Gleditsia sinensis Lam. (Fam. Fabaceae)
1. Branch with flowers; 2. Flower; 3. Corolla; 4. Stamen; 5. Pistil; 6. Spine; 7-8. Fruit; 9. Seed

PHARMACEUTICAL NAME

Radix Glehniae

ENGLISH NAME

northern glehnia root

PART USED

dried root

Radix Glehniae is produced mainly in the provinces of Shandong, Hebei, Liaoning, and Jiangsu. It is collected in summer and winter. After removal of the rootlets, the root is washed and cut into sections or slices for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and slightly bitter in flavor, slightly cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Removes Lung Heat, nourishes Lung Yin, replenishes Stomach Qi, and promotes the production of fluids.

CLINICAL USE AND MAJOR COMBINATIONS

For dry cough, dry throat, and thirst due to Dry Heat in the Lung, it is used with Radix Ophiopogonis (Mai Dong), Rhizoma Polygonati Odorati (Yu Zhu), and Folium Mori (Sang Ye). For cough with hemoptysis due to Deficient Lung Yin, it is used with Rhizoma Anemarrhenae (Zhi Mu), Radix Ophiopogonis (Mai Dong), and Bulbus Fritillariae Cirrhosae (Bei Mu).

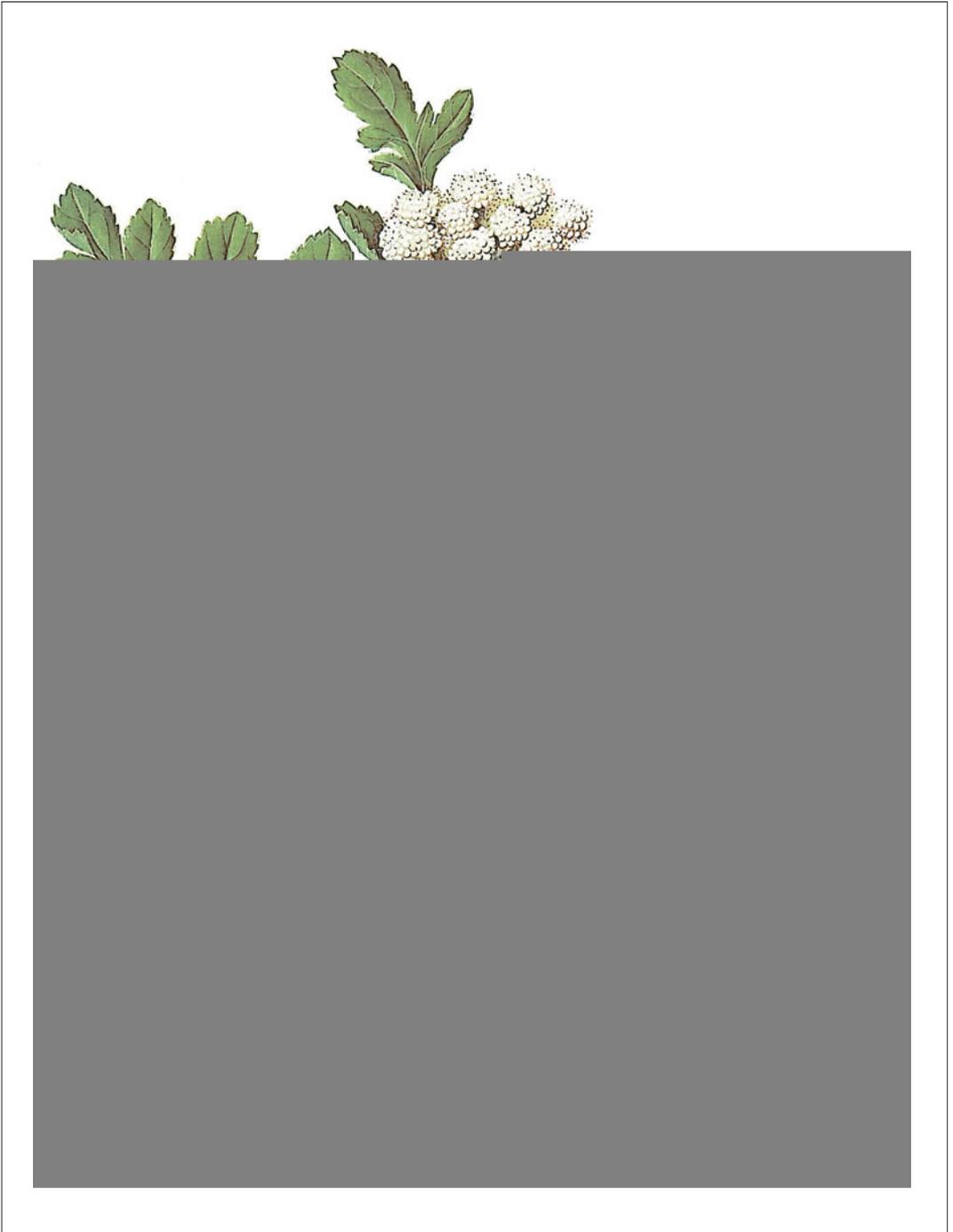
For dry throat and thirst due to dehydration from a fever, it is used with Radix Ophiopogonis (Mai Dong) and Rhizoma Polygonati Odorati (Yu Zhu).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

It is incompatible with Rhizoma et Radix Veratri (Li Lu).



Glehnia littoralis F. Schmidt ex Miq. (Fam. Apiaceae)

1. Whole plant with flowers; 2. Flower

PHARMACEUTICAL NAME

Semen Sojae Preparatum

ENGLISH NAME

fermented soybean

PART USED

bean

Semen Sojae Preparatum is the fermented preparation made from ripe soy beans *Glycine max* L. Merr. It is produced in every part of China.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent, sweet, and slightly bitter in flavor, cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Induces diaphoresis, eases the Mind, and relieves fever.

CLINICAL USE AND MAJOR COMBINATIONS

For common cold due to invasion of Wind Cold with fever, aversion to wind and cold, and headache. It is used with *Menthae Arvensis* (Bo He), *Herba Schizonepetae Tenuifolia* (Jing Jie), and *Fructus Arctii* (Niu Bang Zi) in “The Forsythiae and *Lonicerae* Powder” (Yin Qiao San) for Wind Heat.

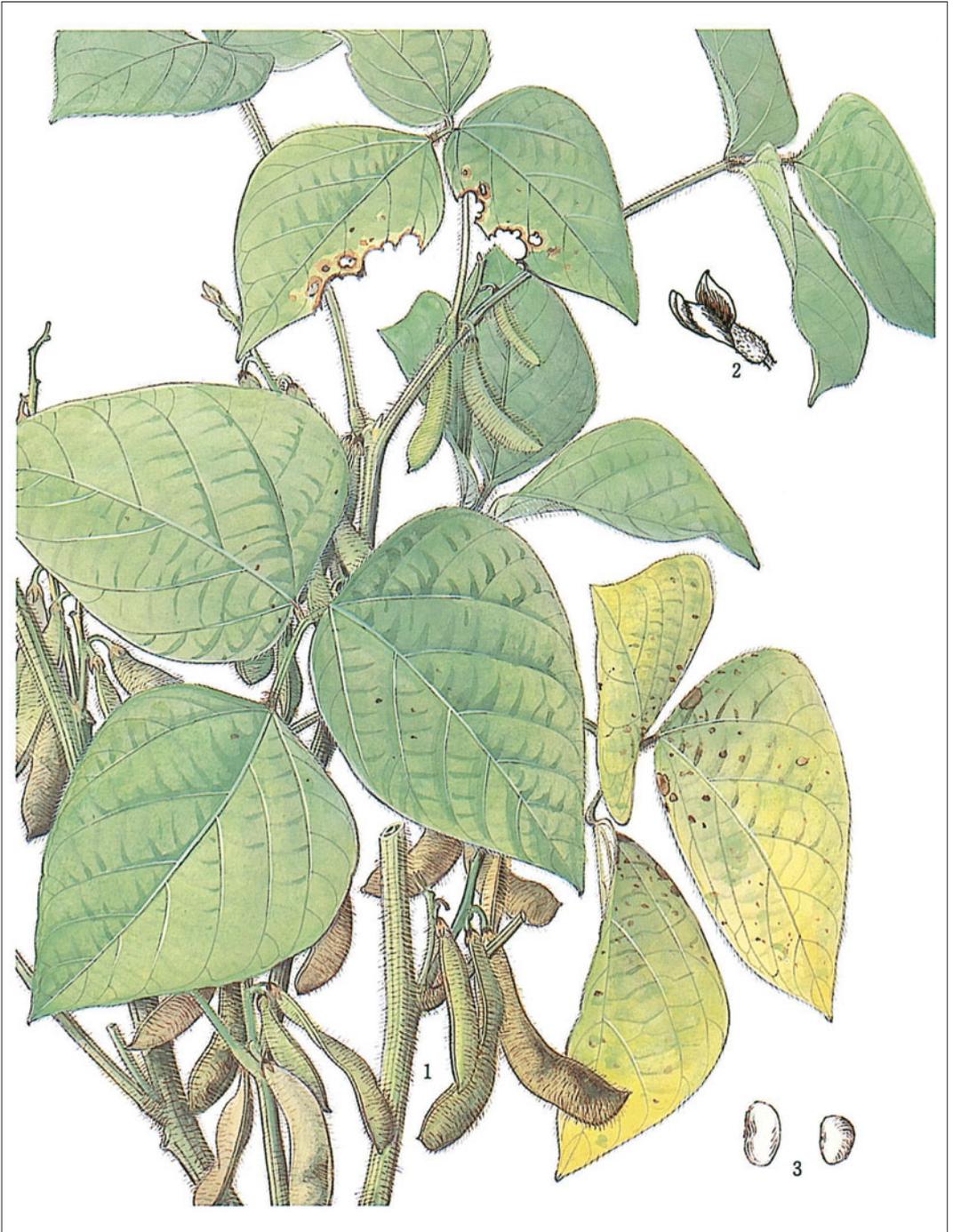
For irritability, tightness in the chest, and insomnia due to febrile diseases, it is used with *Fructus Gardeniae Jasminoidis* (Zhi Zi).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Glycine max L. Merr. (Fam. Fabaceae)
1. Branch with fruit; 2. Flower; 3. Seeds

PHARMACEUTICAL NAME

Radix Glycyrrhizae Uralensis

ENGLISH NAME

licorice root

PART USED

dried root or root with rhizome

Radix Glycyrrhizae Uralensis is produced mainly in the provinces of Inner Mongolia, Shanxi, Gansu, and Xinjiang. It is collected in spring and autumn, sliced and dried in sunlight, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Heart, Lung, Spleen, and Stomach channels.

FUNCTIONS

Benefits Spleen Qi, moistens the Lung to stop cough, relieves spasm and pain, moderates the properties of other herbs.

CLINICAL USE AND MAJOR COMBINATIONS

For shortness of breath, lassitude and weakness, poor appetite, and loose stools due to Spleen Deficiency, it is used with *Radix Ginseng* (Ren Shen), *Sclerotium Poriae Cocos* (Fu Ling), and *Rhizoma Atractylodis Macrocephalae* (Bai Zhu) in “The Decoction of Four Noble Herbs” (Si Jun Zi Tang).

For cough and asthma due to Wind Cold, it is used with *Herba Ephedrae* (Ma Huang) and *Semen Armeniacae Amarum* (Xing Ren) in “The Decoction of Three Crude Herbs” (San Ao Tang). For cough and asthma due to Lung Heat, it is used with *Gypsum Fibrosum* (Shi Gao), *Herba Ephedrae* (Ma Huang), and *Semen Armeniacae Amarum* (Xing Ren).

For sores, ulcers, and other skin infections, food or herb poisoning, and sore throat. For sore throat, it is used with *Flos Lonicerae* (Jin Yin Hua) and *Herba Taraxaci* (Pu Gong Ying); for food or herb poisoning, it is used alone.

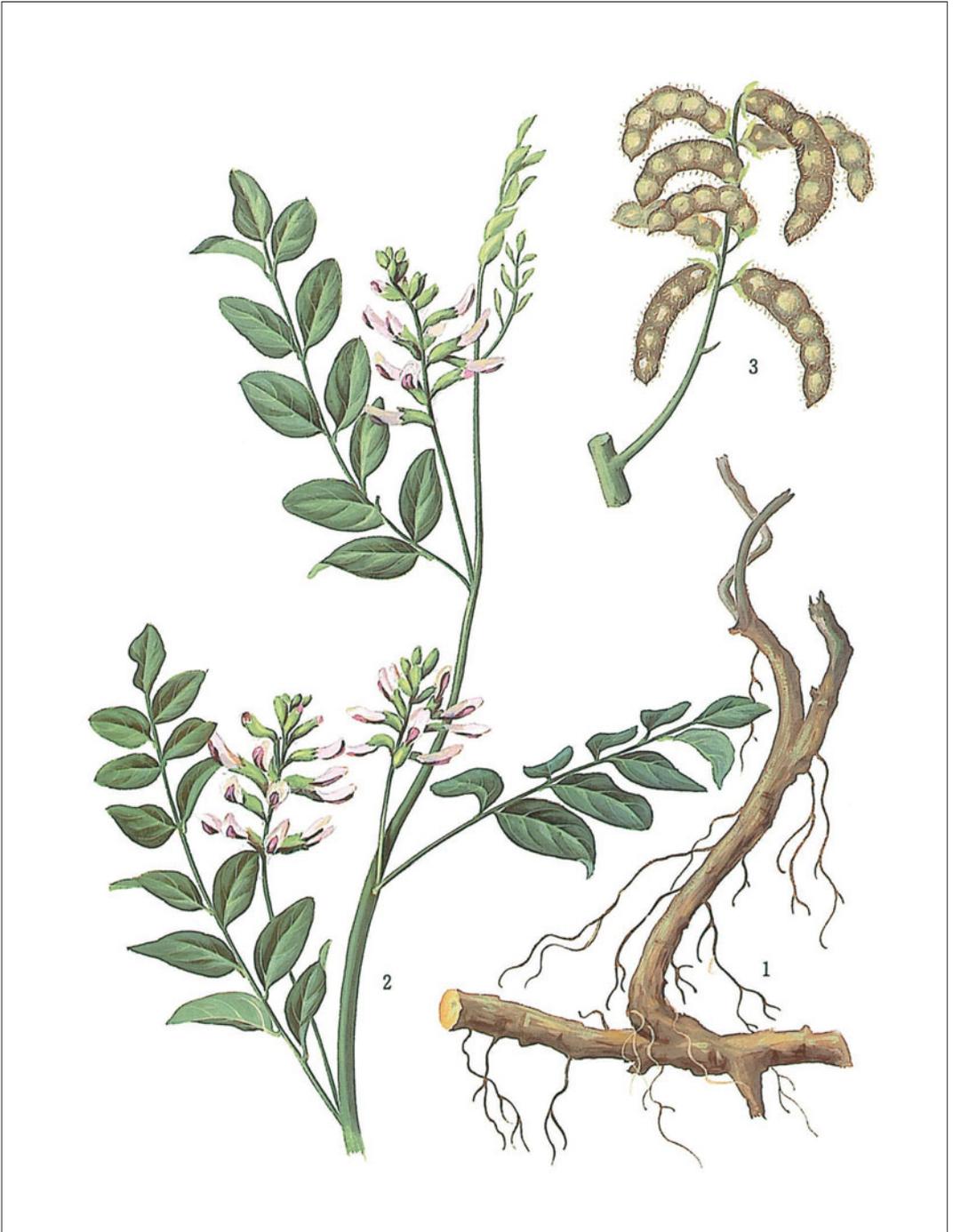
For epigastric and abdominal pains, it is used with *Ramulus Cinnamomi* (Gui Zhi), *Radix Paeoniae Alba* (Bai Shao), and *Saccharum Granorum* (Yi Tang) in “The Minor Decoction for Strengthening the Middle Heater” (Xiao Jian Zhong Tang). For spasm and pain of the extremities, it is used with *Radix Paeoniae Alba* (Bai Shao) in “The Decoction of Peony and Licorice” (Shao Yao Gan Cao Tang).

DOSAGE AND ADMINISTRATION

2–10 g, decocted in water for an oral dose. For clearing away Heat and poisons, it is used unprepared; for tonifying the Spleen and Stomach, it is honey-baked.

PRECAUTIONS

It is contraindicated in patients with Dampness, stuffiness in the chest, abdominal distension, and vomiting. It is antagonized by *Flos Daphnes Genkwa* (Yuan Hua), *Radix Euphorbiae seu Knoxiae* (Da Ji), and *Sargassii* (Hai Zao).



Glycyrrhiza uralensis Fisch. (Fam. Fabaceae)
1. Root; 2. Branch with flowers; 3. Fruit

PHARMACEUTICAL NAME

Concha Haliotidis

ENGLISH NAME

abalone shell

PART USED

shell

Concha Haliotidis is produced chiefly in Guangdong and Fujian. It is captured in summer and autumn, dried in sunlight after being cleaned, and used unprepared or calcined.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver channel.

FUNCTIONS

Soothes the Liver and suppresses Hyperactive Yang, clears Liver Heat to improve visual acuity.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness due to Liver and Kidney Deficiency, and ascendant Liver Yang due to Yin Deficiency, it is used with other herbs that nourish Yin and calm the Liver such as Radix Rehmanniae (Sheng Di Huang), Radix Paeoniae Alba (Bai Shao), and Concha Ostreae (Mu Li).

For red, swollen eyes due to flare-up of Liver Fire, it is used with Flos Chrysanthemi Morifolii (Ju Hua) and Semen Cassiae (Jue Ming Zi). For corneal clouding and optic atrophy due to Wind Heat, it is used with Flos Eriocauli (Gu Jing Cao) and other herbs. For blurred vision due to Liver Deficiency, it is used with Semen Cuscutae (Tu Si Zi) and Radix Rehmanniae Preparata (Shu Di Huang).

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water before other ingredients.

PRECAUTIONS

None noted.



Haliotis diversicolor Reeve. (Fam. Haliotidae)

PHARMACEUTICAL NAME

Hirudo

ENGLISH NAME

leech

PART USED

dried body

Hirudo is captured during May and June, scalded with boiling water, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and salty in flavor, neutral in property, slightly toxic, acts on the Liver channel.

FUNCTIONS

Disperses Blood to remove Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

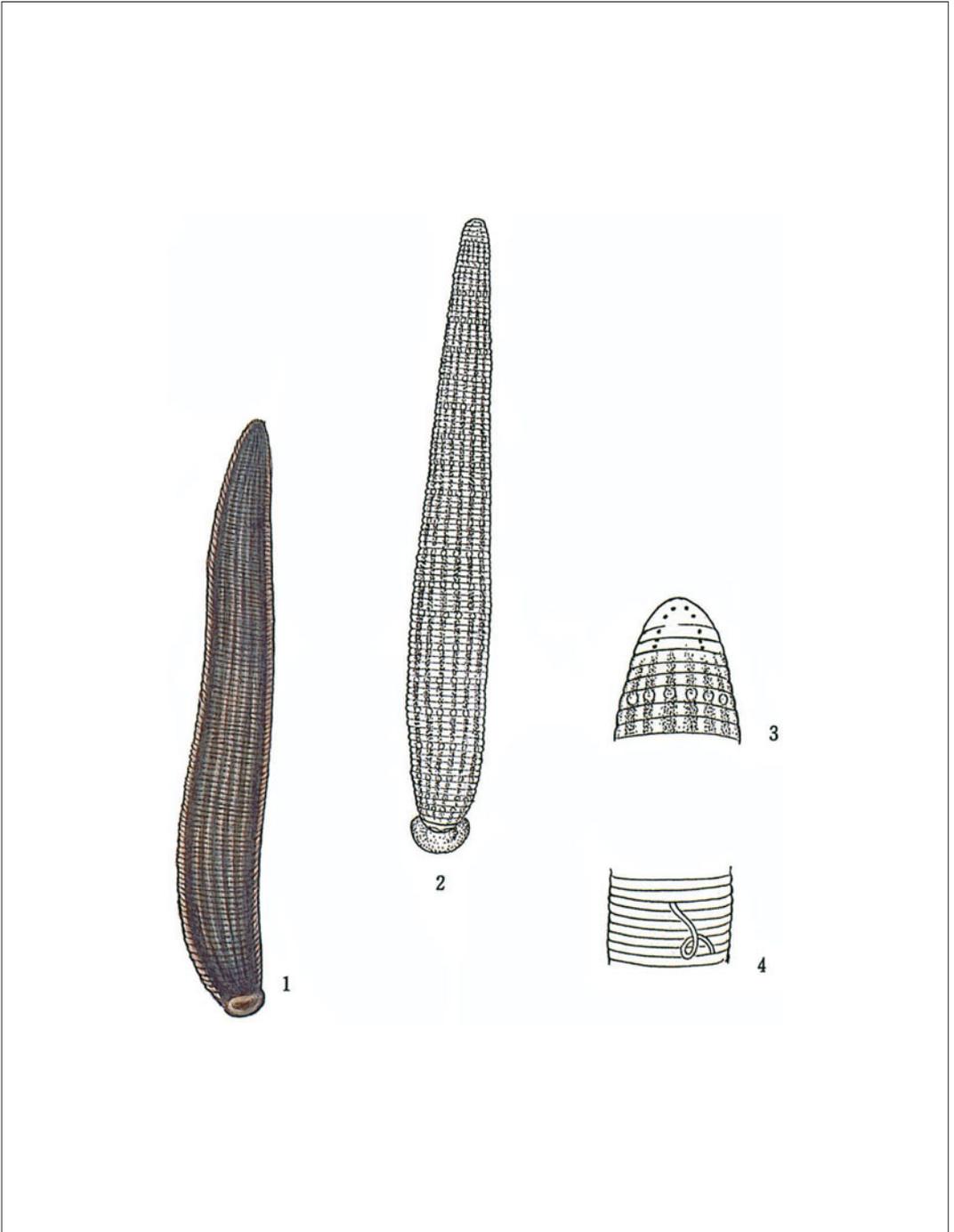
For amenorrhea due to Blood Stasis and masses in the abdomen, it is used with Semen Persicae (Tao Ren), Rhizoma Spargani (San Leng), and Lignum Sappan (Su Mu). For traumatic injury with Blood Stasis, swelling and pain, cardiac and abdominal distension with pain and constipation, Hirudo is ground into a fine powder with Radix et Rhizoma Rhei (Da Huang).

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose; or 1–1.5 g, used in powder form.

PRECAUTIONS

It is slightly toxic and contraindicated during pregnancy.



Hirude nipponica Whitman (Fam. Hirudinidae)
1. View of abdomen; 2, View of back; 3. View of front part of back; 4. View of clitellum region, front.

PHARMACEUTICAL NAME

Rhizoma Homalomenae

ENGLISH NAME

homalomena rhizome

PART USED

dried rhizome

Rhizoma Homalomenae is produced chiefly in the southern part of Guangxi province. It is collected in spring and autumn, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Expels Pathogenic Wind Dampness, strengthens muscles and bones.

CLINICAL USE AND MAJOR COMBINATIONS

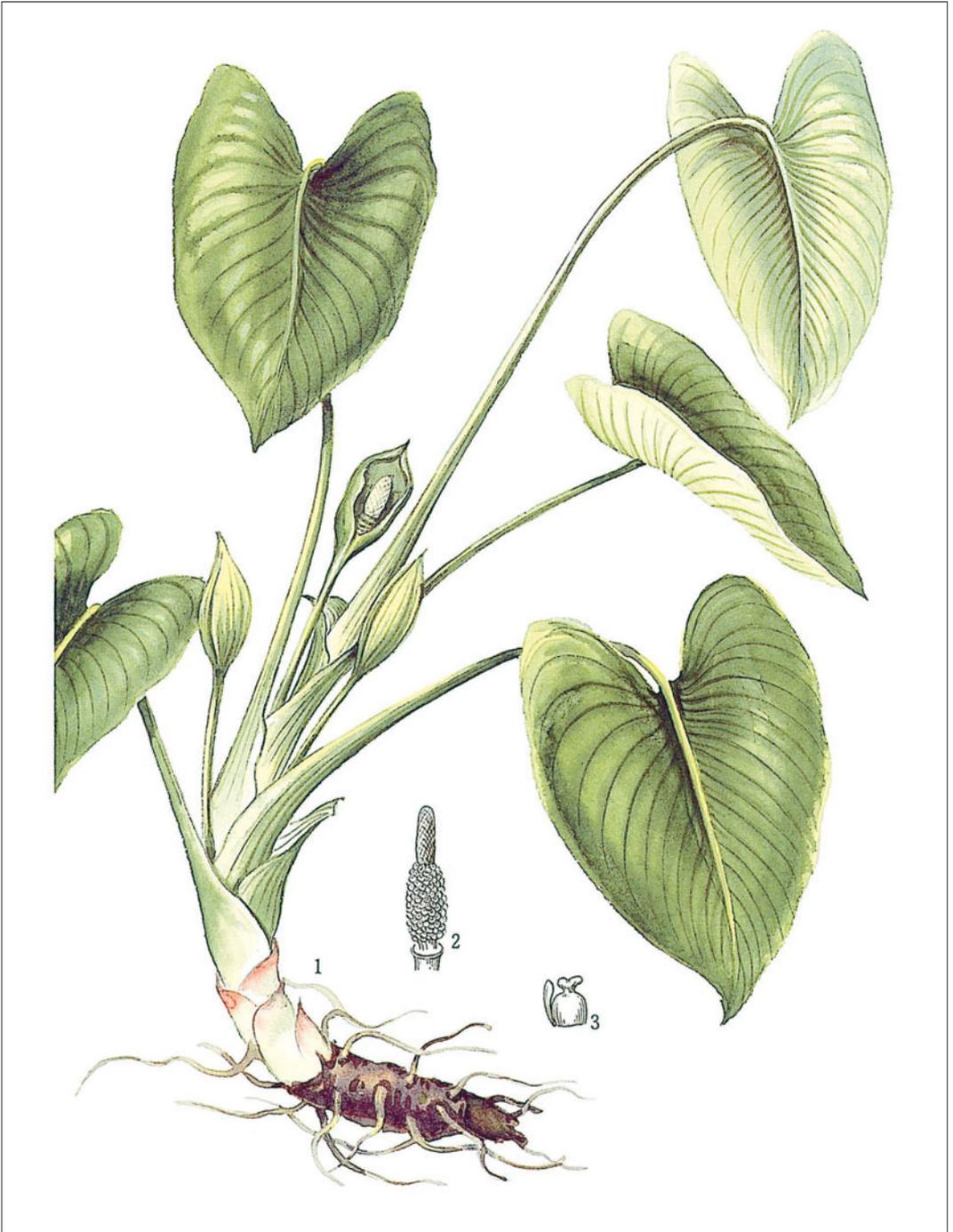
For rheumatic or rheumatoid arthritis with aching and cold sensation of the loins and knees, muscular contracture, and numbness of the lower extremities, Rhizoma Homalomenae is used with Radix Achyranthis Bidentatae (Niu Xi) and Fructus Lycii (Gou Qi Zi) infused in wine for an oral dose.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Homalomena occulta (Lour.) Schott (Fam. Araceae)
1. Whole plant with flowers; 2. Inflorescence; 3. Pistil

PHARMACEUTICAL NAME

Fructus Hordei Germinatus

ENGLISH NAME

barley sprout

PART USED

dried germinated grain

Fructus Hordei Germinatus is produced in most provinces in China. It is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen, Stomach, and Liver channels.

FUNCTIONS

Promotes digestion, resolves food retention, stops mild secretion.

CLINICAL USE AND MAJOR COMBINATIONS

For food retention and indigestion especially due to the retention of starchy food with distension and fullness in the epigastrium, anorexia, and diarrhea, it is used with Fructus Crataegi (Shan Zha), Massa Fermentata Medicinalis (Shen Qu), and Endothelium Corneum Gigeriae Galli (Ji Nei Jin).

For distension and pain of the breast due to galactostasis, or for the purpose of stopping milk secretion, 30–60 g of each unprepared and stir-baked barley is decocted for oral use.

For Stagnant Liver Qi, it can be used as an auxiliary herb.

DOSAGE AND ADMINISTRATION

10–15 g, or in a large dose of 60–120 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for nursing mothers.



Hordeum vulgare L. (Fam. Poaceae)
1. Lower part of the plant; 2-3. Ears; 4. Seeds

PHARMACEUTICAL NAME

Herba Houttuyniae Cordatae

ENGLISH NAME

houத்துய්නියා herb

PART USED

dried aerial part

Herba Houttuyniae Cordatae is grown mainly throughout the Yangtze river valley and south. It is collected in summer and autumn, washed clean, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, slightly cold in property, acts on the Lung channel.

FUNCTIONS

Removes toxic Heat, promotes the drainage of pus, and relieves dysuria.

CLINICAL USE AND MAJOR COMBINATIONS

For purulent expectoration due to lung abscess, it is used with *Radix Platycodi* (Jie Geng), *Rhizoma Phragmitis* (Lu Gen), and *Semen Coicis* (Yi Yi Ren).

For cough with thick sputum due to Lung Heat, it is used with *Rhizoma Anemarrhenae* (Zhi Mu), *Bulbus Fritillariae Cirrhosae* (Bei Mu), and *Cortex Mori* (Sang Bai Pi).

Recent case studies show that this herb is effective against bronchitis, gastroenteritis, and acute urinary infection.

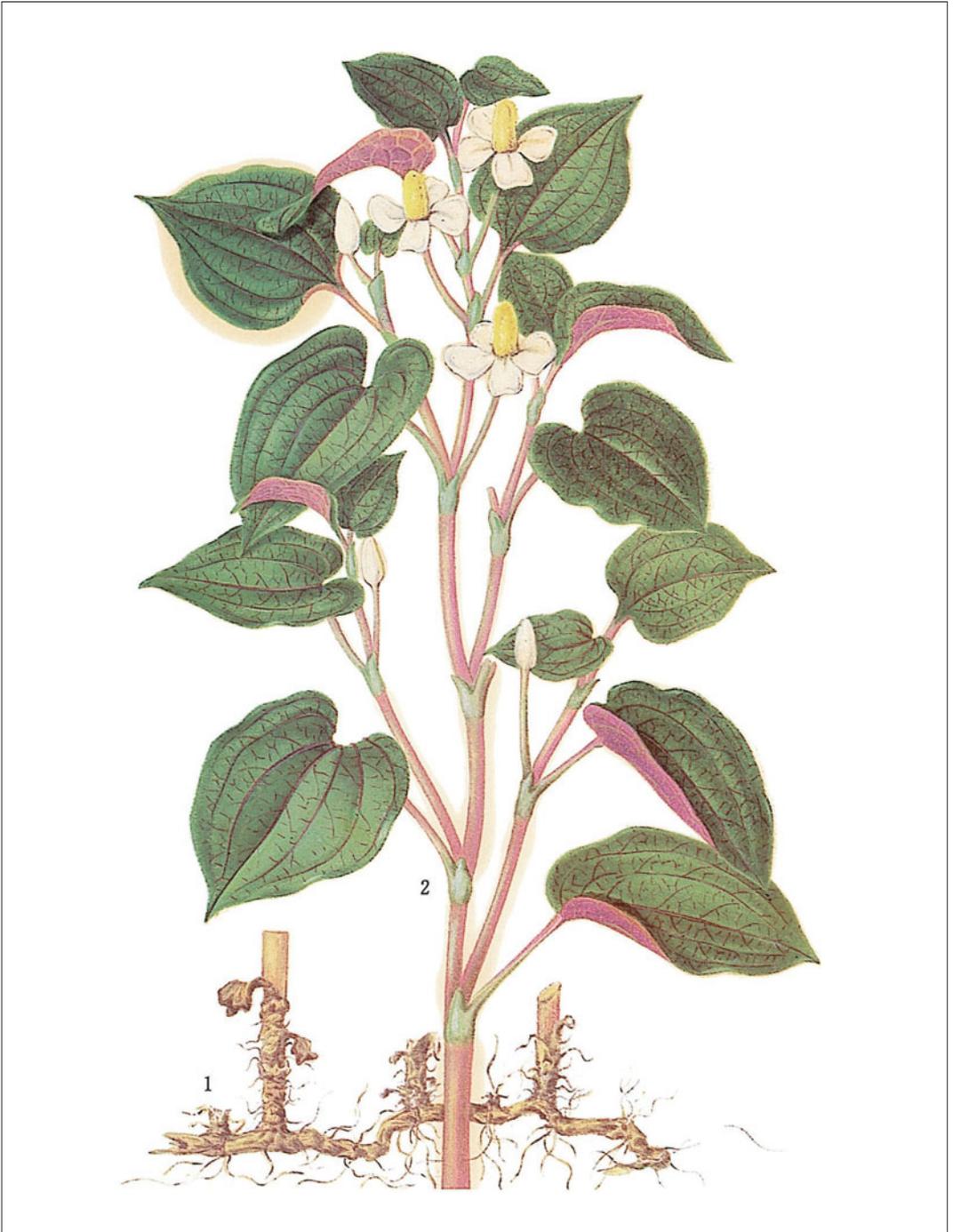
For carbuncles and sores, it is used with *Flos Chrysanthemi Indici* (Ye Ju Hua), *Herba Taraxaci* (Pu Gong Ying), and *Fructus Forsythiae Suspensae* (Lian Qiao).

DOSAGE AND ADMINISTRATION

15–25 g, boiled briefly; 30–50 g of the fresh herb, decocted or pounded to make juice for oral administration. For external use, the appropriate quantity is pounded into a paste for topical application or made into a hot decoction for fuming and washing of the lesion.

PRECAUTIONS

None noted.



Houttuynia cordata Thunb. (Fam. Saururaceae)
1. Root ; 2. Upper part of the plant

PHARMACEUTICAL NAME

Rhizoma Imperatae

ENGLISH NAME

imperata lalang grass rhizome

PART USED

dried rhizome

Rhizoma Imperatae is produced in every part of China. It is collected in spring or autumn, cut into pieces, and washed clean. It is used fresh or dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung, Stomach, and Bladder channels.

FUNCTIONS

Arrests bleeding, removes Blood Heat, diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding due to invasion of Blood by pathogenic Heat, including hemoptysis, epistaxis, and hematuria, it is used alone or with Cacumen Platycladi (Ce Bai Ye), Herba Cirsii Segetis (Xiao Ji), and Pollen Typhae (Pu Huang).

For urinary infection with dribbling and painful urination, edema in acute nephritis, or jaundice due to Dampness and Heat, it is used with Semen Plantaginis (Che Qian Zi) and Herba Lysimachiae (Jin Qian Cao).

It is used with Rhizoma Phragmitis (Lu Gen) in treating febrile diseases with thirst, vomiting, and hiccup due to Heat in the Stomach or cough due to Excess Heat in the Lung.

DOSAGE AND ADMINISTRATION

15–30 g dried, or 30–60 g fresh, decocted in water for an oral dose. Fresh Rhizoma Imperatae is considered more potent.

PRECAUTIONS

None noted.



Imperata cylindrica Beauv. var. *major* (Nees) C. E. Hubb. (Fam. Gramineae)
1. Whole plant; 2. Flower; 3. Rhizome

PHARMACEUTICAL NAME

Flos Inulae

ENGLISH NAME

inula flower

PART USED

dried capitulum

Flos Inulae is produced in the provinces of Guangdong and Inner Mongolia, collected in summer and autumn, dried in sunlight, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly warm in property, acts on the Lung, Spleen, Stomach, and Large Intestine channels.

FUNCTIONS

Expels phlegm, promotes diuresis, depresses Rebellious Qi of the Stomach to stop vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For cough and asthma with copious sputum, and the feeling of stuffiness and fullness in the chest due to accumulation of phlegm in the Lungs. For cough and dyspnea with exterior symptoms due to Phlegm Cold, it is used with Rhizoma Zingiberis Recens (Sheng Jiang), Rhizoma Pinelliae (Ban Xia), and Herba Asari (Xi Xin) in “Inula Powder” (Jin Fei Cao San). For cough with dyspnea due to Phlegm Heat, it is used with Radix Platycodi (Jie Geng), Cortex Mori (Sang Bai Pi), and Radix et Rhizoma Rhei (Da Huang) in “The Decoction of Flos Inulae” (Xuan Fu Hua Tang).

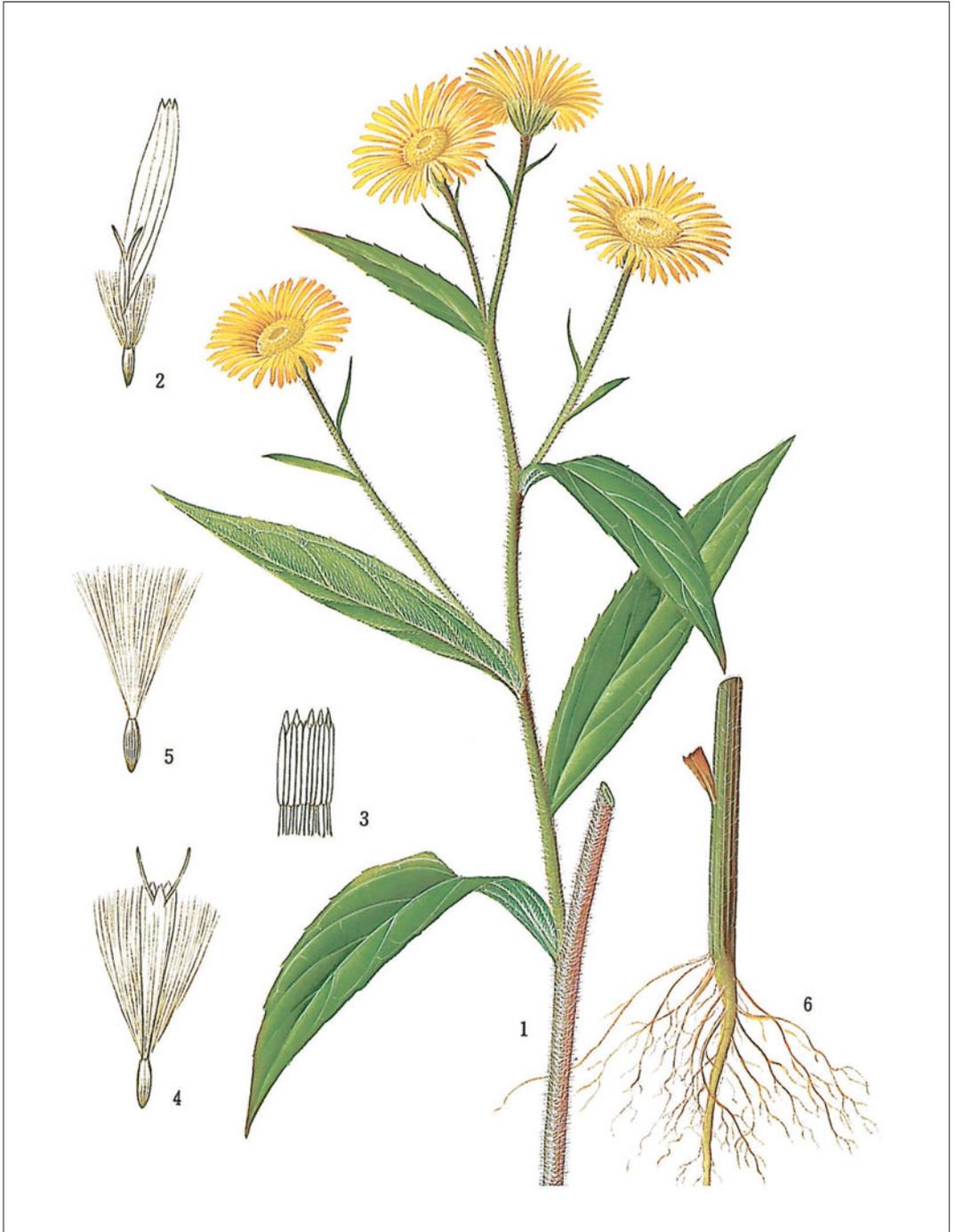
For epigastric fullness, vomiting, and eructation due to Deficient Spleen Qi and Stomach Qi and stagnant Phlegm Dampness, it is used with Rhizoma Pinelliae (Ban Xia), Rhizoma Zingiberis Recens (Sheng Jiang), and Radix Ginseng (Ren Shen).

DOSAGE AND ADMINISTRATION

3–10 g, wrapped in a piece of cloth and decocted in water for an oral dose.

PRECAUTIONS

None noted.



Inula japonica Thunb. (Fam. Asteraceae)

1. Branch with flowers; 2. Male flower; 3. Male flower; 4. Female flower; 5. Seed; 6. Root

PHARMACEUTICAL NAME

Radix Isatidis

ENGLISH NAME

indigo, woad root, isatis

PART USED

dried root

Radix Isatidis is produced mainly in the provinces of Jiangsu, Hebei, Henan, Shanxi, and Anhui. It is collected in autumn and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart and Stomach channels.

FUNCTIONS

Clears Heat and removes toxins, reduces Blood Heat, and soothes sore throat.

CLINICAL USE AND MAJOR COMBINATIONS

For fever and headache due to Wind Heat, it is used with Flos Lonicerae (Jin Yin Hua), Fructus Forsythiae Suspensae (Lian Qiao), and Herba Schizonepetae Tenuifolia (Jing Jie).

For swelling of the head caused by infection, it is used with Fructus Forsythiae Suspensae (Lian Qiao), Fructus Arctii (Niu Bang Zi), and Radix Scrophulariae (Xuan Shen), in “The Universal Relief Decoction for Detoxification” (Pu Ji Xiao Du Yin).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water, or used in pill or powder form for internal use.

PRECAUTIONS

None noted.



Isatis indigotica Fort. (Fam. Brassicaceae)
1. Leaves and root; 2. Branch with flowers; 3. Fruit

PHARMACEUTICAL NAME

Folium Isatidis

ENGLISH NAME

Dyers woad leaf, indigo leaf

PART USED

dried leaf

Folium Isatidis is produced chiefly in southern, southeastern, and southwestern China. Collected in summer, it is used fresh or unprepared after being dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, very cold in property, acts on the Heart, Lung, and Stomach channels.

FUNCTIONS

Removes Pathogenic Heat, reduces Blood Heat, soothes rash.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with invasion of Blood by Heat, manifested as maculae and eruptions, delirium, high fever, and restlessness, it is used with *Fructus Gardeniae* (*Zhi Zi*).

For invasion of Wind Heat or febrile diseases at the initial stage, with symptoms of headache, thirst, and fever, it is used with *Flos Lonicerae* (*Jin Yin Hua*), *Herba Schizonepetae Tenuifolia* (*Jing Jie*), and *Fructus Arctii* (*Niu Bang Zi*).

For erysipelas, sores, and swellings in the mouth and throat, fresh *Folium Isatidis* can be used alone, orally or externally.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

It should not be used for patients with Cold syndromes due to Deficiency in the Spleen and Stomach.



Isatis indigotica Fort. (Fam. Brassicaceae)
1. Leaves and root; 2. Branch with flowers; 3. Fruit

PHARMACEUTICAL NAME

Semen Juglandis

ENGLISH NAME

English walnut kernel

PART USED

kernel

Semen Juglandis is produced chiefly in the provinces of Hebei, Shanxi, and Shandong. It is collected in autumn, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Kidney, Lung, and Large Intestine channels.

FUNCTIONS

Tonifies the Kidney, warms the Lung, moistens the Intestine.

CLINICAL USE AND MAJOR COMBINATIONS

For loin pain and weakness in the feet, it is used with Cortex Eucommiae Ulmoidis (Du Zhong) and Fructus Psoraleae (Bu Gu Zhi).

For cough and asthma due to Cold of the Deficiency type, it is used with Radix Ginseng (Ren Shen) and Rhizoma Zingiberis Recens (Sheng Jiang).

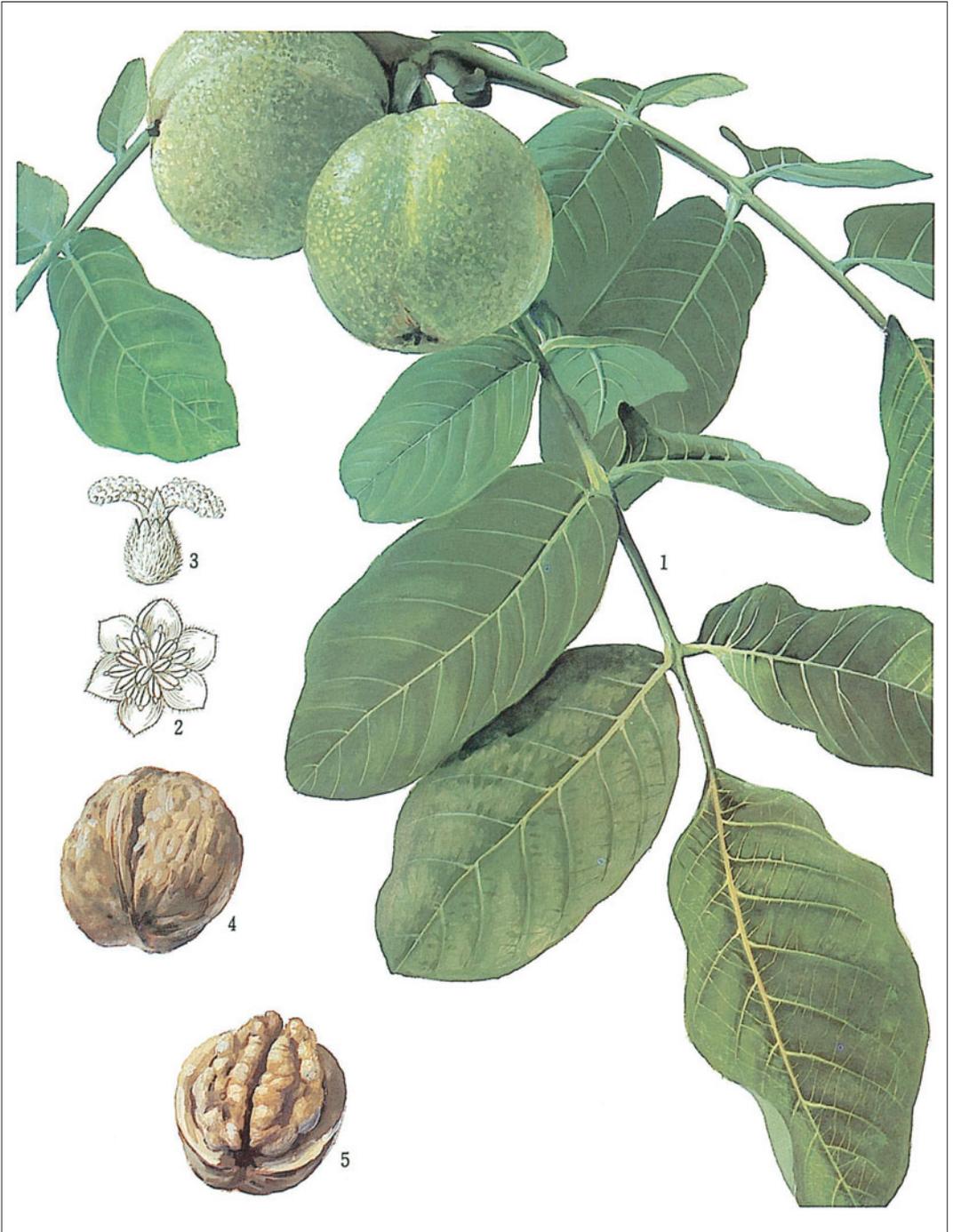
For constipation due to Dry Intestines, it is used alone or with Fructus Cannabis Sativae (Huo Ma Ren), Herba Cistanches (Rou Cong Rong), and Radix Angelicae Sinensis (Dang Gui).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Excess Fire due to Yin Deficiency, cough due to Phlegm Heat, and loose stools.



Juglans regia L. (Fam. Juglandaceae)
1. Branch with fruit; 2. Male flower; 3. Female flower; 4. Core of fruit; 5. Seed

PHARMACEUTICAL NAME

Fructus Kochiae Scopariae

ENGLISH NAME

belvedere cypress fruit

PART USED

dried ripe fruit

Fructus Kochiae Scopariae is produced chiefly in the provinces of Hebei, Shanxi, Shandong, and Henan. Collected in autumn, the fruit is dried in sunlight, cleaned, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Bladder channel.

FUNCTIONS

Clears Heat, induces diuresis, is antipruritic.

CLINICAL USE AND MAJOR COMBINATIONS

For dribbling urination with scanty, dark urine and burning pain, it is used with Herba Lysimachiae (Jin Qian Cao), Caulis Akebiae (Mu Tong), and Sclerotium Poriae Cocos (Fu Ling).

For carbuncles, sores, and eczema, it is taken orally with Cortex Phellodendri (Huang Bai) and Cortex Dictamni (Bai Xian Pi). It can also be applied topically with Radix Sophorae Flavescentis (Ku Shen) and Fructus Cnidii (She Chuang Zi).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

None noted.



Kochia scoparia (L.) Schrad. (Fam. Chenopodiaceae)

1. Branch with flowers; 2. Flower; 3. Fruit and seed

PHARMACEUTICAL NAME

Thallus Laminariae

ENGLISH NAME

laminaria, kelp thallus

PART USED

thallus

Thallus Laminariae is produced in the provinces of Liaoning, Shandong, and Fujian. The kelp is collected in summer and autumn, dried in sunlight, and cut into slivers or small pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver, Stomach, and Kidney channels.

FUNCTIONS

Removes Phlegm and softens masses, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For scrofula and goiter, it is used with Sargassii (Hai Zao) in “The Thallus Laminariae Pill” (Kunbu Wan).

For edema and beriberi.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Laminaria japonica Aresch. (Fam. Laminariaceae)

PHARMACEUTICAL NAME

Lasiosphaera seu Calvatia

ENGLISH NAME

puffball

PART USED

sporophore

Lasiosphaera seu Calvatia is gathered in autumn. It is sliced or ground after removal of the skin.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, neutral in property, acts on the Lung channel.

FUNCTIONS

Clears pathogenic Heat from the Lung, soothes sore throat, arrests bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For cough, hoarseness, and sore throat due to Excessive Heat in the Lung, it is used alone or with *Radix Scrophulariae* (Xuan Shen) and *Radix Isatidis* (Ban Lan Gen), or with *Mirabilitum* (Mang Xiao), *Rhizoma Belamcandae* (She Gan), and *Rhizoma Cimicifugae* (Sheng Ma) in “The *Rhizoma Belamcandae* Decoction” (Shegan Tang).

For hematemesis and epistaxis due to Excess Heat in the Blood, it is used alone or with other herbs orally or externally.

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose, or used in pills and powder. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Lasiosphaera fenzlii Reich. (Fam. Lycoperdaceae)

PHARMACEUTICAL NAME

Herba Leonuri

ENGLISH NAME

motherwort herb

PART USED

dried aerial part

Herba Leonuri, produced throughout China, is usually collected during May and June. The herb is dried in sunlight and used unprepared or as a liquid extract.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, slightly cold in property, acts on the Heart, Liver, and Bladder channels.

FUNCTIONS

Invigorates blood circulation, removes Blood Stasis, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, distended pain in the lower abdomen, amenorrhea, and postpartum abdominal pain due to Blood Stasis, it is used with sugar in an extract, or it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Radix Peoniae Rubra (Chi Shao).

For difficulty in urination and for edema, it is used alone or with Rhizoma Curculiginis (Xian Mao).

Used internally or externally to treat sores, boils, carbuncles, and skin urticaria. Also used for acute and chronic nephritic edema and angina pectoris due to Stagnant Blood Stasis.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose, or pounded into a paste for external use.

PRECAUTIONS

None noted.



Leonurus heterophyllus Sweet (Fam. Lamiaceae)
1. Branch with flowers; 2. Leaves; 3. Flower; 4. Fruit

PHARMACEUTICAL NAME

Semen Lepidii seu Descurainiae

ENGLISH NAME

pepper weed seed, tansy mustard seed

PART USED

dried ripe seed

Semen Lepidii seu Descurainiae is grown in most parts of China. It is collected in summer, and used unprepared or slightly fried. The seed is broken into pieces before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, very cold in property, acts on the Lung and Bladder channels.

FUNCTIONS

Removes Lung Heat and resolves Phlegm, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with copious sputum, stuffy chest, and asthma due to accumulation of Phlegm in the Lung. For cough with copious sputum, Rebellious Qi, insomnia, and edema, it is used with Fructus Zizyphi Jujubae (Da Zao) in “The Decoction of Dispersing the Lung of Semen Lepidii and Fructus Zizyphi Jujubae” (Ting Li Da Zao Xie Fei Tang).

For edema and diuresis, it is used alone or with Radix Aristolochiae Fangchi (Fang Ji), Lignum Sappan (Shu Mu), and Radix et Rhizoma Rhei (Da Huang). For thoracic edema, it is used with Semen Armeniacae Amarum (Xing Ren), Radix et Rhizoma Rhei (Da Huang), and Mirabilitum (Mang Xiao).

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Lepidium apetalum Willd. (Fam. Brassicaceae)
1. Whole plant; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Rhizoma Ligustici Chuanxiong

ENGLISH NAME

Sichuan lovage rhizome, cnidium

PART USED

dried rhizome

Rhizoma Ligustici Chuanxiong is produced mainly in the Sichuan province. The rhizome is collected in summer, washed clean after getting rid of the hairy rootlets, and baked dry. It is then sliced and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Liver, Gallbladder, and Pericardium channels.

FUNCTIONS

Invigorates Blood and promotes Blood circulation, expels Wind to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, dysmenorrhea, amenorrhea, dystocia, postpartum lochiostasis, abdominal pain, pain in the hypochondrium, numbness and pain of the extremities, traumatic injuries, sores, and other skin infections. It is used for symptoms that result from the Stagnation of Qi and Blood stasis. To regulate menstruation, it is used with Radix Peoniae Rubra (Chi Shao) and Rhizoma Cyperi (Xiang Fu); for dystocia, it is used with Radix Achyranthis Bidentatae (Niu Xi) and Carapax et Plastrum Testudinis (Gui Ban); for pain in the hypochondrium region, it is used with Radix Bupleuri (Chai Hu) and Rhizoma Cyperi (Xiang Fu); and for numbness in extremities or traumatic injuries, it is used with Radix Peoniae Rubra (Chi Shao) and Flos Carthami Tinctorii (Hong Hua).

For headache due to Wind Cold, it is used with Radix Angelicae Dahuricae (Bai Zhi), Radix Saposhnikoviae (Fang Feng), and Herba Asari (Xi Xin) in “Chuanxiong Mixture” (Chuan Xiong Cha Tiao San). For headache due to Wind Heat, it is used with Flos Chrysanthemi Morifolii (Ju Hua) and Gypsum Fibrosum (Shi Gao). For headache

due to Wind Dampness, it is used with Rhizoma Notopterygii (Qiang Huo), Rhizoma Ligustici (Gao Ben), and Radix Saposhnikoviae (Fang Feng) in “Dampness Removal Decoction of Notopterygium” (Qiang Huo Shengshi Tang). For headache due to Stagnant Blood, it is used with Radix Peoniae Rubra (Chi Shao), Flos Carthami Tinctorii (Hong Hua), Radix Salviae Miltiorrhizae (Dan Shen), and Radix Angelicae Dahuricae (Bai Zhi). For headache due to deficient blood, it is used with Radix Angelicae Sinensis (Dang Gui), Radix Rehmanniae (Di Huang), Ramulus Mori (Sang Zhi), and Caulis Piperis Fotokadsurae (Hai Feng Teng). For rheumatic arthralgia, it is used with Rhizoma Notopterygii (Qiang Huo), Radix Angelicae Pubescentis (Du Huo), Ramulus Mori (Sang Zhi), and Caulis Piperis Fotokadsurae (Hai Feng Teng).

In recent years, it has been used to treat angina pectoris in coronary heart disease and for ischemic cerebrovascular diseases.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Qi and Yin Deficiency with dry mouth, red tongue, and profuse menstruation.



Ligusticum chuanxiong Hort. (Fam. Apiaceae)
1. Lower part of stem and root; 2. Branch with flowers; 3. Flower; 4. Petal; 5. Unripe fruit

PHARMACEUTICAL NAME

Rhizoma Ligustici

ENGLISH NAME

Chinese lovage root

PART USED

rhizome

Rhizoma Ligustici is grown chiefly in the provinces of Hunan, Sichuan, Liaoning, and Hebei. After it is collected in spring, the rootlets are removed, dried in the sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Bladder channel.

FUNCTIONS

Relieves Exterior syndromes by expelling Wind Cold, removes Dampness, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For headache, particularly parietofrontal pain and migraine headache, it is used with Radix Angelicae Dahuricae (Bai Zhi) and Rhizoma Ligustici Chuan-xiong (Chuan Xiong), known as “Shenzhu Powder” (Shenzhu San).

For rheumatic arthralgia and other kinds of pain in the limbs and joints due to Wind Cold Dampness, it is used with Radix Saposhnikoviae (Fang Feng), Rhizoma Notoperygii (Qiang Huo), Radix Clematidis (Wei Ling Xian), and Rhizoma Atractylodis (Cang Zhu).

DOSAGE AND ADMINISTRATION

2–10 g, decocted in water, or in pills or powder form for internal use.

PRECAUTIONS

None noted.



Ligusticum sinense Oliv. (Fam. Apiaceae)
1. Whole plant with flowers; 2. Corolla; 3. Leaves; 4. Flower; 5. Fruit; 6. Petal

PHARMACEUTICAL NAME

Fructus Ligustri Lucidi

ENGLISH NAME

privet fruit

PART USED

ripe fruit

Fructus Ligustri Lucidi is grown mainly in the provinces of Zhejiang, Jiangsu, Fujian, and Hunan. Collected in winter, the fruit is steamed and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, cold in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Liver and Kidney, clears Heat, and improves eyesight.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness and blurred vision, and for soreness in the loins and knees, it is used with Fructus Mori (Sang Shen) and Herba Ecliptae (Han Lian Cao).

For fever due to Yin Deficiency, it is used with Cortex Lycii Radicis (Di Gu Pi), Cortex Moutan (Mu Dan Pi), and Radix Rehmanniae (Sheng Di Huang).

For poor eyesight and blurred vision due to Deficient Liver Yin and Kidney Yin, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Semen Cuscutae (Tu Si Zi), and Fructus Lycii (Gou Qi Zi).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with diarrhea due to Cold of the Deficiency type of the Spleen and Stomach or Yang Deficiency.



Ligustrum lucidum Ait. (Fam. Oleaceae)

1. Branch with fruit; 2. Flower

PHARMACEUTICAL NAME

Bulbus Lili

ENGLISH NAME

lily bulb

PART USED

dried fleshy scale leaf

Bulbus Lili is collected in autumn. It is washed, slightly scalded in boiling water, and dried in the sun. It is used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Lung and Heart channels.

FUNCTIONS

Moistens the Lung to relieve cough, clears Heat in the Heart, and eases the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to Lung Heat, or chronic cough with hemoptysis, it is used with Flos Farfarae (Kuan Dong Hua), Radix Rehmanniae (Sheng Di Huang), Radix Scrophulariae (Xuan Shen), and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu).

For fright-induced palpitation, insomnia, and dreaminess.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with Wind Cold or loose stools due to Internal Cold in the Middle Heater.



Lilium brownii F. E. Brown var. *colchesteri* Wils., *Lilium pumilum* DC. (Fam. Liliaceae)
1. Bulb; 2. Spray; 3. Dried bulb

PHARMACEUTICAL NAME

Radix Linderae

ENGLISH NAME

lindera root

PART USED

root tuber

Radix Linderae is produced chiefly in the provinces of Zhejiang, Anhui, Jiangxi, and Shanxi. After it is collected in August, the hairy rootlets and impurities are removed, then the tuber is sliced and dried in sunlight and used unprepared or stir-baked with wheat bran.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung, Spleen, Kidney, and Bladder channels.

FUNCTIONS

Promotes the flow of Qi to relieve pain, warms the Kidney to disperse Cold.

CLINICAL USE AND MAJOR COMBINATIONS

For tightness in the chest and pain in the hypochondriac region due to Stagnation of Cold and Qi, it is used with Bulbus Allii Macrostemii (Xie Bai), Pericarpium Trichosanthis (Gua Lou Pi), Radix Curcumae (Yu Jin), and Radix Curcumae Yanhusuo (Yan Hu Suo).

For distension and pain in the epigastrium and abdomen due to Stagnation of Cold and Qi, it is used with Radix Aucklandiae (Mu Xiang), Fructus Evodiae (Wu Zhu Yu), and Fructus Aurantii (Zhi Qiao).

For periumbilical colic due to invasion by Cold, it is used with Fructus Foeniculi (Xiao Hui Xiang), Radix Aucklandiae (Mu Xiang), and Pericarpium Citri Reticulatae Viride (Qing Pi) in “The Linderae Powder” (Tian Tai Wu Yao San).

For dysmenorrhea due to Stagnation of Cold and Qi, it is used with Rhizoma Cyperi (Xiang Fu), Radix Angelicae Sinensis (Dang Gui), and Radix Aucklandiae (Mu Xiang) in “The Linderae Decoc-tion” (Wu Yao Tang).

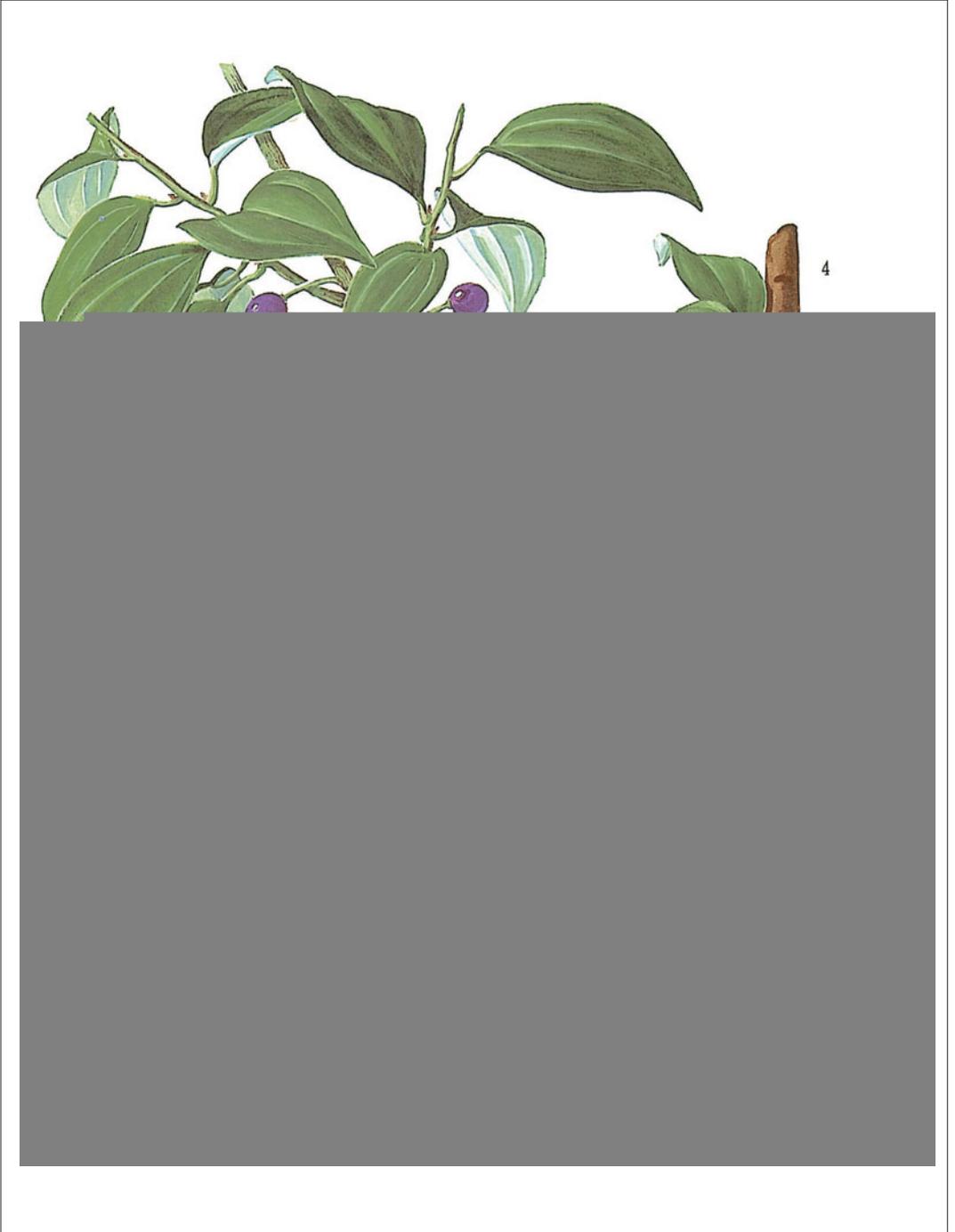
For polyuria caused by stagnation of Cold in the Bladder due to Deficient Kidney Yang, it is used with Fructus Alpiniae Oxyphyllae (Yi Zhi Ren) and Rhizoma Dioscoreae (Shan Yao) in “The Pills for Reducing Urination” (Suo Quan Wan).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Lindera aggregata (Sims) Kosterm. (Fam. Lauraceae)
1. Branch with fruit; 2. Flower; 3. Stamen; 4. Root

PHARMACEUTICAL NAME

Fructus Liquidambaris

ENGLISH NAME

sweetgum fruit

PART USED

ripe seed

Fructus Liquidambaris is produced mainly in the provinces of Jiangsu, Zhejiang, Jiangxi, Fujian, and Guangdong. The fruit is collected in winter and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Dispels Wind and reactivates channels, causes diuresis, and removes Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia with numbness and muscular contracture, it is used with Radix Angelicae Pubescentis (Du Huo), Rhizoma Notoperygii (Qiang Huo), and Caulis Spatholobi (Ji Xue Teng).

For edema, stomach pain, and amenorrhea.

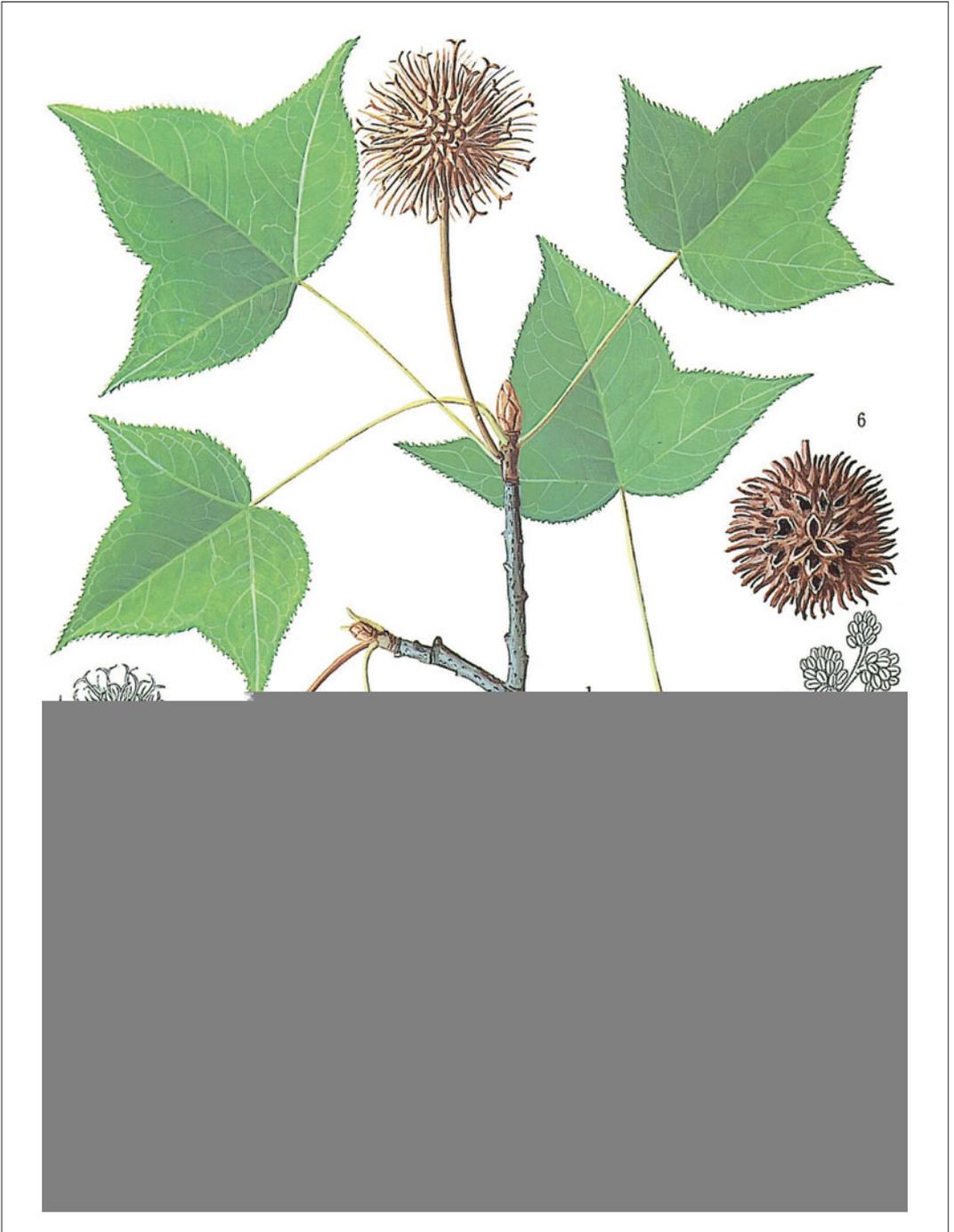
For carbuncles and eczema, it is used with Periostracum Cicadae (Chan Tui) and Cortex Dictamni (Bai Xian Pi).

DOSAGE AND ADMINISTRATION

4.5–9 g, decocted in water for an oral dose, or ground into a powder.

PRECAUTIONS

It is contraindicated during pregnancy.



Liquidambar formosana Hance (Fam. Hamamelidaceae)
1. Branch with fruit; 2 and 4. Male flower; 3 and 5. Female flower; 6. Fruit

PHARMACEUTICAL NAME

Styrax Liquidis

ENGLISH NAME

storax

PART USED

purified balsam from the tree trunk

Styrax Liquidis is grown mainly in west Asia and east Africa. It is collected in autumn, dried in the shade, and stored in airtight containers.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Heart and Spleen channels.

FUNCTIONS

Opens the orifices to expel evil factors, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For Cold blockage manifested as phlegm syncope, and sudden coma, it is used with Moschus (She Xiang), as well as Flos Syzygii Aromatici (Ding Xiang), and Benzoinum (An Xi Xiang).

For a feeling of Cold and pain and distension in the chest and abdomen, it is used with Borneolum Syntheticum (Bing Pian), Lignum Santalialbi (Tan Xiang), and Gummi Olibanum (Ru Xiang).

DOSAGE AND ADMINISTRATION

0.3–1 g, used in pill or powder, not to be decocted in water.

PRECAUTIONS

None noted.



Liquidambar orientalis Mill. (Fam. Hamamelidaceae)
1. Branch with flowers; 2. Stamen; 3. Female flower; 4. Fruit

PHARMACEUTICAL NAME

Semen Litchi Chinensis

ENGLISH NAME

lychee seeds

PART USED

dried ripe seed

Semen Litchi Chinensis is produced chiefly in the provinces of Fujian, Guangdong, Guangxi, and Sichuan. Collected in June and July, the seeds are dried in sunlight and broken into pieces or stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, warm in property, acts on the Liver and Stomach channels.

FUNCTIONS

Promotes the flow of Qi, relieves pain, expels Cold.

CLINICAL USE AND MAJOR COMBINATIONS

For enterocele, swelling of the testes, and testalgia due to Stagnation of Cold in the Liver channel, it is used with Fructus Foeniculi (Xiao Hui Xiang), Fructus Evodiae (Wu Zhu Yu), and Semen Citri Reticulatae (Ju He); for enterocele, swelling of the testes and testalgia due to Excessive Heat and Dampness in the Liver channel, it is used with Radix Gentianae (Long Dan Cao), Fructus Gardeniae (Zhi Zi), Radix et Rhizoma Rhei (Da Huang), and Fructus Meliae Radicis (Chuan Lian Zi).

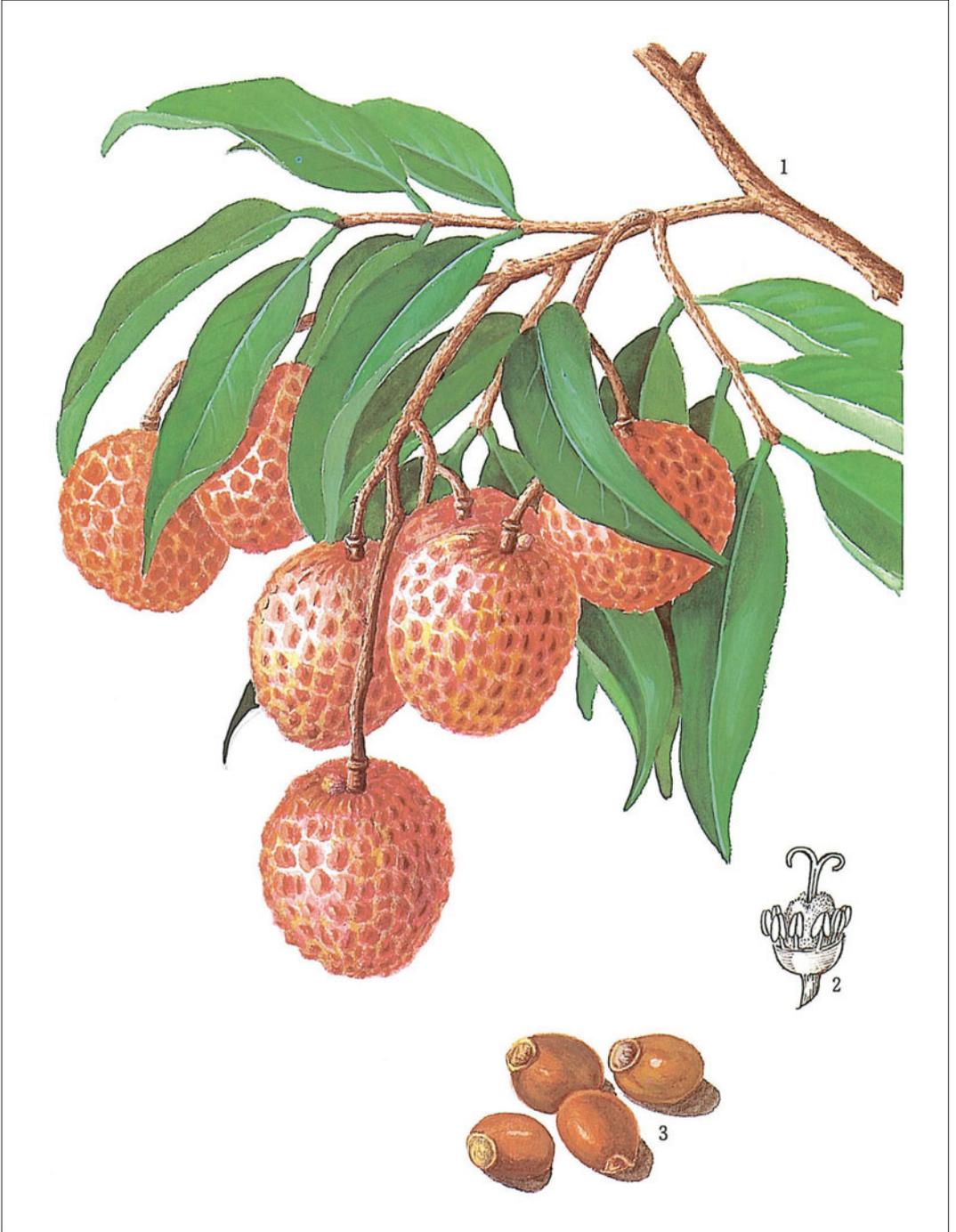
For dysmenorrhea due to Stagnant Liver Qi, it is used with Rhizoma Cyperi (Xiang Fu).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Litchi chinensis Sonn. (Fam. Sapindaceae)

1. Branch with fruit; 2. Flower; 3. Seeds

PHARMACEUTICAL NAME

Fructus Litseae

ENGLISH NAME

mountain spicy tree fruit

PART USED

dried ripe fruit

Fructus Litseae is produced chiefly in the provinces of Guangdong, Guangxi, Zhejiang, Jiangsu, and Anhui. Collected in summer and autumn, the fruit is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen, Stomach, Kidney, and Bladder channels.

FUNCTIONS

Warms the Spleen and Stomach, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For vomiting, hiccups, and abdominal pain and diarrhea due to Pathogenic Cold in the Stomach, it is used alone or with Flos Syzygii Aromatici (Ding Xiang) and Fructus Evodiae (Wu Zhu Yu).

For periumbilical colic due to invasion by Cold.

For turbid urine caused by Cold Dampness.

DOSAGE AND ADMINISTRATION

2–5 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Litsea cubeba (Lour.) Pers. (Fam. Lauraceae)
1. Branch with fruit; 2. Cross section of flower; 3. Seed

PHARMACEUTICAL NAME

Herba Lobeliae Chinensis

ENGLISH NAME

Chinese lobelia

PART USED

entire plant

Herba Lobeliae Chinensis is produced chiefly in the provinces of Hubei, Hunan, Jiangxi, Anhui, Sichuan, Jiangsu, and Guangdong. It is collected in summer, cleaned, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, cold in property, acts on the Heart, Small Intestine, and Lung channels.

FUNCTIONS

Clears Pathogenic Heat, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For snake or insect bites, carbuncles, and boils at the initial stage, it is used orally or for external application.

For anasarca and ascites, it is used alone or with Rhizoma Alismatis (Ze Xie), Sclerotium Poriae Cocos (Fu Ling), and Sclerotium Polypori Umbellati (Zhu Ling).

DOSAGE AND ADMINISTRATION

10–15 g of dried Herba Lobeliae Chinensis; 30–60 g of fresh Herba Lobeliae Chinensis. Appropriate quantity for external use.

PRECAUTIONS

Contraindicated for use in patients with Deficiency type syndromes with anasarca and ascites.



Lobelia chinensis Lour. (Fam. Campanulaceae)
1. Whole plant; 2. Flower

PHARMACEUTICAL NAME

Caulis Lonicerae

ENGLISH NAME

Japanese honeysuckle stem

PART USED

stem and branch

Caulis Lonicerae is produced mainly in the provinces of Zhejiang, Sichuan, Jiangsu and Henan. It is collected in autumn and winter, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung, Stomach, and Large Intestine channels.

FUNCTIONS

Clears away Heat and removes toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For carbuncles, sores, and swelling, it is used with Herba Taraxaci (Pu Gong Ying), Fructus Forsythiae Suspensae (Lian Qiao), Radix Astragali Membranaceus (Huang Qi), and Radix Angelicae Sinensis (Dang Gui).

For arthralgia due to Wind Damp Heat manifested as red, swollen, and painful joints.

DOSAGE AND ADMINISTRATION

16–20 g, decocted in water for an oral dose, or macerated into wine for drinking.

PRECAUTIONS

None noted.



Lonicera japonica Thunb. (Fam. Caprifoliaceae)
1. Stem; 2. Branch with flowers; 3. Branch with fruit; 4. Petal

PHARMACEUTICAL NAME

Flos Lonicerae

ENGLISH NAME

honeysuckle flower

PART USED

dried flower bud or flower

Flos Lonicerae is produced throughout China. The flower is collected in early summer, dried in shade, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung, Stomach, and Large Intestine channels.

FUNCTIONS

Clears Heat and removes toxins, removes Heat from the Blood, and arrests dysentery.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of pathogenic Wind Heat or epidemic febrile diseases at the early stages manifested as fever and slight aversion to Wind Cold, it is used with Herba Schizonepetae Tenuifolia (Jing Jie) and Fructus Forsythiae Suspensae (Lian Qiao) in “The Powder of Lonicera and Forsythia” (Yinqiao San).

For sores, carbuncles, furuncles, and swellings, it is used with Herba Taraxaci (Pu Gong Ying) and Herba Violae (Zi Hua Di Ding) in “Antiphlogistic Decoction of Five Drugs”. (Wu Wei Xiao Du Yin).

For diarrhea and dysentery with purulent and bloody stools, it is used with Rhizoma Coptidis (Huang Lian), Radix Pulsatillae Chinensis (Bai Tou Weng) and Radix Paeoniae Rubra (Chi Shao).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral use. Appropriate dosage for external use.

PRECAUTIONS

None noted.



Lonicera japonica Thunb. (Fam. Caprifoliaceae)
1. Stem; 2. Branch with flowers; 3. Branch with fruit; 4. Petal

PHARMACEUTICAL NAME

Retinervus Luffae Fructus

ENGLISH NAME

dried skeleton of luffa (or loofah)

PART USED

reticulate fiber of the ripe fruit

Retinervus Luffae Fructus is produced chiefly in the provinces of Zhejiang and Jiangsu. It is collected in autumn and cut into sections for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Lung, Stomach, and Liver channels.

FUNCTIONS

Expels Wind and removes obstructions from channels, removes toxins, and relieves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia due to Wind Dampness and muscle spasms, it is used with Ramulus Mori (Sang Zhi), Radix Gentianae Macrophyllae (Qin Jiao), and Caulis Piperis Fotokadsurae (Hai Feng Teng). For pain in the chest and hypochondrium, it is used with Pericardium Trichosanthis (Gua Lou Pi), Radix Platycodi (Jie Geng), and Fructus Aurantii (Zhi Qiao). For galactostasis, it is ground into a powder and taken with wine.

For carbuncles, gangrene, sores, and swelling, it is used with Flos Lonicerae (Jin Yin Hua) and Herba Taraxaci (Pu Gong Ying).

For cough due to copious sputum.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use. Appropriate amount for external use.

PRECAUTIONS

None noted.



Luffa cylindrica (L.) Roem. (Fam. Cucurbitaceae)

PHARMACEUTICAL NAME

Fructus Lycii

ENGLISH NAME

barbary wolfberry fruit

PART USED

ripe fruit

Fructus Lycii is produced in the provinces of Ningxia, Hebei, and Qinghai. Collected in summer, the fruit is dried in the shade and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver, Kidney, and Lung channels.

FUNCTIONS

Tonifies the Liver and Kidney, improves eyesight, moistens the Lung.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness and blurred vision due to Deficient Liver Yin and Deficient Kidney Yin, it is used with Radix Rehmanniae (Sheng Di Huang) and Flos Chrysanthemi Morifolii (Ju Hua) in “The Pills of Fructus Lycii, Flos Chrysanthemi, and Radix Rehmanniae” (Qi Ju Di Huang Wan). For soreness in the loins and knees, as well as seminal emission due to Deficient Liver Yin and Kidney Yin, it is used with Radix Rehmanniae (Sheng Di Huang).

For chronic cough due to Deficient Lung Yin, it is used with Radix Ophiopogonis (Mai Dong), Rhizoma Anemarrhenae (Zhi Mu), and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Lycium barbarum L. (Fam. Solanaceae)
1. Branch with fruit and flowers; 2. Flower; 3. Syamen; 4. Pistil

PHARMACEUTICAL NAME

Cortex Lycii Radicis

ENGLISH NAME

Chinese wolfberry root bark

PART USED

dried root bark

Cortex Lycii Radicis is produced in most parts of China. It is collected in early spring or late autumn. The root bark is stripped off, dried in sunlight, cut into pieces, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, cold in property, acts on the Lung and Kidney channels.

FUNCTIONS

Removes Blood Heat, quells Fire due to deficient Yin, and clears Lung Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For fever with night sweats due to Yin Deficiency and for infantile malnutrition with fever, it is used with Rhizoma Anemarrhenae (Zhi Mu) and Carapax Trionycis (Bie Jia) in “The Cortex Lycii Radicis Decoction” (Di Gu Pi Tang).

For cough with dyspnea or hemoptysis due to Lung Heat, it is used with Radix Glycyrrhizae Uralensis (Gan Cao) and Cortex Mori (Sang Bai Pi) in “The Lung Fire Expelling Powder” (Xie Bai San).

For bleeding due to invasion of the Blood by Heat with hematemesis and epistaxis, it is used with Rhizoma Imperatae (Bai Mao Gen) and Cacumen Platycladi (Ce Bai Ye).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in patients with fever induced by Wind Cold and with diarrhea due to Spleen Deficiency.



Lycium barbarum L. (Fam. Solanaceae)
1. Branch with fruit and flowers; 2. Flower; 3. Syamen; 4. Pistil

PHARMACEUTICAL NAME

Herba Lycopodii

ENGLISH NAME

clubmoss herb

PART USED

plant

Herba Lycopodii is produced mainly in the provinces of Zhejiang, Jiangsu, Fujian, Hubei, and Guizhou. The plant is collected in summer and autumn, then is dried in sunlight, then cut into sections for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Dispels Wind and reactivates channels.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia caused by Wind Dampness manifested as soreness of the limbs and joints with impairment of their movement and numbness of the skin, it is used in a compound prescription according to the specific syndromes.

DOSAGE AND ADMINISTRATION

9–12 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Lycopodium clavatum L. (Fam. Lycopodiaceae)
1. Enlargement of the stem; 2. Back side of the sporophyll; 3. Spore

PHARMACEUTICAL NAME

Herba Lycopi

ENGLISH NAME

bugleweed herb

PART USED

dried aerial part

Herba Lycopi is grown throughout China, collected in summer, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly warm in property, acts on the Liver and Spleen channels.

FUNCTIONS

Invigorates blood circulation, removes Blood Stasis, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, dysmenorrhea, irregular menstruation, abdominal masses, and postpartum abdominal pain due to Blood Stasis, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Radix Salviae Miltiorrhizae* (Dan Shen), *Radix Peoniae Rubra* (Chi Shao), and *Rhizoma Cyperi* (Xiang Fu).

For traumatic pain, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), *Flos Carthami Tinctorii* (Hong Hua), and *Semen Persicae* (Tao Ren). For chest pain and pain in the upper abdomen, it is used with *Radix Salviae Miltiorrhizae* (Dan Shen) and *Radix Curcumae* (Yu Jin).

For edema and difficult postpartum urination, it is used with *Radix Aristolochiae Fangchi* (Fang Ji).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Lycopus lucidus Turcz. var. *hirtus* Regel (Fam. Lamiaceae)
1. Root; 2. Upper part of the plant; 3. Flower; 4. Opened corolla showing stamen and pistil

PHARMACEUTICAL NAME

Spora Lygodii

ENGLISH NAME

Japanese climbing fern spore

PART USED

dried ripe spores

Spora Lygodii is produced chiefly in the provinces of Guangdong and Zhejiang. It is collected in autumn, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Bladder and Small Intestine channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For galacturia due to Pathogenic Heat, it is used with *Pulvis Talci* (Hua Shi), *Folium Pyrrosiae* (Shi Wei) and *Semen Plantaginis* (Che Qian Zi).

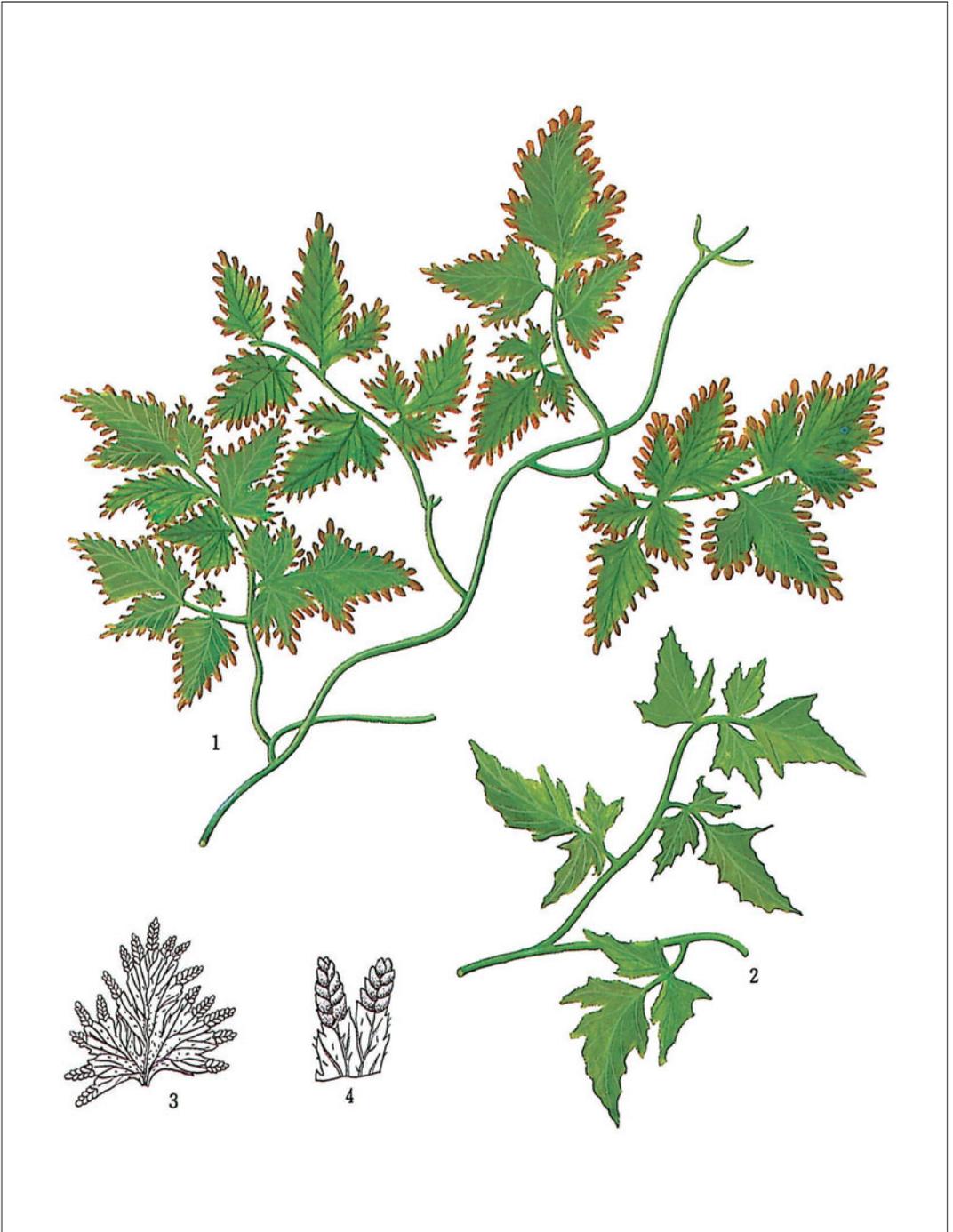
For edema due to Pathogenic Dampness in the Spleen, it is used with *Semen Pharbitidis* (Qian Niu Zi) and *Radix Kansui* (Gan Sui).

DOSAGE AND ADMINISTRATION

6–12 g, wrapped in gauze and decocted in water for an oral dose.

PRECAUTIONS

None noted.



Lygodium japonicum (Thunb.) Sw. (Fam. Lygodiaceae)
1. Branch above ground with leaves and spores; 2. Leaves without spores;
3. Enlargement of the leaf with spores; 4. Enlargement of the spore

PHARMACEUTICAL NAME

Herba Lysimachiae

ENGLISH NAME

loosestrife Guang jin

PART USED

dried plant

Herba Lysimachiae is grown in most provinces in southern China. Those produced in Sichuan province, called Major Lysimachiae, are of the best quality. It is collected in summer and autumn, cleaned, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and neutral in flavor, neutral in property, acts on the Liver, Gallbladder, Kidney, and Bladder channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea, eliminates lithiasis, alleviates jaundice, reduces swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For gonorrhea or lithiasis, it is used alone in large dosages, or with Herba Lygodii (Hai Jin Sha) and Endothelium Corneum Gigeriae Galli (Ji Nei Jin).

For jaundice due to Damp Heat, it is used with Herba Artemisiae Scopariae (Yin Chen) and Fructus Gardeniae (Zhi Zi).

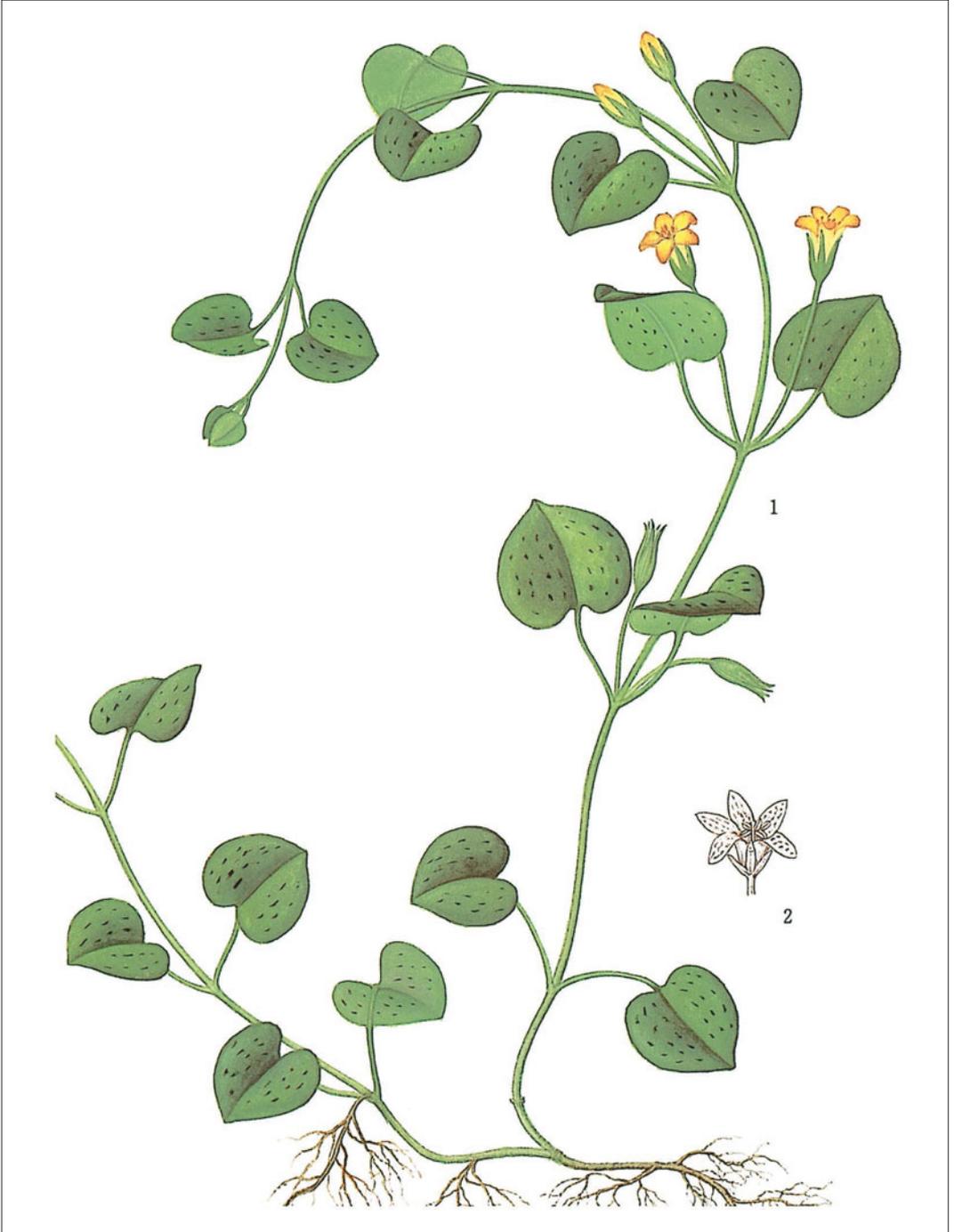
For boils, sores, and carbuncles, fresh Herba Lysimachiae is pounded to extract the juice for oral administration.

DOSAGE AND ADMINISTRATION

30–60 g, decocted in water for an oral dose; 60–120 g, if used fresh. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Lysimachia christinae Hance (Fam. Primulaceae)
1. Whole plant; 2. Flower

PHARMACEUTICAL NAME

Flos Magnoliae

ENGLISH NAME

magnolia flower

PART USED

dried flower bud

Flos Magnoliae is cultivated chiefly in the provinces of Henan, Anhui, and Sichuan. It is collected in early spring and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung and Stomach channels.

FUNCTIONS

Dispels Wind Cold and relieves nasal obstruction.

CLINICAL USE AND MAJOR COMBINATIONS

For stuffy nose and rhinorrhea due to Wind Cold, it is used with Herba Asari (Xi Xin), Radix Angelicae Dahuricae (Bai Zhi) or Menthae Arvensis (Bo He), and Radix Scutellariae (Huang Qin).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use. Appropriate quantity for external use.

PRECAUTIONS

The villi of Flos Magnoliae are irritating to the throat. It is suggested that the herb be wrapped in gauze while decocting.



Magnolia biondii Pamp. (Fam. Magnoliaceae)
1. Branch with leaves; 2. Branch with flowers

PHARMACEUTICAL NAME

Cortex Magnoliae Officinalis

ENGLISH NAME

magnolia bark

PART USED

dried stem bark, root bark, and branch bark

Cortex Magnoliae Officinalis is produced chiefly in the provinces of Sichuan, Hubei, Zhejiang, Guizhou, and Hunan. The bark is collected in April, May, and June, dried in the shade, cut into strings, or cut into strings after processing with ginger juice.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, warm in property, acts on the Spleen, Stomach, Lung, and Large Intestine channels.

FUNCTIONS

Promotes the flow of Qi, dries Dampness, removes food stagnation, alleviates cough and asthma.

CLINICAL USE AND MAJOR COMBINATIONS

For disturbance of the Spleen and Stomach due to the Stagnation of Dampness, food, or Qi, with epigastric distension, anorexia, nausea, and vomiting. *Cortex Magnoliae Officinalis* is used alone or with *Rhizoma Atractylodis* (Cang Zhu) and *Pericarpium Citri Reticulatae* (Chen Pi) in “The Peptic Powder” (Ping Wei San); or with *Radix et Rhizoma Rhei* (Da Huang) and *Fructus Aurantii Immaturus* (Zhi Shi) in “The Major Decoction for Purging Down Digestive Qi” (Da Cheng Qi Tang) and in “The Minor Decoction for Purging Down Digestive Qi” (Xiao Cheng Qi Tang); or with *Radix Ginseng* (Ren Shen), *Radix Glycyrrhizae Uralensis* (Gan Cao), and *Rhizoma Zingiberis Recens* (Sheng Jiang) for epigastric distension due to Cold of the Deficiency type.

For cough and asthma with profuse sputum, it is used with *Semen Armeniacae Amarum* (Ku Xing Ren) in “The Cinnamon Twig Decoction” (Gui Zhi Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.

Magnolia officinalis Rehd. et Wils. or *Magnolia officinalis* Rehd. Et Wils.
var. *biloba* Rehd. et Wils. (Fam. Magnoliaceae)

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Magnolia officinalis Rehd. et Wils. (Fam. Magnoliaceae)

PHARMACEUTICAL NAME

Squama Manitis

ENGLISH NAME

pangolin scales, anteater scales

PART USED

scale

Squama Manitis is produced in Guangxi, Guizhou, Guangdong, Yunnan, Hunan, and Fujian provinces. The scales are collected, cleaned, and dried in sunlight. They can be prepared in two ways: stir-baked with sand until the scales are light and crisp, bulgy, and yellow in color; or stir-baked, soaked in vinegar for a short period, and dried.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, slightly cold in property, acts on the Liver and Stomach channels.

FUNCTIONS

Invigorates Blood circulation to clear away obstruction in the channels, stimulates milk secretion, reduces swelling, and promotes the drainage of pus.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, masses in the abdomen due to Blood Stasis, and rheumatic arthralgia due to Wind Dampness. For amenorrhea, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Flos Carthami Tinctorii* (Hong Hua). For masses in the abdomen, it is used with *Rhizoma Spargani* (San Leng) and *Rhizoma Curcumae Zedoariae* (E Zhu). For rheumatic arthralgia due to Wind Dampness, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Rhizoma Notoperygii* (Qiang Huo).

For galactostasis, it is used with *Semen Vaccariae* (Wang Bu Liu Xing). For inability to lactate due to Deficiency of both Qi and Blood after giving birth, it is used with *Radix Astragali Membranaceus* (Huang Qi) and *Radix Angelicae Sinensis* (Dang Gui).

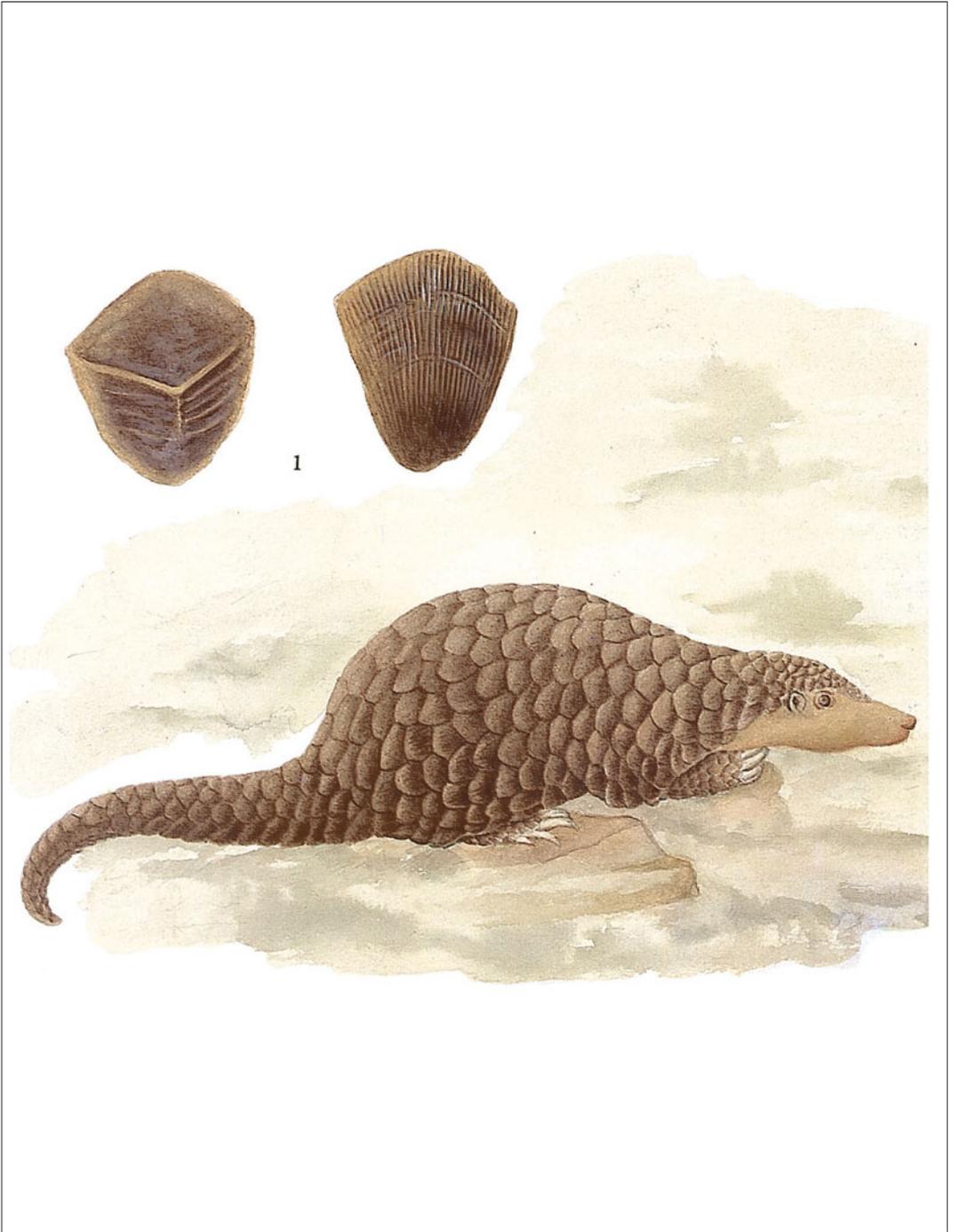
For early swelling without pus, it is used with *Flos Lonicerae* (Jin Yin Hua), *Radix Trichosanthis* (Tian Hua Fen), and *Radix Peoniae Rubra* (Chi Shao). For swelling with pus before rupture, it is used with *Spica Prunellae* (Xia Ku Cao), *Concha Ostreae* (Mu Li), *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu), and *Radix Scrophulariae* (Xuan Shen).

DOSAGE AND ADMINISTRATION

3–10 g, decocted, or ground into powder for an oral dose, 1–1.5 g each time.

PRECAUTIONS

It is contraindicated during pregnancy.



Manis pentadactyla L. (Fam. Manidae)
1. Scales

PHARMACEUTICAL NAME

Draconis Os

ENGLISH NAME

fossilized bone

PART USED

bone

Draconis Os is produced mainly in the provinces of Shanxi, Henan, Shanxi, Gansu, and Hebei.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and astringent in flavor, slightly cold in property, acts on the Heart and Liver channels.

FUNCTIONS

Soothes the Liver and subdues Yang, tranquilizes the mind.

CLINICAL USE AND MAJOR COMBINATIONS

For restlessness and anger, and for dizziness due to hyperactivity of Yang caused by Yin Deficiency, it is used with Radix Paeoniae Alba (Bai Shao) and Concha Ostreae (Mu Li) in “The Decoction for Subduing the Liver to Stop Wind” (Zhen Gan Xi Feng Tang).

For deranged thoughts, palpitation, insomnia, and epilepsy, it is used with Radix Polygalae (Yuan Zhi) and Ostreae (Mu Li).

For seminal emissions, leukorrhea, sweating due to weakness, and metrorrhagia. For seminal emissions due to Kidney Deficiency, it is used with Ostreae (Mu Li) and Semen Euryales (Qian Shi). For leukorrhea and metrorrhagia, it is used with Ostreae (Mu Li), Rhizoma Dioscoreae (Shan Yao), and Os Sepiae seu Sepiellae (Hai Piao Xiao). For sweating due to weakness, it is used with Ostreae (Mu Li) and Fructus Schisandrae (Wu Wei Zi).

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water before the other herbs. Proper amount for external use.

PRECAUTIONS

None noted.



Mastodi Osis Fossilia

PHARMACEUTICAL NAME

Cortex Meliae Radicis

ENGLISH NAME

chinaberry bark and root

PART USED

dried stem bark or root bark

Cortex Meliae Radicis is grown in most provinces in China. Collected in spring and autumn, it is used fresh or after being dried in sunlight and cut into pieces.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, slightly toxic, acts on the Spleen, Stomach, and Liver channels.

FUNCTIONS

Poisons and kills parasites, used for dermatitis.

CLINICAL USE AND MAJOR COMBINATIONS

For ascariasis, it is used alone or with Semen Arecae (Bing Lang).

For ankylostomiasis, it is used with Semen Arecae (Bing Lang).

For oxyuriasis, it is used with Radix Stemonae (Bai Bu) and Fructus Mume (Wu Mei).

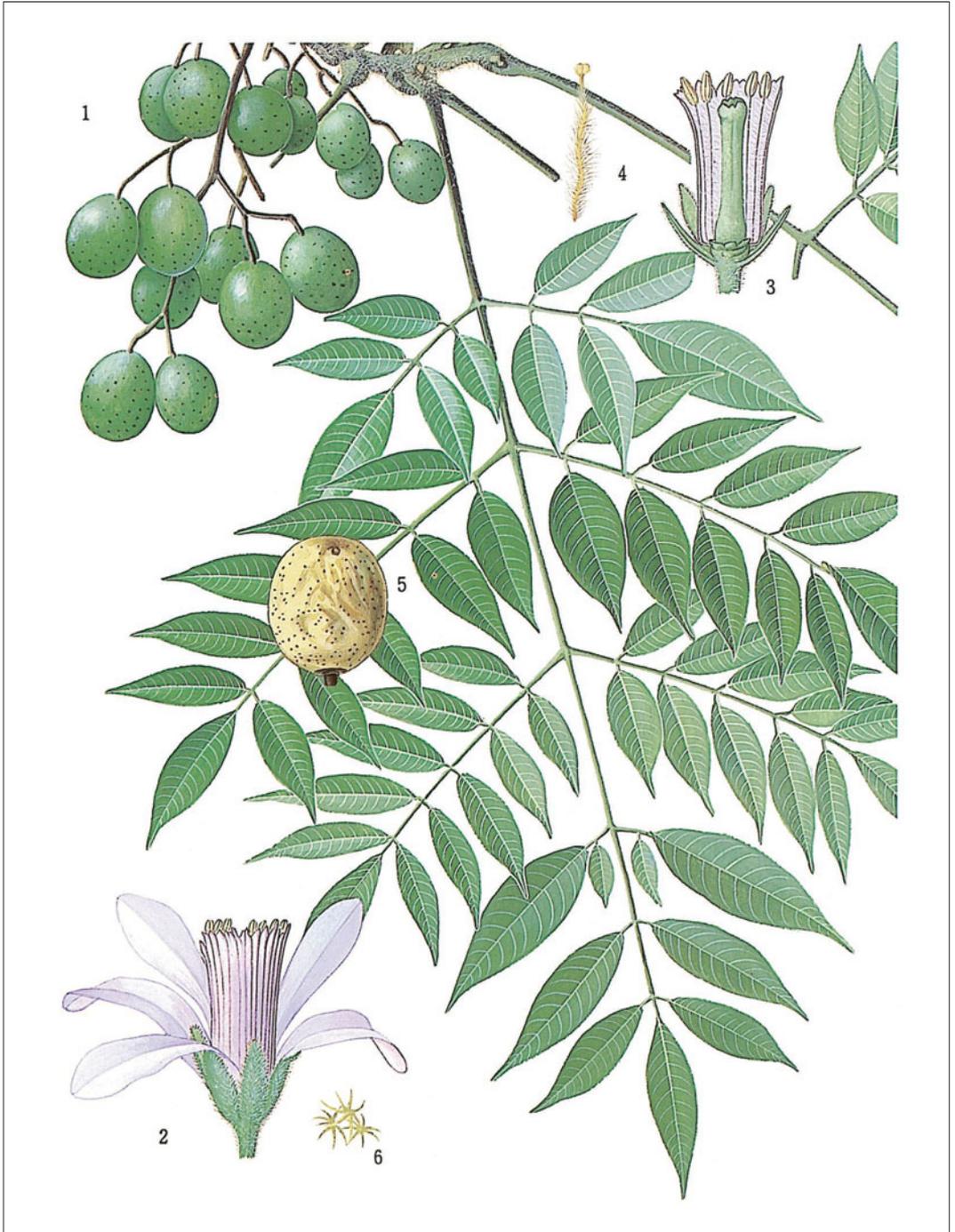
For tinea and scabies, it is ground into a powder for topical application.

DOSAGE AND ADMINISTRATION

6–15 g dried herb, or 15–30 g fresh herb, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated in patients with a Deficient constitution.
2. Contraindicated in patients with hepatitis or nephritis.
3. Contraindicated for use over a long period of time.



Melia toosendan Sieb. et Zucc. (Fam. Meliaceae)
1. Branch with young fruit; 2. Enlarged flower; 3. Stamen and pistil;
4. Enlarged hair on stem; 5. Fruit; 6. Star-like hair

PHARMACEUTICAL NAME

Fructus Meliae Toosendan

ENGLISH NAME

Sichuan chinaberry fruit, mela

PART USED

dried ripe fruit

Fructus Meliae Toosendan is grown in most provinces in southern China, but those produced in Sichuan province are of the best quality. The fruit is collected in winter and dried in sunlight. It may be used unprepared or after being stir-baked with wheat bran.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, slightly poisonous, acts on the Liver, Stomach, Small Intestine, and Bladder channels.

FUNCTIONS

Promotes the flow of Qi, relieves pain, anti-helminthiatic, reduces tinea.

CLINICAL USE AND MAJOR COMBINATIONS

For Stagnation of Qi in the Liver with pain in the hypochondriac region or stomach and abdomen, and for colic in the lower abdomen, it is used with Radix Curcumae Yanhusuo (Yan Hu Suo) for those with symptoms of Excess Heat, or with Fructus Foeniculi (Xiao Hui Xiang), Fructus Evodiae (Wu Zhu Yu), and Radix Aucklandiae (Mu Xiang) for those with Excess Cold.

For abdominal pain due to intestinal parasites, it is used with Semen Arecae (Bing Lang) and Fructus Quisqualis (Shi Jun Zi).

For tinea, stir-baked Fructus Meliae Radicis (Chuan Lian Zi) is ground into a fine powder for topical application.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

Contraindicated in patients with Cold due to Spleen and Stomach Deficiency.



Melia toosendan Sieb. et Zucc. (Fam. Meliaceae)
1. Branch with young fruit; 2. Enlarged flower; 3. Stamen and pistil;
4. Enlarged hair on stem; 5. Fruit; 6. Star-like hair

PHARMACEUTICAL NAME

Rhizoma Menispermi

ENGLISH NAME

Asiatic moonseed rhizome

PART USED

rhizome

Rhizoma Menispermi is produced mainly in the provinces of northeast China, Hebei, Shandong, and Shanxi. Collected in spring and autumn, it is dried in sunlight, washed, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, slightly toxic, acts on the Lung and Liver channels.

FUNCTIONS

Clears Heat and removes toxins, disperses Wind to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

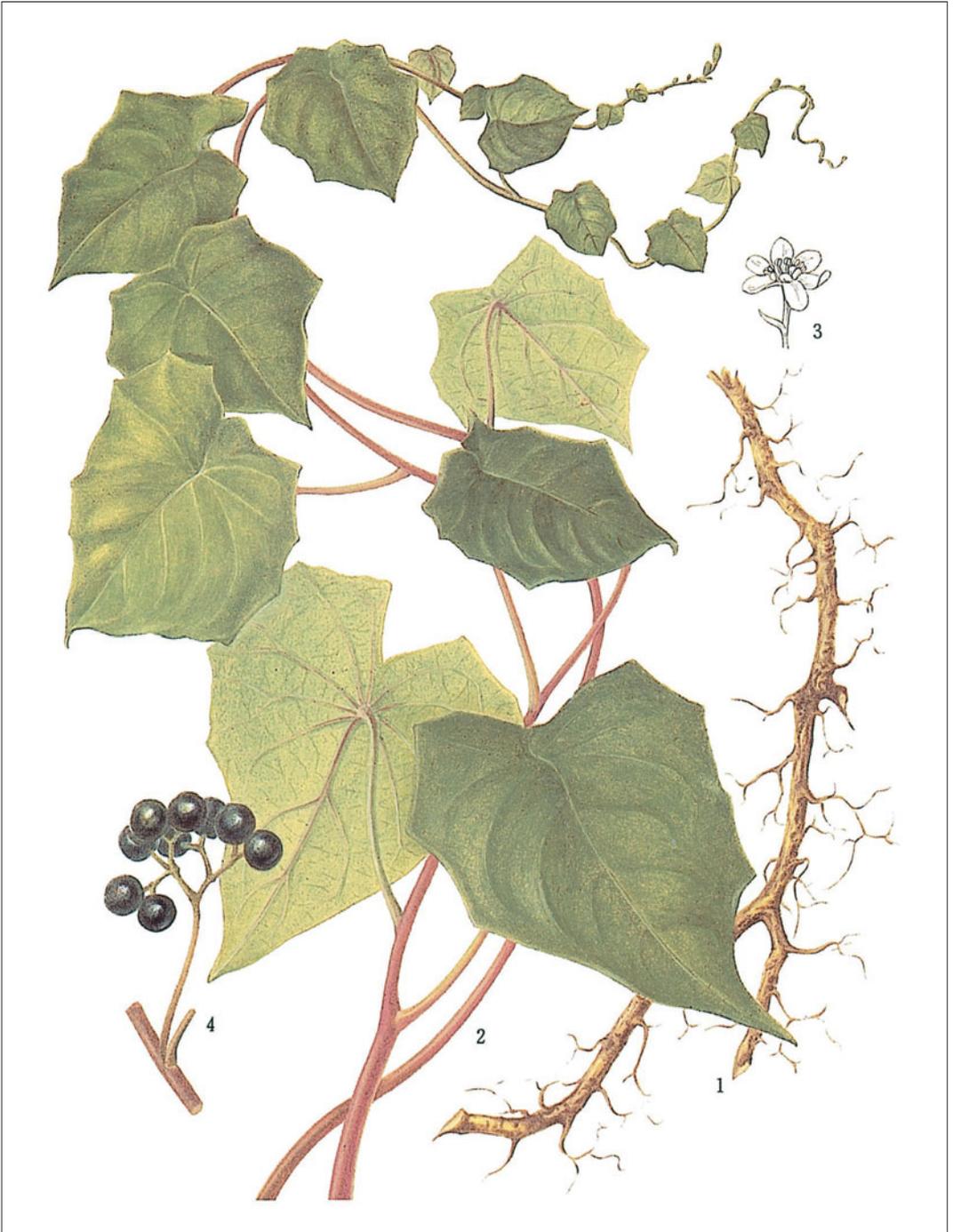
For sore throat, it is used with Radix Platycodi (Jie Geng) and Radix Scrophulariae (Xuan Shen). It is also used for hypertension and liver cancer.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Menispermum dauricum DC. (Fam. Menispermaceae)

1. Root; 2. Branch with leaves; 3. Flower; 4. Fruit

PHARMACEUTICAL NAME

Menthae Arvensis

ENGLISH NAME

cornmint, field mint

PART USED

dried aerial part

Menthae Arvensis is produced in many provinces, such as Jiangsu, Jingxi, and Zhejiang. The plant is collected in summer and autumn, then dried in the shade and cut into pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, cool in property, acts on the Liver and Lung channels.

FUNCTIONS

Dispels Wind Heat from the head and the eyes, relieves sore throat, promotes skin eruption, and relieves itching.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat, upper respiratory infection, or other epidemic febrile diseases at the initial stage, with headache, fever, and slight aversion to cold, it is used with *Herba Schizonepetae Tenuifolia* (Jing Jie), *Fructus Forsythiae Suspensae* (Lian Qiao), and *Flos Lonicerae* (Jin Yin Hua) in “The Forsythiae and Lonicerae Powder” (Yin Qiao San).

For headache, inflammation of the eyes including conjunctivitis, sore throat, and ulcers in the mouth due to Wind Heat, it is used with *Flos Chrysanthemi Morifolii* (Ju Hua), *Herba Schizonepetae Tenuifolia* (Jing Jie), *Folium Mori* (Sang Ye), or *Radix Platycodi* (Jie Geng).

For measles at the initial stage, incomplete eruption of measles due to Wind Heat, and pruritus, it is used with *Periostracum Cicadae* (Chan Tui), *Herba Schizonepetae Tenuifolia* (Jing Jie), *Fructus Arctii* (Niu Bang Zi), and *Fructus Forsythiae Suspensae* (Lian Qiao) in “The Six-Ingredient Decoction” (Liu Wei Tang).

For discomfort with a feeling of distension in the chest and hypochondriac region due to Stagnant Liver Qi, it is used with *Radix Bupleuri* (Chai Hu) and *Radix Paeoniae Alba* (Bai Shao).

DOSAGE AND ADMINISTRATION

2–10 g, decocted in water for internal use.

PRECAUTIONS

1. Do not decoct it over a long period of time. When used in herbal formulas, it should be decocted after the other herbs.
2. Not to be used in patients with spontaneous sweating due to an Exterior Deficiency.



Mentha haplocalyx Briq. (Fam. Lamiaceae)

1. Part of the plant; 2. Flower

PHARMACEUTICAL NAME

Mirabilitum

ENGLISH NAME

mirabilite, Glauber's salt

This substance is refined crystalline sodium sulphate, usually made from natural sources. It is produced in the provinces of Hebei, Henan, Shandong, Jiangsu, and Anhui. The natural sulphate minerals are dissolved in hot water and then boiled together with carrot slices. The supernatant is decanted and cooled until it is crystallized.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty and bitter in flavor, cold in property, acts on the Stomach and Large Intestine channels.

FUNCTIONS

Softens hard masses by purgation, clears Heat, and removes toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation due to accumulation of Excess Heat, it is used with Radix et Rhizoma Rhei (Da Huang) in "The Major Decoction for Purging Down Digestive Qi" (Da Cheng Qi Tang) and "The Purgative Decoction for Coordinating the Function of the Stomach" (Tiao Wei Cheng Qi Tang).

For sore throat and canker sores, it is used with Borneolum Syntheticum (Bing Pian), Borax (Peng Sha) and Cinnabaris (Zhu Sha) in "The Borneolum and Borax Powder" (Bing Peng San). For conjunctival congestion, this herb is spread on some bean curd and dissolved by steaming it with the bean curd to obtain a liquid that is used as eye drops.

DOSAGE AND ADMINISTRATION

10–15 g, infused in the decoction of other herbs or dissolved in boiling water for oral administration. Proper amount for external use.

PRECAUTIONS

Contraindicated during pregnancy.



PHARMACEUTICAL NAME

Fructus Momordicae Grosvenori

ENGLISH NAME

momordica fruit

PART USED

fruit

Fructus Momordicae Grosvenori is mainly produced in Guangxi province. It is collected in autumn, dried in sunlight, and crushed for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung and Spleen channels.

FUNCTIONS

Removes Lung Heat and moistens the Lung, and moistens the Intestine to relax the bowels.

CLINICAL USE AND MAJOR COMBINATIONS

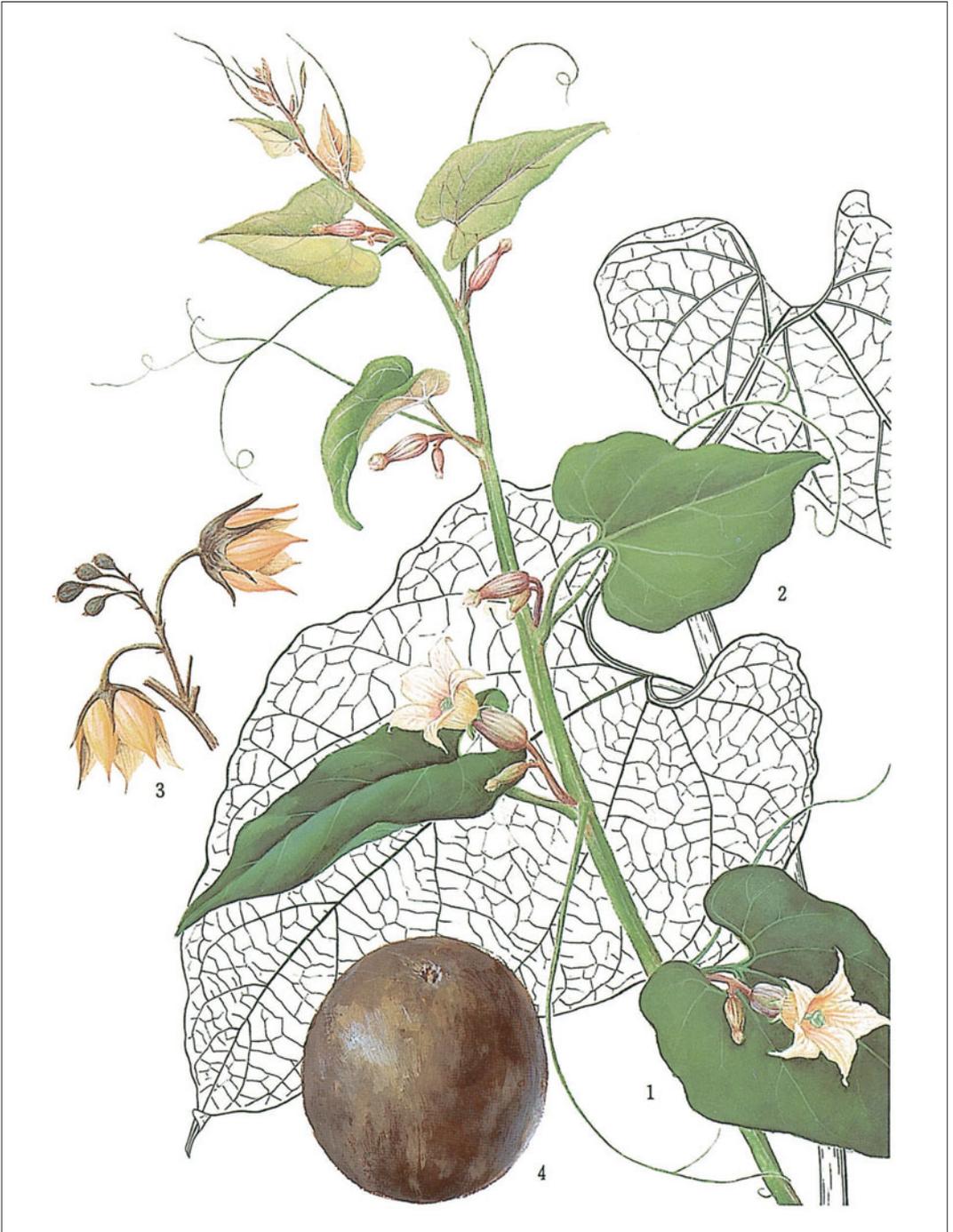
For cough due to Phlegm Heat, sore throat and hoarseness of voice due to Lung Heat, and constipation due to Dry Intestines.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Momordica grosvenori Swingle (Fam. Cucurbitaceae)
1. Branch with female flowers; 2. Under the leaves; 3. Male flowers; 4. Fruit

PHARMACEUTICAL NAME

Radix Morindae Officinalis

ENGLISH NAME

morinda root

PART USED

dried root

Radix Morindae Officinalis is produced mainly in the provinces of Guangdong, Guangxi, Fujian, Jiangxi, and Sichuan. It is collected in spring and winter, then dried in sunlight. After the rootlets are removed, it is cut into sections and parched with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, slightly warm in property, acts on the Kidney channel.

FUNCTIONS

Reinforces the Kidney Yang, expels Wind, and removes Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence, frequent urination, infertility, irregular menstruation due to Coldness of the uterus, and a feeling of coldness and pain in the hypogastrium. For impotence and infertility, it is used with Radix Ginseng (Ren Shen), Fructus Rubi Chingii (Fu Pen Zi), and Rhizoma Dioscoreae (Shan Yao). For frequent urination, it is used with Fructus Alpiniae Oxyphyllae (Yi Zhi Ren), Ootheca Mantidis (Sang Piao Xiao), and Semen Cuscutae (Tu Si Zi). For irregular menstruation and pain due to Cold in the hypogastrium, it is used with Rhizoma Alpiniae Officinarum (Gao Liang Jiang), Cortex Cinnamomi (Rou Gui), and Fructus Evodiae (Wu Zhu Yu).

For pain in the lower back and knees due to Insufficient Kidney Yang with Wind Dampness.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

Not to be used for patients with excess Fire due to Yin Deficiency, or with Damp Heat.



Morinda officinalis How. (Fam. Rubiaceae)
1. Stem with flowers; 2. Flower; 3. Opened flower showing stamen; 4. Pistil; 5. Root

PHARMACEUTICAL NAME

Cortex Mori Radicis

ENGLISH NAME

white mulberry rootbark

PART USED

root bark

Cortex Mori Radicis is produced mainly in the provinces of Anhui, Henan, Zhejiang, and Jiangsu. It is collected in winter. The bark is removed and cut into strips, dried in sunlight, and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung channel.

FUNCTIONS

Removes Lung Heat, relieves asthma, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For cough and asthma with copious sputum due to Lung Heat, it is used with Cortex Lycii Radicis (Di Gu Pi) and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Powder for Dispersing the Lung” (Xie Bai San).

For edema, it is used with Pericarpium Arecae (Da Fu Pi), Pericarpium Poria (Fu Ling Pi), and Pericarpium Rhizoma Zingiberis Recens (Sheng Jiang Pi).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Morus alba L. (Fam. Moraceae)
1. Branch with fruit; 2. Male flower; 3. Female flower

PHARMACEUTICAL NAME

Ramulus Mori

ENGLISH NAME

mulberry twig

PART USED

dried young branch

Ramulus Mori is produced chiefly in the provinces of Jiangsu, Zhejiang, Anhui, Hunan, Hebei, and Sichuan. After the branch is collected in spring and summer, the leaves are removed. The branch then is dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Disperses Pathogenic Wind and removes obstruction from channels.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis and muscular contractures, especially those in the shoulders, arms, elbows, wrists, and hands, Ramulus Mori is used alone or with other herbs.

For edema, it is used alone or with other herbs.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Morus alba L. (Fam. Moraceae)
1. Branch with fruit; 2. Male flower; 3. Female flower

PHARMACEUTICAL NAME

Moschus

ENGLISH NAME

musk

PART USED

dried secretion of the musk sac of adult male deer

Moschus is produced in the provinces of Sichuan, Yunnan, Shanxi, Inner Mongolia, and in Tibet. The wild musk deer are usually hunted in winter. The musk is removed from the sac, dried in the shade, and stored in air-tight, light-proof containers.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Heart and Spleen channels.

FUNCTIONS

Opens the orifices to restore consciousness, promotes Blood circulation to dissipate masses, relieves pain, and acts as an emmenagogue.

CLINICAL USE AND MAJOR COMBINATIONS

For blockage syndromes of Excess types with unconsciousness and convulsion due to invasion of Heat into the Pericardium in febrile diseases, stroke, and epilepsy induced by terror. For Heat blockage, it is used with Calculus Bovis (Niu Huang) in “The Treasured Bolus” (Zhi Bao Dan). For Cold blockage, it is used with Styra (Su He Xiang) and Flos Syzygii Aromatici (Ding Xiang) in “The Styra Pill” (Su He Xiang Wan).

For sores, carbuncles, and suppurative cutaneous infections, it is used with herbs that promote Blood circulation to remove Blood Stasis, such as Realgar (Xiong Huang) and Gummi Olibanum (Ru Xiang).

For gastric and abdominal pain, it is used with Radix Aucklandiae (Mu Xiang) and Semen Persicae (Tao Ren). For traumatic pain, it is used with Lignum Sappan (Su Mu) and Myrrha (Mo Yao).

For masses in the abdomen, amenorrhea, retention of dead fetuses or retained placenta.

DOSAGE AND ADMINISTRATION

0.06–0.1 g, used in pill or powder, not in decoction. Appropriate amount for external use.

PRECAUTIONS

It is contraindicated during pregnancy.



Moschus berezovskii Flerov (Fam. Cervidae)
1. Musk sac

PHARMACEUTICAL NAME

Semen Myristicae

ENGLISH NAME

nutmeg seed

PART USED

ripe seed

Semen Myristicae is produced chiefly in Malaysia and Indonesia. It is collected in autumn. The seed is covered with flour and roasted in oil for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen, Stomach, and Large Intestine channels.

FUNCTIONS

Warms the Middle Heater and promotes the flow of Qi, astringes the Intestine to stop diarrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea due to Deficient Cold of the Spleen and Stomach, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Fructus Terminaliae Chebulae (Ke Zi). For diarrhea before dawn due to Spleen and Kidney Yang Deficiency, it is used with Fructus Evodiae (Wu Zhu Yu), Fructus Schisandrae (Wu Wei Zi), and Fructus Psoraleae (Bu Gu Zhi).

For Qi Stagnation due to Deficient Cold, distension of the epigastrium and stomach, poor appetite and vomiting, it is used with Radix Aucklandiae (Mu Xiang) and Rhizoma Pinelliae (Ban Xia).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use, or 1.5–3 g, if used in powdered form.

PRECAUTIONS

Contraindicated in patients with dysentery due to Damp Heat.



Myristica fragrans Houtt. (Fam. Myristicaceae)
1. Branch with fruit; 2. Flower; 3. Pistil; 4. Stamen; 5. False seed coat; 6. Cross section of the seed; 7. Seed

PHARMACEUTICAL NAME

Radix et Rhizoma Nardostachyos

ENGLISH NAME

spikenard, Chinese spikenard

PART USED

dried root and rhizome

Radix et Rhizoma Nardostachyos is produced chiefly in the provinces of Sichuan, Gansu, and Qinghai. The plant is collected in spring and autumn. After the soil and hairy rootlets are removed, the root is dried in shade and cut into pieces.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Promotes the flow of Qi, relieves pain, induces appetite, and tonifies the Spleen.

CLINICAL USE AND MAJOR COMBINATIONS

For distension and pain in the chest and abdomen, anorexia, and stomachache due to Stagnation of Qi caused by invasion of Cold, it is used with Radix Aucklandiae (Mu Xiang) and Fructus Citri Medica (Xiang Yuan).

For toothache and swelling of the feet.

DOSAGE AND ADMINISTRATION

3–6 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Nardostachys chinensis Batal. (Fam. Valerianaceae)
1. Whole plant with flower; 2. Flower; 3. Opened corolla showing stamen

PHARMACEUTICAL NAME

Semen Nelumbinis Nuciferae

ENGLISH NAME

lotus seeds

PART USED

ripe seed

Semen Nelumbinis Nuciferae is produced in the provinces of Hunan, Fujian, and Jiangsu. The seed is collected in autumn, the plumule is removed, and the seed is broken into pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, neutral in property, acts on the Spleen, Kidney, and Heart channels.

FUNCTIONS

Tonifies the Spleen to stop diarrhea, replenishes the Kidney to control seminal emission, nourishes the Heart to tranquilize the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea and poor appetite due to Spleen Deficiency, it is used with Radix Ginseng (Ren Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Dioscoreae (Shan Yao) in “The Powder of Radix Ginseng, Rhizoma Atractylodis Macrocephalae, and Poria” (Shen Ling Bai Zhu San).

For seminal emission and spontaneous emission due to Kidney Deficiency, it is used with Semen As-tragali Complanati (Sha Yuan Zi), Concha Ostreae (Mu Li), and Stamen Nelumbinis Nuciferae (Lian Xu) in “The Golden Lock Pill for Keeping Kidney Essence” (Jin Suo Gu Jing Wan).

For vexation, palpitation, and insomnia, it is used with Radix Ophiopogonis (Mai Dong) and Semen Platycladi (Bai Zi Ren).

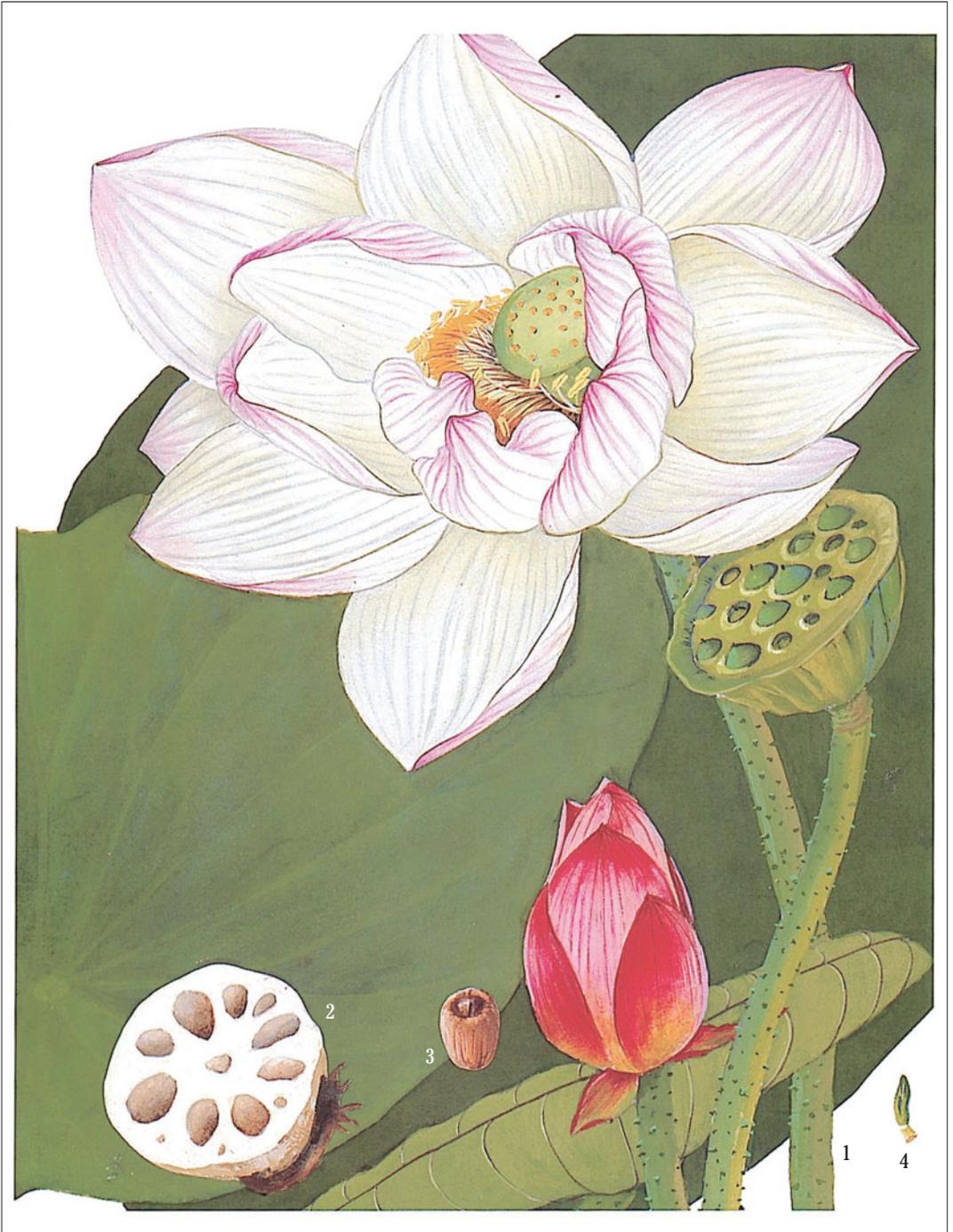
Used for metrorrhagia and profuse leukorrhea.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Nelumbo nucifera Gaertn (Fam. Nymphaeaceae)
1. Flower; 2. Cross section of the root; 3. Seed; 4. Core of the seed

PHARMACEUTICAL NAME

Rhizoma Notopterygii

ENGLISH NAME

incised notopterygium rhizome

PART USED

rhizome

Rhizoma Notopterygii is grown mainly in the provinces of Sichuan, Gansu, and Yunnan. It is collected in spring and autumn, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on Bladder and Kidney channels.

FUNCTIONS

Induces diaphoresis to disperse Cold, expels Wind and removes Dampness, alleviates pain.

CLINICAL USE AND MAJOR COMBINATIONS

For common cold due to invasion of Wind Cold with aversion to cold, fever, headache, and general achiness, it is used with Radix Saposhnikoviae (Fang Feng), Radix Angelicae Dahuricae (Bai Zhi), and Herba Asari (Xi Xin) in “The Nine-Ingredient Notopterygium Decoction” (Jiu Wei Qiang Huo Tang).

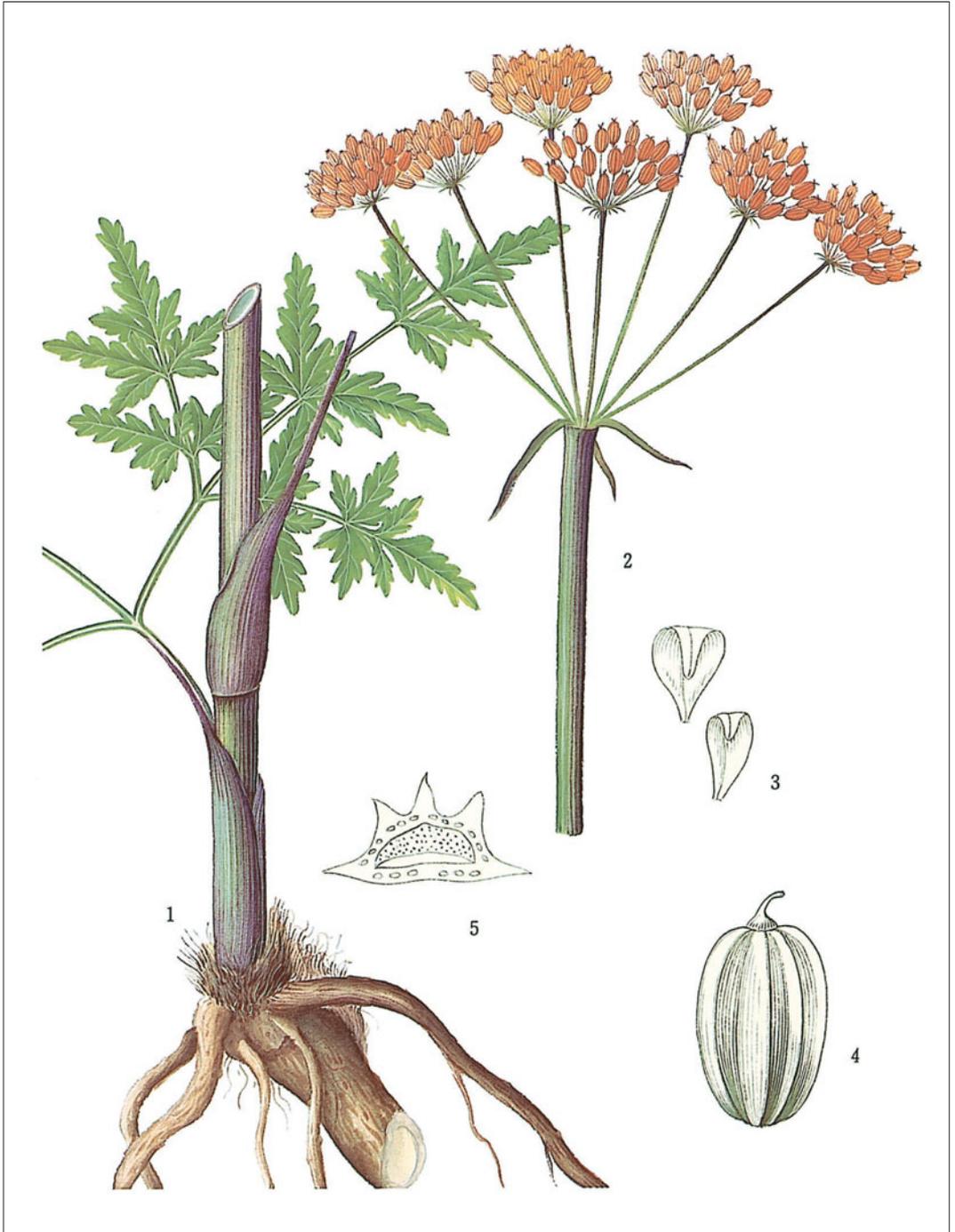
For arthralgia and back pain due to Wind Cold Dampness, it is used with Rhizoma Curcumae Longae (Jiang Huang) and Radix Saposhnikoviae (Fang Feng). It is especially effective for upper body pain.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Notopterygium incisum Ting. ex H. T. Chang (Fam. Apiaceae)
1. Root and branch; 2. Branch with fruit; 3. Petal; 4. Dried fruit; 5. Cross-section of the fruit

PHARMACEUTICAL NAME

Radix Ophiopgonis

ENGLISH NAME

dwarf lilyturf tuber

PART USED

dried root tuber

Radix Ophiopgonis is produced mainly in the provinces of Sichuan, Zhejiang, and Hubei. The tuber is usually collected in summer. After the rootlets are removed and the tuber is washed, it is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and slightly bitter in flavor, slightly cold in property, acts on the Lung, Heart, and Stomach channels.

FUNCTIONS

Moistens the Lung and nourishes Yin, nourishes the Stomach and produces Fluids, clears Heart Heat to ease the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For dry cough and Rebellious Lung Qi and for dry throat, it is used with Folium Mori (Sang Ye), Semen Armeniacae Amarum (Ku Xing Ren) and Colla Corii Asini (A Jiao), and Gypsum Fibrosum (Shi Gao) in “The Decoction for Relieving Dryness of the Lung” (Qing Zao Jiu Fei Tang). For cough with hemoptysis and dry cough with sticky sputum, it is used with Radix Asparagi (Tian Dong).

For dry mouth and thirst due to Insufficient Stomach Yin, it is used with Radix Glehniae (Bei Sha Shen), Radix Rehmanniae (Sheng Di Huang), and Rhizoma Polygonati Odorati (Yu Zhu).

For insomnia and irritability due to invasion of the Heart and Ying system by Heat, it is used with Radix Rehmanniae (Sheng Di Huang) and Rhizoma Coptidis (Huang Lian) in “The Decoction for Clearing Heat in the Nutrient Phase” (Qing Ying Tang). For insomnia and irritability due to Yin Deficiency, it is used with Radix Rehmanniae (Sheng Di Huang) and Semen Ziziphi Spinosae (Suan Zao Ren) in “The Cardiotonic Pill” (Tian Wang Bu Xin Dan).

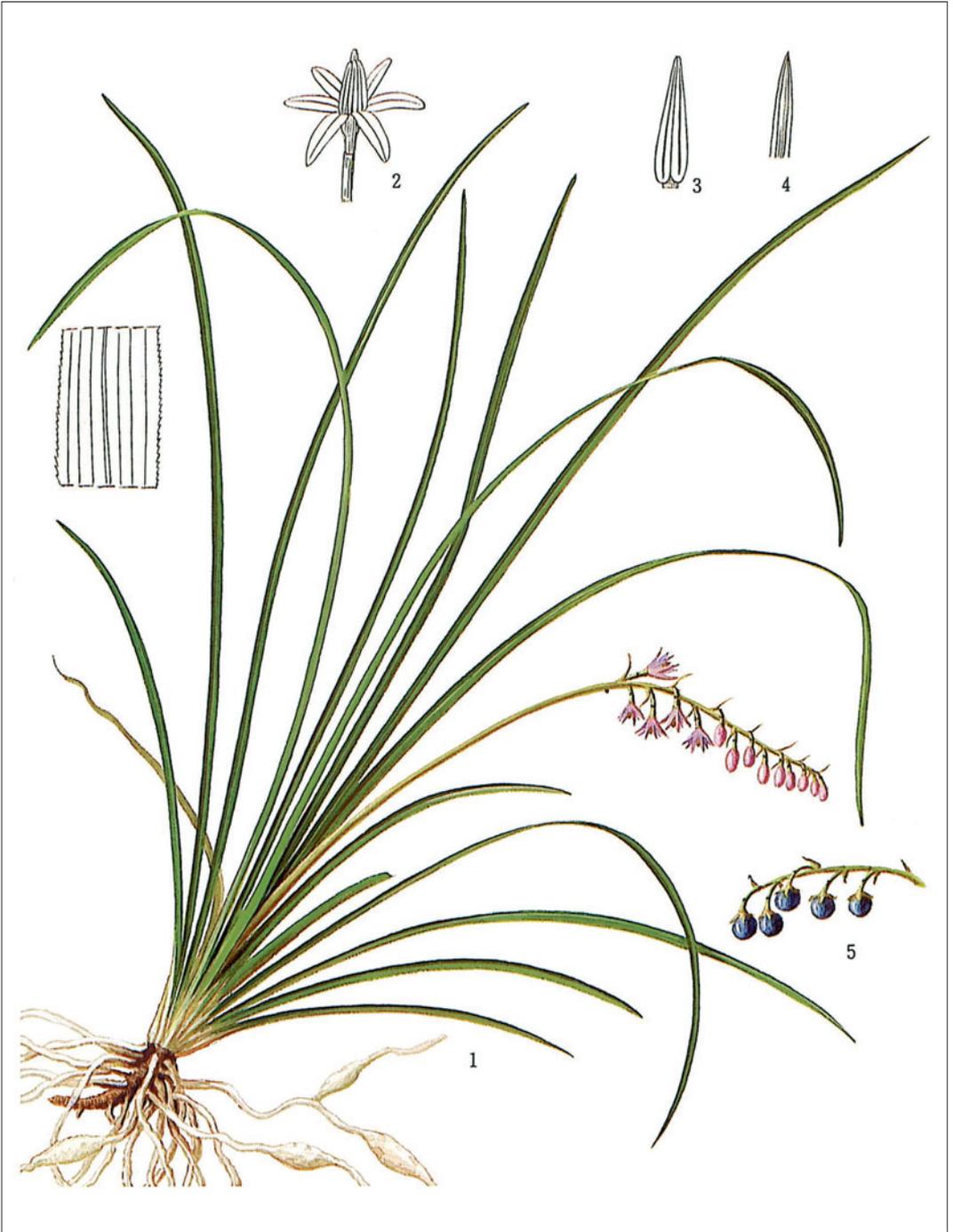
For constipation due to Dry Intestines, it is used with Radix Rehmanniae (Sheng Di Huang) and Radix Scrophulariae (Xuan Shen).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use.

PRECAUTIONS

1. Contraindicated in patients with cough due to Wind Cold or due to Phlegm and Dampness.
2. Contraindicated in patients with diarrhea due to Cold from Spleen and Stomach Deficiency.



Ophiopogon japonicus Ker-Gawl. (Fam. Liliaceae)
1. Whole plant with flower; 2. Flower; 3. Stamen; 4. Style; 5. Fruit

PHARMACEUTICAL NAME

Concha Ostreae

ENGLISH NAME

oyster shell

PART USED

shell

Concha Ostreae is collected in spring and winter. The shell is broken into pieces and used unprepared or calcined.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, slightly cold in property, acts on the Liver and Kidney channels.

FUNCTIONS

Soothes the Liver and suppresses hyperactive Liver Yang, softens hardness, dissipates stagnation, induces astringency, and arrests discharge.

CLINICAL USE AND MAJOR COMBINATIONS

For restlessness, palpitation, insomnia, dizziness, and tinnitus from hyperactive Yang due to Yin Deficiency, it is used with Carapax et Plastrum Testudinis (Gui Ban) and Radix Paeoniae Alba (Bai Shao).

For scrofula and nodules due to accumulation of Phlegm Fire, it is used with Bulbus Fritillariae Cirrhosae (Chuan Bei Mu) and Radix Scrophulariae (Xuan Shen).

For spontaneous sweating and night sweats, it is used with Radix Astragali Membranaceus (Huang Qi) and the root of Herba Ephedrae (Ma Huang) in “The Concha Ostreae Powder” (Mu Li San). For seminal emission due to Kidney deficiency, it is used with Semen Euryales (Qian Shi). For leukorrhea and metrorrhea, it is used with Os Sepiae seu Sepiellae (Hai Piao Xiao) and Rhizoma Dioscoreae (Shan Yao).

Concha Ostreae can be used to relieve hyperacidity and acid reflux of the stomach.

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water before other herbs. The calcined form is used to induce astringency and relieve hyperacidity.

PRECAUTIONS

None noted.



Ostrea gigas Thunb. (Fam. Ostreidae)

PHARMACEUTICAL NAME

Radix Paeoniae Alba

ENGLISH NAME

white peony root

PART USED

root

Radix Paeoniae Alba is grown in the provinces of Zhejiang, Anhui, and Sichuan. It is collected in summer and autumn. After removal of the lateral roots and skin, it is boiled for a short time, and dried in the sun. It is then sliced and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sour in flavor, slightly cold in property, acts on the Liver and Spleen channels.

FUNCTIONS

Nourishes the Blood, reinforces Yin, nourishes the Liver to relieve pain, suppresses the Liver Yang.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Ligustici Chuanxiong (Chuan Xiong), and Radix Rehmanniae Preparata (Shu Di Huang) in “The Decoction of Four Ingredients” (Si Wu Tang). For dysmenorrhea, Rhizoma Cyperi (Xiang Fu) and Radix Curcumae Yanhusuo (Yan Hu Suo) are added. For spontaneous sweating due to Wind Cold, it is used with Ramulus Cinnamomi (Gui Zhi), Radix Glycyrrhizae Uralensis (Gan Cao), Rhizoma Zingiberis Recens (Sheng Jiang), and Fructus Zizyphi Jujubae (Da Zao) in “The Ramulus Cinnamomi Decoction” (Gui Zhi Tang). For night sweats, it is used with Concha Ostreae (Mu Li) and Semen Platycladi (Bai Zi Ren).

For hypochondria pain due to Blood Deficiency and Stagnation of Liver Qi, it is used with Radix Angelicae Sinensis (Dang Gui) and Radix Saposhnikoviae Radix Bupleuri (Chai Hu). For abdominal spasm and pain due to Liver and Spleen Disharmony, and spasm and pain in the extremities due to Blood Deficiency, it is used with Radix Glycyrrhizae

Uralensis (Gan Cao) in “The Decoction of Radix Paeoniae Alba and Radix Glycyrrhizae” (Shao Yao Gan Cao Tang). For abdominal pain and diarrhea, it is used with Radix Saposhnikoviae (Fang Feng) and Rhizoma Atractylodis Macrocephalae (Bai Zhu) in “The Important Prescription for Diarrhea with Pain” (Tong Xie Yao Fang). For dysenteric abdominal pain, it is used with Semen Arecae (Bing Lang), Rhizoma Coptidis (Huang Lian), and Radix Aucklandiae (Mu Xiang) in “The Decoction of Radix Paeoniae Alba” (Shao Yao Tang).

For Excess Liver Yang with headache and dizziness, it is used with Radix Rehmanniae (Sheng Di Huang) and Radix Achyranthis Bidentatae (Niu Xi).

DOSAGE AND ADMINISTRATION

5–10 g, or 15–30 g, for a large dosage, decocted in water, and taken internally.

PRECAUTIONS

This herb should not be used alone in patients with Yang exhaustion with Cold manifestations of the Deficiency type. It is incompatible with Radix et Rhizoma Veratri (Li Lu).



Paeonia lactiflora Pall. (Fam. Ranunculaceae)
1. Root; 2. Branch with flower

PHARMACEUTICAL NAME

Radix Paeoniae Rubra

ENGLISH NAME

red peony root

PART USED

dried root

Radix Paeoniae Rubra is produced chiefly in Inner Mongolia, Sichuan, and northeastern China. The root is dug in autumn, dried in sunlight, sliced, and used as is.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Liver channel.

FUNCTIONS

Clears Blood Heat, eliminates Blood stasis, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For epidemic febrile diseases with Blood Heat with fever, maculas, or eruptions, and vomiting blood and epistaxis due to invasion of the Blood by Heat, it is used with Radix Rehmanniae (Sheng Di Huang) and Cortex Moutan (Mu Dan Pi) in “The Rhinoceri-Rehmanniae Decoction” (Xi Jiao Di Huang Tang).

For amenorrhea and dysmenorrhea due to Stagnation of Blood, it is used with Radix Angelicae Sinensis (Dang Gui), Cortex Moutan (Mu Dan Pi), and Rhizoma Ligustici Chuanxiong (Chuan Xiong) in “The Nourish-Blood Decoction” (Zi Xue Tang).

For traumatic injuries, it is used with Semen Persicae (Tao Ren), Gummi Olibanum (Ru Xiang), and Flos Carthami Tinctorii (Hong Hua).

For boils and sores, it is used with Flos Lonicerae (Jin Yin Hua) and Rhizoma Coptidis (Huang Lian).

For inflammation of the eyes due to Excess Liver Heat, it is used with Flos Chrysanthemi Morifolii (Ju Hua) and Spica Prunellae (Xia Ku Cao).

DOSAGE AND ADMINISTRATION

1–15 g, decocted in water for an oral dose, or used in pills and powder.

PRECAUTIONS

1. Contraindicated in patients with amenorrhea due to Cold of the Deficiency type.
2. Incompatible with Radix et Rhizoma Veratri (Li Lu).



Paeonia lactiflora Pall. or *Paeonia veitchii* Lynch (Fam. Ranunculaceae)
1. Whole plant with flower; 2. Fruit

PHARMACEUTICAL NAME

Cortex Moutan

ENGLISH NAME

tree peony bark

PART USED

root bark

Cortex Moutan is grown throughout China. The root is collected in autumn and washed. After the bark is stripped off the root, it is dried in sunlight and used unprepared, stir-baked with wine, or stir-baked until charred.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly cold in property, acts on the Heart, Liver, and Kidney channels.

FUNCTIONS

Clears Blood Heat, activates Blood circulation, and removes Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For epidemic febrile diseases with Pathogenic Heat in the Blood with skin eruptions, and for bleeding due to invasion of Blood by Heat manifested as epistaxis and hematemesis, it is used with Radix Rehmanniae (Sheng Di Huang).

For the late stage of epidemic febrile diseases as with Heat in the Yin system with night fever, it is used with Rhizoma Anemarrhenae (Zhi Mu), Radix Rehmanniae (Sheng Di Huang), and Carapax Trionycis (Bie Jia) in “Decoction of Herba Artemisiae Annuae and Carapax Trionycis Tang” (Qing Hao Bie Jia Tang). For menstrual cycle and fever before menstruation, it is used with Radix Paeoniae Alba, Radix Scutellariae (Huang Qin), and Radix Bupleuri (Chai Hu).

For amenorrhea and menorrhagia due to Blood Stasis, it is used with Ramulus Cinnamomi (Gui Zhi) and Semen Persicae (Tao Ren) in “Ramulus Cinnamomi and Poria Pill” (Gui Zhi Fu Ling Wan). Also, for traumatic injuries with pain due to Blood Stasis, it can be used with Myrrha (Mo Yao) and Gummi Olibanum (Ru Xiang).

For acute appendicitis with abdominal pain and constipation, it is used with Radix et Rhizoma Rhei (Da Huang) and Semen Persicae (Tao Ren). For suppurative infections on the body surface, it is used with Flos Lonicerae (Jin Ying Hua), Fructus Forsythiae Suspensae (Lian Qiao), and Radix Angelicae Dahuricae (Bai Zhi).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for oral use, or made into a bolus or powder. For clearing Blood Heat, it is used unprepared; for promoting Blood circulation and removing Blood Stasis, it is stir-baked with wine; for hemostasis, it is stir-baked until charred.

PRECAUTIONS

This herb is contraindicated in Cold conditions due to Blood Deficiency. Not to be used in cases of menorrhagia and in pregnant women.



Paeonia suffruticosa Andr. (Fam. Ranunculaceae)
1. Branch with flower; 2. Stamen and pistil; 3. Fruit; 4. Bark

PHARMACEUTICAL NAME**Radix Ginseng****ENGLISH NAME****Ginseng****PART USED**

root

Ginseng is produced chiefly in Jilin, Liaoning, and Heilongjiang provinces. Ginseng produced in the Fusong county of Jilin is of the best quality. The cultivated ginseng is called garden ginseng whereas the wild is known as mountain ginseng. The cultivated ginseng is harvested in autumn. It is called sun-dried ginseng if it is dried in the sun or roasted. It is called red ginseng if it is dried after being steamed. It is called sugar-processed ginseng if it is dried after being soaked in syrup. The wild ginseng dried in the sun is known as sun-cured wild ginseng. The herb is sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and slightly bitter in flavor, neutral in property, acts on the Spleen, Lung, and Heart channels.

FUNCTIONS

Powerfully replenishes the primordial Vital Qi, restores normal pulse and treats collapse, tonifies the Spleen and Lung, promotes the production of body Fluid to quench thirst, calms the nerves, tranquilizes the Mind, and improves mental power.

CLINICAL USE AND MAJOR COMBINATIONS

For shortness of breath, listlessness, extremely weak pulse, extreme Deficiency after a severe or prolonged illness, massive hemorrhage, and excessive vomiting or diarrhea, it is used alone orally in a large dosage in “The Radix Ginseng Decoction” (Du Shen Tang).

For Qi Deficiency accompanied by Yang depletion with profuse sweating and cold limbs.

For listlessness, lassitude, anorexia, feeling of fullness and stiffness in the upper abdomen, diarrhea, and other symptoms due to Spleen Qi Deficiency, and general weakness due to Qi Deficiency, it is used with *Rhizoma Atractylodis Macrocephalae*

(Bai Zhu), *Sclerotium Poriae Cocos* (Fu Ling), and *Radix Glycyrrhizae Uralensis* (Gan Cao) in “The Four Gentlemen Decoction” (Si Jun Zi Tang).

For cough, shortness of breath, asthenia, weak pulse, spontaneous sweating, and other symptoms due to Deficient Lung Qi, it is used with *Semen Juglandis* (Hu Tao) and *Gecko* (Ge Jie).

For thirst and diabetes due to Deficient Fluids, it is used with *Gypsum Fibrosum* (Shi Gao), *Radix Ophiopogonis* (Mai Dong) and *Radix Rehmanniae* (Sheng Di Huang).

For irritability, insomnia, dreaminess, palpitation induced by fright, forgetfulness, listlessness, and lassitude due to Heart and Spleen Deficiency, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Arillus Longan* (Long Yan Rou), and *Semen Ziziphi Spinosae* (Suan Zao Ren) in “The Decoction for Invigorating the Spleen and Heart” (Gui Pi Tang).

For Deficient Qi and Blood, it is used with *Radix Rehmanniae Preparata* (Shu Di Huang) in “The Extract for Treating Both Qi and Blood.” For Blood Deficiency, it is used with blood tonics like *Radix Angelicae Sinensis* (Dang Gui).

This herb given with Yang tonics is used to treat impotence due to Kidney Deficiency and to enhance general immunity.

DOSAGE AND ADMINISTRATION

5–10 g, decocted alone with a slow fire and mixed with other herbs for an oral dose; or ground into powder for oral use, 1–2 g each time, 2–3 times a day. For prolonged illness, a large dose of 15–30 g is used.

PRECAUTIONS

1. Not to be prescribed in cases of Excess and Heat syndromes without Vital Qi Deficiency.
2. Not to be used with black hellebore, troglodytes dung, or honey locust.
3. Radish and tea should be avoided because they reduce ginseng's efficiency.



Panax ginseng C. A. Meyer (Fam. Araliaceae)
1. Root; 2. Branch with fruit

PHARMACEUTICAL NAME

Radix Notoginseng

ENGLISH NAME

notoginseng root

PART USED

dried root

Radix Notoginseng is produced chiefly in the provinces of Yunnan and Guangxi. The root, which is collected in August or November, is washed, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and slightly bitter in flavor, warm in property, acts on the Liver and Stomach channels.

FUNCTIONS

Arrests bleeding, resolves Blood Stasis, promotes the circulation of Blood, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of bleeding due to Blood Stasis, it is ground into a powder and taken alone, or with Ophicalcicum (Hua Rui Shi) and Crinis Carbonisatus Hominis (Xue Yu Tan).

For bleeding due to traumatic injuries, with or without Blood Stasis, and for swelling and pain, it is ground into a fine powder and used orally or externally, alone or with Crinis Carbonisatus Hominis (Xue Yu Tan) and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

Used in the treatment of angina pectoris in coronary heart disease.

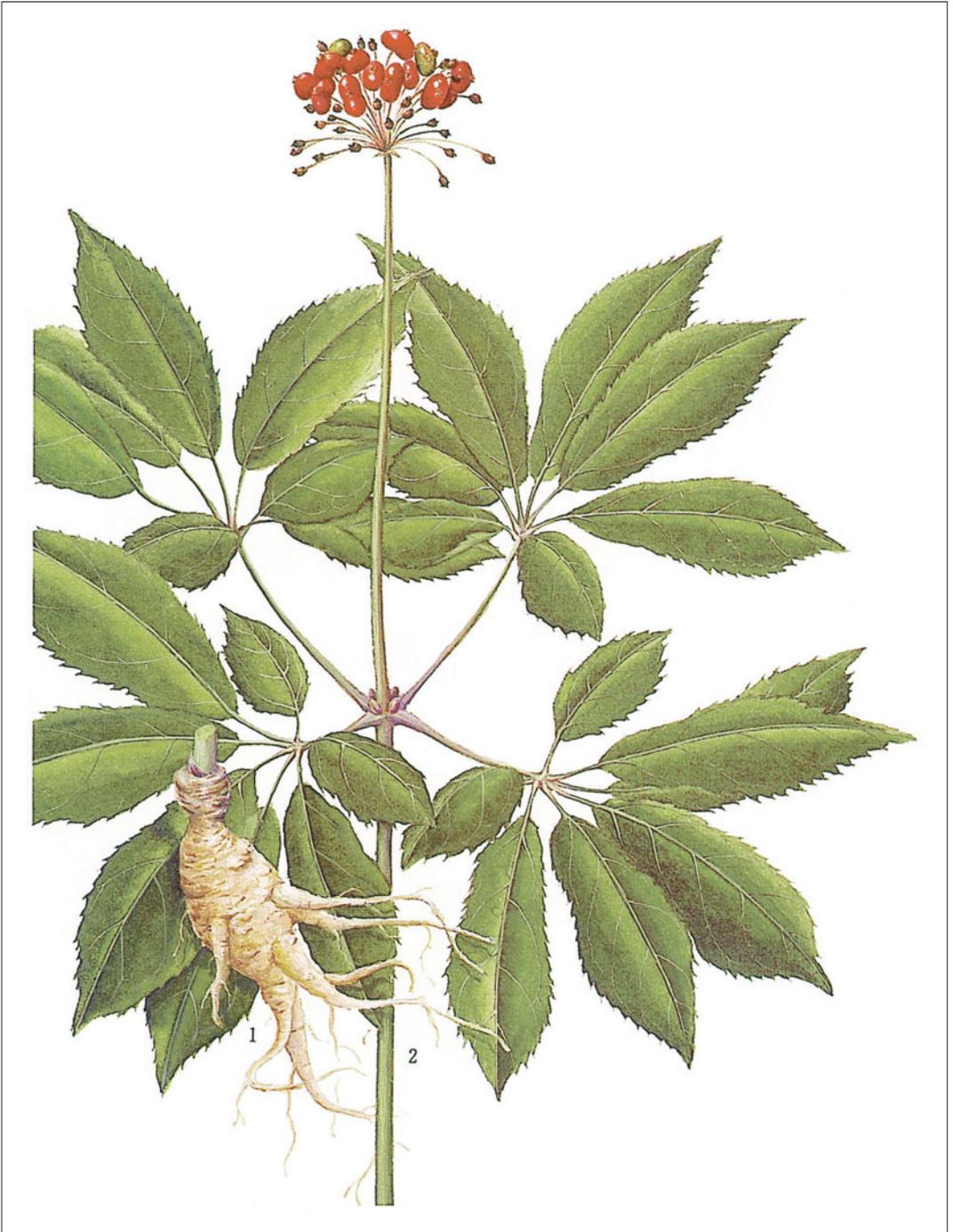
For bleeding accompanied with dryness of the mouth due to Yin Deficiency, it is used with herbs that nourish Yin and remove Excess Heat from the Blood.

DOSAGE AND ADMINISTRATION

3–10 g, if decocted in water for an oral dose; 1–1.5 g, if ground into powder for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Panax notoginseng (Burk.) F. H. Chen (Fam. Araliaceae)
1. Root; 2. Branch with fruit

PHARMACEUTICAL NAME

Radix Panacis Quinquefolii

ENGLISH NAME

American ginseng root

PART USED

dried root

Radix Panacis Quinquefolii, produced mainly in the United States of America and in Canada, is collected in autumn, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and slightly sweet in flavor, cold in property, acts on the Heart, Lung, and Kidney channels.

FUNCTIONS

Tonifies the Qi and nourishes the Yin, clears Heat, and promotes the production of Fluids.

CLINICAL USE AND MAJOR COMBINATIONS

For cough and asthma with bloody sputum due to flaring of Fire due to Yin Deficiency, it is used with Radix Ophiopogonis (Mai Dong), Colla Corii Asini (A Jiao), Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), and Rhizoma Anemarrhenae (Zhi Mu).

For fatigue and thirst due to Deficiency of Qi and Yin, it is used with herbs that nourish Yin and clear Heat, such as fresh Radix Rehmanniae (Sheng Di Huang), fresh Herba Dendrobii (Shi Hu), and Radix Ophiopogonis (Mai Dong).

For dry mouth due to insufficient body Fluids, it is used alone.

It is also used for bloody stools.

DOSAGE AND ADMINISTRATION

3–6 g, decocted separately from other herbs.

PRECAUTIONS

Not to be used in patients with Cold Dampness of the Stomach or weakness in the Middle Heater.



Panax quinquefolium L. (Fam. Araliaceae)
1. Whole plant with root and fruit; 2. Flower; 3. Stamen; 4. Pistil

PHARMACEUTICAL NAME

Ootheca Mantidis

ENGLISH NAME

egg capsule of mantis

PART USED

egg case

Ootheca Mantidis is produced chiefly in the provinces of Guangxi, Yunnan, and Hubei. It is collected in autumn, boiled in water or steamed, and then dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, neutral in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Kidney Yang, controls seminal emission, and reduces urination.

CLINICAL USE AND MAJOR COMBINATIONS

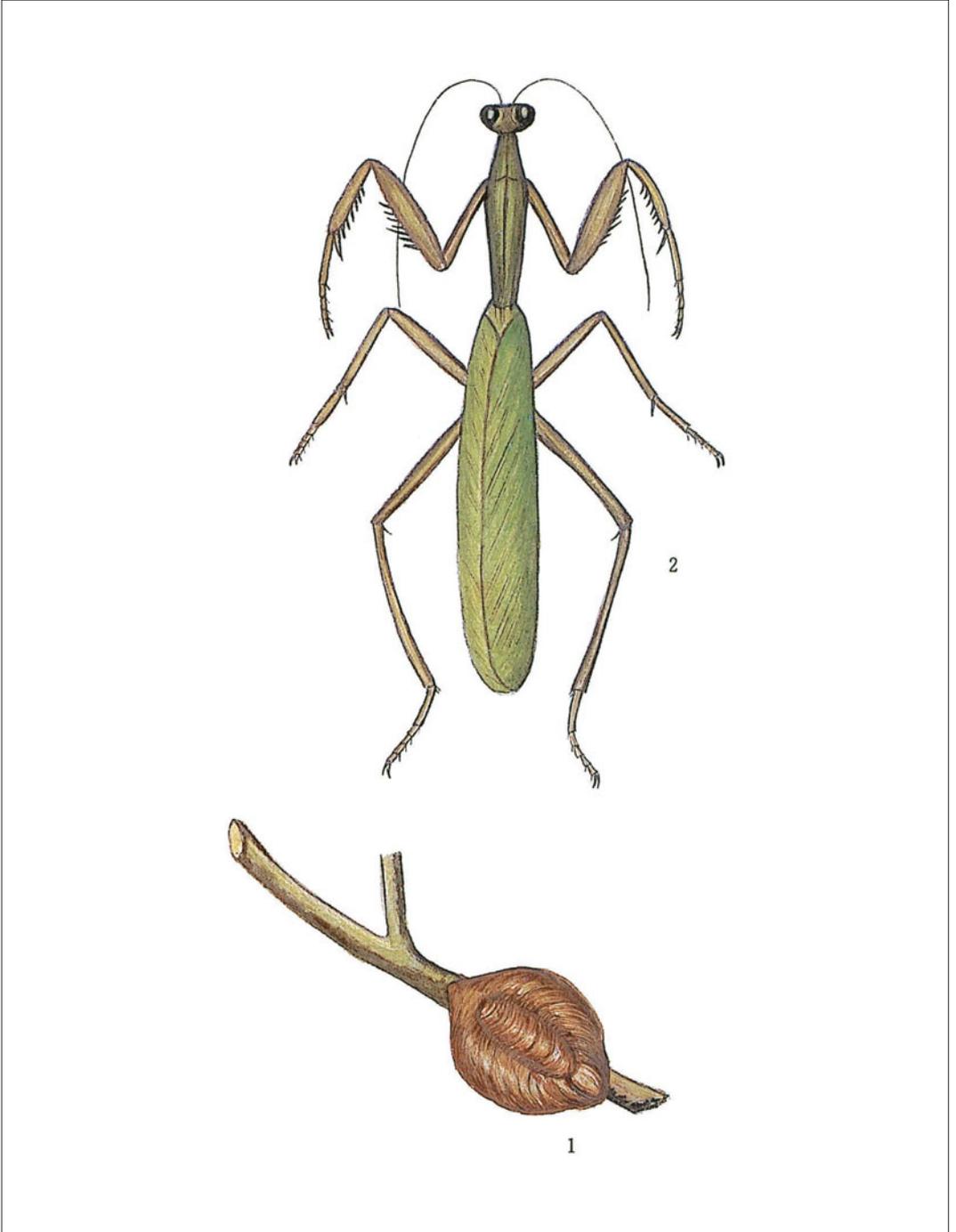
For seminal emission, spontaneous emission, enuresis, frequent urination, and profuse leukorrhea. For frequent urination during pregnancy, it is used powdered. For seminal emission and night sweats due to Yin Deficiency, it is used with Draconis Os (Long Gu). For enuresis, frequent urination, and seminal emission, it is used with Draconis Os (Long Gu), Rhizoma Acori Tatarinowi (Shi Chang Pu), and Radix Polygalae (Yuan Zhi). For impotence, it is used with Herba Cistanches (Rou Cong Rong), Semen Cuscutae (Tu Si Zi), and Cornu Cervi Pantotrichum (Lu Rong).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Not to be used in patients with Fire due to Yin Deficiency or frequent urination due to Bladder Heat.



Paratenodera sinensis Saussure (Fam. Mantidae)
1. Whole body; 2. Egg-case

PHARMACEUTICAL NAME

Herba Patriniae

ENGLISH NAME

patrinia herb

PART USED

dried entire plant

Herba Patriniae is produced chiefly in the provinces of Sichuan, Jiangxi, and Fujian. It is collected in autumn, dried in the shade, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, slightly cold in property, acts on the Stomach, Large Intestine, and Liver channels.

FUNCTIONS

Clears Heat and removes toxins, removes Blood Stasis to relieve pain, resolves carbuncles, and lets pus out.

CLINICAL USE AND MAJOR COMBINATIONS

For intestinal abscess, it is used with Flos Lonicerae (Jin Yin Hua) and Cortex Moutan (Mu Dan Pi). For lung abscess manifested as fever, hemoptysis, it is used with Herba Houttuynia Cordatae (Yu Xing Cao), Rhizoma Phragmitis (Lu Gen), and Radix Platycodi (Jie Geng).

For pain in chest and abdomen due to Blood Stasis, it is used alone or with Faeces Troglodyterum (Wu Ling Zhi), Rhizoma Cyperi (Xiang Fu), and Radix Angelicae Sinensis (Dang Gui).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for internal use. Proper amount for external use.

PRECAUTIONS

None noted.



Patrinia scabiosaefolia Fisch. ex Link. (Fam. Valerianaceae)

1. Whole plant with flowers; 2. Flower

PHARMACEUTICAL NAME

Folium Perillae

ENGLISH NAME

perilla leaf

PART USED

dried leaf

Folium Perillae is grown in most provinces in southern and northern China. It is collected between July and September and dried in the shade.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung and Spleen channels.

FUNCTIONS

Induces diaphoresis, expels Cold and Wind, removes Dampness, and alleviates pain.

CLINICAL USE AND MAJOR COMBINATIONS

For common cold with fever, aversion to cold, headache, cough, and stuffy nose, it is used with *Rhizoma Zingiberis Recens* (Sheng Jiang), *Semen Armeniacae Amarum* (Ku Xing Ren), *Radix Peucedani* (Qian Hu) in “The Xing Su Powder” (Xing Su San); or used with *Radix Inulae* and *Pericarpium Citri Reticulatae* (Chen Pi) in “The Xiang Su Powder” (Xiang Su San).

For vomiting and tightness in the chest caused by Stagnation of Qi in the Stomach and Spleen, it is used with *Herba Pogostemonis* (Huo Xiang), *Rhizoma Coptidis* (Huang Lian), *Rhizoma Pinelliae* (Ban Xia), and *Cortex Magnoliae Officinalis* (Hou Po).

For vomiting during pregnancy, it is used with *Pericarpium Citri Reticulatae* (Chen Pi) and *Fructus Amomi* (Sha Ren).

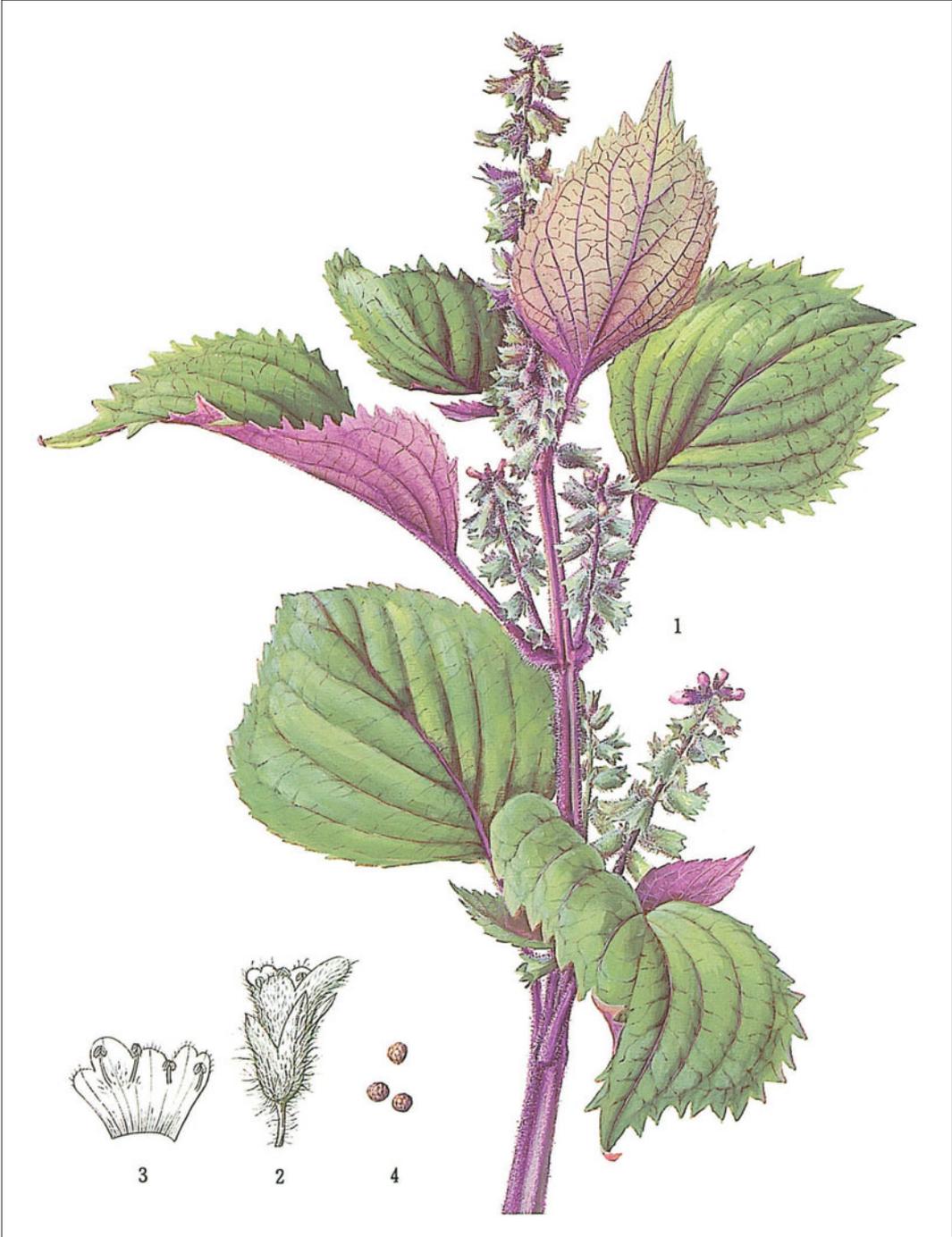
For fish or crab poisoning, presenting as abdominal pain, vomiting, and diarrhea, it is used alone or with *Rhizoma Zingiberis Recens* (Sheng Jiang) and *Radix Angelicae Dahuricae* (Bai Zhi).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Not to be decocted in water over a long period of time.



Perilla frutescens (L.) Britt. var. *crispa* (Thunb.) Hand. Mazz (Fam. Lamiaceae)
1. Upper part of the plant; 2. Flower; 3. Opened corolla; 4. Fruit

PHARMACEUTICAL NAME

Radix Peucedani

ENGLISH NAME

hogfennel root

PART USED

dried root

Radix Peucedani is produced mainly in the provinces of Zhejiang, Hunan, and Sichuan. After the root is collected in winter and spring, the stem and the leaves are removed and the root is cleaned. Then it is dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, slightly cold in property, acts on the Lung channel.

FUNCTIONS

Treats Rebellious Qi, eliminates Phlegm, dispels Wind, and removes Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For cough and dyspnea with copious phlegm due to Rebellious Lung Qi, it is used with Cortex Mori (Sang Bai Pi), Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), and Semen Armeniacae Amarum (Ku Xing Ren) in “The Radix Peucedani Powder” (Qian Hu San).

For cough due to invasion of Wind Heat, it is used with Menthae Arvensis (Bo He), Fructus Arctii (Niu Bang Zi), and Radix Platycodi (Jie Geng).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Peucedanum praeruptorum Dunn (Fam. Apiaceae)
1-3. Whole plant with flowers; 4-5. Leaves; 6-7. Flowers; 8. Fruit

PHARMACEUTICAL NAME

Semen Phaseoli Calcarati

ENGLISH NAME

red bean

PART USED

dried ripe seed

Semen Phaseoli Calcarati is the dried ripe seed of *Phaseolus calcaratus* Roxb. or *Phaseolus angularis* Wight (Fam. Fabaceae). The former is produced in Guangdong, Guangxi, and Jiangxi provinces, whereas the latter is grown in most provinces in China. It is collected in autumn, dried in sunlight, cleaned, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, neutral in property, acts on the Heart and Small Intestine channels.

FUNCTIONS

Diuretic, relieves edema, facilitates the drainage of pus.

CLINICAL USE AND MAJOR COMBINATIONS

For edema, ascites, and beri-beri, Semen Phaseoli Calcarati (Chi Xiao Dou) is decocted alone for an oral dose or for washing, or it is used with Rhizoma Imperatae (Bai Mao Gen) and Cortex Mori (Sang Bai Pi). Currently, it is used to treat cirrhosis of the liver, malnutrition, and nephritis.

For sores, boils and carbuncles due to invasion of Pathogenic Heat at the initial stage, with redness, swelling, and burning pain, the powder of Semen Phaseoli Calcarati (Chi Xiao Dou) is often mixed with egg white, honey, or vinegar and applied to the local area, or it is decocted in water for washing.

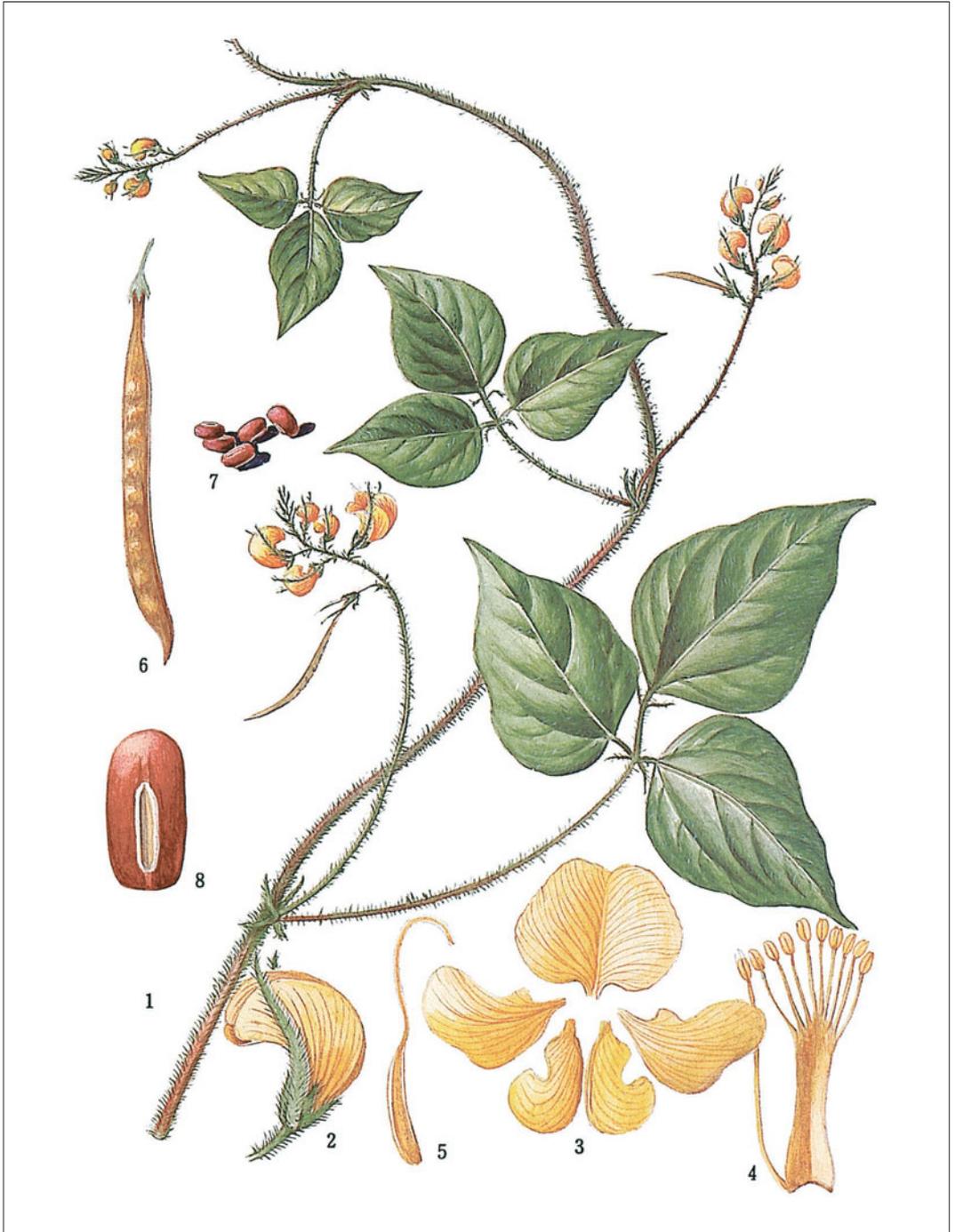
For jaundice due to Damp Heat.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

None noted.



Phaseolus calcaratus Roxb. (Fam. Fabaceae)
1. Branch with flowers; 2. Flower; 3. Opened corolla; 4. Two types of stamen(9+1);
5. Pistil; 6. Pod; 7. Seeds; 8. Enlargement of the seed

PHARMACEUTICAL NAME**Cortex Phellodendri****ENGLISH NAME****amur cork-tree bark, phellodendron****PART USED**

dried bark

This herb is the dried bark of *Phellodendron chinense* Schneid. or *Phellodendron amurense* Rupr. (Fam. Rutaceae). The former is commonly called Chuan Huang Bai and the latter is called Guan Huang Bai. Chuan Huang Bai is produced chiefly in the provinces of Sichuan, Guizhou, Hubei, and Yunnan. Guan Huang Bai is produced chiefly in the provinces of Liaoning, Jilin, and Hebei. The bark is stripped off the tree from March to June, dried in sunlight, sliced, and used unprepared or stir-baked with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Kidney, Bladder, and Large Intestine channels.

FUNCTIONS

Clears Damp Heat, quenches Fire, removes toxins, relieves consumptive fever.

CLINICAL USE AND MAJOR COMBINATIONS

For Damp Heat syndromes. For dysentery with fever, abdominal pain, diarrhea, bloody stool, and tenesmus, it is used with *Rhizoma Coptidis* (Huang Lian) and *Radix Pulsatillae Chinensis* (Bai Tou Weng). For jaundice, it is used with *Fructus Gardeniae* (Zhi Zi) and *Radix Glycyrrhizae Uralensis* (Gan Cao). For yellow, thick, foul leukorrhagia, it is used with *Semen Ginkgo Bilobae* (Bai Guo) and *Semen Plantaginis* (Che Qian Zi) in “The Decoction for Removing Yellow Leukorrhagia” (Yi Huang Tang). For swelling and pain in the knees, it is used with *Rhizoma Atractylodis* (Cang Zhu) and *Radix Achyranthis Bidentatae* (Niu Xi) in “The Powder of Three Wonderful Herbs” (San Miao San). For urinary tract infections accompanied by difficult and painful urination, it is used with diuretic herbs like *Herba Lophatheri* (Dan Zhu Ye) and *Caulis Akebiae* (Guan Mu Tong).

For various infections of the skin such as boils, sores, and eczema. For eczema, it is used with *Herba Schizonepetae* (Jing Jie) and *Radix Sophorae Flavescens* (Ku Shen).

For fever with night sweats and seminal emission due to Yin Deficiency, it is used with *Rhizoma Anemarrhenae* (Zhi Mu), *Radix Rehmanniae* (Sheng Di Huang), and *Carapax et Plastrum Testudinis* (Gui Ban) in “Rehmannia Bolus of Six Herbs Plus Anemarrhena and Phellodendron” (Zhi Bai Di Huang Wan).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral use, or used in bolus and powder. Appropriate quantity for external use.

PRECAUTIONS

This herb is very bitter and cold, and easily damages the Stomach Qi, therefore it is contraindicated for Cold syndromes of a Deficiency type in the Spleen and Stomach.



Phellodendron chinense Schneid. (Fam. Rutaceae)
1. Branch with fruit; 2. Male flower; 3. Female flower

PHARMACEUTICAL NAME

Lumbricus

ENGLISH NAME

earthworm

PART USED

dried whole body

Lumbricus are captured in summer and autumn, cut open to remove the soil and sand inside, then dried or roasted for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver, Spleen, and Bladder channels.

FUNCTIONS

Clears Heat and stops Wind, relieves asthma, activates the channels, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For convulsion and spasm with high fever, it is used alone or with other herbs.

For asthma with sputum in the throat, it is taken alone as a powder or used with *Herba Ephedrae* (Ma Huang) and *Semen Armeniacae Amarum* (Ku Xing Ren).

For arthritis of a Heat type manifested as red, swollen joints with burning pain and difficulty in flexion and extension, it is used with *Ramulus Mori* (Sang Zhi), *Caulis Lonicerae* (Ren Dong Teng), *Caulis Trachelospermi Jasminoidis* (Luo Shi Teng), and *Radix Peoniae Rubra* (Chi Shao). For arthritis of the Cold Damp type, it is used with *Radix Aconiti* (Chuan Wu) and *Radix Aconiti Kusnezoffii* (Cao Wu) in “The Minor Bolus for Activating Energy Flow in Channels and Collaterals” (Xiao Huo Luo Dan). For paralysis due to the Obstruction of Channels and Collaterals caused by Deficiency of Qi and Blood Stasis, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Radix Astragali Membranaceus* (Huang Qi), and *Flos Carthami Tinctorii* (Hong Hua) in “The Decoction of Invigorating Yang for Recuperation” (Bu Yang Huan Wu Tang).

For anuresis or dribbling and painful urination due to accumulation of Heat in the Bladder, it is used alone or with other herbs such as *Semen Plantaginis* (Che Qian Zi) and *Caulis Akebiae* (Guan Mu Tong).

Lumbricus is used to treat hypertension due to hyperactivity of Liver Yang.

DOSAGE AND ADMINISTRATION

5–15 g dried Lumbricus, decocted in water for an oral dose; or 10–20 g of fresh Lumbricus; or 1–2 g of powder to swallow. Appropriate amount for external use.

PRECAUTIONS

None noted.



Pheretima aspergillum (perrier) (Fam. Megascolecidae)
1. View of front part of abdomen

PHARMACEUTICAL NAME

Rhizoma Phragmitis Communis

ENGLISH NAME

reed rhizome

PART USED

rhizome

Rhizoma Phragmitis Communis is grown throughout China. The rhizome is collected in spring or early summer. It is cleaned, then dried in sunlight, and the fresh herb is used.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Clears Heat and generates Fluids, stops vomiting, and relieves anxiety.

CLINICAL USE AND MAJOR COMBINATIONS

For depletion of body Fluids caused by febrile disease with thirst, irritability, and high fever, it is used with Gypsum Fibrosum (Shi Gao), Radix Ophiopogonis (Mai Dong) and Radix Trichosanthis (Tian Hua Fen).

For vomiting due to Stomach Heat, it is used alone or with Rhizoma Zingiberis Recens (Sheng Jiang) and Caulis Bambusae In Taeniis (Zhu Ru).

For cough, yellow sputum, and dry mouth due to Lung Heat, it is used with Radix Platycodi (Jie Geng) and Semen Armeniacae Amarum (Ku Xing Ren). For pulmonary abscess manifested as cough and thick sputum, it is used with Semen Coicis (Yi Yi Ren) and Flos Lonicerae (Jin Yin Hua).

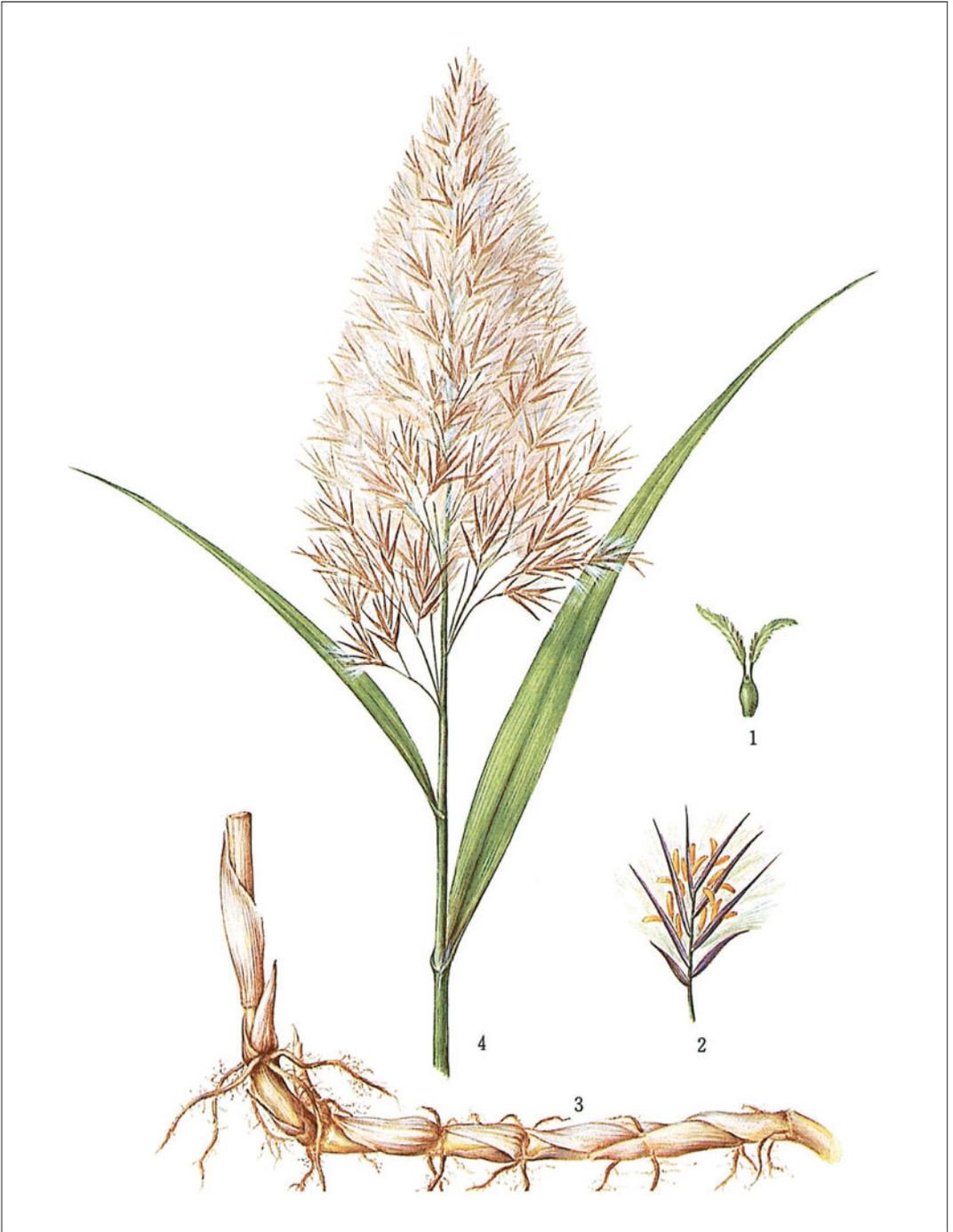
For dark, scanty urine or blood in the urine, it is used with Rhizoma Imperatae (Bai Mao Gen) and Herba Plantaginis (Che Qian Cao).

DOSAGE AND ADMINISTRATION

15–30 g dried; the fresh form of this herb has a stronger effect.

PRECAUTIONS

None noted.



Phragmites communis Trin. (Fam. Poaceae)

1. Ovary; 2. Ear; 3. Root; 4. Flower

PHARMACEUTICAL NAME

Radix Phytolaccae

ENGLISH NAME

pokeberry root

PART USED

dried root

Radix Phytolaccae is produced chiefly in the provinces of Henan, Anhui, and Hubei. The root is collected in autumn, cleaned and sliced into pieces, dried in sunlight or shade, and used after being processed with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, slightly toxic, acts on the Lung, Kidney, and Large Intestine channels.

FUNCTIONS

Causes drastic purgation, induces polyuria, reduces swelling and nodulation.

CLINICAL USE AND MAJOR COMBINATIONS

For anasarca and ascites with constipation and oliguria, Radix Phytolaccae is used with Rhizoma Alismatis (Ze Xie), Semen Phaseoli Calcarati (Chi Xiao Dou), Sclerotium Poriae Cocos (Fu Ling), and Semen Arecae (Bing Lang) in “The Decoction for Diuresis.”

For swelling and nodules, Radix Phytolaccae is mashed for topical application.

DOSAGE AND ADMINISTRATION

5–10 g. Appropriate quantity for external application.

PRECAUTIONS

1. Contraindicated for edema due to Deficiency of the Spleen.
2. Contraindicated in pregnant women.
3. Slightly toxic.



Phytolacca acinosa Roxb. (Fam. Phytolaccaceae)
1. Root; 2. Branch with fruit; 3. Flower; 4. Female flower

PHARMACEUTICAL NAME

Rhizoma Picrorrhizae

ENGLISH NAME

picrorrhiza

PART USED

rhizome

Rhizoma Picrorrhizae is produced mainly in the province of Yunnan and in Tibet. The rhizome, which is collected in autumn, is cleaned, dried in sunlight, and sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart, Liver, Stomach, and Large Intestine channels.

FUNCTIONS

Clears Heat due to Yin Deficiency, relieves hectic fever, eliminates Damp Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For fever with night sweats due to Yin Deficiency, it is used with Radix Stellariae (Yin Chai Hu) and Cortex Lycii Radicis (Di Gu Pi).

For infantile malnutrition with fever, dysentery, and distension in the abdomen, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Fructus Quisqualis (Shi Jun Zi), and Fructus Crataegi (Shan Zha).

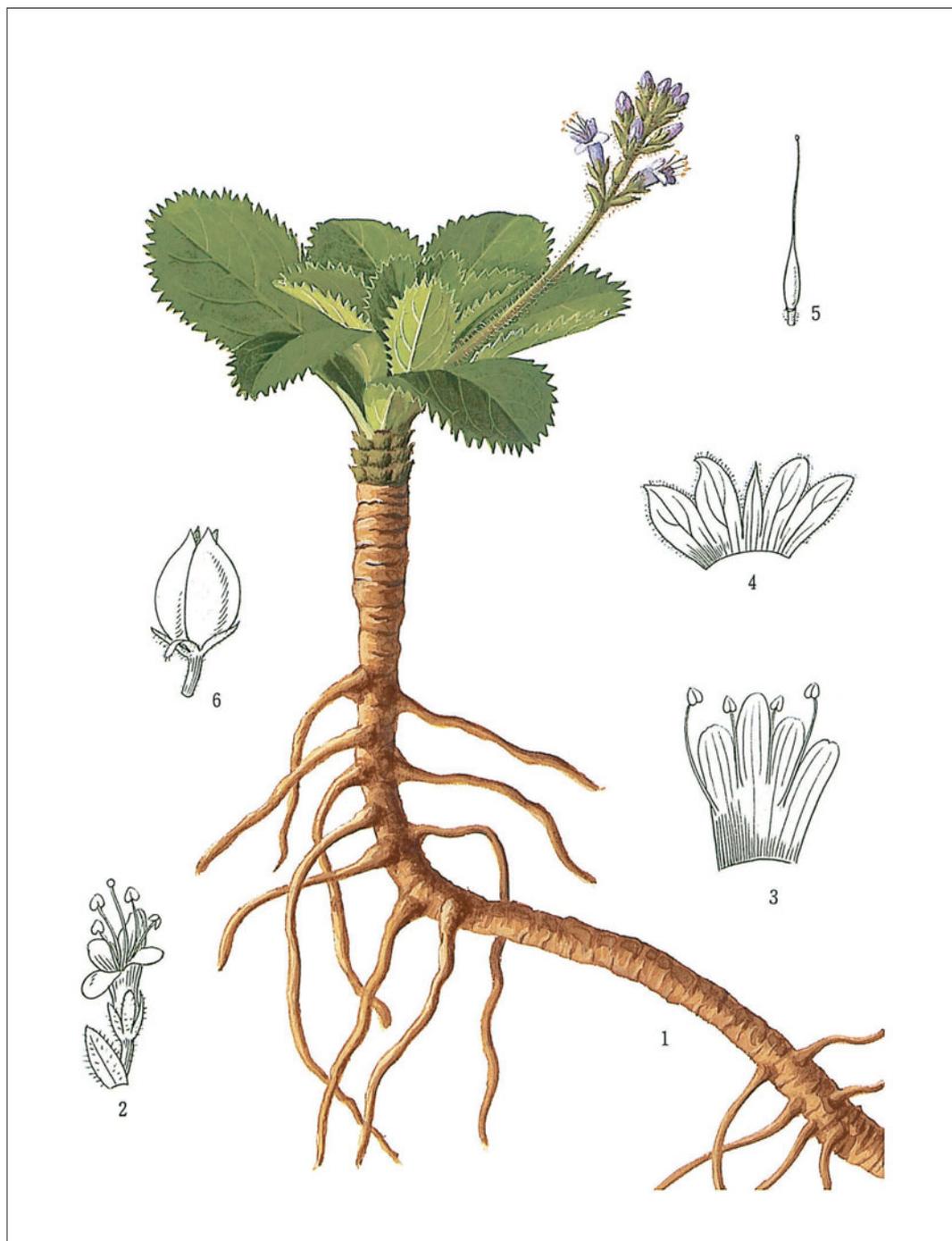
For dysentery due to Damp Heat in the stomach and intestine, it is used alone or with other herbs.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

None noted.



Picrorrhiza scrophulariaeflora Pennell (Fam. Scrophulariaceae)
1. Whole plant with flower; 2. Flower; 3. Stamen; 4. Opened calyx; 5. Pistil; 6. Fruit

PHARMACEUTICAL NAME

Rhizoma Pinelliae

ENGLISH NAME

pinellia rhizome

PART USED

dried tuber

Rhizoma Pinelliae is produced in most parts of China. The tuber, which is collected in summer and autumn, is cleaned, dried in sunlight, and sliced. It is used unprocessed, or it can be processed with ginger and alum to form Fa Ban Xia.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen, Stomach, and Lung channels.

FUNCTIONS

Eliminates Dampness, resolves Phlegm, stops Rebellious Qi of the Stomach, dissipates nodules, and reduces distension.

CLINICAL USE AND MAJOR COMBINATIONS

For cough, copious sputum, and the adverse upward flow of Qi due to failure of the Spleen in transport and to accumulation of Phlegm. This herb is important for treating Dampness and Phlegm. It is used with Pericarpium Citri Reticulatae (Chen Pi) and Sclerotium Poriae Cocos (Fu Ling) in “Two Old Herbs Decoction” (Er Chen Tang). For copious cold sputum, it is used with herbs that warm the Lung to reduce sputum, such as Herba Asari (Xi Xin) and Rhizoma Zingiberis (Gan Jiang). For copious yellow sputum, it is used with herbs that can clear Lung Heat and resolve Phlegm, such as Radix Scutellariae (Huang Qin), Rhizoma Anemarrhenae (Zhi Mu), and Fructus Trichosanthis (Gua Lou).

For nausea and vomiting due to Rebellious Stomach Qi, it is used with Rhizoma Zingiberis Recens (Sheng Jiang) in “The Minor Rhizoma Pinelliae Decoction” (Xiao Ban Xia Tang). For vomiting due to Stomach Deficiency, it is used with Radix Ginseng (Ren Shen) in “The Major Rhizoma Pinelliae Decoction” (Da Ban Xia Tang). For vomiting due

to Stomach Heat, it is used with Rhizoma Coptidis (Huang Lian) and Caulis Bambusae In Taeniis (Zhu Ru). For vomiting during pregnancy, it is used with Caulis Perillae (Zi Su Geng) and Amomi Fructus (Sha Ren).

For stuffiness and distension in the chest and upper abdomen, it is used with Rhizoma Coptidis (Huang Lian) and Fructus Trichosanthis (Gua Lou) in “The Minor Decoction for Relieving Stuffiness in the Chest” (Xiao Xian Xiong Tang). For plump feeling in the throat, it is used with Cortex Magnoliae Officinalis (Hou Po), Folium Perillae (Zi Su Ye), and Sclerotium Poriae Cocos (Fu Ling) in “The Rhizoma Pinelliae and Cortex Magnoliae Officinalis Decoction” (Ban Xia Hou Po Tang). For carbuncles, deep-rooted carbuncles, lumbodorsal cellulitis, and breast furuncles, the powder of Rhizoma Pinelliae is mixed with egg white for external application.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose. Appropriate amount for external use.

PRECAUTIONS

It is antagonistic to aconite (Wu Tou).



Pinellia ternata (Thunb.) Breit (Fam. Araceae)
1. Whole plant with flower; 2. Inflorescence; 3. Enlargement of pistil

PHARMACEUTICAL NAME

Caulis Piperis

ENGLISH NAME

kadsura pepper stem

PART USED

dried stem

Caulis Piperis is produced chiefly in the provinces of Guangdong, Fujian, and Zhejiang, and in Taiwan. The herb is collected in summer and autumn. After the root and leaves are removed, the stem is dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, slightly warm, acts on the Liver channel.

FUNCTIONS

Expels Pathogenic Wind Dampness, removes obstruction in the channels.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis, ankylosis, muscular contracture, aching of the loins and knees, Caulis Piperis is used with herbs that expel Wind Dampness and promote Blood circulation.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Piper kadsura (Choisy) Ohwi (Fam. Piperaceae)
1. Branch with male flower; 2. Branch with fruit; 3. Bud and stamen

PHARMACEUTICAL NAME

Fructus Piperis Longi

ENGLISH NAME

long pepper fruit

PART USED

dried ripe fruit spike

Fructus Piperis Longi is produced chiefly in the provinces of Guangdong and Yunnan. It is collected in autumn, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Stomach and Large Intestine channels.

FUNCTIONS

Warms the Spleen and Stomach, relieves vomiting.

CLINICAL USE AND MAJOR COMBINATIONS

For vomiting, hiccups, abdominal pain, and diarrhea due to Cold in the Stomach, it is used alone or with Pericarpium Zanthoxyli Bungeani (Hua Jiao) and Fructus Evodiae (Wu Zhu Yu).

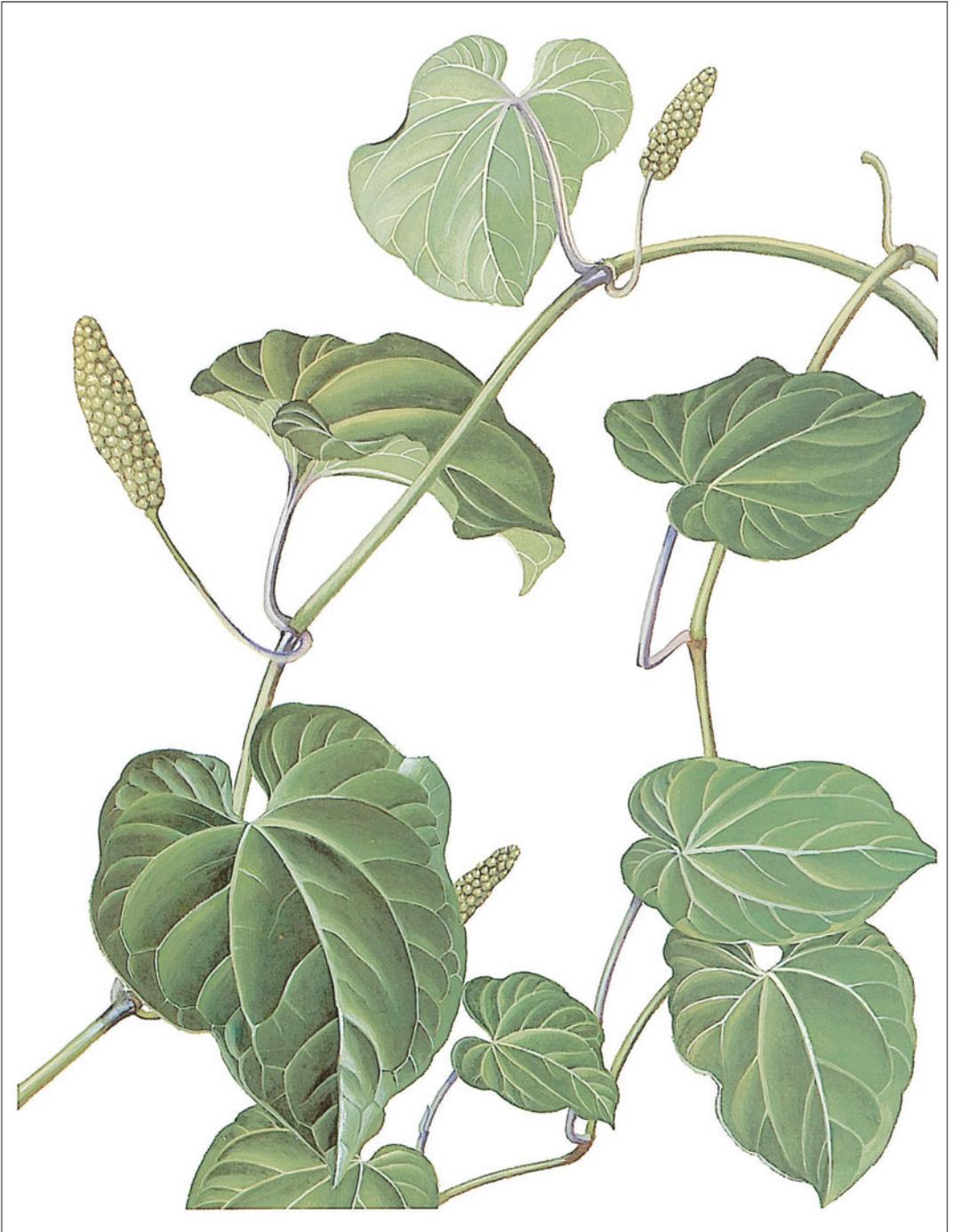
It is also used externally to treat toothache.

DOSAGE AND ADMINISTRATION

2–5 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

Not to be used in patients with symptoms of Fire Hyperactivity.



Piper longum L. (Fam. Piperaceae)

PHARMACEUTICAL NAME

Fructus Piperis Nigri

ENGLISH NAME

pepper

PART USED

dried, nearly ripe or ripe fruit

Fructus Piperis Nigri is produced chiefly in southern China. This herb has two types, namely, black pepper, which consists of the unripe dried fruit, and white pepper, which consists of the ripe dried fruit with the peel removed. Both kinds are ground into a fine powder for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, hot in property, acts on the Stomach and Large Intestine channels.

FUNCTIONS

Warms the Spleen and Stomach, relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For epigastric and abdominal pain, vomiting, and diarrhea due to Pathogenic Cold in the Stomach, it is used with other herbs that warm the Spleen and Stomach, such as Rhizoma Alpiniae Officinarum (Gao Liang Jiang) and Fructus Piperis Longi (Bi Bo).

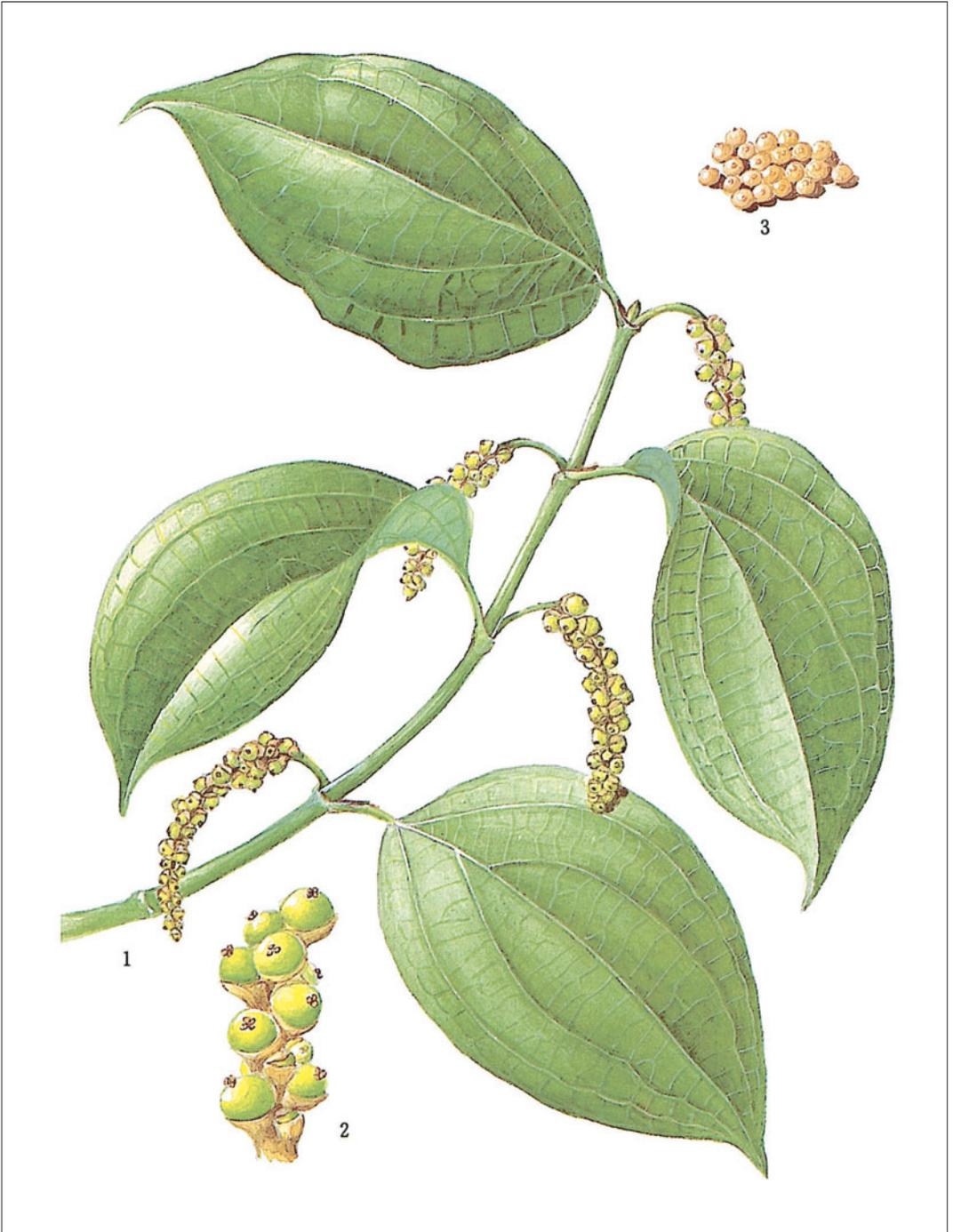
In treating diarrhea due to Cold, Fructus Piperis can be made into a plaster and applied to the umbilicus.

DOSAGE AND ADMINISTRATION

2–4 g, decocted in water for an oral dose; 0.5 g, if ground into powder for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Piper nigrum L. (Fam. Piperaceae)
1. Branch with fruit; 2. Fruit; 3. Dried fruit

PHARMACEUTICAL NAME

Placenta Hominis

ENGLISH NAME

human placenta

This substance is the dried placenta from a healthy birth. It is ground into powder for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, warm in property, acts on the Lung, Liver, and Kidney channels.

FUNCTIONS

Replenishes the Vital Essence, nourishes the Blood, and tonifies the Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For infertility, impotence, seminal emission, soreness in the loins, dizziness, and tinnitus due to Deficient Kidney Qi and Deficient Vital Essence and Blood.

For emaciation, listlessness, sallow complexion, and hypogalactia after childbirth when they result from Blood and Qi Deficiency, it is used with Radix Codonopsis (Dang Shen), Radix Astragali Membranaceus (Huang Qi), Radix Rehmanniae Preparata (Shu Di Huang), and Radix Angelicae Sinensis (Dang Gui).

For asthma due to Lung and Kidney Deficiency with Internal Heat due to Yin Deficiency, it is used with Radix Rehmanniae Preparata (Shu Di Huang), Carapax et Plastrum Testudinis (Gui Ban), and Cortex Phellodendri (Huang Bai).

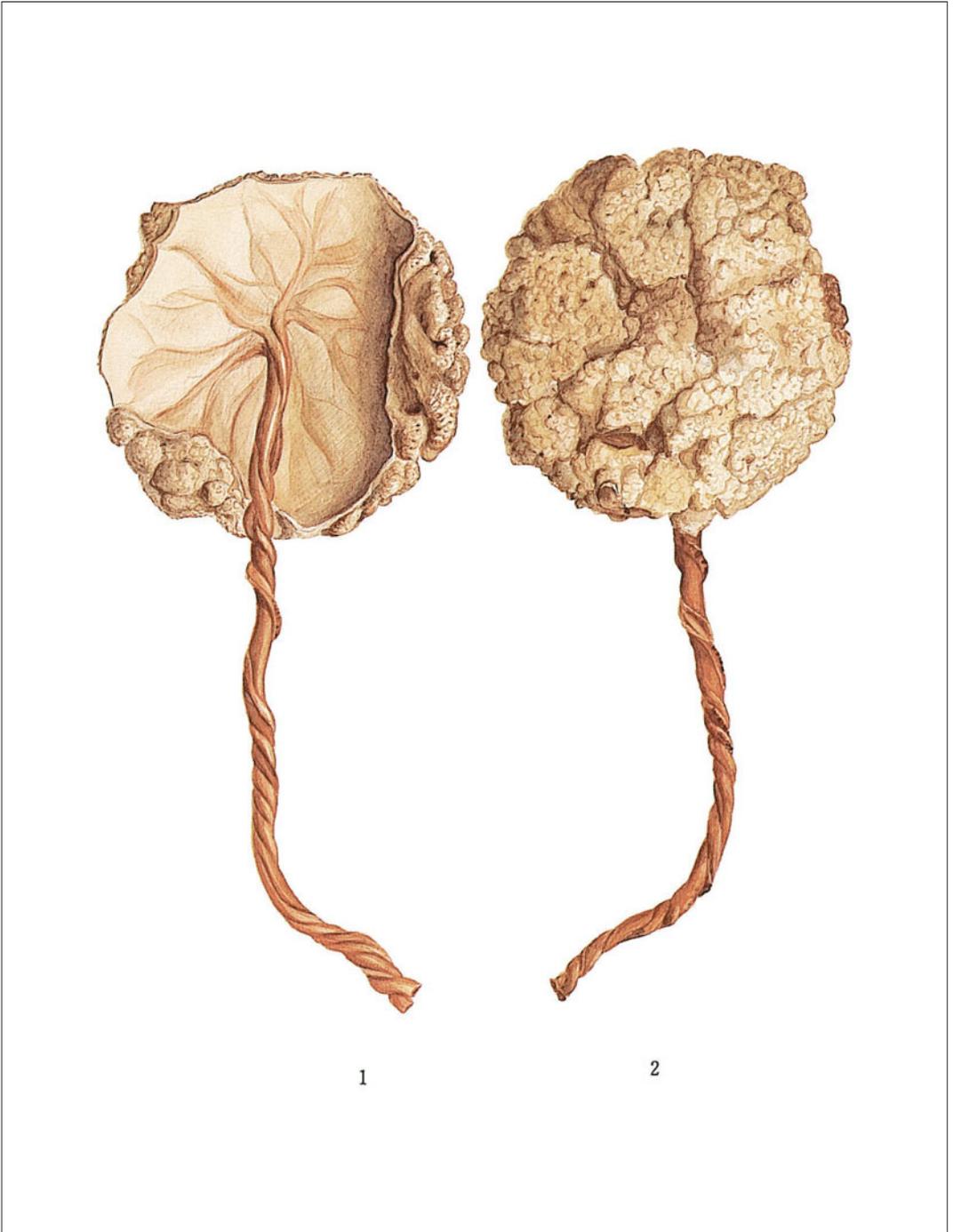
For epilepsy due to Qi and Blood Deficiency.

DOSAGE AND ADMINISTRATION

1.5–3 g, ground into powder, or used in pills.

PRECAUTIONS

Contraindicated in patients with Excess Fire due to Yin Deficiency.



1

2

Placenta Hominis
1. View of the back; 2. View of the abdomen

PHARMACEUTICAL NAME

Semen Plantaginis

ENGLISH NAME

plantain seed

PART USED

dried ripe seed

Semen Plantaginis is the dried ripe seed of *Plantago asiatica* L. or *Plantago depressa* Willd. (Fam. Plantaginaceae). The former is produced in every part in China, whereas the latter is produced chiefly in the provinces of Heilongjiang, Liaoning, and Hebei. The seed is collected in summer and autumn, dried in sunlight, and cleaned. It can be stir-baked plain or with salt water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in taste, cold in property, acts on the Kidney, Liver, and Lung channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea and diarrhea, clears Pathogenic Heat from the Liver to improve vision, clears Pathogenic Heat from the Lung, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For edema, dysuria and dribbling urination with burning and hematuria, it is used with *Caulis Akebiae* (Guan Mu Tong) and *Fructus Gardeniae* (Zhi Zi) in “The Eight Health Restoring Powder” (Ba Zheng San).

For diarrhea due to Summer Heat and Dampness, it is used alone as a powder or with *Rhizoma Atractylodis Macrocephalae* (Bai Zhu), *Sclerotium Poriae Cocos* (Fu Ling), and *Rhizoma Alismatis* (Ze Xie).

For inflammation of the eyes, cataracts, and blurred vision, Semen Plantaginis clears Liver Heat and improves the vision. It is used with *Flos Chrysanthemi Morifolii* (Ju Hua), *Radix Gentianae* (Long Dan Cao), and *Radix Scutellariae* (Huang Qin), or with *Radix Rehmanniae* (Sheng Di Huang), *Radix Ophiopogonis* (Mai Dong), and *Fructus Lycii* (Gou Qi Zi).

For cough with profuse phlegm due to Excess Lung Heat, it is used with *Rhizoma Pinelliae* (Ban Xia) and *Radix Platycodi* (Jie Geng).

DOSAGE AND ADMINISTRATION

5–10 g, wrapped in gauze and decocted in water for an oral dose.

PRECAUTIONS

None noted.



Plantago asiatica L. (Fam. Plantaginaceae)
1. Whole plant; 2. Flower; 3. Stamen; 4. Fruit

PHARMACEUTICAL NAME

Semen Platycladi

ENGLISH NAME

Chinese arborvitae seed

PART USED

seed

Semen Platycladi is produced mainly in the provinces of Shandong, Henan, and Hebei. It is collected in autumn and dried in sunlight. The shell is removed, or the seed with the oil removed is used.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Heart, Kidney, and Large Intestine channels.

FUNCTIONS

Nourishes the Heart, tranquilizes the Mind, and moistens the intestines to relieve constipation.

CLINICAL USE AND MAJOR COMBINATIONS

For insomnia, restlessness, palpitation, or severe palpitation due to Deficiency of Heart Blood, it is used with Semen Ziziphi Spinosae (Suan Zao Ren), Fructus Schisandrae (Wu Wei Zi), and Sclerotium Poriae Cocos (Fu Ling) in “The Decoction for Nourishing the Heart” (Yang Xin Tang). If the above symptoms are accompanied by night sweats, it is used with Radix Ginseng (Ren Shen), Concha Ostreae (Mu Li), and Fructus Schisandrae (Wu Wei Zi), in “The Semen Biotae Pill” (Bai Zi Ren Wan).

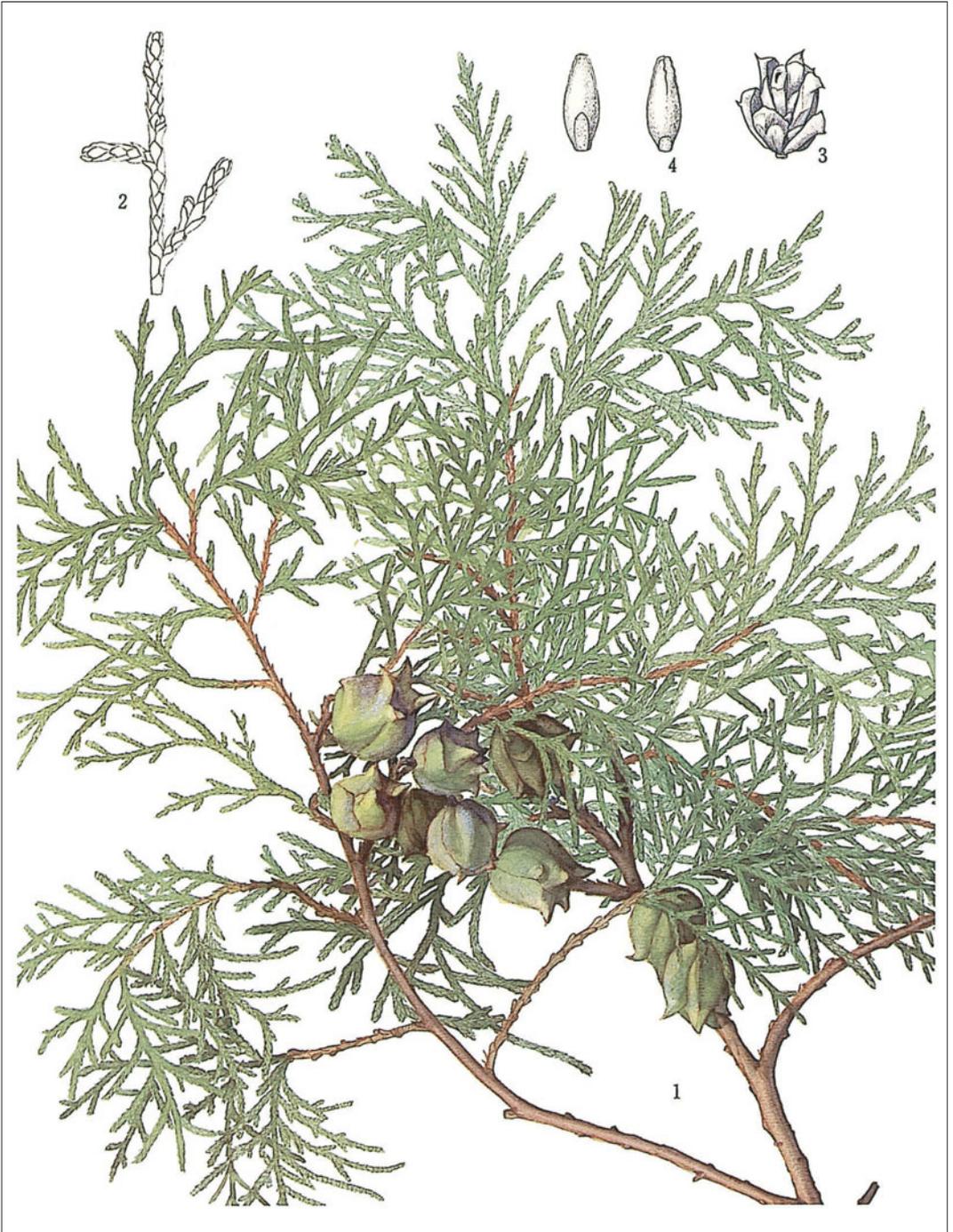
For constipation due to Dryness in the Intestine and for Yin and Blood Deficiency.

DOSAGE AND ADMINISTRATION

10–18 g, decocted in water for an oral dose.

PRECAUTIONS

Use cautiously in patients with loose stools and profuse phlegm.



Platycladus orientalis (L.) Franco. (Fam. Cupressaceae)

1. Branch with fruit; 2. Leaf; 3. Fruit; 4. Seed

PHARMACEUTICAL NAME

Radix Platycodi

ENGLISH NAME

balloon flower root

PART USED

dried root

Radix Platycodi is produced mainly in the provinces of Anhui, Jiangsu, and Shandong. The herbal material is collected in spring and autumn, dried in sunlight, cleaned, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, neutral in property, acts on the Lung channel.

FUNCTIONS

Tonifies the Lung Qi, eliminates sputum, helps to discharge pus.

CLINICAL USE AND MAJOR COMBINATIONS

For cough with copious phlegm due to Wind Cold, it is used with Semen Armeniacae Amarum (Ku Xing Ren), Folium Perillae (Zi Su Ye), and Pericarpium Citri Reticulatae (Chen Pi) in “The Semen Armeniacae Amarum and Folium Perillae Decoction” (Xing Su Tang). For sore throat and hoarseness, it is used with Menthae Arvensis (Bo He), Fructus Arctii (Niu Bang Zi), and Periostracum Cicadae (Chan Tui). For cough due to Wind Heat, it is used with Folium Mori (Sang Ye), Flos Chrysanthemi Morifolii (Ju Hua) and Semen Armeniacae Amarum (Ku Xing Ren) in “The Folium Mori and Flos Chrysanthemi Decoction” (Sang Ju Yin).

For pulmonary abscess with chest pain, purulent and bloody expectoration, and yellow sputum, it is used with Radix Glycyrrhizae Uralensis (Gan Cao) in “The Radix Platycodi Decoction” (Jie Geng Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in hemoptysis.



Platycodon grandiflorum (Jacq.) A. DC. (Fam. Campanulaceae)
1. Root; 2. Branch with flower

PHARMACEUTICAL NAME

Radix Polygalae

ENGLISH NAME

thinleaf milkwort root

PART USED

root

Radix Polygalae is produced mainly in the provinces of Shanxi, Shanxi, Jilin, and Henan. It is collected in spring and autumn, then dried in the sun after being cleaned. After the rootlets are removed, the root is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, slightly warm in property, acts on the Lung and Heart channels.

FUNCTIONS

Nourishes the Heart, tranquilizes the Mind, removes Phlegm, treats carbuncles, and dissolves lumps.

CLINICAL USE AND MAJOR COMBINATIONS

For palpitation due to terror, it is used with Cinnabaris (Zhu Sha) and other herbs in “The Radix Polygalae Pill” (Yuan Zhi Wan). For insomnia and poor memory, it is used with Radix Ginseng (Ren Shen) and Rhizoma Acori Tatarinowi (Shi Chang Pu).

For mental confusion and epilepsy, it is used with Rhizoma Acori Tatarinowi (Shi Chang Pu) and Radix Curcumae (Yu Jin). For cough with copious sputum that is difficult to expectorate, it is used with Semen Armeniacae Amarum (Ku Xing Ren), Radix Platycodi (Jie Geng), and Radix Glycyrrhizae Uralensis (Gan Cao).

For carbuncles and other skin infections and for painful breast swelling, its powder can be taken alone or with yellow rice wine, or mixed with rice wine for external application.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

Use cautiously in patients with peptic ulcers and gastritis.



Polygala tenuifolia Willd. (Fam. Polygalaceae)
1. Whole plant with flower; 2. Root; 3. Side view of flower

PHARMACEUTICAL NAME

Rhizoma Polygonati Odorati

ENGLISH NAME

fragrant Solomon's seal rhizome

PART USED

dried rhizome

Rhizoma Polygonati Odorati is produced mainly in the provinces of Hebei and Jiangsu. It is dug in summer and autumn, the rootlets are removed, and the rhizome is dried in sunlight. The rhizome is cut into segments and used unprepared or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Lung and Stomach channels.

FUNCTIONS

Replenishes Yin and moistens the Lung, promotes Fluid production, and nourishes the Stomach.

CLINICAL USE AND MAJOR COMBINATIONS

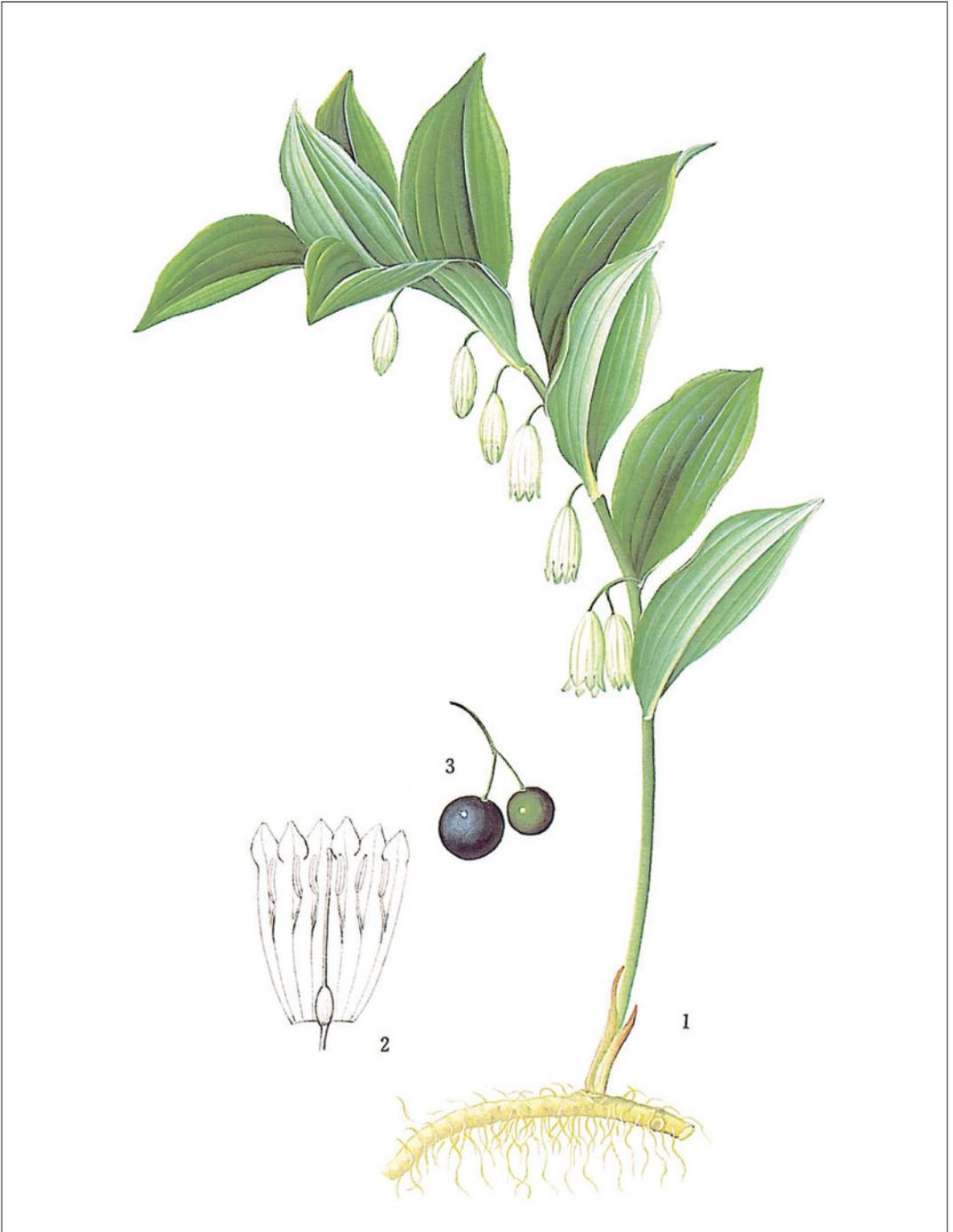
For fever and cough, sore throat and thirst due to Wind Heat, it is used with *Menthae Arvensis* (Bo He) and *Radix Cynanchi Atrati* (Bai Wei). For cough with dry tongue due to Dry Heat in the Lung, it is used with *Radix Ophilopogonis* (Mai Dong) and *Radix Glycyrrhizae Uralensis* (Gan Cao). For poor appetite, and dry tongue and mouth due to Deficient Stomach Yin, it is used with *Radix Ophiopogonis* (Mai Dong) and *Radix Rehmanniae* (Sheng Di Huang).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for internal use. For clearing Heat and nourishing Yin, it is used unprepared. For replenishing Yin, it is used stir-baked.

PRECAUTIONS

Contraindicated in patients with Spleen Deficiency with Damp Phlegm.



Polygonatum odoratum (Mill.) Druce var. *pluriflorum* (Miq.) Ohwi (Fam. Liliaceae)
1. Whole plant with flower; 2. Stamen and pistil; 3. Fruit

PHARMACEUTICAL NAME

Rhizoma Polygonati

ENGLISH NAME

Siberian Solomon's seal

PART USED

rhizome

Rhizoma Polygonati is produced in the provinces of Henan, Hebei, Inner Mongolia, Shandong, Shanxi, Jiangxi, and Fujian. The rhizome is collected in autumn. It can be dried in sunlight, sliced, and used unprepared, or it can be steamed with wine, dried in sunlight, and sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Lung, Spleen, and Kidney channels.

FUNCTIONS

Moistens the Lung and nourishes Yin, tonifies the Spleen and Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For dry cough due to Lung Deficiency, it is used alone or with other herbs that nourish Yin and clear Lung Heat, such as Rhizoma Anemarrhenae (Zhi Mu) and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu).

For sore loins and dizziness due to Deficiency of Kidney and Vital Essence, it is used with Fructus Lycii (Gou Qi Zi).

For Spleen and Stomach Deficiency with lassitude, poor appetite, and weak pulse, it is used with Radix Codonopsis (Dang Shen), Sclerotium Poriae Cocos (Fu Ling), and Rhizoma Atractylodis Macrocephalae (Bai Zhu).

For diabetes, it is used with Radix Astragali Membranaceus (Huang Qi), Radix Trichosanthis (Tian Hua Fen), Radix Ophiopogonis (Mai Dong), and Radix Rehmanniae (Sheng Di Huang).

DOSAGE AND ADMINISTRATION

10–20 g of dried herb, or 30–60 g of fresh herb, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with cough with copious sputum and loose stool due to Cold in the Middle Heater.



Polygonatum sibiricum Redoute (Fam. Liliaceae)
1. Branch with fruit; 2. Buck root; 3. Stamen

PHARMACEUTICAL NAME

Herba Polygoni Avicularis

ENGLISH NAME

knotgrass herb, knotweed, polygonum

PART USED

dried aerial part

Herba Polygoni Avicularis is grown in all parts in China. It is collected in summer, cleaned and dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in taste, slightly cold in property, acts on the Bladder channel.

FUNCTIONS

Diuretic to relieve gonorrhea, is antipruritic, and alleviates itching.

CLINICAL USE AND MAJOR COMBINATIONS

For scanty and dribbling urination with burning pain, it is used with Herba Dianthi (Qu Mai) and Caulis Akebiae (Guan Mu Tong) in “The Eight Health Restoring Powder” (Ba Zheng San).

For hematuria, it is used with Radix Cirsii Japonici (Da Ji), Herba Cirsii Segeti (Xiao Ji), and Rhizoma Imperatae (Bai Mao Gen).

For eczema, or for vulval itching due to *Trichomonas vaginatis*, it is decocted in water for topical use.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Proper quantity for external use.

PRECAUTIONS

None noted.



Polygonum aviculare L. (Fam. Polygonaceae)

PHARMACEUTICAL NAME

Rhizoma Bistortae

ENGLISH NAME

bistort rhizome

PART USED

rhizome

Rhizoma Bistortae is produced chiefly in northeastern China and the provinces of Jiangsu and Hubei. It is collected in the early spring or autumn, dried in sunlight, and sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cool in property.

FUNCTIONS

Clears Pathogenic Heat, removes Dampness, reduces swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For dysentery with bloody stools and diarrhea in acute gastroenteritis, it is used alone.

For carbuncles, scrofula, and ulcers in the mouth and on the tongue, it is often used alone.

For edema, it is used alone or with other herbs.

DOSAGE AND ADMINISTRATION

3–12 g, decocted in water for an oral dose or for external use.

PRECAUTIONS

None noted.



Polygonum bistorta L. (Fam. Polygonaceae)
1. Whole plant with flower; 2. Flower; 3. Stamen; 4. Fruit

PHARMACEUTICAL NAME

Rhizoma Polygoni Cuspidati

ENGLISH NAME

giant knotweed rhizome

PART USED

rhizome and root

Rhizoma Polygoni Cuspidati is grown throughout China. It is collected in spring and autumn, the rootlets are removed, and the rhizome is sliced and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver, Gallbladder, and Lung channels.

FUNCTIONS

Promotes Blood circulation to relieve pain, clears Heat and removes Dampness, removes toxins, relieves cough, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, arthralgia due to Wind Dampness and traumatic injuries, it is used with Radix Rubiae (Qian Cao) and Herba Leonuri (Yi Mu Cao).

For jaundice due to Damp Heat and profuse leukorrhea due to Dampness, it is used with Herba Artemisiae Scopariae (Yin Chen) and Semen Coicis Lachryma-jobi (Yi Yi Ren).

For cough due to Lung Heat, it is used alone or with Radix Scutellariae (Huang Qin) and Folium Eriobotryae (Pi Pa Ye).

For scalds and burns, carbuncles, and sores.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for internal use. Proper amount for external use.

PRECAUTIONS

Contraindicated during pregnancy.



Polygonum cuspidatum Sieb. et Zucc. (Fam. Polygonaceae)
1. Branch with fruit; 2. Root; 3. Fruit; 4. Flower

PHARMACEUTICAL NAME

Radix Polygoni Multiflori

ENGLISH NAME

fleece flower root

PART USED

tuberous root

Radix Polygoni Multiflori that is collected in autumn, sliced, and dried is called unprepared Radix Polygoni Multiflori. When the unprepared Radix Polygoni Multiflori is mixed with black soybean milk and is steamed and dried alternately until the root becomes black, it is called prepared Radix Polygoni Multiflori.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter, sweet, and sour in flavor, slightly cold in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Vital Essence and Blood, treats malaria, clears toxins, moistens the Intestines to relieve constipation.

CLINICAL USE AND MAJOR COMBINATIONS

For dizziness, blurred vision, premature gray hair, weakness of the loins and legs, seminal emission, and spermatorrhea due to Deficient Vital Essence and Blood, prepared Radix Polygoni Multiflori is used with Radix Angelicae Sinensis (Dang Gui), Fructus Lycii (Gou Qi Zi), and Semen Cuscutae (Tu Si Zi).

For chronic malaria due to Qi and Blood Deficiency, it is used with Radix Ginseng (Ren Shen), Radix Angelicae Sinensis (Dang Gui), and Pericarpium Citri Reticulatae (Chen Pi). For sores and swelling, it is used with Radix Saposhnikoviae (Fang Feng), Menthae Arvensis (Bo He), and Radix Sophorae Flavescentis (Ku Shen) in “The Radix Polygoni Multiflori Powder” (He Shou Wu San). For scrofula, it is used with Spica Prunellae (Xia Ku Cao) and Rhizoma Cyperi (Xiang Fu). For constipation due to Dry Intestine, Deficient Vital Essence, and Deficient Blood, it is used with Radix Angelicae Sinensis (Dang Gui) and Fructus Cannabis Sativae (Huo Ma Ren).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for internal use.

PRECAUTIONS

Contraindicated in patients with loose stools or profuse Damp Phlegm.



Polygonum multiflorum Thunb. (Fam. Polygonaceae)
1. Rootstock; 2. Branch with fruit; 3. Flower; 4. Stamen; 5. Pistil; 6. Young fruit; 7. Achene

PHARMACEUTICAL NAME

Sclerotium Polyporus

ENGLISH NAME

polyporus sclerotium

PART USED

dried sclerotium

Sclerotium Polyporus is produced chiefly in the provinces of Shanxi, Henan, Hebei, Sichuan, and Yunnan. Collected in spring and autumn, it is cleaned, dried, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, neutral in property, acts on the Kidney and Bladder channels.

FUNCTIONS

Diuretic, for pathogenic Dampness.

CLINICAL USE AND MAJOR COMBINATIONS

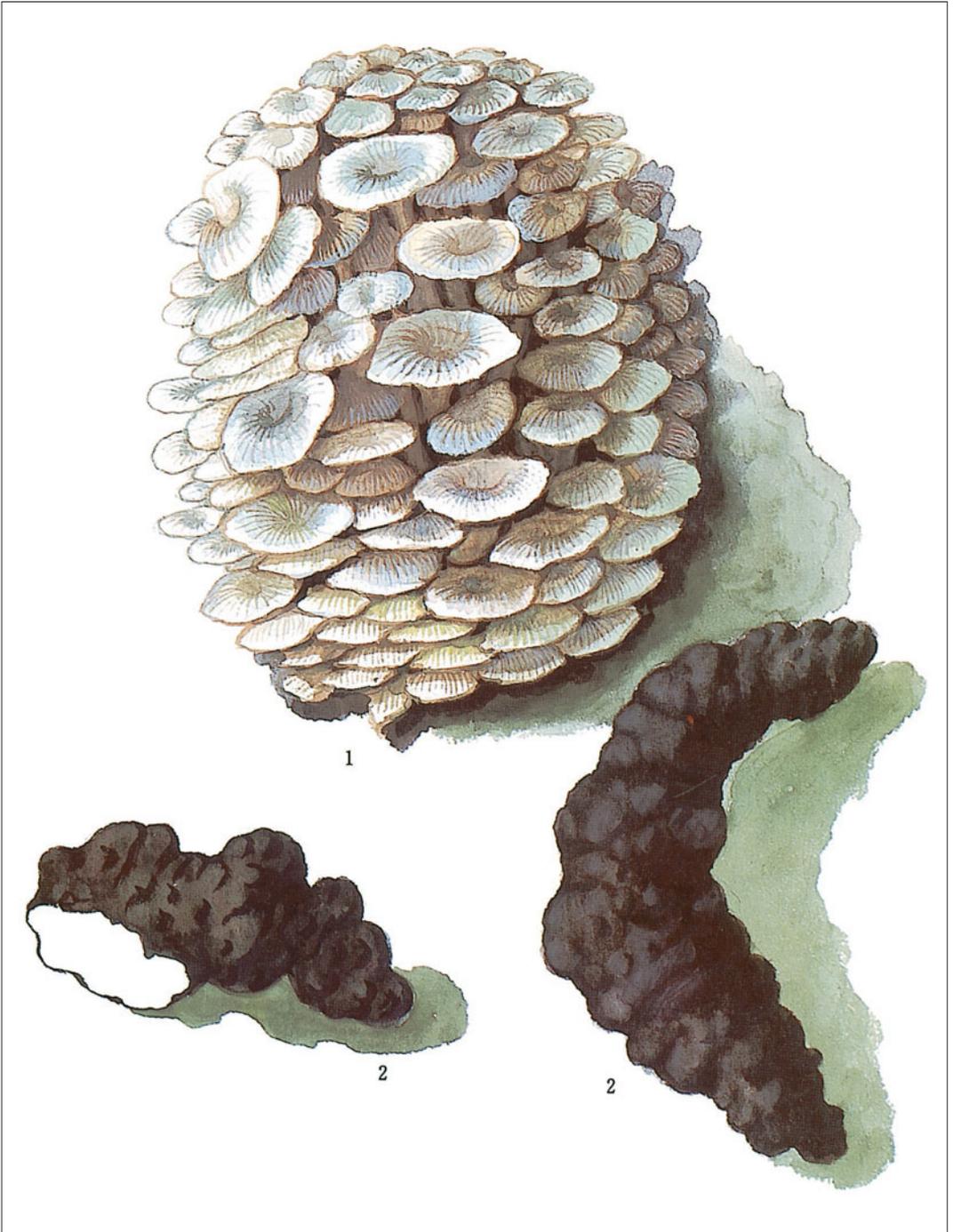
For oliguria, edema, diarrhea, strangury with cloudy urine, or leukorrhea, it is used alone or with Sclerotium Poriae Cocos (Fu Ling) and Rhizoma Alismatis (Ze Xie) in “The Powder of Four Herbal Diuretics” (Si Ling San); or with Colla Corii Asini (A Jiao) in “The Decoction of Sclerotium Polypori Umbellati” (Zhu Ling Tang). Sclerotium Polyporus (Zhu Ling) is a stronger diuretic than Sclerotium Poriae Cocos (Fu Ling), but is less effective at invigorating the Spleen and Heart.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose or used as powder.

PRECAUTIONS

None noted.



Polyporus umbellatus (Pers.) Fr. (Fam. Polyporaceae)
1. Sclerotium body; 2. The herbal material

PHARMACEUTICAL NAME

Sclerotium Poriae Cocos

ENGLISH NAME

Indian bread, poria, tuckahoe

PART USED

dried sclerotium of the fungus

Sclerotium Poriae Cocos is produced chiefly in the provinces of Yunnan, Anhui, Hubei, Henan, and Sichuan. The herb is collected from July to September, cleaned, spread, and air-dried. This operation is repeated several times until wrinkles appear and the inside water is evaporated. The herb is then sliced and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, neutral in property, acts on the Heart, Spleen, and Kidney channels.

FUNCTIONS

Diuretic, removes Pathogenic Dampness, warms and invigorates the Spleen and Stomach, calms the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For dysuria, edema, and diseases due to water retention, it is used with Sclerotium Polypori Umbellati (Zhu Ling) and Rhizoma Alismatis (Ze Xie) in “The Powder of Five Herbs with Poria” (Wu Ling San). It is used with Semen Plantaginis (Che Qian Zi) and Caulis Akebiae (Guan Mu Tong) for Damp Heat, or with Radix Aconiti Lateralis Preparata (Zhi Fu Zi) and Rhizoma Zingiberis (Gan Jiang) for Damp Cold.

For vertigo, palpitations, and cough due to Dampness of the Spleen, it is used with Rhizoma Atractylodis Macrocephalae (Bai Zhu).

For lassitude, anorexia, and loose stools due to Spleen Deficiency, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Radix Glycyrrhizae in “The Four Gentlemen Decoction” (Si Jun Zi Tang).

For palpitations and insomnia due to Deficiency of the Heart and Spleen, it is used with Radix Codonopsis (Dang Shen), Arillus Longan (Long Yan

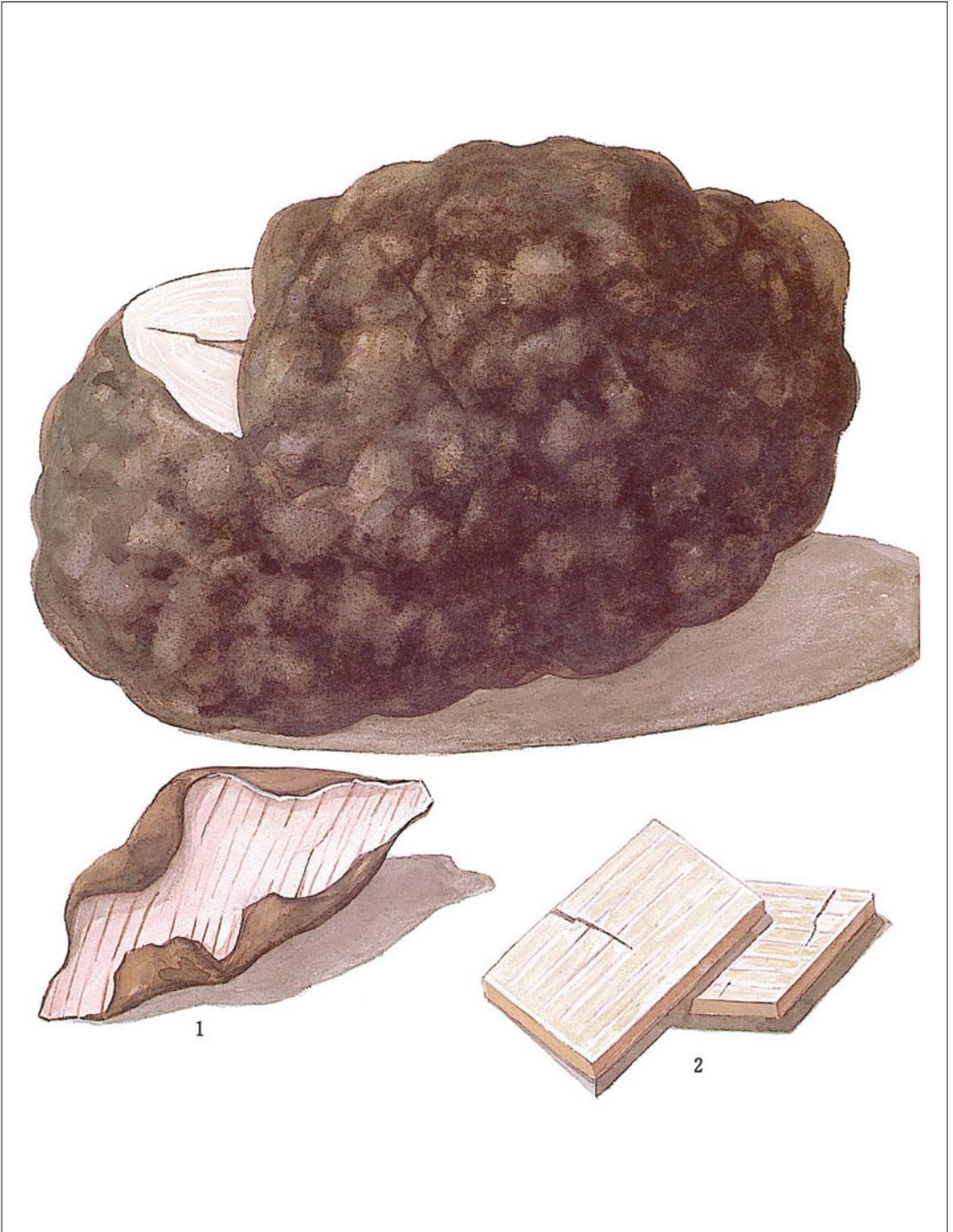
Rou), and Semen Ziziphi Spinosae (Suan Zao Ren) in “The Decoction for Invigorating the Spleen and Heart” (Gui Pi Tang). For palpitations and insomnia due to obstruction by Phlegm or due to breakdown of the physiological coordination between the Heart and Kidney, it is used with Rhizoma Acori Tatarinowi (Shi Chang Pu) and Radix Polygalae (Yuan Zhi) in “The Sedative Pills” (An Shen Wan).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Poria cocos (Schw.) Wolf (Fam. Polyporaceae)
1. Peel; 2. Processed herb

PHARMACEUTICAL NAME

Spica Prunellae

ENGLISH NAME

selfheal fruit spike

PART USED

dried fruit spike

Spica Prunellae is produced mainly in the provinces of Jiangsu, Zhejiang, Anhui, and Henan. It is collected in summer, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, cold in property, acts on Liver and Gallbladder channels.

FUNCTIONS

Quenches Liver Fire and counteracts eye inflammation, reduces nodules and swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For Ascending Liver Fire with red, swelling, or painful eyes, headache, and dizziness. This herb quenches Liver Fire and clears the head. It is used with *Concha Haliotidis* (Shi Jue Ming), *Flos Chrysanthemi Morifolii* (Ju Hua), and *Periostracum Cicadae* (Chan Tui). For persistent eye pain, this herb is used with blood tonics such as *Radix Angelicae Sinensis* (Dang Gui), *Radix Rehmanniae* (Sheng Di Huang), and *Radix Paeoniae Alba* (Bai Shao).

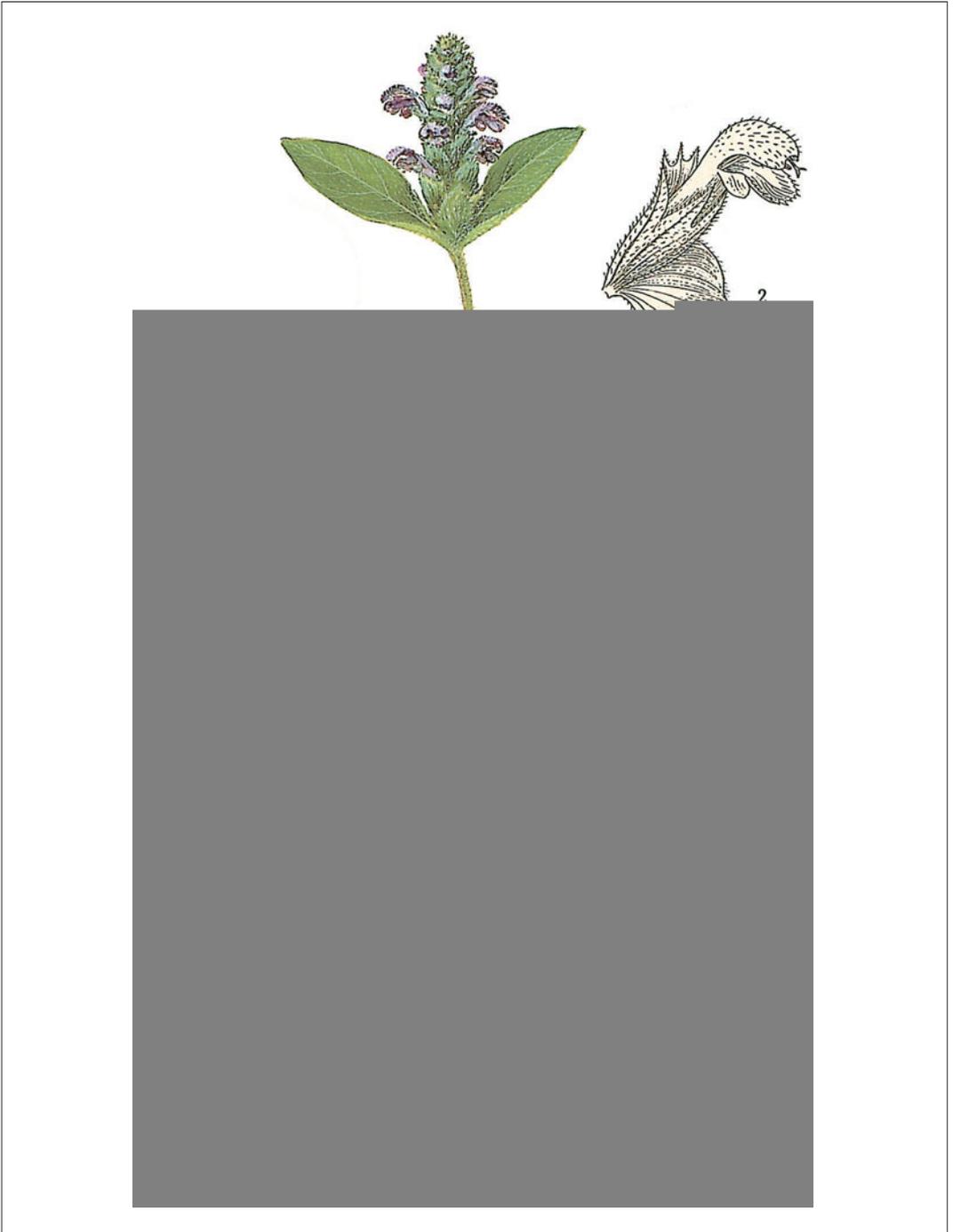
For neck lumps, scrofulous nodules, swollen glands, and goiter occurring in patterns of Phlegm Fire. It is also used for nodules in the inguinal canal and other parts of the body. For Hypertension due to Liver Heat or Ascending Liver Yang.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Prunella vulgaris L. (Fam. Lamiaceae)

1. Whole plant; 2. Flower

PHARMACEUTICAL NAME

Semen Pruni Armeniacae

ENGLISH NAME

bitter apricot seed

PART USED

dried ripe seed

Semen Pruni Armeniacae is produced mainly in the provinces of Inner Mongolia, Hebei, Shanxi, and Shandong. It is collected in summer when the seed is ripe, dried in sunlight, and crushed before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, slightly toxic, acts on the Lung and Large Intestine channels.

FUNCTIONS

Relieves cough and asthma, moistens the Intestine to relax bowels.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to Wind Heat, it is used with Folium Mori (Sang Ye) and Flos Chrysanthemi Morifolii (Ju Hua) in “The Decoction of Folium Mori and Flos Chrysanthemi” (Sang Ju Yin). For cough due to Dry Heat, it is used with Folium Mori (Sang Ye) and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu) in “The Decoction of Folium Mori and Semen Pruni Armeniacae” (Sang Xing Tang). For cough and dyspnea due to Lung Heat, it is used with Herba Ephedrae (Ma Huang).

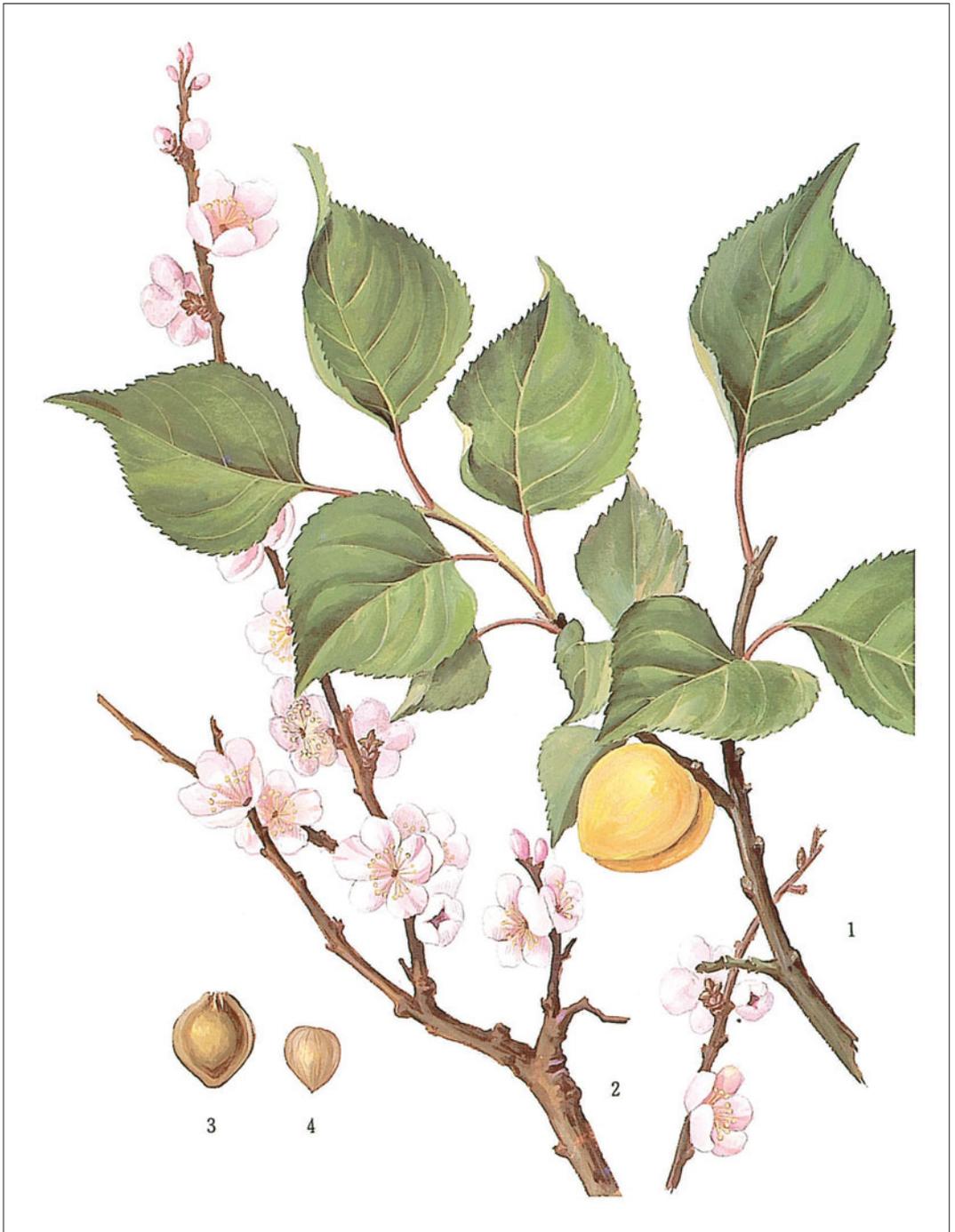
For constipation due to Dryness of the Intestine, it is used with Fructus Cannabis Sativae (Huo Ma Ren), Radix Angelicae Sinensis (Dang Gui), and Fructus Aurantii (Zhi Qiao) in “The Intestine-Moistening Pill” (Run Chang Wan).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. It should be decocted after other herbs.

PRECAUTIONS

Use with caution in children due to its toxicity.



Prunus armeniaca L. var. *ansu* Maxim. (Fam. Rosaceae)
1. Branch with fruit; 2. Branch with flower; 3. Pit; 4. Seed

PHARMACEUTICAL NAME

Semen Pruni

ENGLISH NAME

Chinese dwarf cherry seed, dwarf flowering
cherry seed kernel

PART USED

dried ripe seed

Semen Pruni is produced mainly in the provinces of Hebei, Liaoning, and Inner Mongolia. It is collected in autumn after crushing the hard stony shell. The seed should be broken before use and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, neutral in property, acts on the Large Intestine and Small Intestine channels.

FUNCTIONS

Moistens the bowels to relieve constipation and causes diuresis to eliminate edema.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation due to lack of Fluids and to Dryness in the Intestines, it is used with Semen Armeniacae Amarum (Ku Xing Ren) in “The Pill of Kernels of Five Drugs” (Wu Ren Wan).

For edema of the legs with oliguria, it is used with Cortex Mori (Sang Bai Pi) and Rhizoma Imperatae (Bai Mao Gen).

DOSAGE AND ADMINISTRATION

5–12 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Prunus humilis Bge. (Fam. Rosaceae)
1. Branch with flowers; 2. Branch with fruit; 3. Flower; 4. Pit; 5. Seed

PHARMACEUTICAL NAME

Fructus Mume

ENGLISH NAME

mume fruit, smoked plum

PART USED

smoked unripe fruit

Fructus Mume is produced in the provinces of Zhejiang, Fujian, and Yunnan. It is collected in summer and baked under mild heat until the pulp looks yellowish brown, and then covered tightly until the pulp looks black. The black plum is dried in the sunlight after removal of the pit and used without further preparation, or stir-baked until it is charred.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, neutral in property, acts on the Liver, Spleen, Lung, and Large Intestine channels.

FUNCTIONS

Astringes the Lung and Intestine, promotes the production of Fluids, and alleviates colic caused by ascariasis.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic cough due to Lung Deficiency, it is used with *Rhizoma Pinelliae* (Ban Xia), *Colla Corii Asini* (A Jiao), and *Semen Armeniacae Amarum* (Ku Xing Ren).

For chronic diarrhea and chronic dysentery, it is used with *Semen Myristicae* (Rou Dou Kou) and *Rhizoma Coptidis* (Huang Lian).

For diabetes due to Heat of the Deficiency type, it is used with *Radix Ophiopogonis* (Mai Dong), *Radix Trichosanthis* (Tian Hua Fen), *Radix Puerariae* (Ge Gen), and *Radix Ginseng* (Ren Shen).

For abdominal colic and vomiting caused by ascariasis, it is used with *Rhizoma Zingiberis* (Gan Jiang), *Herba Asari* (Xi Xin), and *Rhizoma Coptidis* (Huang Lian).

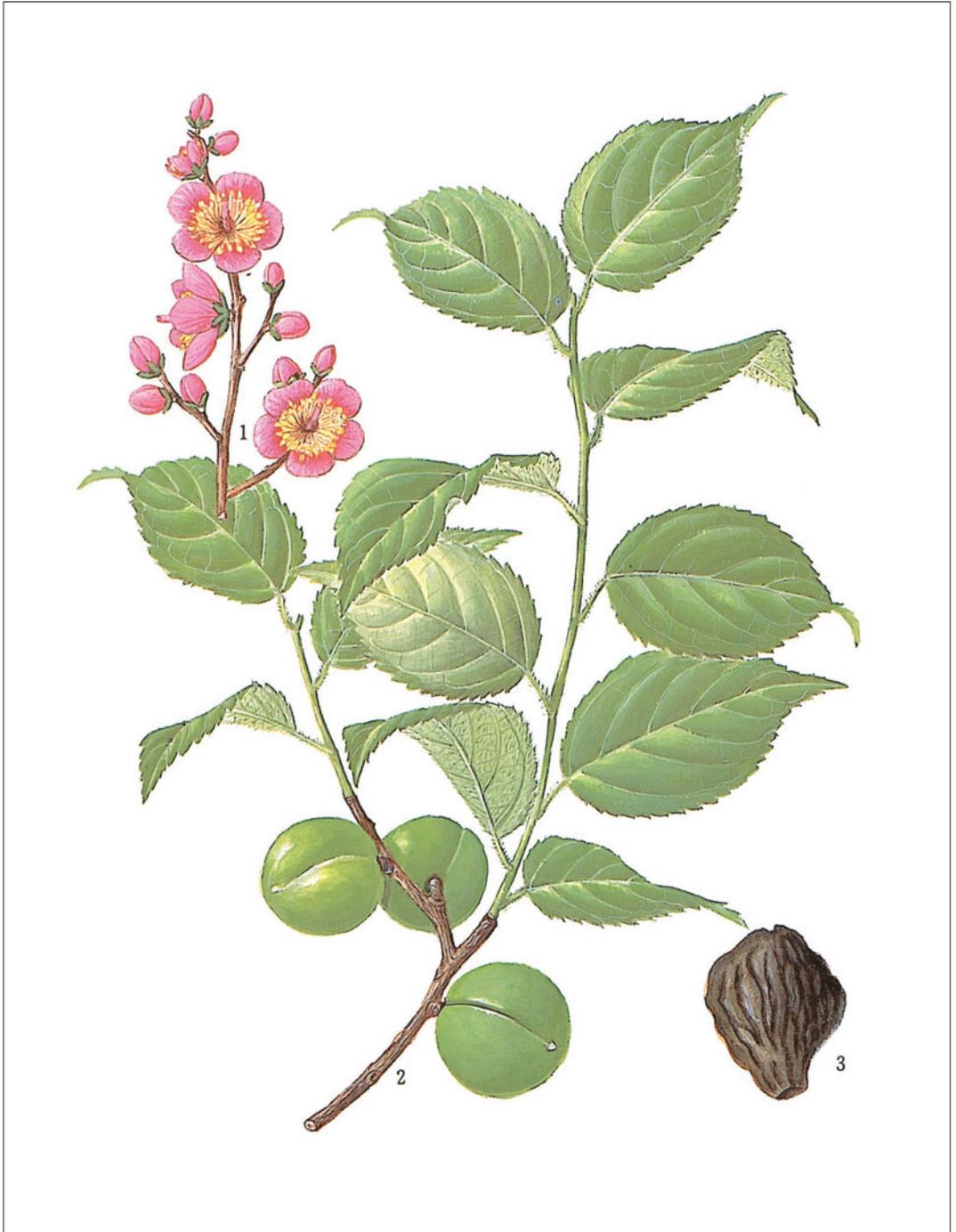
Used to stop bleeding; used externally, it can reduce swelling and treat ophthalmic pterygium.

DOSAGE AND ADMINISTRATION

3–10 g, or 30 g in a large dosage, decocted in water for oral dose. Proper amount for external use. For stopping diarrhea and bleeding, use stir-baked.

PRECAUTIONS

Contraindicated in patients with Excess Heat, Exterior syndromes, and Stagnation in the Interior.



Prunus mume (Sieb.) Sieb. Et Zucc. (Fam. Rosaceae)
1. Branch with flower; 2. Branch with fruit; 3. Fruit

PHARMACEUTICAL NAME

Semen Persicae

ENGLISH NAME

peach kernel

PART USED

dried ripe seed

Semen Persicae is produced mainly in the provinces of Sichuan, Shanxi, Hebei, Shandong, and Guizhou. The ripe fruit is picked during July and September, the pit is removed to get the kernel, which is dried in sunlight and pulverized before using.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Heart, Liver, Lung, and Large Intestine channels.

FUNCTIONS

Invigorates Blood circulation, removes Blood Stasis, lubricates Intestines, and relieves constipation.

CLINICAL USE AND MAJOR COMBINATIONS

For dysmenorrhea, amenorrhea, and postpartum abdominal pain due to Blood Stasis and masses in abdomen, it is used with *Flos Carthami Tinctorii* (Hong Hua), *Radix Angelicae Sinensis* (Dang Gui), *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), and *Radix Peoniae Rubra* (Chi Shao) in “The Decoction of Four Herbs Including Peach Kernel and Safflower” (Tao Hong Si Wu Tang). For traumatic pain, it is used with *Flos Carthami Tinctorii* (Hong Hua), *Radix Angelicae Sinensis* (Dang Gui), and *Squama Manitis* (Chuan Shan Jia) in “The Decoction for Recovery and Activating Blood Circulation” (Fu Yuan Huo Xue Tang).

For early pulmonary problems, it is used with fresh *Rhizoma Phragmitis* (Lu Gen) and *Semen Coicis Lachryma-jobi* (Yi Yi Ren) in “The Reed Rhizome Decoction” (Wei Jing Tang). For acute appendicitis abscesses, it is used with *Radix et Rhizoma Rhei* (Da Huang), *Cortex Moutan* (Mu Dan Pi), and *Mirabilitum* (Mang Xiao) in “The Radix et Rhizoma Rhei and Cortex Moutan Decoction” (Da Huang Mu Dan Tang).

For constipation due to Dryness of the Intestines, it is used with *Fructus Cannabis Sativae* (Huo Ma Ren) and seed of *Fructus Trichosanthis* (Gua Lou).

For cough and asthma.

DOSAGE AND ADMINISTRATION

6–10 g, crushed before using and decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated during pregnancy.



Prunus persica (L.) Batsch (Fam. Rosaceae)
1. Branch with flower; 2. Branch with fruit; 3. Seed

PHARMACEUTICAL NAME

Radix Pseudostellariae

ENGLISH NAME

pseudostellaria, false starwort root

PART USED

tuber

Radix Pseudostellariae is produced mainly in the provinces of Jiangsu, Anhui, and Shandong. It is collected in summer and dried in sunlight. After the small rootlets are removed, the tuber is used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and slightly bitter in flavor, neutral in property, acts on the Spleen and Lung channels.

FUNCTIONS

Invigorates the Spleen Qi and promotes production of body Fluids.

CLINICAL USE AND MAJOR COMBINATIONS

For poor appetite, lassitude, and weakness due to Deficient Spleen Qi, it is used with Rhizoma Dioscoreae (Shan Yao) and Semen Dolichoris (Bian Dou). For spontaneous sweating due to Lung Deficiency, palpitation and insomnia, it is used with Fructus Schisandrae (Wu Wei Zi) and Semen Ziziphi Spinosae (Suan Zao Ren). For cough due to Lung Deficiency, it is used with Radix Ophiopogonis (Mai Dong). For thirst due to Insufficient body Fluids, it is used with Herba Dendrobii (Shi Hu) and Radix Trichosanthis (Tian Hua Fen).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Pseudostellaria heterophylla (Miq.) Pax ex Pax et Hoffm. (Fam. Caryophyllaceae)
1. Whole plant with flowers; 2. Flower; 3. Flower in the lower part of the stem; 4. Style

PHARMACEUTICAL NAME

Fructus Psoraleae

ENGLISH NAME

psoralea fruit

PART USED

dried seed

Fructus Psoraleae is grown in the provinces of Shanxi, Henan, Shanxi, Jiangxi, Anhui, Guangdong, Sichuan, Yunnan, and Guizhou. It is collected in autumn, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, very warm in property, acts on the Kidney and Spleen channels.

FUNCTIONS

Tonifies the Kidney Yang, arrests seminal emission, reduces urination, and warms the Spleen to stop diarrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence, and cold and pain of lower back and knee. For impotence, it is used with Semen Cuscutae (Tu Si Zi) and Lignum Aquilariae Resinatum (Chen Xiang) in “The Fructus Psoraleae Pills” (Bu Gu Zhi Wan).

For seminal emission, enuresis, and frequent micturition.

For diarrhea due to Deficient Spleen Yang and Kidney Yang. It is used with Semen Myristicae (Rou Dou Kou), Fructus Schisandrae (Wu Wei Zi), and Fructus Evodiae (Wu Zhu Yu) in “The Four Miraculous Herbal Pills” (Si Shen Wan).

For cough and asthma due to Cold of the Deficiency type.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated for patients with Excess Fire due to Yin Deficiency, or constipation.



Psoralea corylifolia L. (Fam. Leguminosae)

1. Branch with flower; 2. Fruit

PHARMACEUTICAL NAME

Radix Puerariae

ENGLISH NAME

kudzu vine root

PART USED

dried root

Radix Puerariae is grown in most provinces in China. It is collected in spring and autumn, sliced, and dried in sunlight. It is used unprepared or roasted.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and pungent in flavor, cool in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Dispels pathogenic factors from the superficial muscles to relieve fever, promotes the production of body Fluid, facilitates eruption of rashes, invigorates the Spleen Yang to stop diarrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Heat with fever, headache, inability to sweat, and stiff and painful neck and back, it is used with Radix Scutellariae (Huang Qin) and Radix Bupleuri (Chai Hu).

For invasion of Wind Cold with fever, headache, anhidrosis, and stiff and painful neck and back, it is used with Ramulus Cinnamomi (Gui Zhi), Herba Ephedrae (Ma Huang), and Radix Paeoniae Alba (Bai Shao).

For measles with incomplete rash eruption and early-stage measles with fever and chills, it is used with Rhizoma Cimicifugae (Sheng Ma) and other herbs in “The Decoction of Cimicifuga and Pueraria” (Sheng Ma Ge Gen Tang).

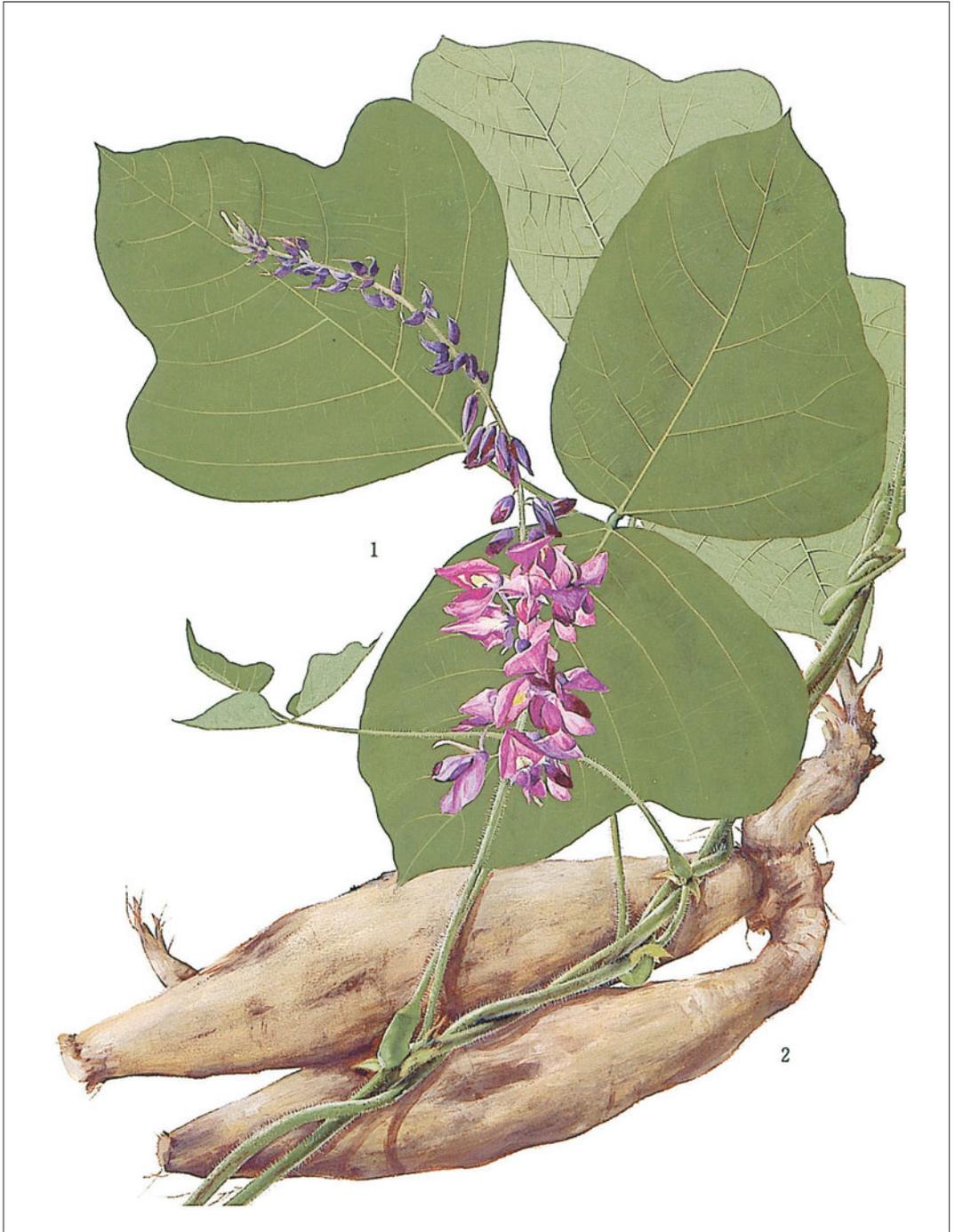
For diarrhea due to Damp Heat or due to Spleen Deficiency. For the former, it is used with Radix Scutellariae (Huang Qin) and Rhizoma Coptidis (Huang Lian); for the latter, it is used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Radix Aucklandiae (Mu Xiang), and others.

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose, or prepared into powder. For diarrhea, it is roasted in hot ashes.

PRECAUTIONS

None noted.



Pueraria lobata (Willd.) Ohwi (Fam. Fabaceae)

1. Branch with flowers; 2. Root-tuber

PHARMACEUTICAL NAME

Radix Pulsatillae Chinensis

ENGLISH NAME

Chinese pulsatilla root, Chinese anemone root

PART USED

dried root

Radix Pulsatillae Chinensis is produced chiefly in the northern and northeastern parts of China. It is collected in spring or autumn. After removal of the hairy rootlets, it is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Large Intestine channel.

FUNCTIONS

Clears Pathogenic Heat, removes Blood Heat.

CLINICAL USE AND MAJOR COMBINATIONS

It is one of the most important herbs for both bacterial and amoebic dysentery due to Heat or Damp Heat with fever, abdominal pain, and bloody stools. It is used with Rhizoma Coptidis (Huang Lian), Cortex Phellodendri (Huang Bai), and Cortex Fraxini (Qin Pi) in “The Pulsatillae Decoction” (Bai Tou Weng Tang).

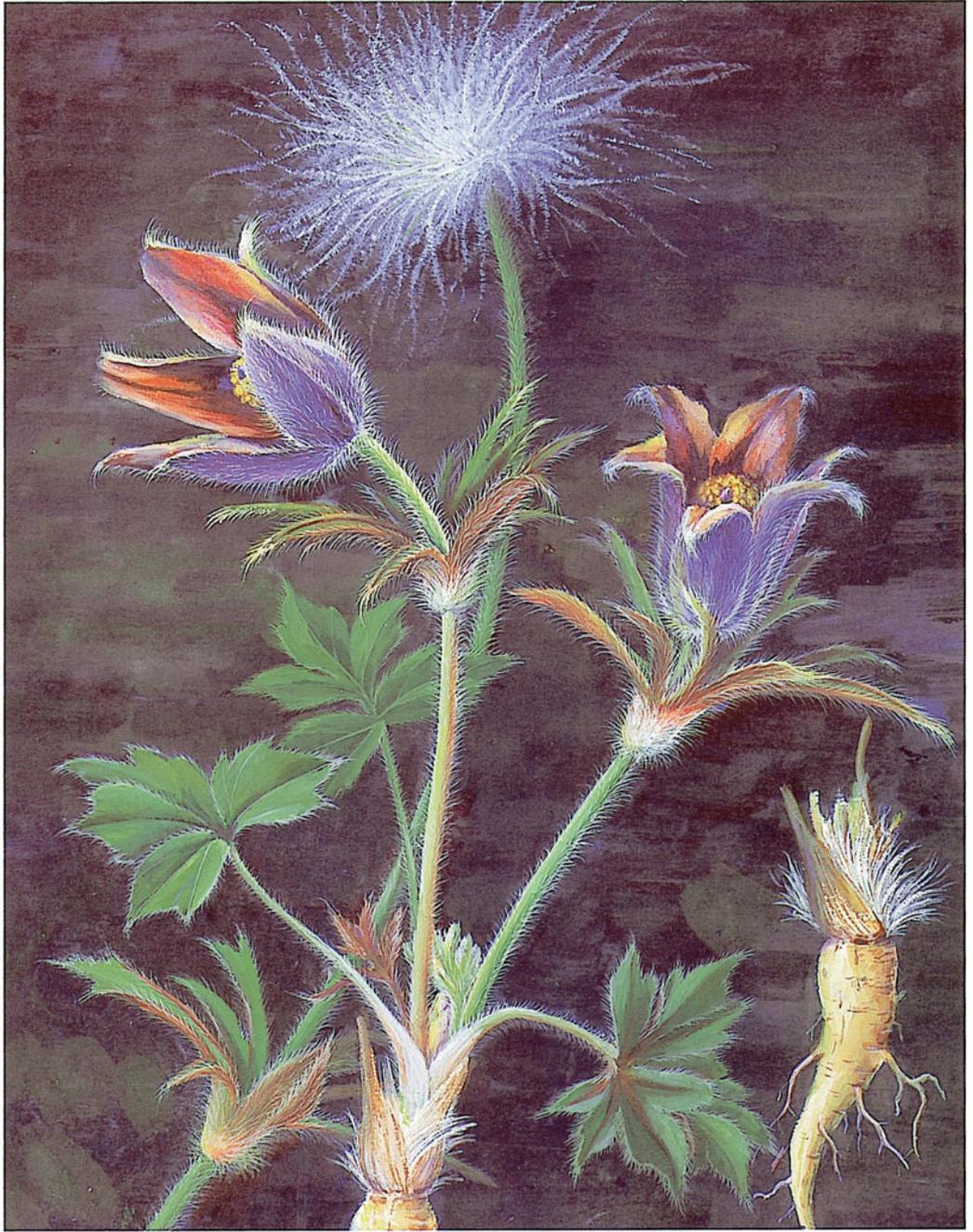
It is used with Radix Sophorae Flavescentis (Ku Shen), prepared as a lotion for the treatment of pudendal itching due to trichomonas vaginitis.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose, or used in pills and powder.

PRECAUTIONS

None noted.



Pulsatilla chinensis (Bge.) Regel (Fam. Ranunculaceae)

PHARMACEUTICAL NAME

Herba Pyrolae

ENGLISH NAME

pyrola herb

PART USED

whole plant

Herba Pyrolae is produced mainly in the provinces of Zhejiang, Anhui, Guizhou, and Shanxi. The plant is collected year-round and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Dispels Wind and Dampness, strengthens muscles and bones, stops bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia with weakness of the loins and knees.

For metrorrhagia, it is used with Radix Sanguisorbae Officinalis (Di Yu).

For chronic cough due to Lung Deficiency.

DOSAGE AND ADMINISTRATION

9–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Pyrola rotundifolia (Fam. Pyrolaceae)
1. Whole plant; 2. Calyx and petal; 3. Fruit

PHARMACEUTICAL NAME

Folium Pyrrosiae

ENGLISH NAME

pyrrosia leaf

PART USED

dried leaf

Folium Pyrrosiae is grown in most provinces but chiefly in Zhejiang, Jiangsu, Hubei, Henan, and Hebei. The fern leaf can be collected during all seasons. After the hairy rootlets are removed, the leaf is dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, slightly cold in property, acts on the Lung and Bladder channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea, clears Heat, relieves cough, and arrests bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For gonorrhea with hematuria, it is used with Pollen Typhae (Pu Huang).

For cough and asthma due to Excess Lung Heat, it is used with Semen Arecae (Bing Lang) in “Pyrrosiae Powder” (Shi Wei San).

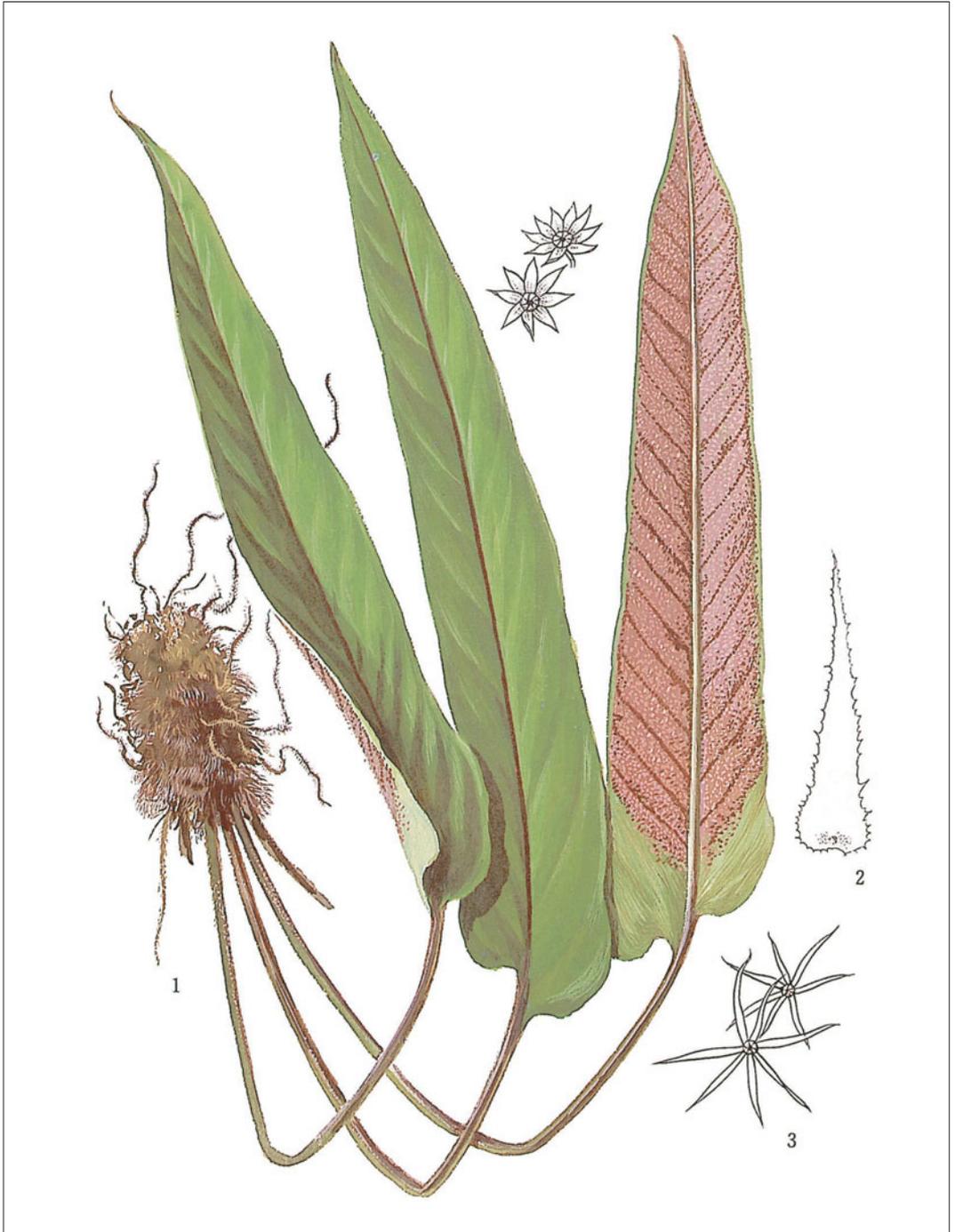
For metrorrhagia, hemoptysis, and epistaxis, it can be used to arrest bleeding.

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Pyrrosia sheareri (Bak.) Ching (Fam. Polypodiaceae)
1. Whole plant; 2. Bud scale on the petiole; 3. Star-like hair on the surface of the leaf

PHARMACEUTICAL NAME

Fructus Quisqualis

ENGLISH NAME

Rangoon creeper fruit

PART USED

dried ripe fruit

Fructus Quisqualis is produced chiefly in the provinces of Sichuan, Guangdong, Guangxi, and Yunnan. It is collected in September and October. The husked quisqualis fruit is used unprepared or stir-baked until it smells sweet.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Poisons and kills parasites in the intestines, removes food retention.

CLINICAL USE AND MAJOR COMBINATIONS

For ascariasis and enterobiasis, it is used alone for mild cases or with Cortex Meliae Radicis (Ku Lian Pi) and Semen Arecae (Bing Lang) for more severe cases. It is especially suitable for children because of its sweet taste.

For indigestion and malnutrition in children, with emaciation, distended abdomen, and sallow complexion, it is often used with Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Endothelium Corneum Gigeriae Galli (Ji Nei Jin), and Semen Arecae (Bing Lang).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose. It is also made into pills or powder. For adults, the cooked herb is chewed, with 10–20 pieces taken for one dose. For children, the number of pieces to be taken is 1.5 multiplied by the child's age, with the total number not to exceed 20 pieces per day.

PRECAUTIONS

It may cause hiccups, dizziness, and vomiting if taken in large amounts.



Quisqualis indica L. (Fam. Combretaceae)
1. Branch with flowers; 2. Fruit

PHARMACEUTICAL NAME

Semen Raphani

ENGLISH NAME

radish seeds

PART USED

dried ripe seed

Semen Raphani is produced in most provinces in China. The seeds are collected in early summer, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, neutral in property, acts on the Spleen, Stomach, and Lung channels.

FUNCTIONS

Promotes digestion, treats rebellious Qi, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For food retention and Stagnation of Qi in the Stomach, with distension and pain in the epigastrium, eructation with fetid odor and acid reflux, and diarrhea, it is used with Fructus Crataegi (Shan Zha), Massa Fermentata Medicinalis (Shen Qu), and Pericarpium Citri Reticulatae (Chen Pi) in “The Harmony Preserving Pills” (Bao He Wan).

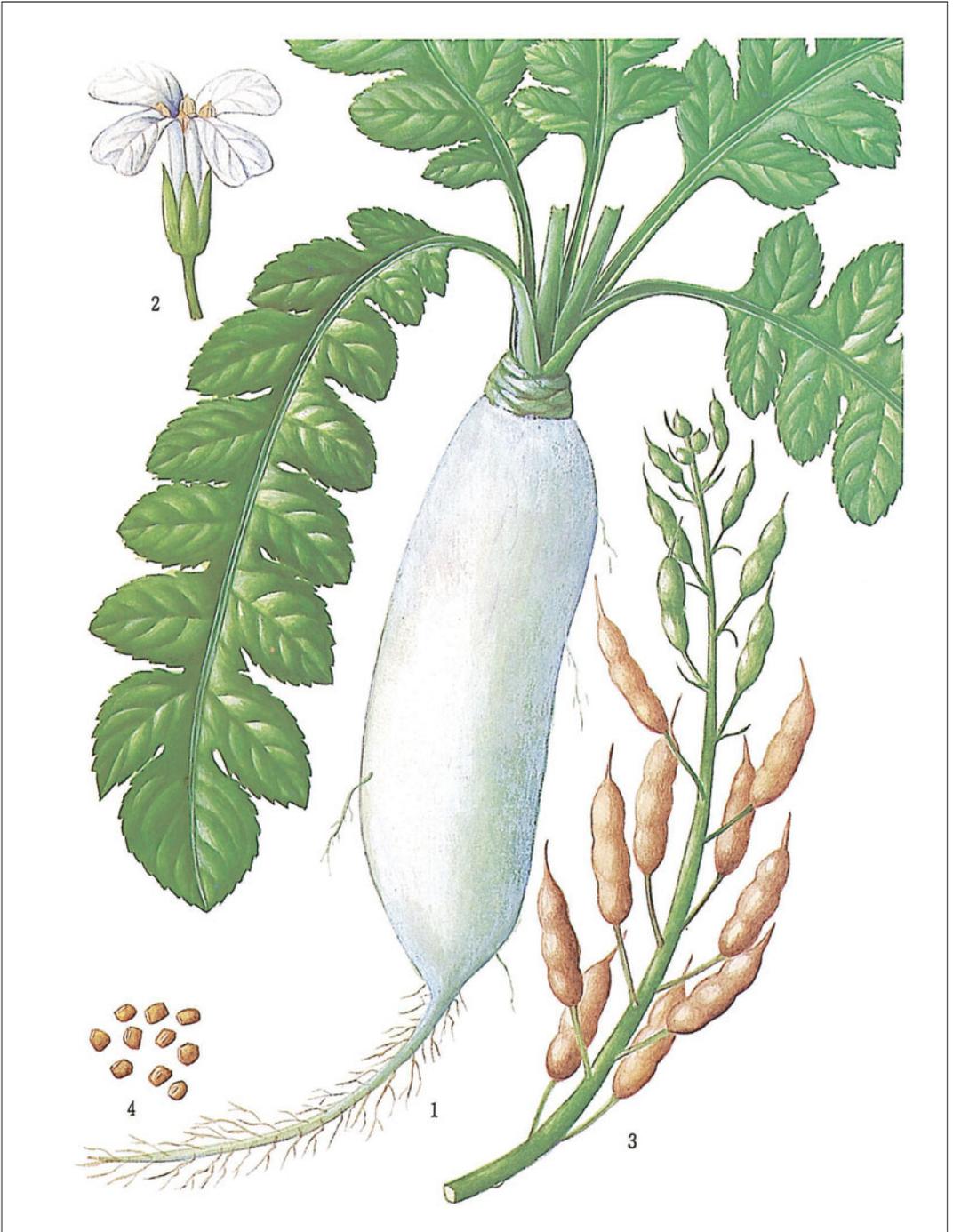
For cough and asthma with phlegm, it is used with Semen Sinapis (Jie Zi) and Fructus Perillae (Zi Su Zi) in “The Decoction of Three Kinds of Seeds for the Aged” (San Zi Yang Qin Tang).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

Use with caution in patients with Deficient Qi.



Raphanus sativus L. (Fam. Brassicaceae)
1. Root and leaves; 2. Flower; 3. Branch with fruit; 4. Seeds

PHARMACEUTICAL NAME

Radix Rehmanniae

ENGLISH NAME

rehmannia root, Chinese foxglove root

PART USED

dried root

Radix Rehmanniae is produced chiefly in the provinces of Henan, Hebei, and Inner Mongolia. Collected in spring and autumn, the root is dried and sliced after removal of the hairy rootlets, then used fresh or unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bitter in flavor, cold in property, acts on the Heart, Liver, and Kidney channels.

FUNCTIONS

Clears Blood Heat, nourishes Yin to promote the production of Fluids.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with Pathogenic Heat in the Yin and Blood with fever, dryness in the mouth, and red or purple tongue, it is used with Radix Scrophulariae (Xuan Shen) in “The Qing Ying Decoction” (Qing Ying Tang).

For febrile diseases in the later stage with lingering low-grade fever or for chronic diseases with fever due to Yin Deficiency, it is used with Rhizoma Aemarrhenae (Zhi Mu), Herba Artemisiae Annuae (Qing Hao), and Carapax Trionycis (Bie jia) in “The Artemisiae-Carapax Trionycis Decoction” (Qing Hao Bie Jia Tang).

For hematemesis, epistaxis, hematuria, metrorrhagia, and metrostasis due to Blood Heat, it is used with Cacumen Platycladi (Ce Bai Ye) and Folium Artemisiae Argyi (Ai Ye).

For febrile diseases with extreme Heat exhibiting dark purple maculas, it is used with Cortex Moutan (Mu Dan Pi) and Radix Peoniae Rubra (Chi Shao).

For syndromes of Yin impairment in febrile diseases or diabetes, with red tongue, dry mouth, and thirst, it is used with Radix Ophiopogonis (Mai Dong), Rhizoma Polygonati Odorati (Yu Zhu),

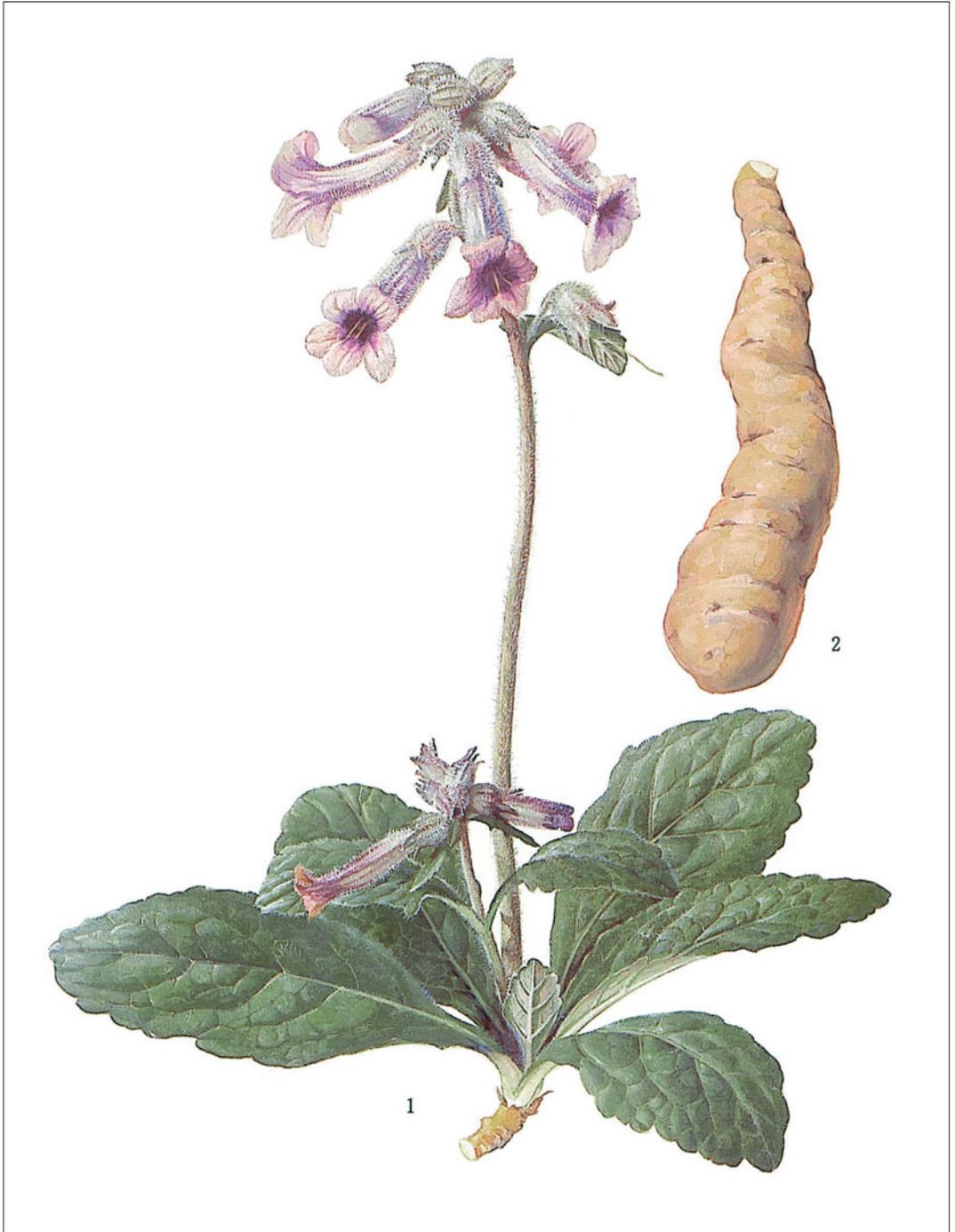
or with Radix Puerariae (Ge Gen), Radix Trichosanthis (Tian Hua Fen), and Fructus Schisandrae (Wu Wei Zi).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose, or used fresh.

PRECAUTIONS

Contraindicated in patients with Spleen Deficiency or Damp Heat of the Spleen with abdominal distension and loose stools.



Rehmannia glutinosa (Gaertn.) Libosch. (Fam. Scrophulariaceae)
1. Whole plant with flower; 2. Root-tuber

PHARMACEUTICAL NAME**Radix Rehmanniae Preparata****ENGLISH NAME**

prepared rehmannia root

PART USED

dried root

This herb is the dried root of *Rehmannia glutinosa* (Gaertn.) Libosch. The dried root is mixed with yellow rice or millet wine, *Pericarpium Citri Reticulatae* (*Chen Pi*), and *Amomi Fructus* (*Sha Ren*), and then alternately steamed and dried in the sun until it turns black inside and outside with a soft, sticky, and oily texture. Then it is sliced for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Nourishes the Blood, tonifies Yin, and replenishes the Vital Essence and marrow.

CLINICAL USE AND MAJOR COMBINATIONS

For sallow complexion, dizziness, palpitation, insomnia, irregular menstruation, and metrorrhagia, it is used with *Radix Angelicae Sinensis* (*Dang Gui*), *Rhizoma Ligustici Chuanxiong* (*Chuan Xiong*), and *Radix Paeoniae Alba* (*Bai Shao*) in “The Decoction of Four Ingredients” (*Si Wu Tang*).

For fever, night sweats, seminal emission, and diabetes due to Deficient Kidney Yin, it is used with *Rhizoma Dioscoreae* (*Shan Yao*) and *Fructus Corni* (*Shan Zhu Yu*) in “The Bolus of Six Drugs Including Rehmannia” (*Liu Wei Di Huang Wan*).

For soreness in the loins, dizziness, blurred vision, tinnitus and deafness, and premature gray hair due to Deficient Vital Essence and Deficient Blood, it is included in many formulas.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for internal use. It is used with herbs that strengthen the Spleen and Stomach, such as *Amomi Fructus* (*Sha Ren*) and *Pericarpium Citri Reticulatae* (*Chen Pi*).

PRECAUTIONS

Contraindicated in patients with copious sputum due to Qi Stagnation, gastric and abdominal distension, poor appetite, and loose stools.



Rehmannia glutinosa (Gaertn.) Libosch. (Fam. Scrophulariaceae)

1. Whole plant with flowers; 2. Root-tuber

PHARMACEUTICAL NAME

Radix Rhapontici seu Echinops

ENGLISH NAME

rhaponticum root

PART USED

dried root

Radix Rhapontici seu Echinops is produced chiefly in the north, northeast, and northwest parts of China and in the provinces of He Nan, Anhui, Jiangsu, and Hubei. The root is collected in autumn, dried in sunlight, and sliced after the hairy rootlets are removed.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Stomach channel.

FUNCTIONS

Clears Pathogenic Heat, subdues carbuncles and lumps, promotes lactation, relieves muscle spasms.

CLINICAL USE AND MAJOR COMBINATIONS

For mastitis with swelling and pain, it is used with Herba Taraxaci (Pu Gong Ying), Fructus Forsythiae Suspensae (Lian Qiao), and Radix et Rhizoma Rhei (Da Huang).

For galactostasis, it is used with Semen Vaccariae (Wang Bu Liu Xing) and Squama Manitis (Chuan Shan Jia).

For various kinds of carbuncles, scrofula, and ulcers.

For arthritis with ankylosis.

DOSAGE AND ADMINISTRATION

3–12 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Rhaponticum uniflorum (L.) DC (Fam. Asteraceae)
1-2. Whole plant with flower; 3. Flower; 4. Stamen; 5. Style; 6. Hair; 7. Seed; 8-9. Petal

PHARMACEUTICAL NAME

Radix et Rhizoma Rhei

ENGLISH NAME

Chinese rhubarb

PART USED

dried root and rhizome

Radix et Rhizoma Rhei is produced mainly in Qinghai and Sichuan provinces. The herb is dug in the late autumn when the stems and leaves begin to wither or in early spring before the plant begins to sprout, then dried and sliced. It is used unprepared, stir-baked with wine, carbonized, or processed by other methods.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Spleen, Stomach, Large Intestine, Liver, and Heart channels.

FUNCTIONS

Purges Heat, loosens the bowels, clears Heat from the Blood, clears toxins, promotes Blood circulation, and removes Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For constipation due to stagnation in the bowels. It is especially effective for constipation due to accumulation of Heat. For constipation and abdominal pain with tenderness due to Excess Heat in the Intestines, it is used with *Mirabilitum* (Mang Xiao), *Cortex Magnoliae Officinalis* (Hou Po), and *Fructus Aurantii Immaturus* (Zhi Shi) in “Major Decoction for Purging Down Digestive Qi” (Da Cheng Qi Tang) and “Minor Decoction for Purging Down Digestive Qi” (Xiao Cheng Qi Tang). For constipation due to accumulation of Heat and impairment of Yin, it is used with *Radix Rehmanniae* (Sheng Di Huang) and *Radix Scrophulariae* (Xuan Shen) in “Purgative Decoction for Increasing Fluid and Sustaining Qi” (Zeng Ye Cheng Qi Tang). For Cold Stagnant constipation with deficiency of Spleen Yang, it is used with *Radix Aconiti Lateralis Preparata* (Zhi Fu Zi) and *Radix Codonopsis* (Dang Shen) in “Decoction for Warming the Spleen” (Wen Pi Tang).

For hematemesis and epistaxis due to invasion of Blood by Heat, and for bloodshot eyes, sore throat, gum swelling, and pain due to a flare-up of Fire, it is used with *Radix Scutellariae* (Huang Qin) and *Rhizoma Coptidis* (Huang Lian). It is also effective for ulcers in the mouth if ground for topical application.

For boils, sores, and abscesses, it is used with *Radix Angelicae Dahuricae* (Bai Zhi), *Mirabilitum* (Mang Xiao), *Cortex Moutan* (Mu Dan Pi), and *Semen Persicae* (Tao Ren).

For burns, it is used alone or with *Radix Sanguisorbae Officinalis* (Di Yu), ground for topical application.

For amenorrhea, traumatic injuries, and lumps with symptoms due to Blood Stasis, it is used alone or with other herbs that promote blood circulation and remove Blood Stasis, such as *Semen Persicae* (Tao Ren) and *Radix Angelicae Sinensis* (Dang Gui).

For jaundice, it is used with *Herba Artemisiae Scopariae* (Yin Chen) and *Fructus Gardeniae* (Zhi Zi) in “The Artemisiae Scopariae Decoction” (Yin Chen Hao Tang).

For oliguria with dysuria, it is used with *Caulis Akebiae* (Guan Mu Tong), *Semen Plantaginis* (Che Qian Zi), and *Fructus Gardeniae* (Zhi Zi).

DOSAGE AND ADMINISTRATION

1. 3–12 g, decocted in water for an oral dose.
2. Appropriate quantity for external use after grinding into powder.
3. The unprepared Radix et Rhizoma Rhei has drastic cathartic action, whereas the prepared has mild actions. For catharsis, it should be boiled later than other herbs or steeped in boiling water for an oral dose. To promote blood circulation, it should be used stir-baked with wine. To arrest bleeding, it should be carbonized.

PRECAUTIONS

Use with caution for women during pregnancy or breast-feeding periods.

Rheum palmatum L., *Rheum tanguticum* Maxim. ex Balf.,
or *Rheum officinale* Baill. (Fam. Polygonaceae)

DA HUANG



Rheum palmatum L. , *Rheum tanguticum* Maxim. ex Balf. (Fam. Polygonaceae)
1. Root; 2. Leaf; 3. Branch with flowers; 4. Flower; 5. Fruit

PHARMACEUTICAL NAME

Galla Rhi Chinensis

ENGLISH NAME

gallnut of Chinese sumac

PART USED

parasitic gall

This herb is the gall produced mainly by parasitic aphids of *Melaphis chinensis* (Bell) Baker on the leaf. Depending on its form, the herb is divided into Du Bei (single horned) and Jiao Bei (many horned). It is produced mainly in Sichuan province. Collected in autumn, the gall is dried in sunlight and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour and astringent in flavor, cold in property, acts on the Lung, Large Intestine, and Kidney channels.

FUNCTIONS

Binds the Lung and purges Fire, stops diarrhea, excessive sweating and bleeding, and controls seminal emission.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic cough due to Lung Deficiency, it is used with Fructus Schisandrae (Wu Wei Zi).

For chronic diarrhea and dysentery, it is used with Fructus Schisandrae (Wu Wei Zi).

For seminal emission and spontaneous emission.

For spontaneous sweating and night sweats, the powdered form is mixed with water and applied to the umbilicus, covered with gauze at night, and removed the next morning.

For metrorrhagia, it is used alone or with other herbs that stop bleeding.

For clearing toxins, reducing edema, and stopping bleeding.

DOSAGE AND ADMINISTRATION

1.5–6 g, used in powder or pill form. Appropriate amount for external use.

PRECAUTIONS

Contraindicated in patients with cough due to Wind Cold or dysentery due to Damp Heat.



Rhus chinensis Mill. (Fam. Anacardiaceae)
1. Branch with fruit; 2. Parasitic gall; 3. Back side of the leaves and gall

PHARMACEUTICAL NAME

Fructus Rosae Laevigatae

ENGLISH NAME

Cherokee rose fruit

PART USED

ripe fruit

Fructus Rosae Laevigatae is produced in the provinces of Guangdong, Sichuan, Yunnan, Hubei, and Guizhou. The fruit is collected in autumn when it is ripe, then dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, neutral in property, acts on the Kidney, Bladder, and Large Intestine channels.

FUNCTIONS

Controls seminal emission and reduces urination, has an astringent effect in the Intestine to stop diarrhea.

CLINICAL USE AND MAJOR COMBINATIONS

For seminal emission, spontaneous emission, frequent urination and profuse leukorrhea, it is used alone or with other herbs such as Semen Euryales (Qian Shi).

For chronic diarrhea and chronic dysentery, it is used alone or with other herbs that replenish Qi and strengthen the Spleen, such as Radix Codonopsis (Dang Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Rhizoma Dioscoreae (Shan Yao).

Used for prolapse of rectum, prolapse of uterus, metrorrhagia.

DOSAGE AND ADMINISTRATION

6–18 g, decocted in water for internal use, or made into pills or a soft extract.

PRECAUTIONS

Not to be used in patients with excess Fire or Excess Exopathogenic Heat.



Rosa laevigata Michx. (Fam. Rosaceae)
1. Branch with flower; 2. Fruit

PHARMACEUTICAL NAME

Radix Rubiae

ENGLISH NAME

India madder root

PART USED

dried root and rhizome

Radix Rubiae is produced in most provinces in China. It is collected in spring and autumn, washed, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver channel.

FUNCTIONS

Stops bleeding due to Blood Heat, promotes Blood circulation, resolves Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For bleeding due to Blood Heat, it is used with Herba Cirsii Japonici (Da Ji), Herba Cirsii Segeti (Xiao Ji), and Cacumen Platycladi (Ce Bai Ye) in “The Ten Herbs Ash Powder” (Shi Hui San).

For amenorrhea due to Blood Stasis, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Cyperi (Xiang Fu), and Radix Peoniae Rubra (Chi Shao).

For traumatic injuries with bleeding, swelling, and Blood Stasis, it is used with Flos Carthami Tinctorii (Hong Hua), Radix Angelicae Sinensis (Dang Gui), and Rhizoma Chuanxiong (Chuan Xiong).

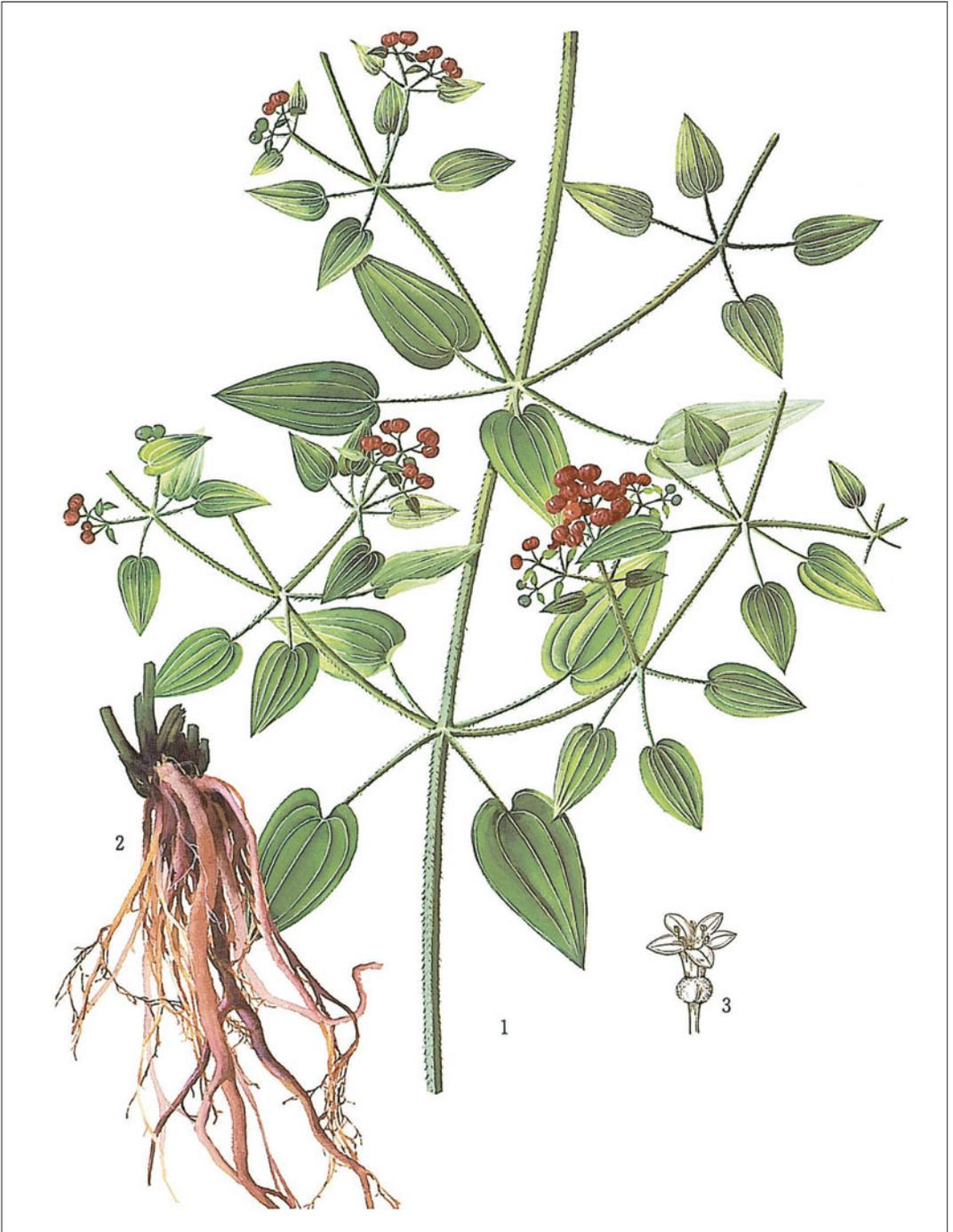
For joint pain due to rheumatic or rheumatoid arthritis, it is used with Caulis Spatholobi (Ji Xue Teng), Caulis Piperis Fotokadsurae (Hai Feng Teng), and Radix Curcumae Yanhusuo (Yan Hu Suo).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Rubia cordifolia L. (Fam. Rubiaceae)
1. Branch with fruit; 2. Root; 3. Flower

PHARMACEUTICAL NAME

Fructus Rubi Chingii

ENGLISH NAME

Chinese raspberry fruit

PART USED

unripe fruit

Fructus Rubi Chingii is produced mainly in the provinces of Zhejiang, Hubei, Jiangxi, and Fujian. The fruit is collected in summer, macerated in boiling water, and then dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, slightly warm in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Kidney, controls seminal emission, and reduces urination.

CLINICAL USE AND MAJOR COMBINATIONS

For seminal emission and spontaneous emission, it is used with Semen Astragali Complanati (Sha Yuan Zi), Fructus Corni (Shan Zhu Yu), and Semen Euryales (Qian Shi).

For enuresis and frequent urination, it is used with Ootheca Mantidis (Sang Piao Xiao), Fructus Alpiniae Oxyphyllae (Yi Zhi Ren), and Fructus Rosae Laevigatae (Jin Ying Zi).

For blurred vision due to Kidney and Liver Deficiency, it is used with Fructus Lycii (Gou Qi Zi), Radix Rehmanniae Preparata (Shu Di Huang), and Fructus Ligustri Lucidi (Nu Zhen Zi).

For impotence due to Kidney Deficiency, it is used with Fructus Lycii (Gou Qi Zi), Semen Cuscutae (Tu Si Zi), Fructus Schisandrae (Wu Wei Zi), and Semen Plantaginis (Che Qian Zi).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use.

PRECAUTIONS

Use with caution in patients with Fire due to Kidney Deficiency.



Rubus chingii Hu (Fam. Rosaceae)
1. Branch with fruit; 2. Back side of the leaf; 3. Flower

PHARMACEUTICAL NAME

Cornu Saigae Tataricae

ENGLISH NAME

antelope horn

PART USED

horn

Cornu Saigae Tataricae is produced chiefly in the provinces of Xinjiang, Gansu, and Qinghai. When an antelope is captured, the horn is cut off and planed to thin shavings or ground into a powder for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver and Heart channels.

FUNCTIONS

Soothes the Liver to stop Wind, clears Liver Heat to improve acuity of vision, and removes toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For infantile convulsion, epilepsy induced by upward-stirring of Internal Wind due to intense Heat in the Liver, it is used with Ramulus Uncariae Cum Uncis (Gou Teng), Flos Chrysanthemi Morifolii (Ju Hua), and Radix Rehmanniae (Sheng Di Huang) in “The Decoction of Cornu Saigae Tataricae and Ramulus Uncariae Cum Uncis” (Ling Jiao Gou Teng Tang).

For dizziness and blurred vision due to hyperactive Liver Yang, it is used with Flos Chrysanthemi Morifolii (Ju Hua) and Concha Haliotidis (Shi Jue Ming).

For headache and red eyes due to flare-up of Liver Fire, it is used with Semen Cassiae (Jue Ming Zi), Radix Scutellariae (Huang Qin), and Radix Gentianae (Long Dan Cao) in “The Cornu Saigae Tataricae Powder” (Ling Yang Jiao San).

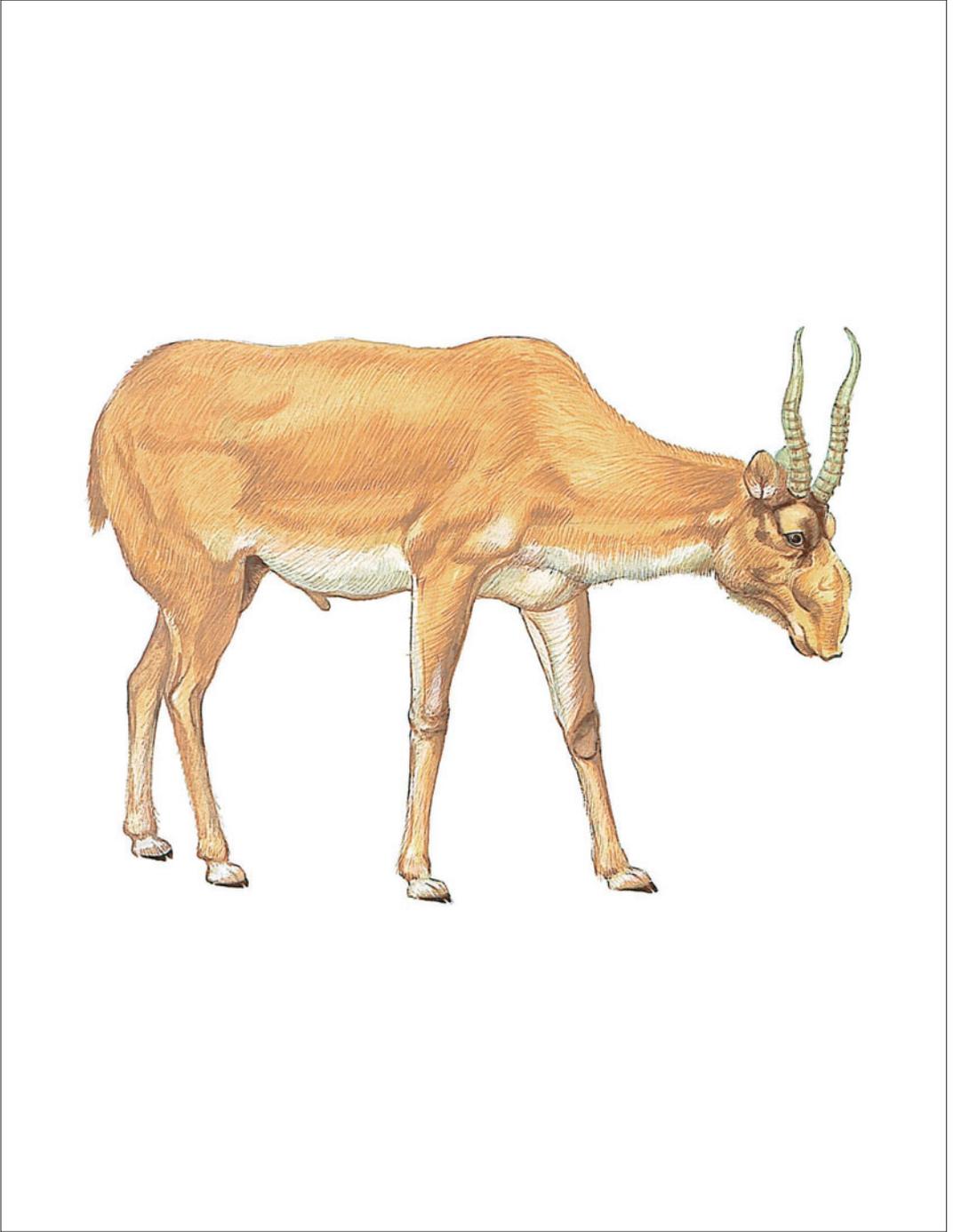
For epidemic febrile diseases manifested as high fever, unconsciousness, delirium, and madness, it is used with Gypsum Fibrosum (Shi Gao) and other herbs in “The Purple Snowy Powder” (Zi Xue San).

DOSAGE AND ADMINISTRATION

1–3 g, decocted in water, or mixed with a decoction of other herbs for oral use; ground finely with water to form a liquid, 0.3–0.5 g each time.

PRECAUTIONS

None noted.



Saiga tatarica L. (Fam. Bovidae)

PHARMACEUTICAL NAME

Radix Salviae Miltiorrhizae

ENGLISH NAME

red-rooted sage

PART USED

dried root and rhizome

Radix Salviae Miltiorrhizae is produced in all parts of China. The plant is collected in autumn, washed, dried in sunlight, sliced, and used unprepared or stir-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Heart, Pericardium, and Liver channels.

FUNCTIONS

Invigorates Blood circulation, eliminates Blood Stasis, cools the Blood to treat carbuncles, and tranquilizes the Mind by nourishing the Blood.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, amenorrhea, post-partum abdominal pain, masses in abdomen, and pain in the body, it is used with *Flos Carthami Tinctorii* (Hong Hua), *Semen Persicae* (Tao Ren), and *Herba Leonuri* (Yi Mu Cao). For pain in the stomach and abdomen due to Blood Stasis and Stagnation of Qi, it is used with *Lignum Santali Albi* (Tan Xiang) and *Amomi Fructus* (Sha Ren) in “The *Radix Salviae Miltiorrhizae* Drink” (Dan Shen Yin). For masses in the abdomen, it is used with *Rhizoma Spargani* (San Leng), *Rhizoma Curcumae Zedoariae* (E Zhu), *Herba Lycopi* (Ze Lan), and *Carapax Trionycis* (Bie Jia). For traumatic pain, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Flos Carthami Tinctorii* (Hong Hua), and *Rhizoma Ligustici Chuanxiong* (Chuan Xiong). For arthritis due to Heat with red swelling and painful joints, it is used with *Caulis Lonicerae* (Ren Dong Teng), *Radix Peoniae Rubra* (Chi Shao), *Radix Gentianae Macrophyllae* (Qin Jiao), and *Ramulus Mori* (Sang Zhi).

For sores, carbuncles, and other skin infections, it is used with *Flos Lonicerae* (Jin Yin Hua) and *Fructus Forsythiae Suspensae* (Lian Qiao).

For restlessness and insomnia due to impairment of Ying and Yin by Heat, it is used with *Radix Rehmanniae* (Sheng Di Huang), *Radix Scrophulariae* (Xuan Shen), and *Herba Lophatheri* (Dan Zhu Ye) in “The Decoction for Clearing Heat in the Ying System” (Qing Ying Tang). For severe palpitation, insomnia, and forgetfulness due to insufficiency of Blood in the Heart, it is used as a tincture, or with fleece-flower stem (Ye Jiao Teng).

DOSAGE AND ADMINISTRATION

5–15 g, decocted in water for an oral dose. If this herb is stir-baked with wine, it has a stronger effect for promoting Blood circulation and eliminating Blood Stasis.

PRECAUTIONS

It is antagonistic to *Radix et Rhizome Veratri* (Li Lu).



Salvia miltiorrhiza Bge. (Fam. Lamiaceae)

1. Root; 2. Branch with flower

PHARMACEUTICAL NAME

Radix Sanguisorbae Officinalis

ENGLISH NAME

burnet root

PART USED

dried root

Radix Sanguisorbae Officinalis is produced chiefly in the provinces of Zhejiang, Anhui, Hubei, Hunan, and Shandong. The root is collected in spring and autumn. After the hairy rootlets are removed, the root is dried in sunlight, sliced, and used unprepared or carbonized.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

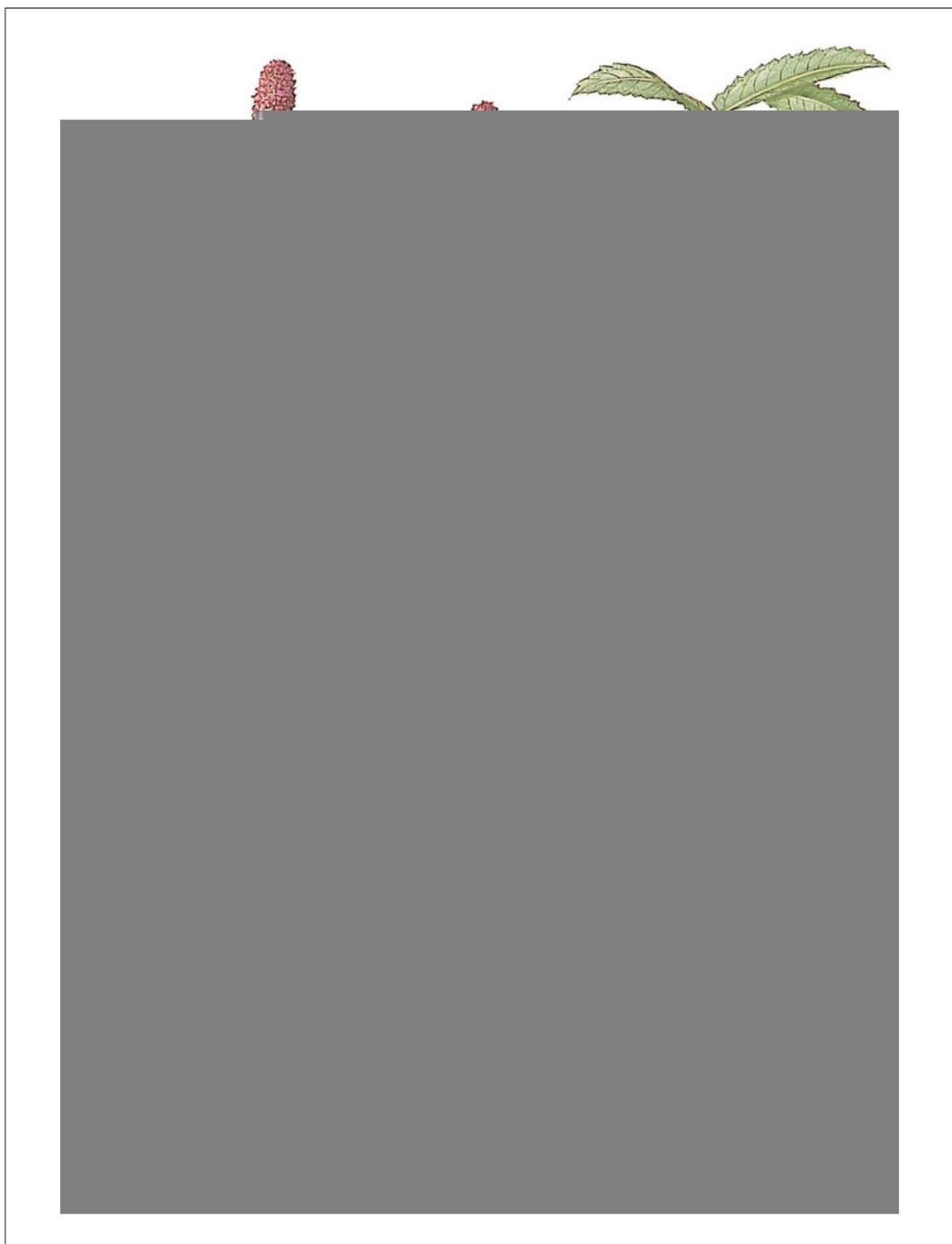
Bitter and sour in flavor, slightly cold in property, acts on the Liver, Stomach, and Large Intestine channels.

FUNCTIONS

Stops bleeding by removing Blood Heat and treats carbuncles.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of bleeding due to Blood Heat. For hemorrhoidal bleeding, used with Flos Sophorae Japonicae (Huai Hua); for metrorrhagia, it is used with Radix Rehmanniae (Sheng Di Huang), Radix Scutellariae (Huang Qin), and stir-baked Pollen Typhae (Pu Huang); for bloody dysentery, it is used with Rhizoma Coptidis (Huang Lian), Radix Aucklandiae (Mu Xiang), and Fructus Mume



Sanguisorba officinalis L. (Fam. Rosaceae)
1. 2. Whole plant with flowers 2. Flower

PHARMACEUTICAL NAME

Lignum Santali Albi

ENGLISH NAME

heartwood of sandalwood

PART USED

dried heartwood of trunk

Lignum Santali Albi is produced chiefly in the provinces of Guangdong, Yunnan, and Taiwan, and is also grown in southeast Asia, India, Australia, and Africa. It can be collected during every season, but the wood collected in summer is the best quality. After being cleaned, it is cut into slices or pieces for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Spleen, Stomach, and Lung channels.

FUNCTIONS

Regulates the flow of Qi, normalizes the Stomach function, expels Cold, and relieves pain.

CLINICAL USE AND MAJOR COMBINATIONS

For Qi Stagnation and Cold with pain in the chest and abdomen, pain and cold feeling in the stomach, and vomiting, it is used with Fructus Amomi (Sha Ren), Fructus Amomi Kravanh (Dou Kou), and Radix Linderae (Wu Yao).

For angina pectoris in coronary heart disease, it is used with Fructus Piperis Longi (Bi Bo), Radix Curcumae Yanhusuo (Yan Hu Suo), and Herba Asari (Xi Xin).

DOSAGE AND ADMINISTRATION

1–3 g, decocted in water, or ground into powder for an oral dose.

PRECAUTIONS

None noted.



Santalum album L. (Fam. Santalaceae)
1. Branch with fruit and flowers; 2. Fruit; 3. Heart wood

PHARMACEUTICAL NAME

Radix Saposhnikoviae

ENGLISH NAME

ledebouriella root

PART USED

root

Radix Saposhnikoviae is produced chiefly in Heilongjiang, Jilin, and Liaoning provinces. The root is collected in spring and autumn, sliced and dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, slightly warm in property, acts on Bladder, Liver, and Spleen channels.

FUNCTIONS

Induces diaphoresis, dispels Wind to relieve spasm, removes Dampness to relieve pain, alleviates rheumatic conditions.

CLINICAL USE AND MAJOR COMBINATIONS

For invasion of Wind Cold with headache, fever, and aversion to cold, it is used with Herba Schizonepetae Tenuifolia (Jing Jie) and Radix Peucedani (Qian Hu) in the formula “Jing Fang Bai Du Powder” (Jing Fang Bai Du San).

For invasion of Wind Heat with headache, fever, and swollen and sore throat, it is used with Herba Schizonepetae Tenuifolia (Jing Jie), Radix Scutellariae (Ban Zhi Lian), Menthae Arvensis (Bo He), and Fructus Forsythiae Suspensae (Lian Qiao).

For German measles, pruritus, and other skin problems, it is used with Herba Schizonepetae Tenuifolia (Jing Jie) and Fructus Tribuli Terrietris (ji Li).

For arthralgia due to Wind Cold Dampness with joint pain and muscle spasms, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Notopterygii (Qiang Huo), Rhizoma Arisaematis (Tian Nan Xing), Rhizoma Gastrodiae (Tian Ma), and Rhizoma Typhonii Gigantei (Bai Fu Zi).

For tetanus with opisthotonos, lockjaw, convulsions, and spasms, it is often used in combination with Rhizoma Arisaematis (Tian Nan Xing), Rhizoma Gastrodiae (Tian Ma), and Rhizoma Typhonii Gigantei (Bai Fu Zi), in a formula such as “Yu Zhen Powder” (Yu Zhen San).

For trembling of the hands and feet, lockjaw, and migraine headache.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water, or in pills and powder form for internal use.

PRECAUTIONS

Use cautiously on patients with endogenous Wind due to Blood Deficiency or hyperactivity of Yang due to Yin Deficiency.



Saposhnikovia divariata (Turcz.) Schischk. (Fam. Apiaceae)
1. Root with branch; 2. Branch with flowers; 3. Sliced dry herb

PHARMACEUTICAL NAME

Herba Sargassii

ENGLISH NAME

sargassum seaweed

PART USED

dried plant

Herba Sargassii is grown in the provinces of Zhejiang, Fujian, Guangdong, Shandong, and Liaoning. The alga is collected in summer, cut into sections, and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver, Stomach, and Kidney channels.

FUNCTIONS

Resolves Phlegm, softens masses, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For scrofula, tuberculosis, and goiter, it is used with *Bulbus Fritillariae Cirrhosae* (Chuan Bei Mu), *Pericarpium Citri Reticulatae Viride* (Qing Pi), *Radix Scrophulariae* (Xuan Shen), and *Spica Prunellae* (Xia Ku Cao).

It is used to treat edema and edema due to beriberi.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

It is antagonistic to *Radix Glycyrrhizae Uralensis* (Gan Cao).



Sargassum pallidum (Turn.) C. Ag. (Fam. Furaceae)

PHARMACEUTICAL NAME

Fructus Schisandrae

ENGLISH NAME

schisandra fruit

PART USED

dried ripe fruit

Fructus Schisandrae is grown mainly in the provinces of Jilin and Liaoning, and in southern China. After it is collected in autumn, the fruit stalks are removed and the fruit is dried in sunlight. The dried fruit is used unprepared or mixed with vinegar or honey, steamed, and then dried in the sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, warm in property, acts on the Lung, Kidney, and Heart channels.

FUNCTIONS

Astringes the Lung and nourishes the Kidney, promotes the production of Fluids and stops sweating, arrests seminal emission and diarrhea, tranquilizes the Mind.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic cough due to Lung Deficiency, it is used with Fructus Mume (Wu Mei) in “The Fructus Schisandrae Pills” (Wu Wei Zi Wan). For asthma due to Kidney Deficiency, it is used with “The Pills of Six Herbs Including Rehmannia” (Liu Wei Di Huang Wan). For cough due to Cold in the Lung, it is used with other herbs that warm the Lung and relieve the Phlegm, such as Herba Asari (Xi Xin) and Rhizoma Zingiberis (Gan Jiang).

For thirst due to Deficient Fluids, spontaneous sweating, and night sweats. For palpitation, weak pulse, thirst, and spontaneous sweating due to impairment of the Qi and Yin by Heat, it is used with Radix Ginseng (Ren Shen) and Radix Ophiopogonis (Mai Dong) in “The Pulse-Activating Powder” (Sheng Mai San). For night sweats due to Yin Deficiency and spontaneous sweats due to Yang Deficiency, it is used with Semen Platycladi (Bai Zi Ren), Radix Ginseng (Ren Shen), and Concha

Ostreae (Mu Li) in “The Semen Platycladi Pill” (Bai Zi Ren Wan). For diabetes, it is used with Radix Astragali Membranaceus (Huang Qi), Radix Ophiopogonis (Mai Dong), Radix Rehmanniae (Sheng Di Huang), and Radix Trichosanthis (Tian Hua Fen) in “The Decoction of Radix Astragali Membranaceus” (Huang Qi Tang).

For seminal emission and spermatorrhea, it is used with Ootheca Mantidis (Sang Piao Xiao). For diarrhea before dawn due to Deficiency and Cold of the Spleen and Stomach, it is used with Fructus Psoraleae (Bu Gu Zhi), Fructus Evodiae (Wu Zhu Yu), and Semen Myristicae (Rou Dou Kou) in “The Pill of Four Wonderful Drugs” (Si Shen Wan).

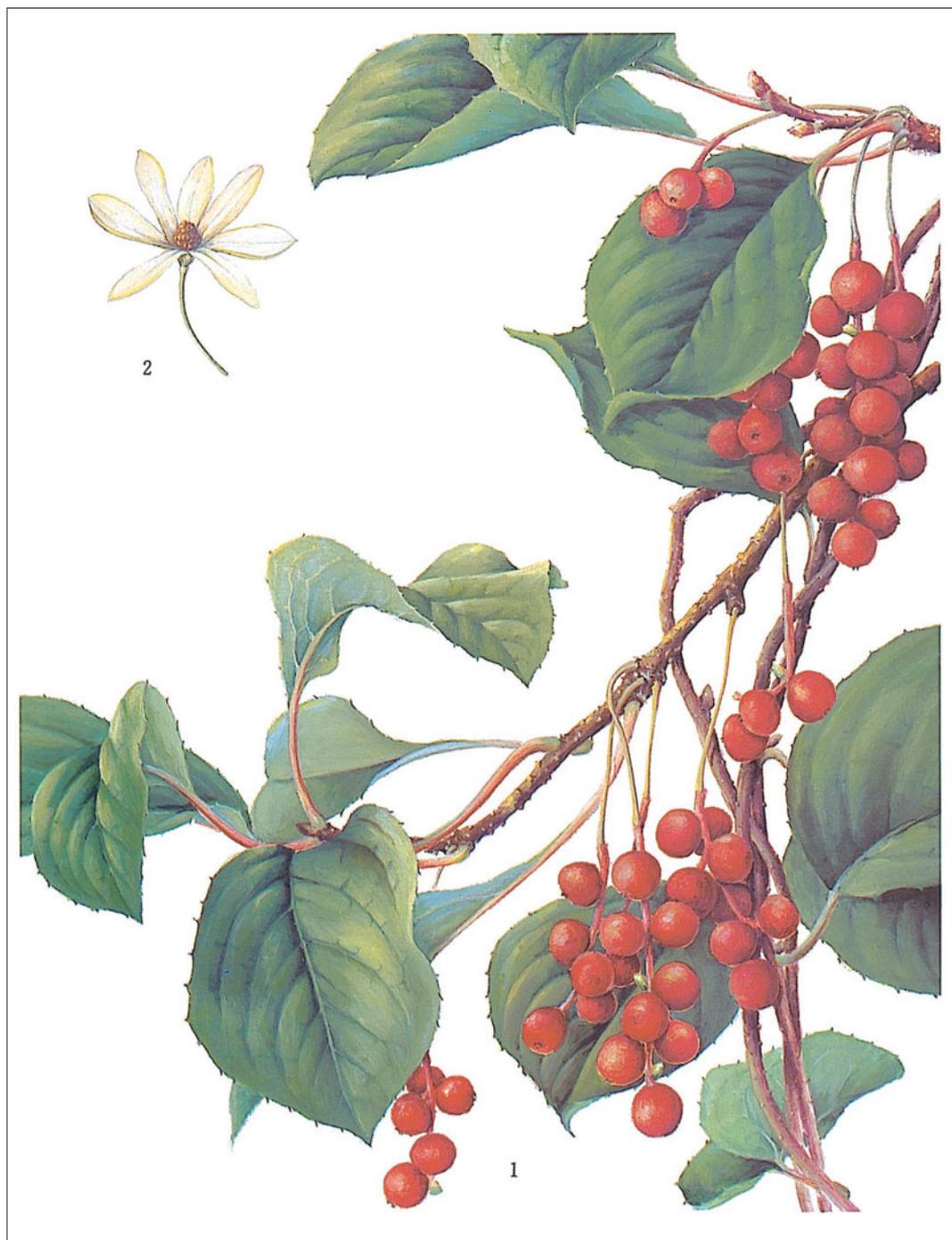
For palpitation, insomnia and dreaminess due to Yin and Blood Deficiency of the Heart and Kidney, it is used with Radix Rehmanniae (Sheng Di Huang), Radix Ophiopogonis (Mai Dong), Semen Ziziphi Spinosae (Suan Zao Ren), and Radix Salviae Miltiorrhizae (Dan Shen) in “The Celestial Emperor’s Heart Tonic Pill” (Tian Wang Bu Xin Dan).

DOSAGE AND ADMINISTRATION

2–6 g, ground into powder for internal use, 1–3 g each time.

PRECAUTIONS

Not to be used in patients with Excess Heat in the Interior. Not to be used at the beginning of a cough and at the onset of measles.



Schisandra chinensis (Turcz.) Baill. (Fam. Magnoliaceae)
1. Branch with fruit; 2. Flower

PHARMACEUTICAL NAME

Herba seu Flos Schizonepetae Tenuifolia

ENGLISH NAME

fineleaf schizonepeta herb

PART USED

aerial part

Herba seu Flos Schizonepetae Tenuifolia is grown chiefly in the provinces of Jiangsu, Zhejiang, and Jiangxi. The herb is collected in autumn or early winter and dried in shade. It is used unprepared or stir-baked until charred.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung and Liver channels.

FUNCTIONS

Releases the Exterior and dispels Wind, promotes rash eruptions, and stops bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

Releases the exterior and disperses Wind Cold exhibited as chills, fever, headache, and lack of perspiration. It is used with Radix Ledebouriellae Sesloidis (Fang Feng), and Rhizoma Notopterygii (Qiang Huo) in “The Antiphlogistic Powder of Schizonepeta and Ledebouriellae” (Jing Fang Bai Du San). For Exterior syndromes due to Wind Heat with fever, headache, bloodshot eyes, and sore throat, it is used with Flos Lonicerae Japonicae (Jin Yin Hua), Fructus Forsythiae Suspensae Suspensae (Lian Qiao), Menthae Arvensis (Bo He), and Radix Platycodi Grandiflori (Jie Geng) in “The Powder of Lonicera and Forsythia” (Yin Qian San).

To stimulate a rash to surface and to alleviate itching, it is used with Menthae Arvensis (Bo He), Periostracum Cicadae (Chan Tui), and Fructus Arctii (Niu Bang Zi). For suppurative infections in the initial stages accompanied by Exterior syndromes, it is used with Radix Ledebouriellae Sesloidis (Fang Feng), Flos Lonicerae Japonicae (Jin Yin Hua), and Fructus Forsythiae Suspensae (Lian Qiao).

It is used as an auxiliary herb for hemorrhage, such as blood in the stools and uterine bleeding.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use. For inducing diaphoresis, it should be used unprepared. To arrest bleeding, it is stir-fried until charred.

PRECAUTIONS

None noted.



Schizonepeta tenuifolia (Benth.) Briq. (Fam. Lamiaceae)
1. Branch with flowers; 2. Leaves; 3. Flower; 4. Opened corolla showing stamen

PHARMACEUTICAL NAME

Scolopendra

ENGLISH NAME

centipede

PART USED

dried body

Scolopendra is captured in spring, dried in sunlight, and then cut into pieces or ground into powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, slightly toxic, acts on the Liver channel.

FUNCTIONS

Stops Wind to relieve convulsions, removes toxins and resolves masses, activates the channels to stop pain.

CLINICAL USE AND MAJOR COMBINATIONS

For acute and chronic convulsions, and tetanus manifested as spasm and convulsion. This substance functions like Scorpio (Quan Xie) to stop Wind, thereby relieving convulsions. They are used together.

For sores, ulcerations, pyrogenic infections, and scrofula, it is used with other herbs that remove toxins.

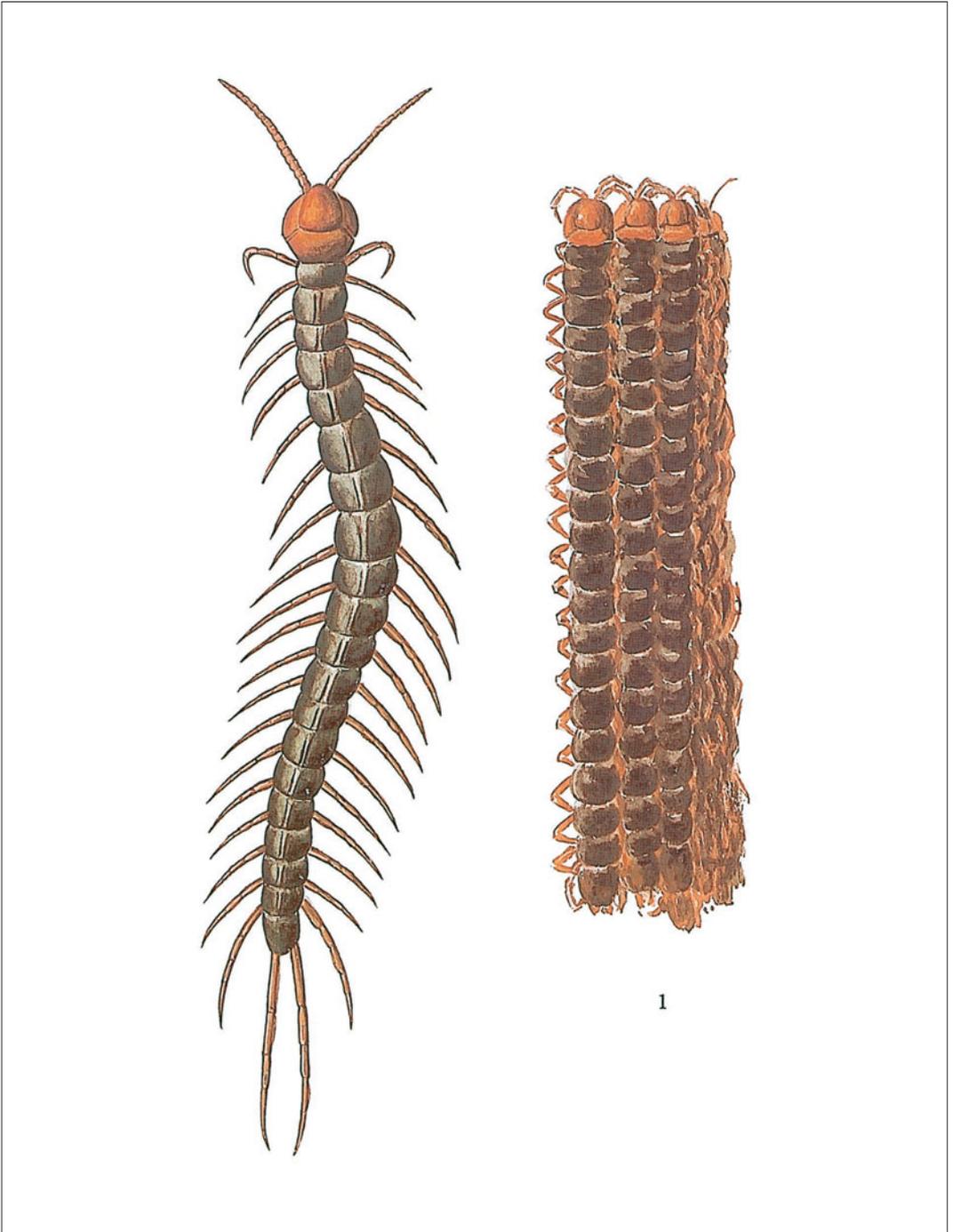
For intractable spasms and pain of the head, and for arthralgia due to Wind Dampness, it is used with Scorpio (Quan Xie) or Rhizoma Gastrodiae (Tian Ma), Bombyx Batryticatus (Jiang Can), and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

DOSAGE AND ADMINISTRATION

1–3 g, ground into powder and swallowed, 0.6–1 g each time. Appropriate amount for external use.

PRECAUTIONS

Use cautiously due to its toxicity. Contraindicated during pregnancy.



Scolopendra subspinipes mutilans L. Koch (Fam. Scolopendridae)
1. Dried body

PHARMACEUTICAL NAME

Radix Scrophulariae

ENGLISH NAME

figwort root

PART USED

dried root

Radix Scrophulariae is produced chiefly in provinces along the Yangzi River including Shanxi and Fujian. Collected in winter, the root is piled and dried in sunlight alternately until the inside becomes black, and it is then sliced. It is used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter, sweet and salty in flavor, cold in property, acts on the Lung, Stomach, and Kidney channels.

FUNCTIONS

Clears pathogenic Heat, quenches Fire, counteracts Toxicity, nourishes Yin.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with heat invasion of the Ying system, with fever, dryness in the mouth, and dark red tongue, it is used with Radix Rehmanniae (Sheng Di Huang), Rhizoma Coptidis (Huang Lian), Fructus Forsythiae Suspensae (Lian Qiao), and Radix Ophiopogonis (Mai Dong).

For febrile diseases with Extreme Heat with high fever, sores in the throat, dark purple maculas, or delirium, it is used with Gypsum Fibrosum (Shi Gao) and Rhizoma Anemarrhenae (Zhi Mu) in “The Demaculas Decoction” (Hua Ban Tang); or it is used with Rhizoma Cimicifugae (Sheng Ma) and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Scrophulariae-Cimicifugae Decoction” (Xuan Shen Sheng Ma Tang).

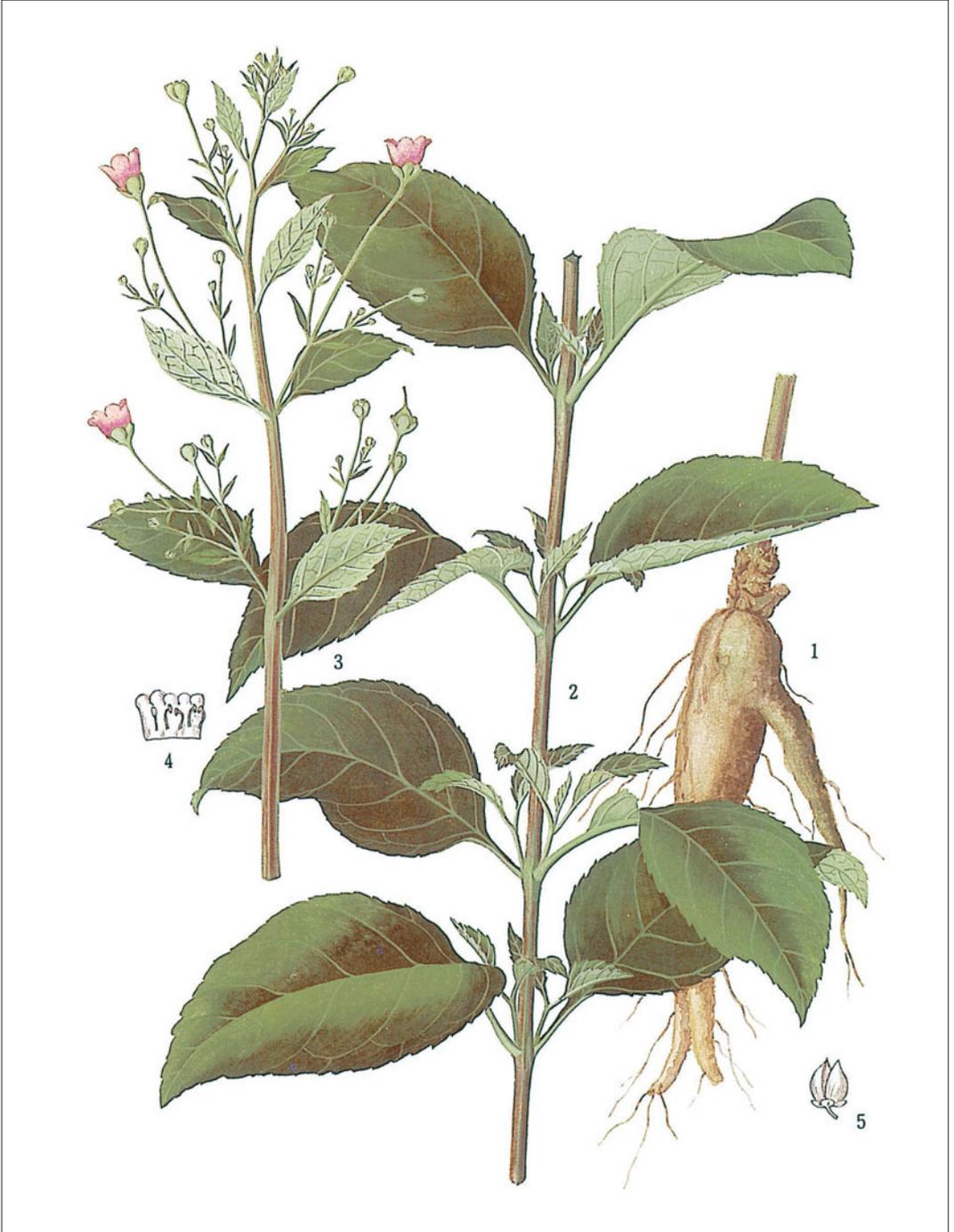
For swollen and sore throat, scrofula, conjunctivitis, diphtheria, boils, and sores, it is used with Fructus Arctii (Niu Bang Zi), Radix Platycodi (Jie Geng), Menthae Arvensis (Bo He), or Radix Ophiopogonis (Mai Dong), Flos Lonicerae (Jin Yin Hua), and Bulbus Fritillariae Cirrhosae (Chuan Bei Mu).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose, or used in pills and powder.

PRECAUTIONS

1. Contraindicated for use in patients with Cold syndromes of Deficiency type of the Spleen and Stomach.
2. It is incompatible with Radix et Rhizoma Veratri (Li Lu).



Scrophularia ningpoensis Hemsl. (Fam. Scrophulariaceae)
1. Root; 2. Stem with leaves; 3. Branch with flowers; 4. Opened corolla showing stamen; 5. Fruit

PHARMACEUTICAL NAME

Radix Scutellariae

ENGLISH NAME

baical skullcap root, skullcap

PART USED

dried root

Radix Scutellariae is produced chiefly in the provinces of Hebei, Shanxi, Inner Mongolia, and Henan. The root is collected in spring or autumn, then dried in sunlight and sliced. It is used unprepared, stir-baked with wine, or stir-baked until it is charred.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Lung, Gallbladder, Stomach, and Large Intestine channels.

FUNCTIONS

Clears away Heat and Dampness, purges Fire, removes toxins, stops bleeding, and prevents miscarriage.

CLINICAL USE AND MAJOR COMBINATIONS

For Damp Heat with fever, fullness of the chest, and a greasy tongue coating, it is used with *Pulvis Talci* (Hua Shi) and *Medulla Tetrapanacis* (Tong Cao). For Damp Heat syndromes with jaundice, it is used with *Fructus Gardeniae* (Zhi Zi) and *Herba Artemisiae Scopariae* (Yin Chen). For the treatment of Damp Heat in the Stomach and Intestine manifested as diarrhea, it is used with *Rhizoma Coptidis* (Huang Lian). For Damp Heat in the Lower Heater with difficult and painful urination, it is used with *Radix Rehmanniae* (Sheng Di Huang) and *Caulis Akebiae* (Guan Mu Tong). For suppurative infections on the body surface, it is used with *Radix Trichosanthis* (Tian Hua Fen), *Radix Angelicae Dahuricae* (Bai Zhi), and *Fructus Forsythiae Suspensae* (Lian Qiao).

For Damp Heat with high fever, restlessness, thirst, yellow tongue coating, and rapid pulse, it is used with *Fructus Gardeniae* (Zhi Zi) and *Rhizoma Coptidis* (Huang Lian). In cases of alternating attacks of fever and chills, it is used with *Radix Bupleuri* (Chai Hu) in “The Minor Decoction of *Bupleuri*” (*Xiao Chai Hu Tang*).

For cough due to Lung Heat, it is used with mulberry bark (*Sang Bai Pi*) and *Radix Ophiopogonis* (*Mai Dong*) in “Decoction for Clearing Away Heat in the Lung” (*Qing Fei Tang*).

For bleeding due to the invasion of Blood by Excess Heat, such as hematemesis, epistaxis, hematuria or hemaecia, and metrorrhagia, and it is used alone or with *Radix Rehmanniae* (Sheng Di Huang), *Rhizoma Imperatae* (Bai Mao Gen), and *Radix Notoginseng* (*San Qi*).

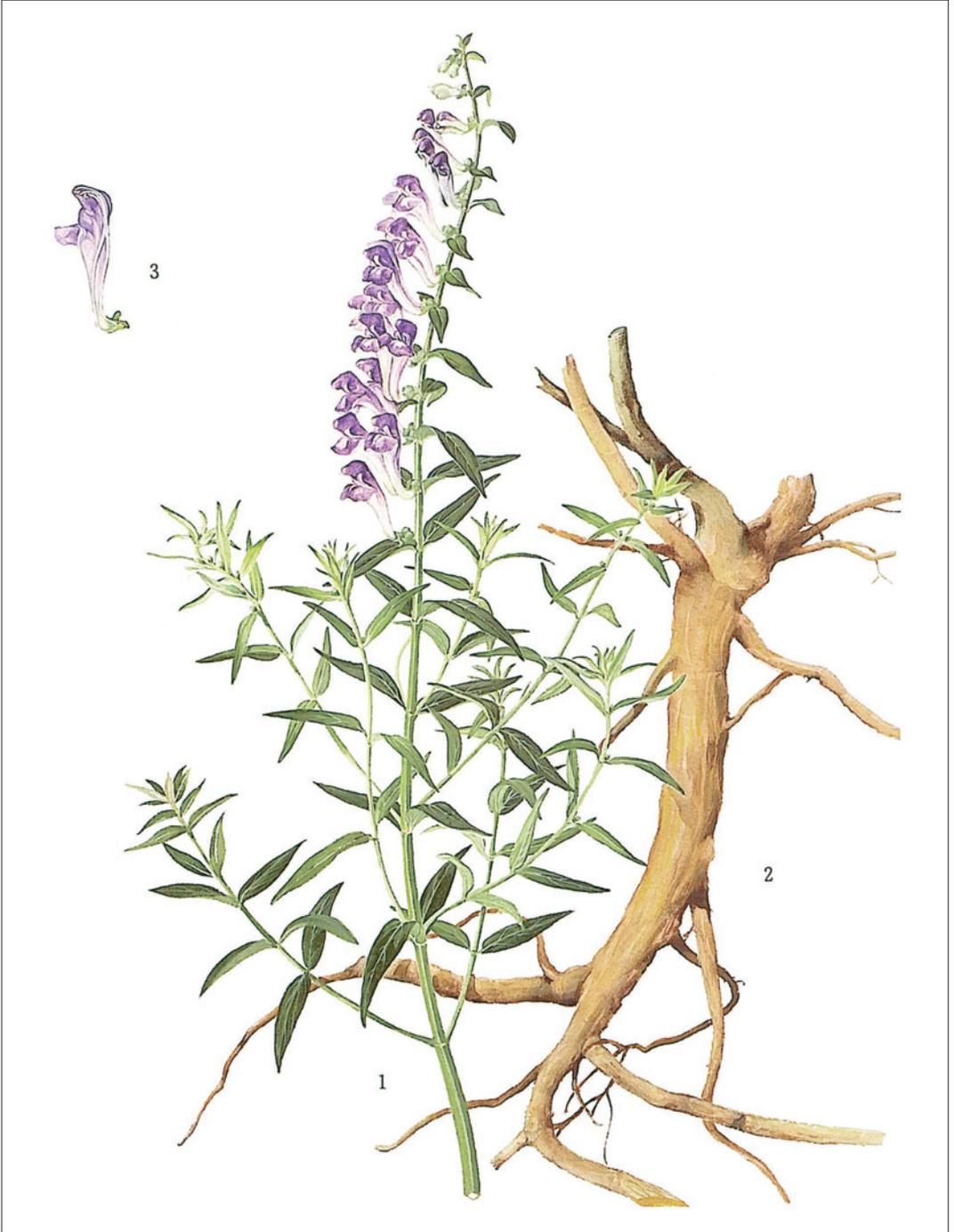
For Heat syndrome during pregnancy and threatened abortion, it is used with *Radix Angelicae Sinensis* (*Dang Gui*) and *Rhizoma Atractylodis Macrocephalae* (*Bai Zhu*) in “*Radix Angelicae Sinensis Powder*” (*Dang Gui San*).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose, or prepared into a bolus or powder. For clearing away Heat, it should be used unprepared; for preventing abortion, it is usually stir-baked; for hemostasis, it is stir-baked until charred.

PRECAUTIONS

It is contraindicated in cases of Cold syndromes of a Deficiency type.



Scutellaria baicalensis Georgi (Fam. Lamiaceae)

1. Branch with flowers; 2. Root; 3. Flower

PHARMACEUTICAL NAME

Herba Scutellariae Barbatae

ENGLISH NAME

barbat skullcap, scutellaria

PART USED

whole plant

Herba Scutellariae Barbatae is grown throughout southeastern China. It is collected in summer and autumn, dried in sunlight, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour and bitter in flavor, cold in property, acts on the Large Intestine, Liver, Lung, and Stomach channels.

FUNCTIONS

Clears Heat, relieves toxicity, invigorates the blood, and reduces swellings.

CLINICAL USE AND MAJOR COMBINATIONS

For sores, furuncles and abscesses, and snakebite, it is used internally or externally; for trauma, it is used fresh with warm wine, and applied to the local area.

For viral hepatitis, it is used with Herba Taraxaci (Pu Gong Ying); for nephritic edema, it is used with Semen Plantaginis (Che Qian Zi).

For various types of cancer.

DOSAGE AND ADMINISTRATION

15–60 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Scutellaria barbata D. Don. (Fam. Lamiaceae)
1. Lower part of the plant; 2. Upper part of the plant; 3. Flower enlargement;
4. Opened corolla showing stamen; 5. Pistil

PHARMACEUTICAL NAME

Semen Sesami Nigrum

ENGLISH NAME

black sesame seeds

PART USED

ripe seed

Semen Sesami Nigrum is grown throughout China. It is collected in autumn, and dried in sunlight for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver and Kidney channels.

FUNCTIONS

Tonifies the Vital Essence and Blood, moistens the Intestine to relax bowels.

CLINICAL USE AND MAJOR COMBINATIONS

For premature gray hair, dizziness, and blurred vision due to insufficiency of Vital Essence and Blood, it is used alone or with other herbs, such as honey and Folium Mori (Sang Ye).

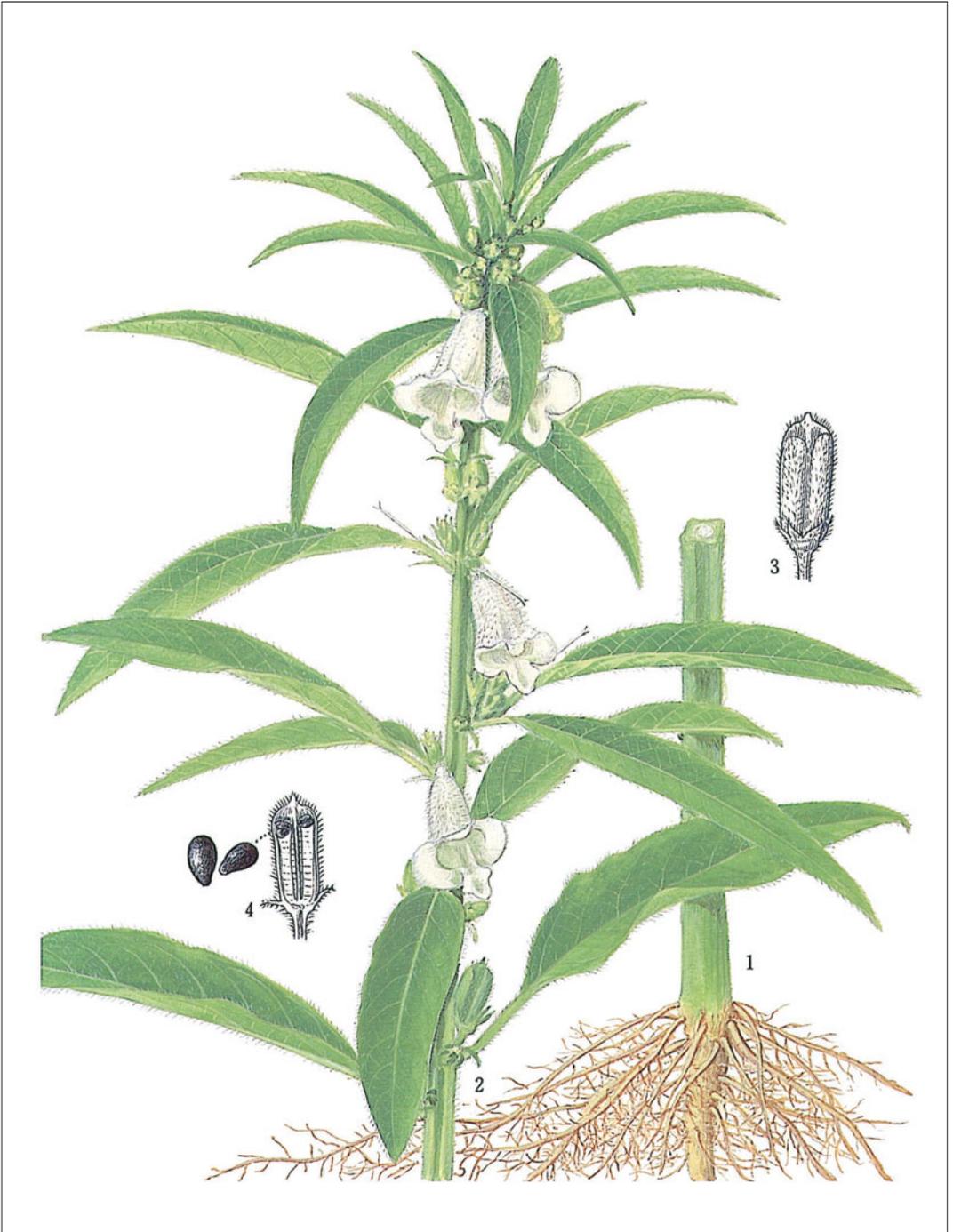
For constipation due to Dry Intestines caused by insufficiency of Blood and Fluid, it is used with Herba Cistanches (Rou Cong Rong), Radix Angelicae Sinensis (Dang Gui), and Semen Platycladi (Bai Zi Ren).

DOSAGE AND ADMINISTRATION

10–30 g, it is used stir-baked for internal use.

PRECAUTIONS

It is contraindicated in patients with loose stools.



Sesamum indicum L. (Fam. Pedaliaceae)
1. Root; 2. Branch with flowers; 3. Fruit; 4. Cross-section of fruit and seeds

PHARMACEUTICAL NAME

Herba Siegesbeckiae

ENGLISH NAME

siegesbeckia herb

PART USED

dried aerial part

Herba Siegesbeckiae is produced chiefly in Hubei, Hunan, and Jiangsu provinces. Collected in summer or in autumn, it is cleaned, dried in sunlight, and sliced. The herb is used unprepared or steam-baked with wine.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver and Kidney channels.

FUNCTIONS

Expels Wind Dampness, soothes the channels, removes Pathogenic Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis with joint pain, paralysis, weakness of the loins and knees, or hemiplegia, *Herba Siegesbeckiae* is used alone or with *Folium Clerodendri* in “*Siegesbeckiae Clerodendri Pill*” (*Xi Tong Wan*).

For rubella, boils, carbuncles, and sores with exudation, it is taken internally or applied topically.

Recently it has been used for the treatment of hypertension.

DOSAGE AND ADMINISTRATION

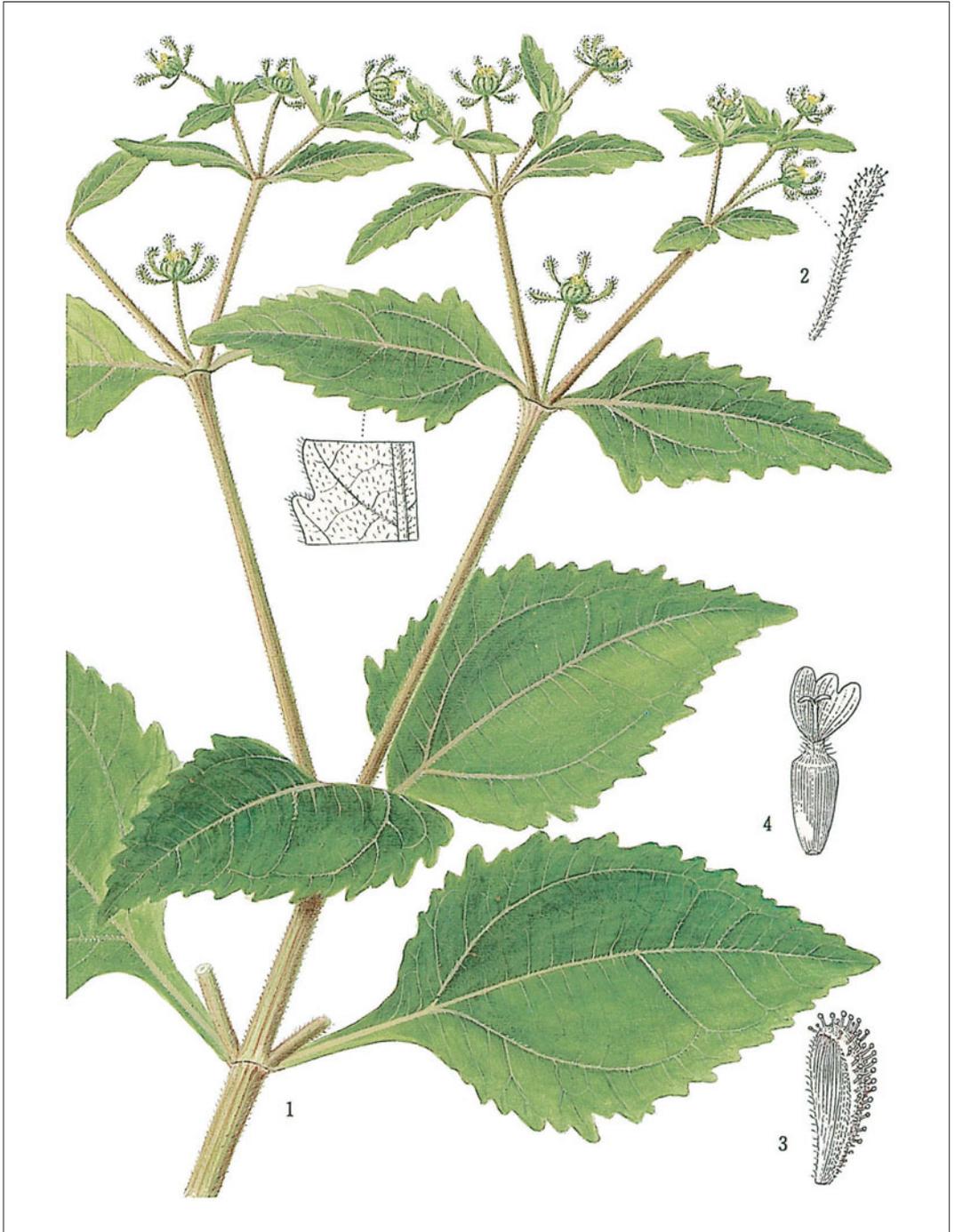
10–15 g. Use steam-baked *Herba Siegesbeckiae* for arthritis and unprepared *Herba Siegesbeckiae* for skin infections.

PRECAUTIONS

None noted.

Siegesbeckia orientalis L., *Siegesbeckia pubescens* Makino,
or *Siegesbeckia glabrescens* Makino (Fam. Asteraceae)

XI XIAN CAO



Siegesbeckia orientalis L. (Fam. Asteraceae)
1. Branch with leaves and flowers; 2-4. Flowers

PHARMACEUTICAL NAME

Semen Sinapis Albae

ENGLISH NAME

white mustard seed

PART USED

ripe seed

Semen Sinapis Albae is produced mainly in the provinces of Anhui and Henan. It is collected during summer and autumn when the seed is ripe. After the seed is dried in sunlight, it is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung channel.

FUNCTIONS

Warms the Lung to eliminate Phlegm, promotes the flow of Qi to resolve masses.

CLINICAL USE AND MAJOR COMBINATIONS

For cough, asthma, chest congestion, and pain in the hypochondria due to the accumulation of Cold Phlegm in the Lung. For cough, asthma, and profuse thin sputum, it is used with Fructus Perillae (Zi Su Zi) and Semen Raphani (Lai Fu Zi) in “The Decoction of Three Kinds of Seeds for the Aged” (San Zi Yang Qin Tang). For congestion in the chest and pain in the hypochondria, it is used with Radix Euphorbiae Kansui (Gan Sui) and Radix Euphorbiae Seu Knoxiae (Da Ji) in “The Controlling Phlegm-Fluid Pill” (Kong Xian Dan).

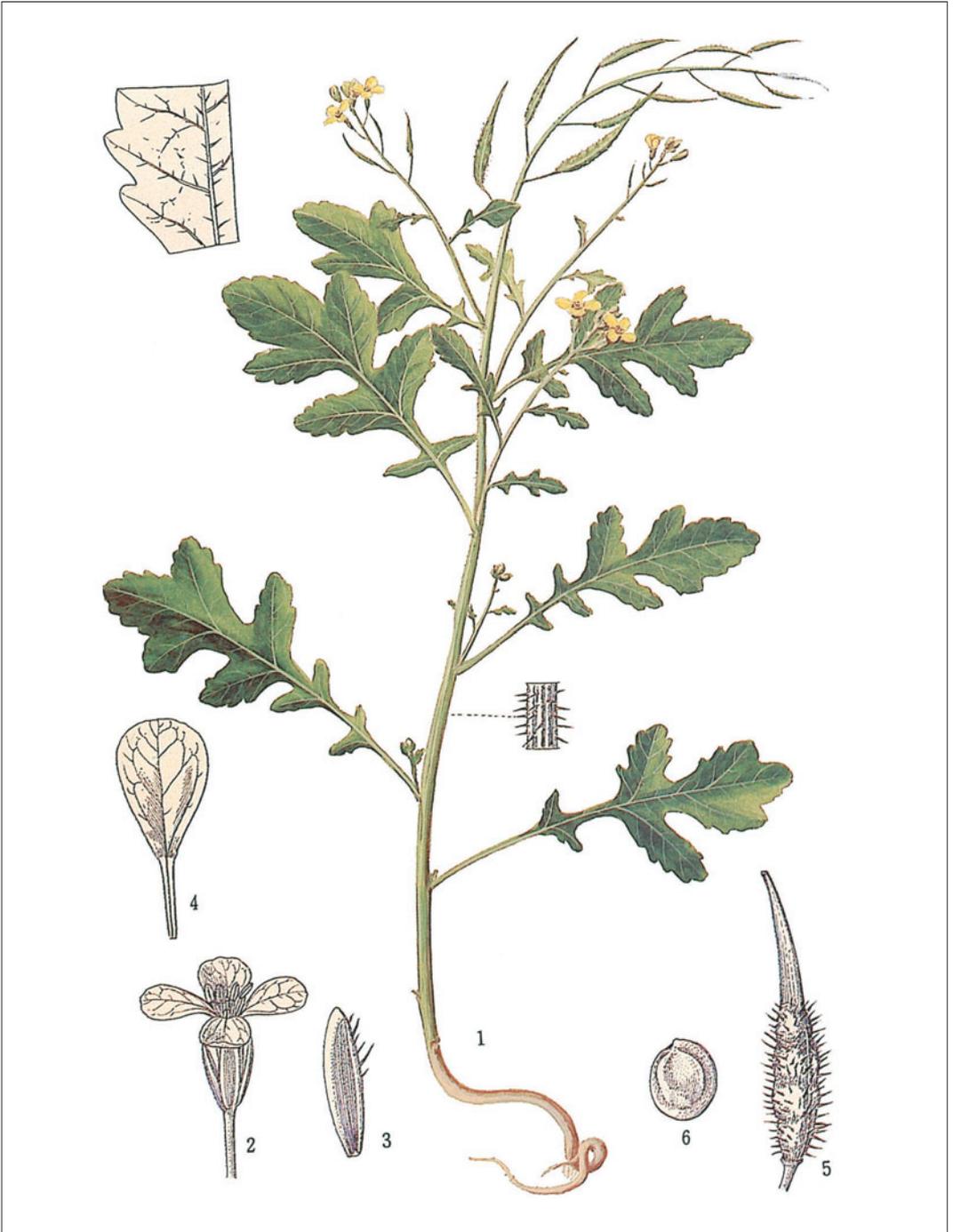
For pain and numbness of arm and shoulder due to Phlegm Dampness, it is used with Myrrha (Mo Yao) and Radix Aucklandiae (Mu Xiang) in “The Semen Sinapis Albae Powder” (Bai Jie Zi San). For multiple or metastatic abscesses, and deep-rooted carbuncles of a Yin nature, it is used with Cortex Cinnamomi (Rou Gui) and Radix Rehmanniae Preparata (Shu Di Huang) in “The Yang-Activating Decoction” (Yang He Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose. Appropriate amount for external use.

PRECAUTIONS

Since Semen Sinapis encourages the formation of blisters on the skin, it is contraindicated in patients with skin allergies.



Sinapis alba L. (Fam. Brassicaceae)
1. Whole plant; 2. Flower; 3. Calyx; 4. Petal; 5. Fruit; 6. Seed

PHARMACEUTICAL NAME

Rhizoma Smilacis Glabrae

ENGLISH NAME

glabrous greenbrier rhizome

PART USED

dried rhizome

Rhizoma Smilacis Glabrae is grown in the southern part of China. It is collected in all seasons, dried in sunlight after removal of the rootlets and earth, or sliced when it is fresh, and then dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and neutral in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Removes Dampness, counteracts toxicity, and improves the mobility of joints.

CLINICAL USE AND MAJOR COMBINATIONS

For limb and muscle pain in syphilis or mercury poisoning, it is used alone in large quantities or with Flos Lonicerae (JinYin Hua), Cortex Dictamni (Bai Xian Pi), and Radix Glycyrrhizae Uralensis (Gan Cao).

For dysuria with turbid discharge, morbid leukorrhea, and carbuncles.

DOSAGE AND ADMINISTRATION

15–60 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Smilax glabra Roxb. (Fam. Liliaceae)
1. Root-tuber; 2. Branch with fruit; 3. Flower; 4. Sliced dry herb

PHARMACEUTICAL NAME

Hailong

ENGLISH NAME

pipefish

PART USED

dried body

Hailong is produced in Guangdong and Shandong provinces. It is cut into segments or broken into pieces, and stir-baked with wine for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the Kidney channel.

FUNCTIONS

Warms Kidney Yang, resolves masses to reduce swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For impotence and seminal emission.

For masses in the abdomen and scrofula, it is used with Fructus Zizyphi Zizyphi Jujubae (Da Zao).

For traumatic injuries and carbuncles and boils.

DOSAGE AND ADMINISTRATION

3–9 g, decocted in water for internal use. Proper amount for external use.

PRECAUTIONS

It is contraindicated in patients with flaring of the Fire due to Yin Deficiency.



Solenognathus hardwickii (Gray.) (Fam. Syngnathidae)

PHARMACEUTICAL NAME

Radix Sophorae Flavescens

ENGLISH NAME

sophora root

PART USED

dried root

Radix Sophorae Flavescens is produced throughout China. The root is collected in spring and autumn. After removal of the hairy rootlets, it is sliced and dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Heart, Liver, Stomach, Large Intestine, and Bladder channels.

FUNCTIONS

Clears Pathogenic Heat and Dampness, dispels Pathogenic Wind, kills parasites, and promotes diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For jaundice due to Damp Heat, it is used with *Fructus Gardeniae* (Zhi Zi) and *Radix Gentianae* (Long Dan Cao).

For dysentery due to Damp Heat, it is used alone or with *Radix Aucklandiae* (Mu Xiang) and *Radix Glycyrrhizae Uralensis* (Gan Cao) in “The Aucklandiae-Sophorae Pill” (Xiang Shen Wan).

For bloody and profuse leukorrhea and pudendal itching, it is used with *Cortex Phellodendri* (Huang Bai), *Radix Angelicae Dahuricae* (Bai Zhi), and *Fructus Cnidii* (She Chuang Zi). It is used externally for *Trichomonas vaginitis*.

For itching of the skin, scabies, eczema, sores with exudation and leprosy, it is used alone or with sulfur (Liu Huang) and *Fructus Xanthii Sibirici* (Cang Er Zi).

For oliguria and dysuria due to Damp Heat, it is used alone or with *Herba Taraxaci* (Pu Gong Ying) and *Folium Pyrrosiae* (Shi Wei).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose, or used in pills. Appropriate quantity for external use.

PRECAUTIONS

1. It is incompatible with *Radix et Rhizoma Veratri* (Li Lu).
2. It should not be used with Cold syndromes of a Deficiency type in the Spleen and Stomach.



Sophora flavescens Ait. (Fam. Fabaceae)

1. Branch with flowers; 2. Root

PHARMACEUTICAL NAME

Flos Sophorae Immaturus

ENGLISH NAME

pagoda tree flower

PART USED

dried flower or flower bud

Flos Sophorae Immaturus is the dried flower or flower bud of *Sophora japonica* L. (Fam. Fabaceae). The flower is known as Huai Hua, whereas the flower bud is Huai Mi. Grown in most provinces in China, it is collected in June and July, dried in sunlight, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Liver and Large Intestine channels.

FUNCTIONS

Stops bleeding due to Blood Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of bleeding, especially bloody stools and hemorrhoidal bleeding, it is used stir-baked with Radix Sanguisorbae Officinalis (Di Yu). It is also used in treating hemoptysis and epistaxis with Herba Agrimoniae (Xian He Cao), Rhizoma Imperatae (Bai Mao Gen), and Cacumen Platycladi (Ce Bai Ye).

For the treatment of hypertension.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Sophora japonica L. (Fam. Fabaceae)
1. Branch with leaves; 2. Fruit; 3. Flower; 4. Calyx; 5-7. Petal; 8. Stamen; 9. Pistil

PHARMACEUTICAL NAME

Radix Sophorae Tonkinensis

ENGLISH NAME

Vietnamese sophora root

PART USED

root and rhizome

Radix Sophorae Tonkinensis is produced mainly in the provinces of Guangxi, Guangdong, Jiangxi, and Guizhou. It is collected in autumn, dried in sunlight, cleaned, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Lung channel.

FUNCTIONS

Removes Toxic Heat, soothes the throat, reduces swelling pain.

CLINICAL USE AND MAJOR COMBINATIONS

For sore throat and painful swelling of the gums due to accumulation of Toxic Heat. This is the most important herb for treating sore throat. It can be used alone or with Radix Scrophulariae (Xuan Shen), Rhizoma Belamcandae (She Gan), and Radix Isatidis (Ban Lan Gen).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose, or ground into powder for external use.

PRECAUTIONS

Contraindicated for use in patients with loose stools or other symptoms of Cold and Deficient Spleen and Stomach.



Sophora tonkinensis Gapnep. (Fam. Fabaceae)
1. Root; 2. Branch with flowers; 3. Fruit

PHARMACEUTICAL NAME

Rhizoma Sparganii

ENGLISH NAME

bur reed tuber

PART USED

dried rhizome

Rhizoma Sparganii is produced in the provinces of Jiangsu, Henan, Shandong, Jiangxi, and Anhui, and collected in winter and spring. After the rootlets are removed, the rhizome is cleaned, dried in sunlight, and parched with vinegar or bran for medication.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver and Spleen channels.

FUNCTIONS

Disperses congealed Blood, promotes flow of Qi to relieve pain.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea and abdominal masses due to Blood and Qi Stasis. This herb has the same clinical use as Rhizoma Curcumae Zedoariae (E Zhu); however, Rhizoma Spargani is more effective in breaking up congealed Blood than Rhizoma Curcumae, but less effective in promoting the flow of Qi .

For distension and pain in the abdomen due to food stagnation, it is used with Rhizoma Curcumae Zedoariae (E Zhu), Pericarpium Citri Reticulatae Viride (Qing Pi), and Fructus Hordei Germinatus (Mai Ya).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in women with menorrhagia and in pregnant women.

Sparganium stoloniferum Buch.-Ham., *Sparganium simplex* Huds., or
Sparganium stenophyllum Maxim. In some places *Scirpus flabiatilis*
(Torr.) is used locally as this herb (Fam. Sparganiaceae).

SAN LENG



Sparganium stoloniferum Buch.-Ham. (Fam. Sparganiaceae)
1. Lower part of the plant; 2. Branch with flowers and fruit; 3. Male flower; 4. Female flower; 5. Fruit

PHARMACEUTICAL NAME

Caulis Spatholobi

ENGLISH NAME

spatholobus, millettia vine

PART USED

Dried stem

Caulis Spatholobi is produced chiefly in the provinces of Guangdong, Guangxi, and Yunnan. The crude herb is cut into slices or decocted into gelatin for medication.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and slightly sweet in flavor, warm in property, acts on the Liver channel.

FUNCTIONS

Promotes Blood circulation and tonifies Blood, activates the channels, and relaxes the sinews.

CLINICAL USE AND MAJOR COMBINATIONS

For irregular menstruation, and amenorrhea, it is used with Radix Rehmanniae (Sheng Di Huang), Radix Angelicae Sinensis (Dang Gui), and Rhizoma Ligustici Chuanxiong (Chuan Xiong). For pain in the waist and knees, numbness in the extremities, and arthralgia due to Wind Dampness, this herb can be used with others that invigorate Qi, nourish blood, and dispel Wind Dampness.

DOSAGE AND ADMINISTRATION

10–15 g, or in a large dose up to 60 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Spatholobus suberectus Dunn (Fam. Fabaceae)
1. Branch with fruit; 2. Vine; 3. Flower; 4. Cross-section of the vine

PHARMACEUTICAL NAME

Herba Spirodela

ENGLISH NAME

duckweed

PART USED

dried whole plant

Herba Spirodela, grown in most provinces in China, is collected in summer, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, cold in property, acts on the Lung and the Bladder channels.

FUNCTIONS

Induces diaphoresis to dispel Wind Heat, promotes rash eruption, and alleviates itching, and is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For common cold due to Wind Heat with fever and anhydrosis, it is used alone or with *Herba Schizonepetae Tenuifolia* (Jing Jie), *Menthae Arvensis* (Bo He), and *Fructus Forsythiae* (Fang Feng).

For measles with incomplete rash eruption, it is used with *Menthae Arvensis* (Bo He), *Fructus Arctii* (Niu Bang Zi), and *Periostracum Cicadae* (Chan Tui).

For rubella or measles due to Wind Heat, it is combined with *Menthae Arvensis* (Bo He) and *Fructus Arctii* (Niu Bang Zi) for oral use, or decocted alone for external use.

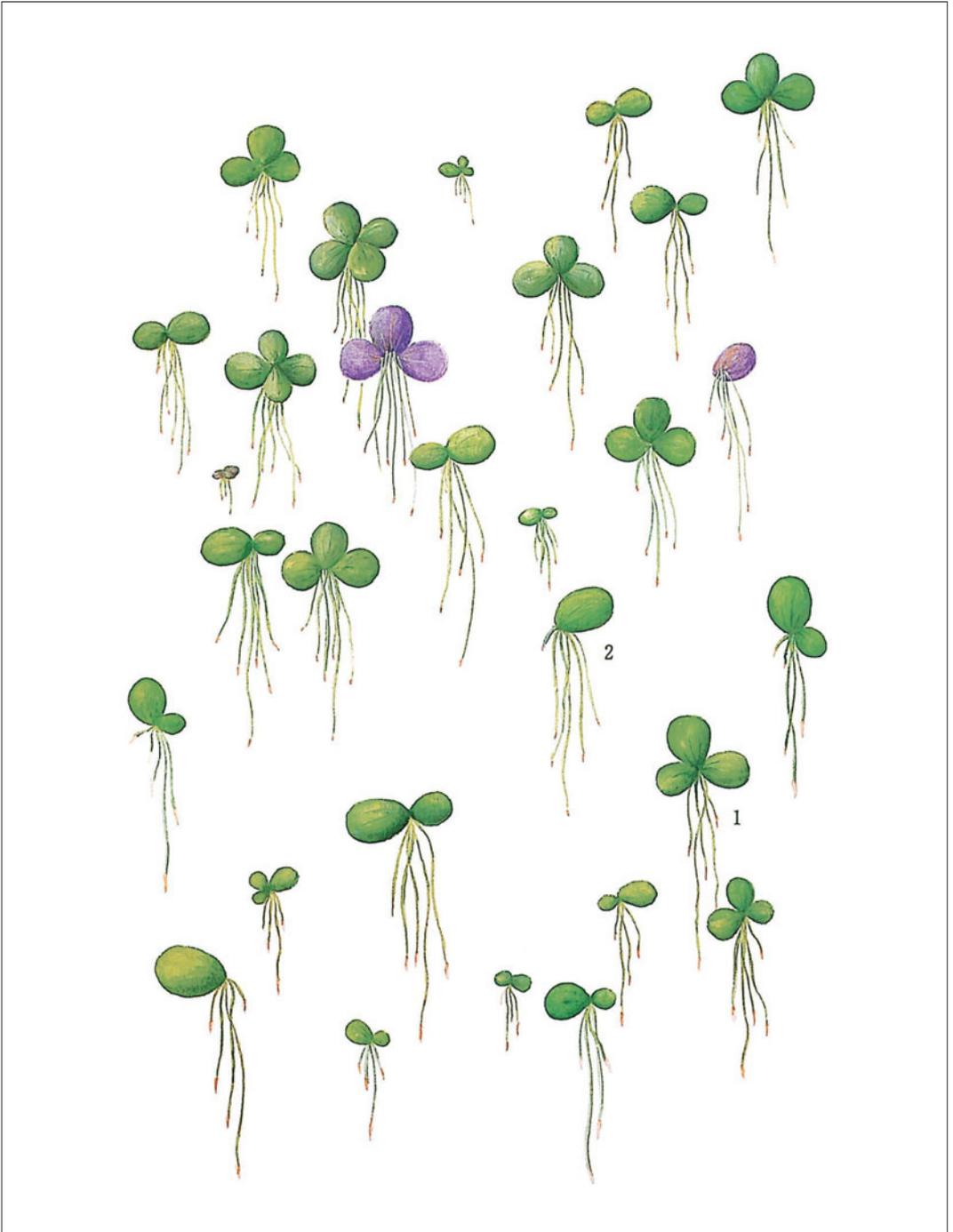
For edema with Exterior syndromes due to attack by exopathogens, it is used alone or with other herbs.

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral use; 1–2 g each time if used as powder. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Spirodela polyrrhiza (L.) Schleid. (Fam. Lemnaceae)
1. Leaves; 2. Back side of the leaf with root

PHARMACEUTICAL NAME

Medulla Stachyuri

ENGLISH NAME

stachyurus or Japanese helwingia pith

PART USED

dried stem pith

Medulla Stachyuri is produced mainly in Sichuan Province.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and neutral in flavor, cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Clears Heat, causes diuresis, and promotes lactation.

CLINICAL USE AND MAJOR COMBINATIONS

For oliguria, urinary infection, and galactostasis.

DOSAGE AND ADMINISTRATION

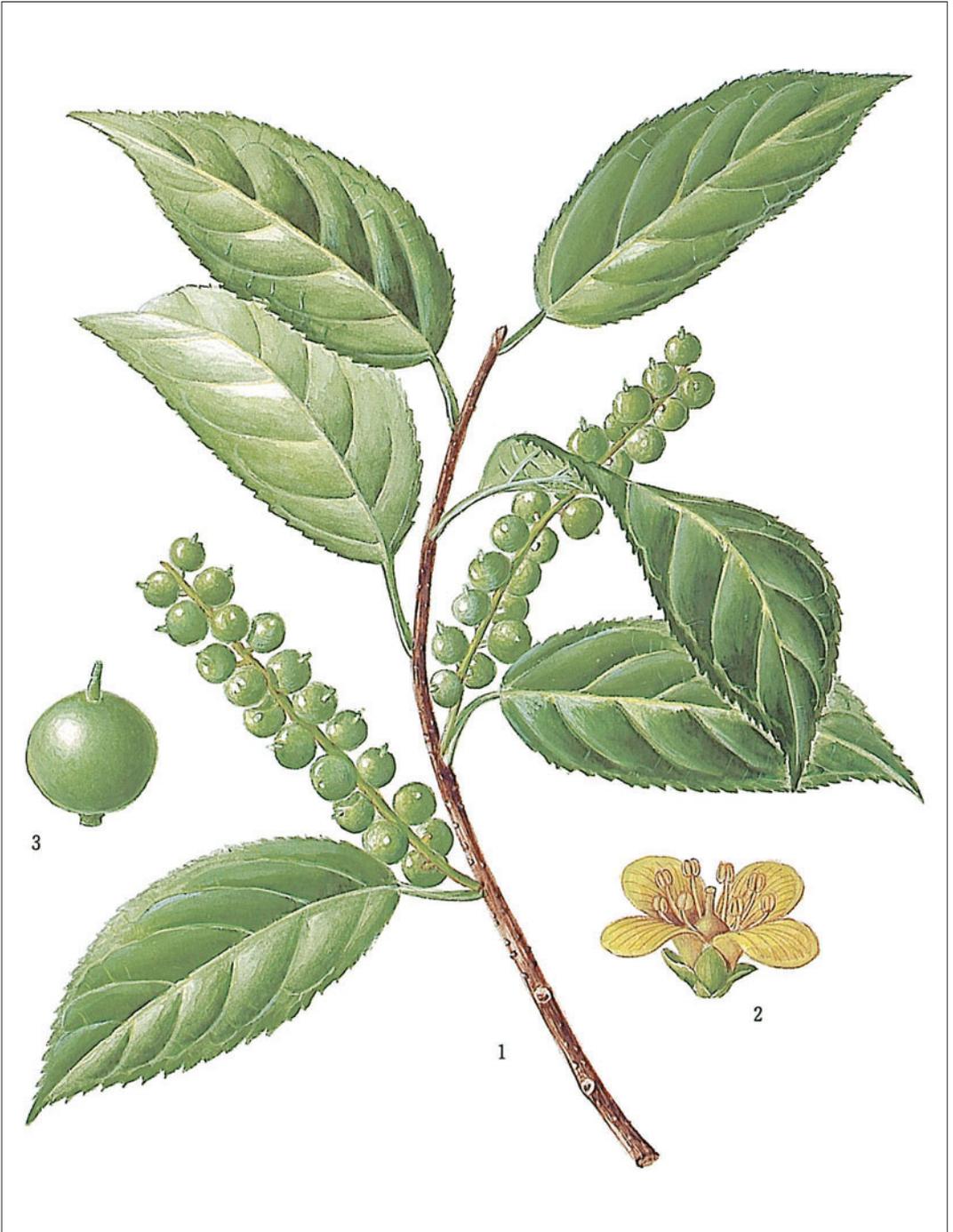
2.5–4.5 g, decocted in water for internal use.

PRECAUTIONS

It is contraindicated during pregnancy.

Stachyurus himalaicus Hook. f. et Thoms., *Stachyurus chinensis* Franch. (Fam. Stachyuraceae) or *Helwingia japonica* (Thunb.) Dietr. (Fam. Cornaceae)

XIAO TONG CAO



Stachyurus himalaicus Hook. f. et Thoms. (Fam. Stachyuraceae)
1. Branch with fruit; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Radix Stellariae

ENGLISH NAME

starwort root, stellaria root

PART USED

dried root

Radix Stellariae is produced mainly in the provinces of Inner Mongolia, Ningxia, Gansu, and Shanxi. It is collected in autumn, washed, dried in sunlight and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acting on the Liver and Stomach channels.

FUNCTIONS

Relieves fever in Deficiency conditions.

CLINICAL USE AND MAJOR COMBINATIONS

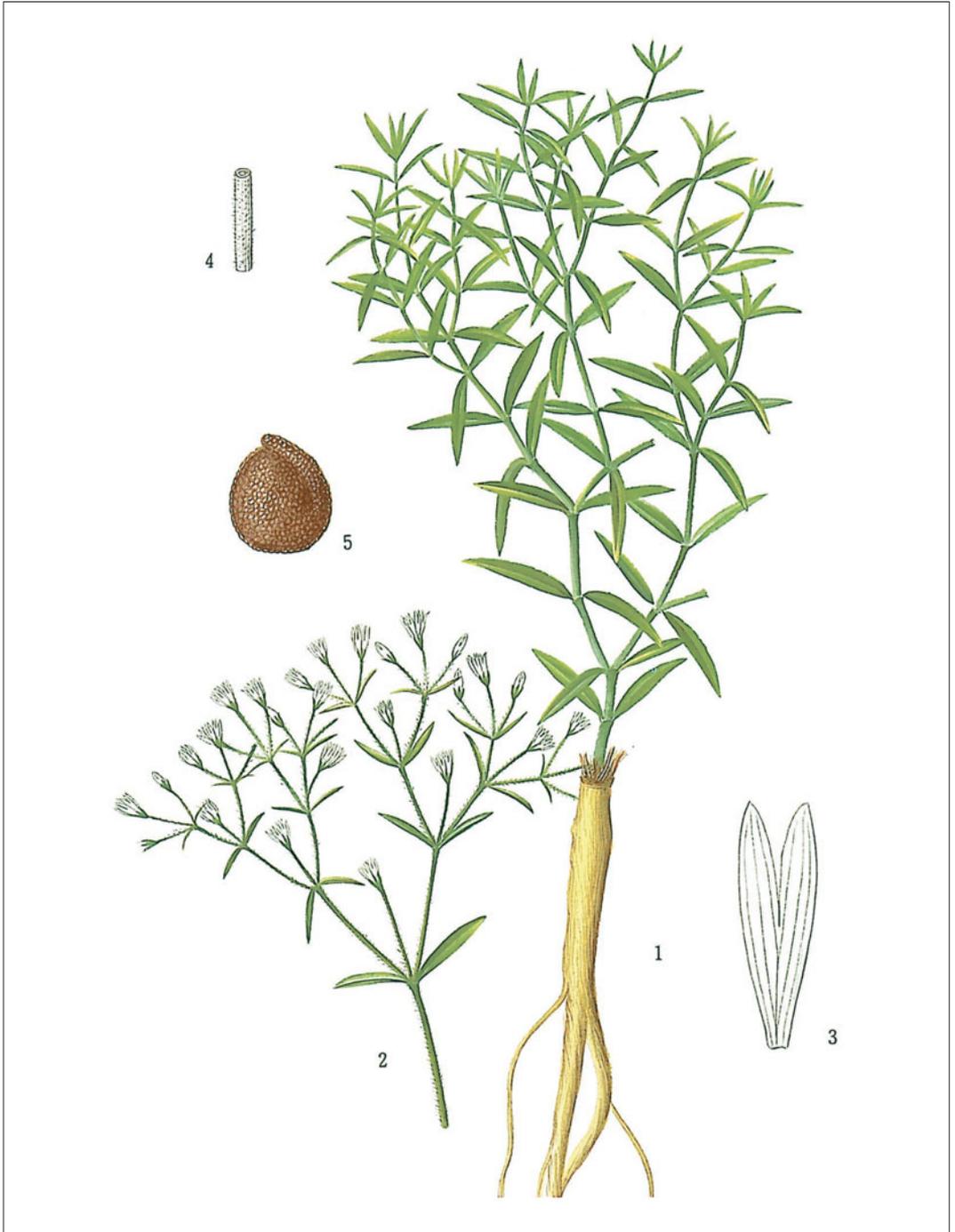
For fever due to Yin Deficiency, consumptive fever, and fever with infantile malnutrition, it is used with Cortex Lycii Radicis (Di Gu Pi), Carapax Trionycis (Bie Jia), and Herba Artemisiae Annuae (Qing Hao).

DOSAGE AND ADMINISTRATION

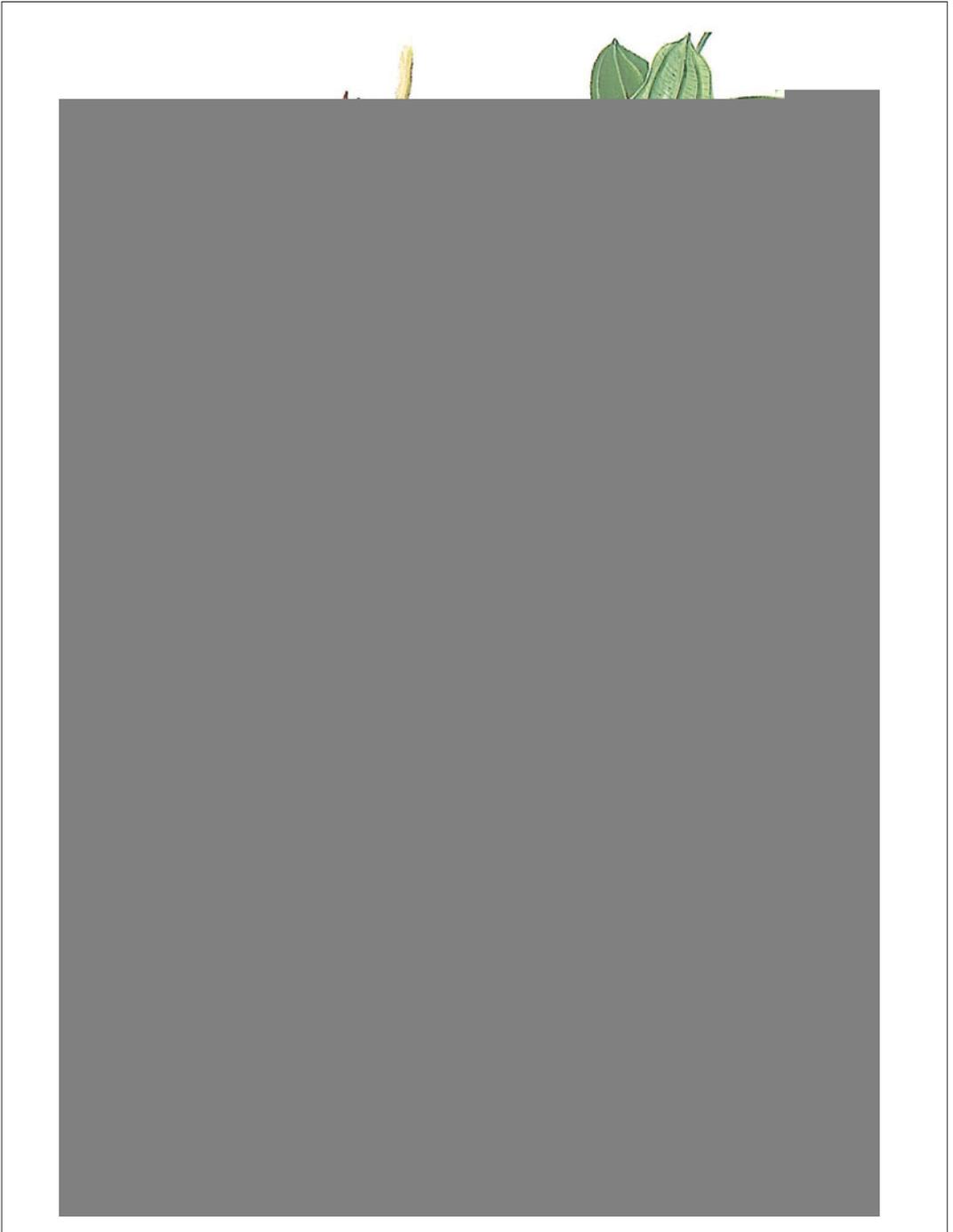
3–9 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for invasion of Wind Cold or for cases without fever due to Blood Deficiency.



Stellaria dichotoma L. var. *lanceolata* Bge. (Fam. Caryophyllaceae)
1. Whole plant; 2. Branch with flowers; 3. Petal; 4. Enlargement of the stem showing hair; 5. Seed



Stemona sessilifolia (Miq.) Miq. (Fam. Stemonaceae)
1. Root and shoot; 2. Branch with flowers

PHARMACEUTICAL NAME

Radix Stephaniae Tetrandrae

ENGLISH NAME

southern fangchi root

PART USED

dried root

Radix Stephaniae Tetrandrae is produced mainly in the provinces of Zhejiang, Anhui, Guangdong, and Guangxi. It is dug in autumn, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, cold in property, acts on the Bladder, Kidney, and Spleen channels.

FUNCTIONS

Expels Wind Dampness, relieves pain, causes diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For arthralgia caused by Wind Dampness. For joint pain due to Cold Dampness, it is used with the herbs that warm the channels, such as *Ramulus Cinnamomi* (Gui Zhi).

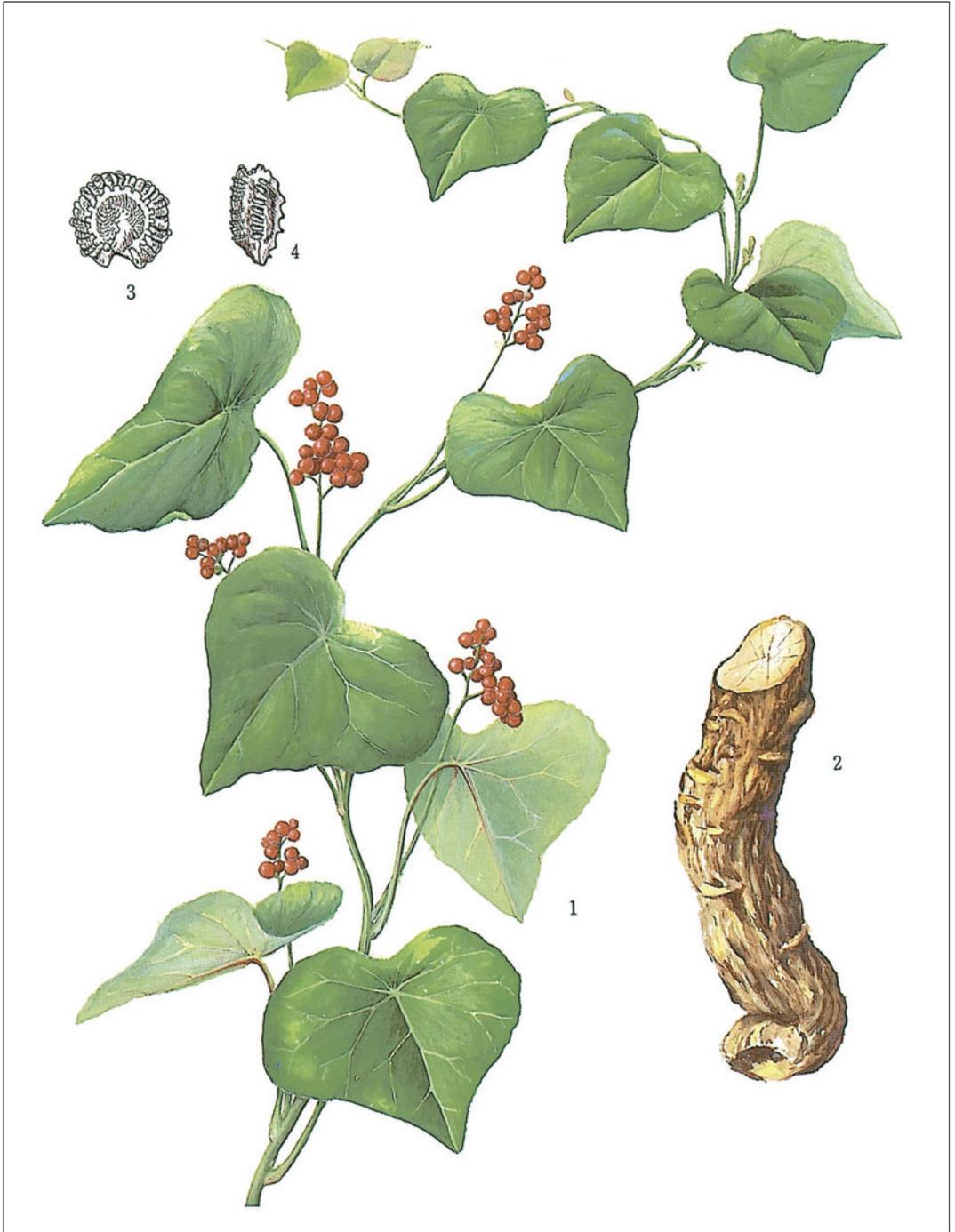
For edema, ascites, and difficulty in micturition due to Damp Heat in the Lower Heater, it is used with herbs that are diuretics such as *Semen Lepidii* (Ting Li Zi) and *Radix et Rhizoma Rhei* (Da Huang). For syndromes of the Deficiency type, it is used with herbs that replenish Qi and reinforce the Spleen, such as *Radix Astragali Membranaceus* (Huang Qi), *Rhizoma Atractylodis Macrocephalae* (Bai Zhu), and *Radix Glycyrrhizae Uralensis* (Gan Cao).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated in large amounts because it will damage Stomach Qi. Contraindicated in Yin Deficiency, and with symptoms of poor appetite.



Stephania tetrandra S. Moore (Fam. Menispermaceae)
1. Branch with fruit; 2. Root; 3. Seed front view; 4. Seed side view

PHARMACEUTICAL NAME

Semen Sterculiae Lychnophorae

ENGLISH NAME

boat sterculia seed

PART USED

dried ripe seed

Semen Sterculiae Lychnophorae is produced mainly in Indonesia. It is collected during April and June, dried in sunlight, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung and Large Intestine channels.

FUNCTIONS

Removes Lung Heat, soothes sore throat, relaxes the bowels.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to Phlegm Heat and hoarseness due to Lung Heat, it is used alone with water or with Radix Platycodi (Jie Geng) and Periostracum Cicadae (Chan Tui).

For constipation with headache, red eyes, and fever due to Heat accumulation, it is used alone or with other herbs that clear Heat and loosen the bowels.

DOSAGE AND ADMINISTRATION

3–5 pieces, soaked in boiling water or decocted in water.

PRECAUTIONS

None noted.



Sterculia Lychnophora Wall. (Fam. Sterculiaceae)
. Branch with leaves; Fruit; . Seed

PHARMACEUTICAL NAME

Succinum

ENGLISH NAME

amber

Succinum is the fossil form of the resin of ancient maples or pines. It is produced in the provinces of Yunnan, Guangxi, and Liaoning. It is ground into a powder after getting rid of the impurities.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Heart, Liver, and Bladder channels.

FUNCTIONS

Calms the Spirit, tranquilizes the Mind, promotes Blood circulation to remove Blood Stasis, is a diuretic, and treats difficult urination.

CLINICAL USE AND MAJOR COMBINATIONS

For convulsion and epilepsy, it is used with Cinnabaris (Zhu Sha) and Scorpio (Quan Xie). For palpitation, insomnia, and dreaminess, it is used with Semen Ziziphi Spinosae (Suan Zao Ren), Caulis Polygoni Multiflori (Ye Jiao Teng), and Cinnabaris (Zhu Sha).

For amenorrhea and traumatic pain and swellings, it is used with Radix Angelicae Sinensis (Dang Gui), Rhizoma Curcumae Zedoariae (E Zhu), and Radix Linderae (Wu Yao) in “Succinum Powder” (Hu Po San). For scrotal and labial hematoma or uterine congestion, the powder of Succinum is used alone.

For difficult urination, it is used alone or with other herbs, such as Herba Lysimachiae (Jin Qian Cao) and Caulis Akebiae (Guan Mu Tong).

DOSAGE AND ADMINISTRATION

1.5–3 g, ground into powder to be infused for an oral dose. It should not be decocted in water.

PRECAUTIONS

None noted.



Succinum

PHARMACEUTICAL NAME

Herba Taraxaci

ENGLISH NAME

dandelion

PART USED

entire plant

Herba Taraxaci is produced throughout China. Collected in summer and autumn then dried in the sunlight, the herb is used fresh or unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, cold in property, acts on the Liver and Stomach channels.

FUNCTIONS

Clears Pathogenic Heat, reduces swelling and nodulation, relieves dysuria.

CLINICAL USE AND MAJOR COMBINATIONS

For boils and sores, it is used with Herba Violae (Zi Hua Di Ding), Flos Lonicerae (Jin Yin Hua), and Flos Chrysanthemi Indici (Ye Ju Hua).

For mastitis, fresh Herba Taraxaci can be used alone internally or externally, or used with Caulis Lonicerae (Ren Dong Teng).

For lung abscess with symptoms of cough, thick sputum, and chest pain, it is used with Herba Houttuynia Cordatae (Yu Xing Cao) and Rhizoma Phragmitis (Lu Gen).

For appendicitis due to extreme Pathogenic Heat, it is used with Radix Peoniae Rubra (Chi Shao), Cortex Moutan (Mu Dan Pi), and Radix et Rhizoma Rhei (Da Huang).

For jaundice due to Damp Heat, it is used with Herba Artemisiae Scopariae (Yin Chen).

For dysuria due to Damp Heat, it is used with Herba Desmodii Styracifolii (Jin Qian Cao) and Rhizoma Imperatae (Bai Mao Gen).

DOSAGE AND ADMINISTRATION

10–30 g, or appropriate quantity for external use.

PRECAUTIONS

This is a relatively safe herb with an $LD_{50} = 50$ g/kg in mice and a record of relatively few side effects, but it can cause heartburn with oral administration.



Taraxacum mongolicum Hand.-Mazz. (Fam. Asteraceae)

1. Whole plant; 2. Inflorescence; 3. Petal; 4. Fruit

PHARMACEUTICAL NAME

Ramulus Taxilli Chinensis

ENGLISH NAME

mulberry mistletoe stems

PART USED

dried stem and leaf

Ramulus Taxilli Chinensis is produced chiefly in the provinces of Hebei, Liaoning, Jilin, Inner Mongolia, Anhui, Zhejiang, Hunan, Henan, Guangdong, and Guangxi. It is collected in winter and spring, cut into pieces, dried or stir-baked and dried, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver and Kidney channels.

FUNCTIONS

Expels Wind Dampness, replenishes the Liver and Kidney, strengthens the muscles and bones, nourishes the Blood to prevent abortion.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis due to Insufficiency of the Liver and Kidney with aching and weakness of the loins and knees, *Ramulus Taxilli Chinensis* is used with *Radix Angelicae Pubescentis* (Du Huo) and *Radix Achyranthis Bidentatae* (Niu Xi) in “The Angelicae Pubescentis-Taxilli Decoction” (Du Huo Ji Sheng Tang).

For abnormal uterine bleeding, excessive menstrual flow, uterine bleeding during pregnancy and threatened abortion, *Ramulus Taxilli Chinensis* is used with *Folium Artemisiae Augyi* (Ai Ye), *Colla Corii Asini* (A Jiao), *Cortex Eucommiae Ulmoidis* (Du Zhong), and *Radix Dipsaci* (Xu Duan).

It is also effective for the treatment of hypertension.

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Taxillus chinensis (DC.) Danser (Fam. Loranthaceae)

PHARMACEUTICAL NAME

Medulla Tetrapanacis

ENGLISH NAME

rice paper plant pith

PART USED

dried stem pith

Medulla Tetrapanacis is produced chiefly in the provinces of Guizhou, Yunnan, Guangxi, Sichuan, and in Taiwan. It is dried in sunlight and cut into slices for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, slightly cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Clears Pathogenic Heat, is a diuretic, promotes galactation.

CLINICAL USE AND MAJOR COMBINATIONS

For dribbling urination with scanty urine and burning pain, especially due to Dampness, Medulla Tetrapanacis is often used with Heat-clearing or diuretic herbs.

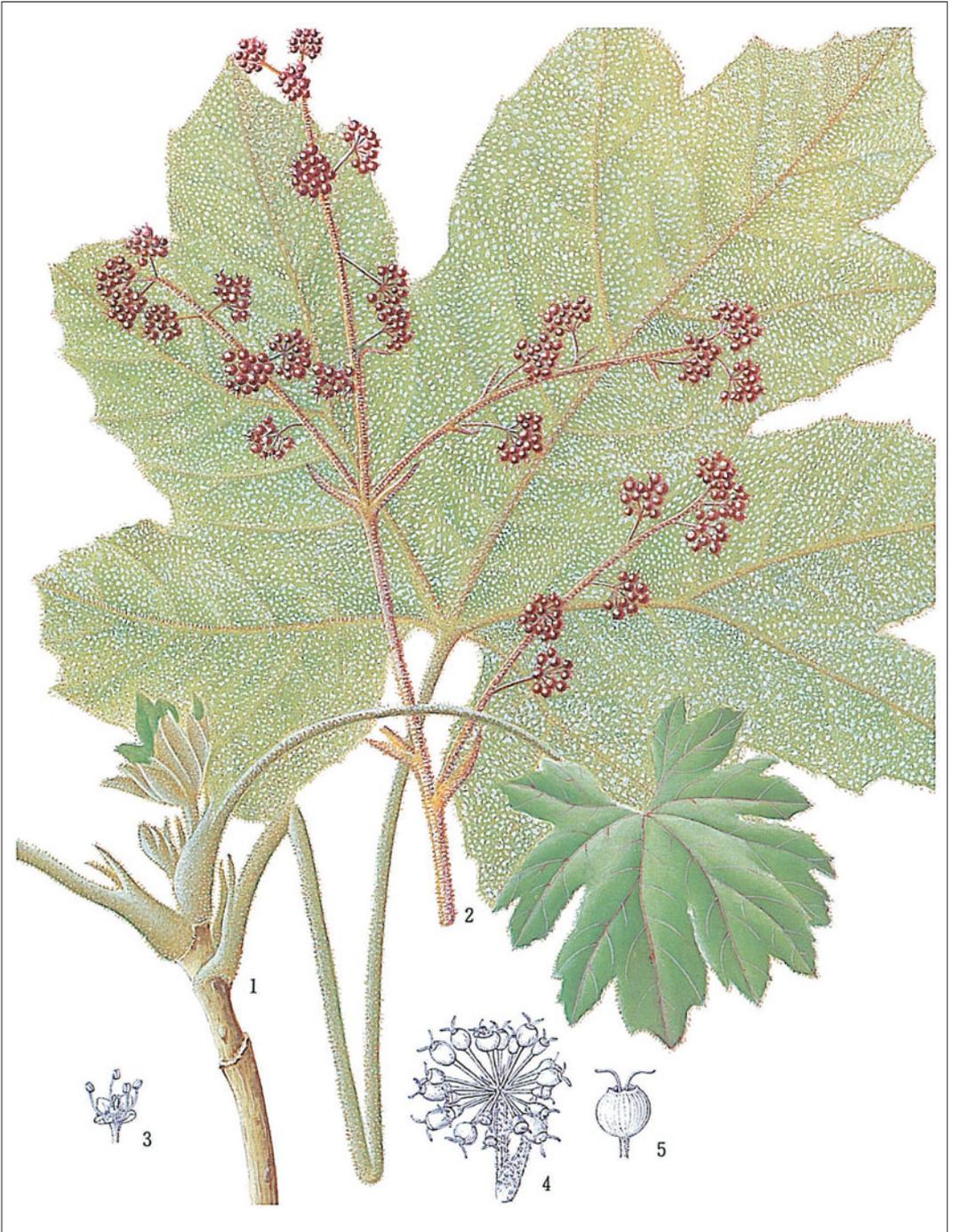
For use as a galactagogue, it has the same function as *Caulis Clematidis Armandii* and is often used with *Semen Vaccariae* (Wang Bu Liu Xing) and *Squama Manitis* (Chuan Shan Jia), or cooked with pig's feet.

DOSAGE AND ADMINISTRATION

2–5 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for use during pregnancy.



Tetrapanax papyriferus (Hook.) K. Koch (Fam. Araliaceae)
1. Part of the plant; 2. Branch with fruit; 3. Flower; 4. Inflorescence; 5. Fruit

PHARMACEUTICAL NAME

Semen Torreyae

ENGLISH NAME

torreya seed

PART USED

dried ripe seed

Semen Torreyae Grandis is produced chiefly in the provinces of Zhejiang, Fujian, Anhui, Hubei, and Jiangsu. Collected in winter and dried in sunlight, the seed is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Lung and Large Intestine channels.

FUNCTIONS

Poisons and kills parasites, relaxes bowels.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of worms. For ancylostomiasis, it is used alone or with *Semen Arecae* (Bing Lang) and *Cortex Meliae Radicis* (Ku Lian Pi). For taeniasis, it is used with *Semen Arecae* (Bing Lang) and *Semen Cucurbitae*. For ascariasis, it is used with *Fructus Quisqualis* (Shi Jun Zi), *Cortex Meliae Radicis* (Ku Lian Pi), and *Fructus Mume* (Wu Mei).

For cough due to Dryness of the Lung.

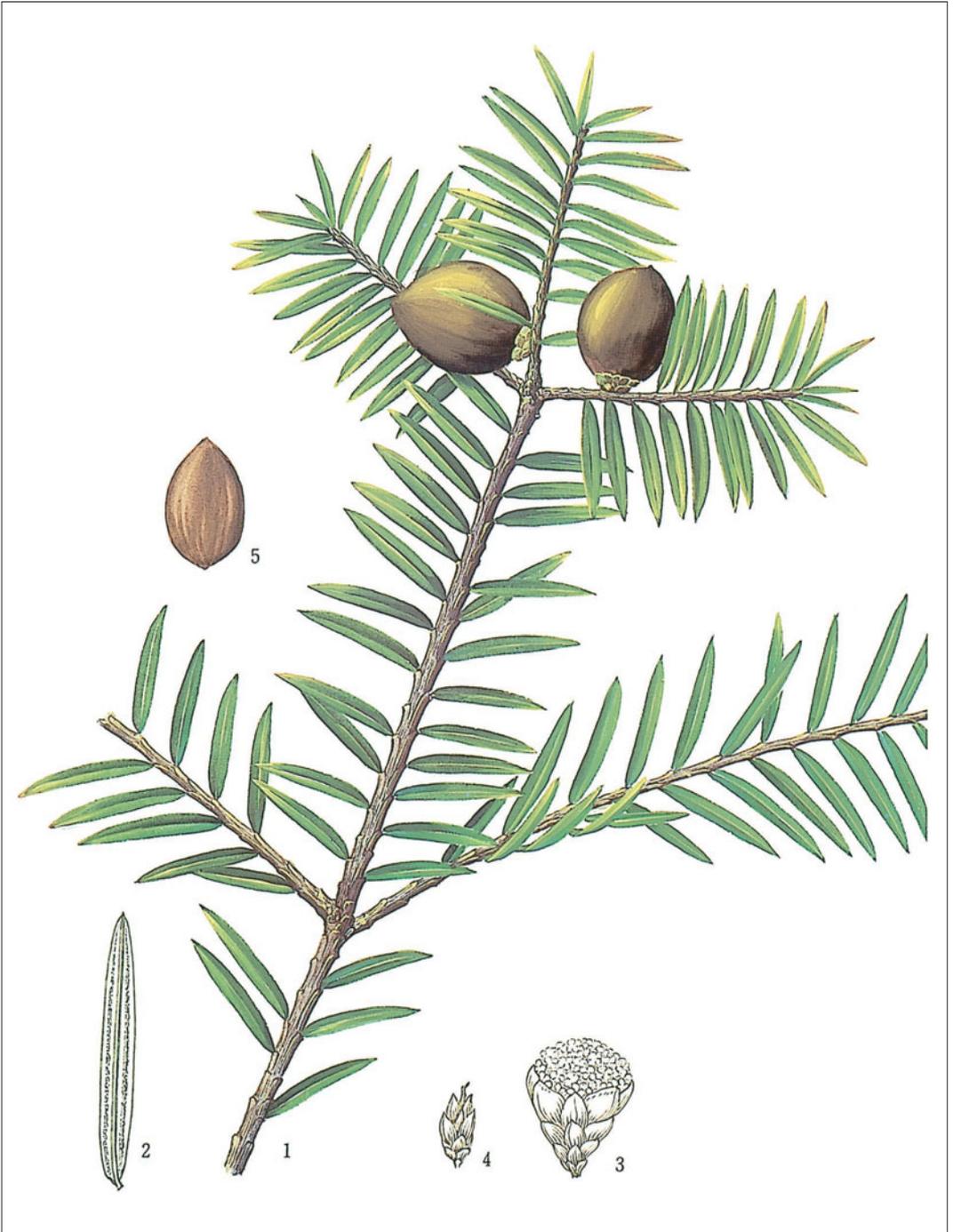
For constipation.

DOSAGE AND ADMINISTRATION

30–50 g. The parched kernel is chewed and swallowed, made into powder or pills, or mashed and used in a decoction. In treating ancylostomiasis, 30–40 pieces are taken before meals every day until there are no worm eggs in the stool.

PRECAUTIONS

None noted.



Torreya grandis Fort. (Fam. Taxaceae)
1. Branch with fruit; 2. Back side of the leaf; 3. Male flower; 4. Female flower; 5. Seed

PHARMACEUTICAL NAME

Caulis Trachelospermi Jasminoidis

ENGLISH NAME

star jasmine stem

PART USED

dried vine stem with leaf

Caulis Trachelospermi Jasminoidis is produced chiefly in the provinces of Jiangsu, Anhui, Hubei, and Shandong. Collected in winter and spring, the herb is cleaned, dried in sunlight, sliced, and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, slightly cold in property, acts on the Heart and Liver channels.

FUNCTIONS

Dispels Pathogenic Wind, removes obstruction from the channels, removes Excess Heat from Blood, reduces swelling.

CLINICAL USE AND MAJOR COMBINATIONS

For rheumatic or rheumatoid arthritis, especially with muscular contracture and symptoms due to Excessive Heat, it is used alone or with *Cortex Acanthopanax* (Wu Jia Pi) and *Radix Achyranthis Bidentatae* (Niu Xi).

For inflammation of the throat, it can be used alone.

For carbuncles, sores, and boils, it is used with *Spina Gleditsiae* (Zao Jiao Ci), *Fructus Trichosanthis* (Gua Lou), *Gummi Olibanum* (Ru Xiang), and *Myrrha* (Mo Yao).

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Trachelospermum jasminoides (Lindl.) Lem. (Fam. Apocynaceae)

1. Branch with flowers; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Fructus Tribuli Terrestris

ENGLISH NAME

tribulu fruit

PART USED

fruit

Fructus Tribuli Terrestris is produced chiefly in the provinces of Henan, Hebei, Shandong, and Anhui. The fruit is collected in autumn. It is dried in sunlight, parched with salt water until it turns yellow, and the thorn is removed.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, neutral in property, acts on the Liver channel.

FUNCTIONS

Soothes the Liver and promotes flow of Liver Qi, dispels Wind to improve vision.

CLINICAL USE AND MAJOR COMBINATIONS

For headache and dizziness due to Hyperactivity of Liver Yang, it is used with Ramulus Uncariae Cum Uncis (Gou Teng) and Flos Chrysanthemi Morifolii (Ju Hua).

For discomfort in the chest and hypochondria, and galactostasis due to Depression of the Liver Qi, it is used with Radix Bupleuri (Chai Hu), Cortex Fraxini (Qing Pi), and Rhizoma Cyperi (Xiang Fu).

For German measles, it is used with Periostracum Cicadae (Chan Tui) and Herba Schizonepetae Tenuifolia (Jing Jie).

For conjunctival congestion due to Wind Heat, it is used with Flos Chrysanthemi Morifolii (Ju Hua), Fructus Vitis (Man Jing Zi), and Semen Cassiae (Jue Ming Zi).

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Tribulus terrestris L. (Fam. Zygophyllaceae)

1. Whole plant; 2. Fruit

PHARMACEUTICAL NAME

Fructus Trichosanthis

ENGLISH NAME

snakegourd fruit

PART USED

dried ripe fruit

Fructus Trichosanthis is grown in most parts of China, where it is collected in autumn. The fruit is hung and dried in the shade. The peel and seeds can be used separately and are called Pericarpium Trichosanthis and Semen Trichosanthis, respectively.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Lung, Stomach, and Large Intestine channels.

FUNCTIONS

Pericarpium Trichosanthis clears Lung Heat, resolves Phlegm, and smoothes the flow of Qi in the chest. Semen Trichosanthis resolves Phlegm, and causes laxation. Fructus Trichosanthis has both the functions of trichosanthes peel and trichosanthes seed.

CLINICAL USE AND MAJOR COMBINATIONS

For cough due to Lung Heat with yellow and thick sputum, it is used with herbs that can clear Lung Heat and resolve sputum to stop cough, such as Bulbus Fritillariae Cirrhosae (Chuan Bei Mu) and Rhizoma Anemarrhenae (Zhi Mu). For cough due to accumulation of Phlegm Heat in the Lung manifested as cough with yellow and thick sputum, congestion in the chest, and dry stools, it is used with Radix Scutellariae (Huang Qin), Arisaema Cum Felle Bovis (Dan Nan Xing), and Fructus Aurantii Immaturus (Zhi Shi) in “The Bolus for Clearing Heat and Phlegm” (Qing Qi Hua Tan Wan).

For chest pain due to obstruction of Qi in the chest, it is used with Bulbus Allii Macrostemis (Xie Bai) and Rhizoma Pinelliae (Ban Xia). For fullness and stuffiness in the chest and the hypochondria with tenderness, it is used with Rhizoma Pinelliae (Ban Xia) and Rhizoma Coptidis (Huang Lian) in “The Minor Decoction for Relieving Stuffiness in the Chest” (Xiao Xian Xiong Tang).

For constipation due to Dryness of the Intestine, it is used with Fructus Cannabis Sativae (Huo Ma Ren) and Semen Pruni (Yu Li Ren).

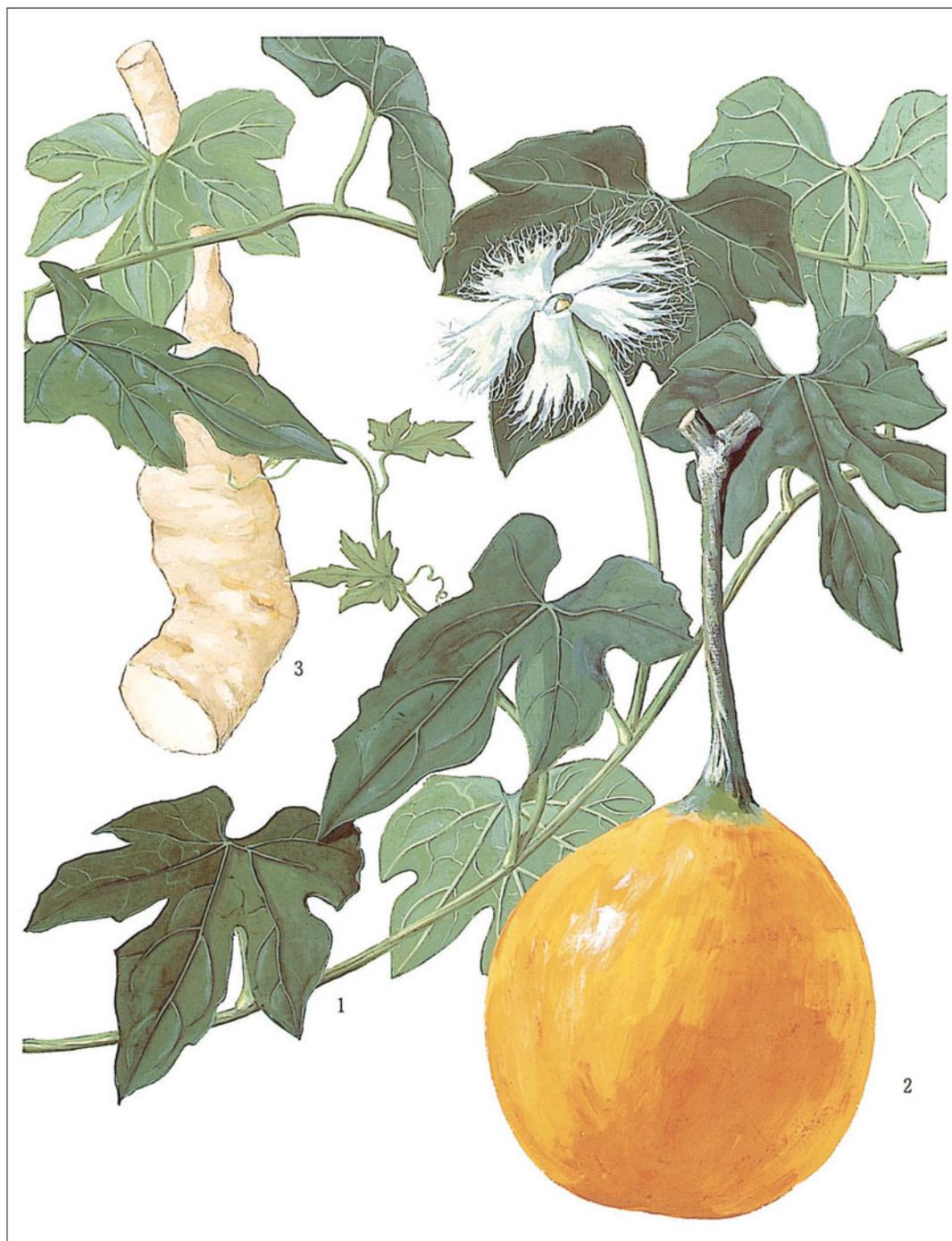
For breast carbuncles, it is used with Herba Taraxaci (Pu Gong Ying), Gummi Olibanum (Ru Xiang), and Myrrha (Mo Yao).

DOSAGE AND ADMINISTRATION

10–20 g Fructus Trichosanthis; 6–12 g Pericarpium Trichosanthis; 10–15 g Semen Trichosanthis, decocted in water for an oral dose.

PRECAUTIONS

It is antagonistic to Aconite (Wu Yao).



Trichosanthes kirilowii Maxim (Fam. Cucurbitaceae)
1. Branch with flower; 2. Fruit; 3. Root

PHARMACEUTICAL NAME

Radix Trichosanthis

ENGLISH NAME

Mongolian snakegourd root, trichosanthes root

PART USED

dried root

Radix Trichosanthis, which is produced in most provinces in China, is collected in autumn and winter. The root is sliced into pieces after removing the bark, then dried in sunlight.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and slightly sweet in flavor, cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Dispels pathogenic Heat, promotes the production of body Fluid, reduces swelling, and promotes drainage of pus.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases that damage the body Fluid with dire thirst and dryness in the mouth. Radix Trichosanthis can dispel Stomach Heat and Heart Heat and it is often used with Rhizoma Phragmitis (Lu Gen), Rhizoma Imperatae (Bai Mao Gen), and Radix Ophiopogonis (Mai Dong).

For diabetes due to Deficiency of Yin exhibiting as polydipsia and polyuria, it is often used with Radix Puerariae (Ge Gen), Fructus Schisandrae (Wu Wei Zi), and Rhizoma Anemarrhenae (Zhi Mu).

For cough due to Excess Heat in the Lung with symptoms such as thick sputum and dry cough. It is often used with Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), Cortex Mori (Sang Bai Pi), and Radix Platycodi (Jie Geng).

For sores, abscesses, and carbuncles. Radix Trichosanthis can dispel Pathogenic Heat. It can be used either orally or externally. It is often used with Flos Lonicerae (Jin Yin Hua), Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), and Spina Gleditsiae (Zao Jiao Ci).

DOSAGE AND ADMINISTRATION

10–15 g, decocted for an oral dose or used in pills or powder. It can also be ground for external use.

PRECAUTIONS

1. Contraindicated in patients with diarrhea due to Cold syndromes of a Deficiency type of the Spleen and Stomach.
2. Not to be combined with Radix Aconiti (Chuan Wu) or Radix Aconiti Kusnezoffii (Cao Wu).

Trichosanthes kirilowii Maxim. or *Trichosanthes japonica* Regel
(Fam. Cucurbitaceae)

TIAN HUA FEN



Trichosanthes kirilowii Maxim (Fam. Cucurbitaceae)
1. Branch with flower; 2. Fruit; 3. Root

PHARMACEUTICAL NAME

Carapax Trionycis Sinensis

ENGLISH NAME

Chinese turtle shell

PART USED

back shell

Carapax Trionycis Sinensis is collected mainly in the provinces of Hebei, Hunan, Anhui, and Zhejiang. It is used unprepared or stir-baked with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Liver channel.

FUNCTIONS

Replenishes Yin and suppresses Excess Liver Yang, softens hard masses, and resolves lumps.

CLINICAL USE AND MAJOR COMBINATIONS

For consumption of Yin caused by febrile disease, it is used with *Radix Rehmanniae* (Sheng Di Huang), *Concha Ostreae* (Mu Li), and *Colla Corii Asini* (A Jiao).

For fever due to Yin deficiency. For nocturnal fever, emaciation, rapid pulse, and red tongue with sparse coating, *Carapax Amydae* is used with *Herba Artemisiae Annuae* (Qing Hao), *Radix Rehmanniae* (Sheng Di Huang), *Cortex Moutan* (Mu Dan Pi), and *Rhizoma Anemarrhenae* (Zhi Mu) in “The Decoction of *Herba Artemisiae Annuae* and *Carapax Trionycis Sinensis*” (Qing Hao Bie Jia Tang). For restless fever and night sweats, it is used with *Radix Stellariae* (Yin Chai Hu), *Cortex Lycii Radicis* (Di Gu Pi), and *Herba Artemisiae Annuae* (Qing Hao).

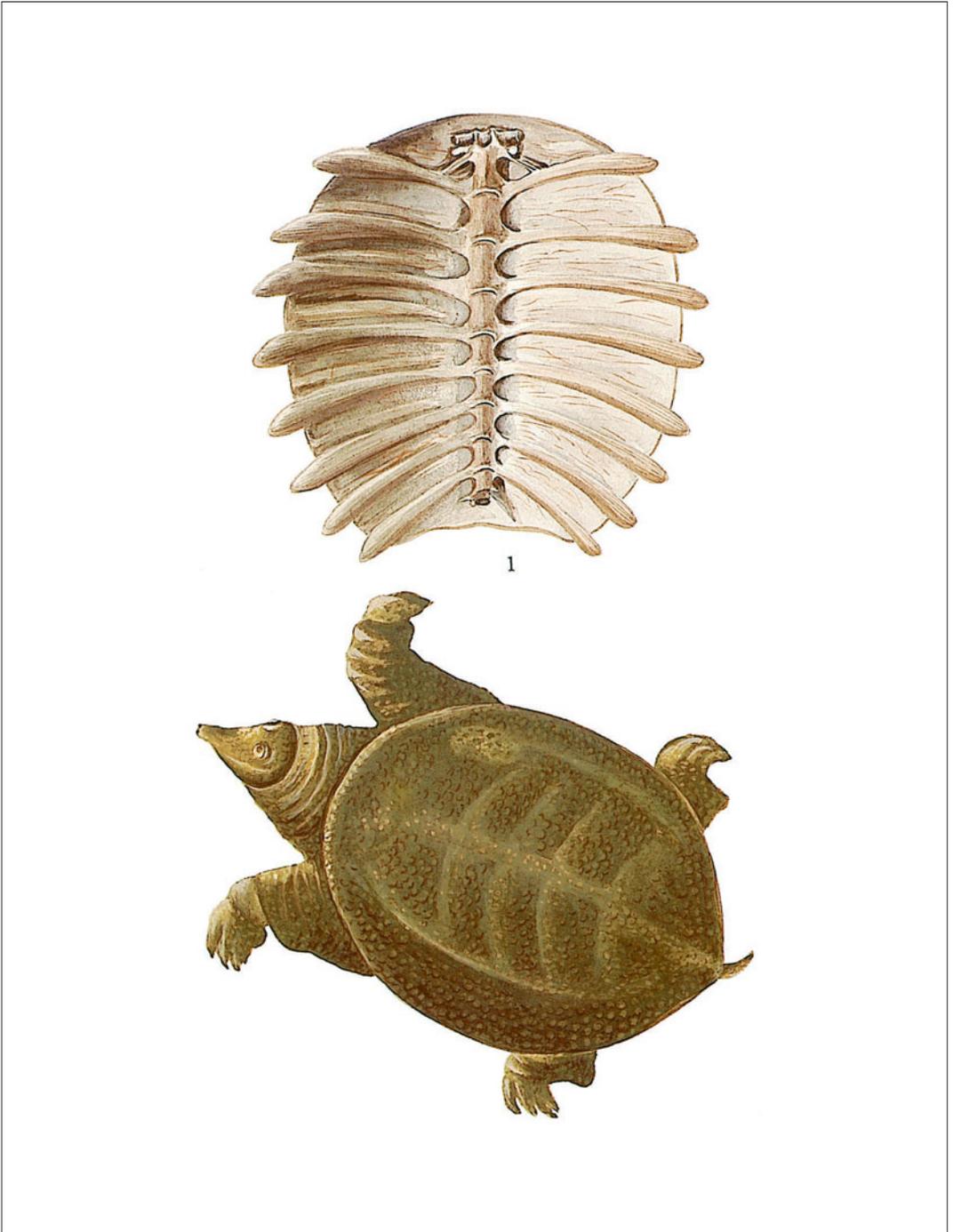
For chronic malaria, amenorrhea, and abdominal masses, it is used with *Rhizoma Cyperi* (Xiang Fu) and *Rhizoma Spargani* (San Leng).

DOSAGE AND ADMINISTRATION

10–30 g, decocted prior to other herbs. For replenishing Yin and suppressing Excess Liver Yang, it is used unprepared; for softening lumps and resolving masses, it is stir-baked with vinegar.

PRECAUTIONS

Contraindicated in patients with poor appetite or loose stools due to Spleen and Stomach Deficiency; contraindicated during pregnancy.



Trionyx sinensis (Wiegmann) (Fam. Trionychidae)
1. Dorsal shell

PHARMACEUTICAL NAME

Fructus Triticis Levis

ENGLISH NAME

light wheat grain

PART USED

dried blighted caryopsis

Fructus Triticis Levis is produced throughout of China. It is used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, acts on the Heart channel.

FUNCTIONS

Replenishes Qi, clears Heat, and stops sweating.

CLINICAL USE AND MAJOR COMBINATIONS

For spontaneous sweating due to Yang Deficiency and night sweats due to Yin Deficiency, it is stir-baked and ground into powder or used with Concha Ostreae (Mu Li) and Radix Astragali Membranaceus (Huang Qi).

For active fever and fever of a Deficient type, it is used with Radix Ophiopogonis (Mai Dong), Radix Rehmanniae (Sheng Di Huang), and Cortex Lycii Radicis (Di Gu Pi).

DOSAGE AND ADMINISTRATION

15–30 g, decocted in water for internal use or stir-baked and ground into powder.

PRECAUTIONS

None noted.



Triticum aestivum L. (Fam. Poaceae)
1. Whole plant; 2. Ear of wheat; 3. Small ear; 4. Flower; 5. Fruit outside

PHARMACEUTICAL NAME

Excrementum Troglodyteri seu Pteromi

ENGLISH NAME

Flying squirrel feces

PART USED

feces

Excrementum Troglodyteri seu Pteromi is produced in the provinces of Hebei, Shanxi, Beijing, Hubei, Sichuan, and Yunnan. It is collected in spring or autumn, dried in sunlight, used stir-baked with vinegar.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and sweet in flavor, warm in property, acts on the Liver channel.

FUNCTIONS

Promotes Blood circulation to relieve pain, removes Blood Stasis, and stops bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For amenorrhea, dysmenorrhea, post-partum abdominal pain and epigastric pain due to Blood Stasis. It is an important herb for all kinds of pain caused by Blood Stasis. It is used with Pollen Typhae (Pu Huang) or with Rhizoma Cyperi (Xiang Fu), Rhizoma Corydalis Yanhusuo (Yan Hu Suo), and Myrrha (Mo Yao).

For bleeding with Blood Stasis, the stir-baked herb is used with Radix Notoginseng (San Qi), Radix Rehmanniae (Sheng Di Huang), and Cortex Moutan (Mu Dan Pi).

DOSAGE AND ADMINISTRATION

3–10 g, decocted separately in cheesecloth, or in pills or powders. Proper amount for external use.

PRECAUTIONS

Contraindicated during pregnancy. It is antagonized by Radix Ginseng (Ren Shen).



Trogopterus xanthipes Milne-Edwards (Fam. Petauristidae)

1-2. Feces

PHARMACEUTICAL NAME

Flos Farfarae

ENGLISH NAME

coltsfoot flower

PART USED

dried bud

Flos Farfarae is produced in the provinces of Henan, Gansu, Shanxi, and Sichuan. It is dried in the shade, used unprepared, or stir-baked with honey.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, warm in property, acts on the Lung channel.

FUNCTIONS

Moistens the Lung to treat Rebellious Lung Qi, relieves cough, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For cough, it is used with Radix Asteris (Zi Yuan) to strengthen the effect of relieving cough and resolving Phlegm. Effective for cough due to Lung Cold. It is also used for bloody cough with Bulbus Lili (Bai He). For acute cough, it is used with Semen Armeniacae Amarum (Ku Xing Ren), Bulbus Fritillariae Cirrhosae (Chuan Bei Mu), and Rhizoma Anemarrhenae (Zhi Mu).

DOSAGE AND ADMINISTRATION

5–10 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Tussilago farfara L. (Fam. Asteraceae)
1. Whole plant; 2. Flowers and buds; 3. Fruit with hair

PHARMACEUTICAL NAME

Pollen Typhae

ENGLISH NAME

cattail pollen

PART USED

dried pollen

Pollen Typhae is produced chiefly in the provinces of Zhejiang, Jiangsu, Shandong, Anhui, and Hubei. The pollen is collected in May and June, and dried in sunlight. It is then ground into fine powder, and used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver and Heart channels.

FUNCTIONS

Astringes Blood, promotes circulation of Blood, removes Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For various kinds of bleeding with or without Blood Stasis, such as hemoptysis, epistaxis, metrorrhagia, and hematuria, it is used alone or with Herba Agrimoniae (Xian He Cao) and Cacumen Platycladi (Ce Bai Ye).

For bleeding caused by traumatic injuries, it is used topically.

For cardiac or abdominal pain, post-partum abdominal pain, and dysmenorrhea due to Blood Stasis, it is used with Faeces Trogopterorum (Wu Ling Zhi) in “The Wonderful Powder for Relieving Blood Stagnation” (Shi Xiao San).

For scanty, dark urine and for dribbling and painful urination, it is used with Fructus Malvae Vertillatae (Dong Kui Zi) and Radix Rehmanniae (Sheng Di Huang) in “The Powder of Pollen Typhae” (Pu Huang San).

DOSAGE AND ADMINISTRATION

3–10 g, wrapped in cloth and decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

Contraindicated for use in pregnancy.



Typha angustifolia L. (Fam. Typhaceae)
1. Upper part of the plant; 2. Female flower

PHARMACEUTICAL NAME

Rhizoma Typhonii Gigantei

ENGLISH NAME

giant typhonium rhizome

PART USED

dried tuber

Rhizoma Typhonii Gigantei is produced mainly in the provinces of Henan, Shanxi, Sichuan, and Gansu. It is collected in autumn, processed with ginger and alum, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Eliminates Phlegm, expels Wind to relieve spasm, removes toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For paralysis of mouth and eye, it is used with Radix Angelicae Dahuricae (Tian Nan Xing), Rhizoma Pinelliae (Ban Xia), Rhizoma Gastrodiae (Tian Ma), and Scorpio (Quan Xie). For convulsions, it is used with Radix Angelicae Dahuricae (Tian Nan Xing), Rhizoma Gastrodiae (Tian Ma), and Radix Saposhnikoviae (Fang Feng). For migraine headache, it is used with Radix Angelicae Dahuricae (Bai Zhi) and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

For snake bite, it is applied to the bitten area or used with other herbs which can remove snake poisons, to be taken orally or applied externally. For scrofula and subcutaneous nodules, the fresh herb can be pounded and applied topically.

DOSAGE AND ADMINISTRATION

3–5 g, decocted in water for an oral dose. Proper amount for external use.

PRECAUTIONS

It is contraindicated during pregnancy. The crude herb is usually not used for oral administration.



Typhonium giganteum Engl. (Fam. Araceae)
1. Whole plant with flower; 2. Seedling; 3. Inflorescence; 4. Male flower

PHARMACEUTICAL NAME

Ramulus Uncariae Cum Uncis

ENGLISH NAME

gambir plant, stems and thorns

PART USED

dried hood-bearing stem branch

Ramulus Uncariae Cum Uncis is grown chiefly in the provinces of Guangxi, Guangdong, and Hubei. Collected in spring and autumn, the plant is dried in sunlight, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, slightly cold in property, acts on the Liver and Pericardium channels.

FUNCTIONS

Stops Wind to relieve convulsion, clears Liver Heat, and soothes the Liver.

CLINICAL USE AND MAJOR COMBINATIONS

For epilepsy and spasm, it is used with Rhizoma Gastrodiae (Tian Ma), Concha Haliotidis (Shi Jue Ming), and Scorpio (Quan Xie). For dispersing endogenous Wind due to high fever, it is used with Cornu Saigae Tataricae (Ling Yang Jiao), Radix Gentiana (Long Dan Cao), and Flos Chrysanthemi Morifolii (Ju Hua).

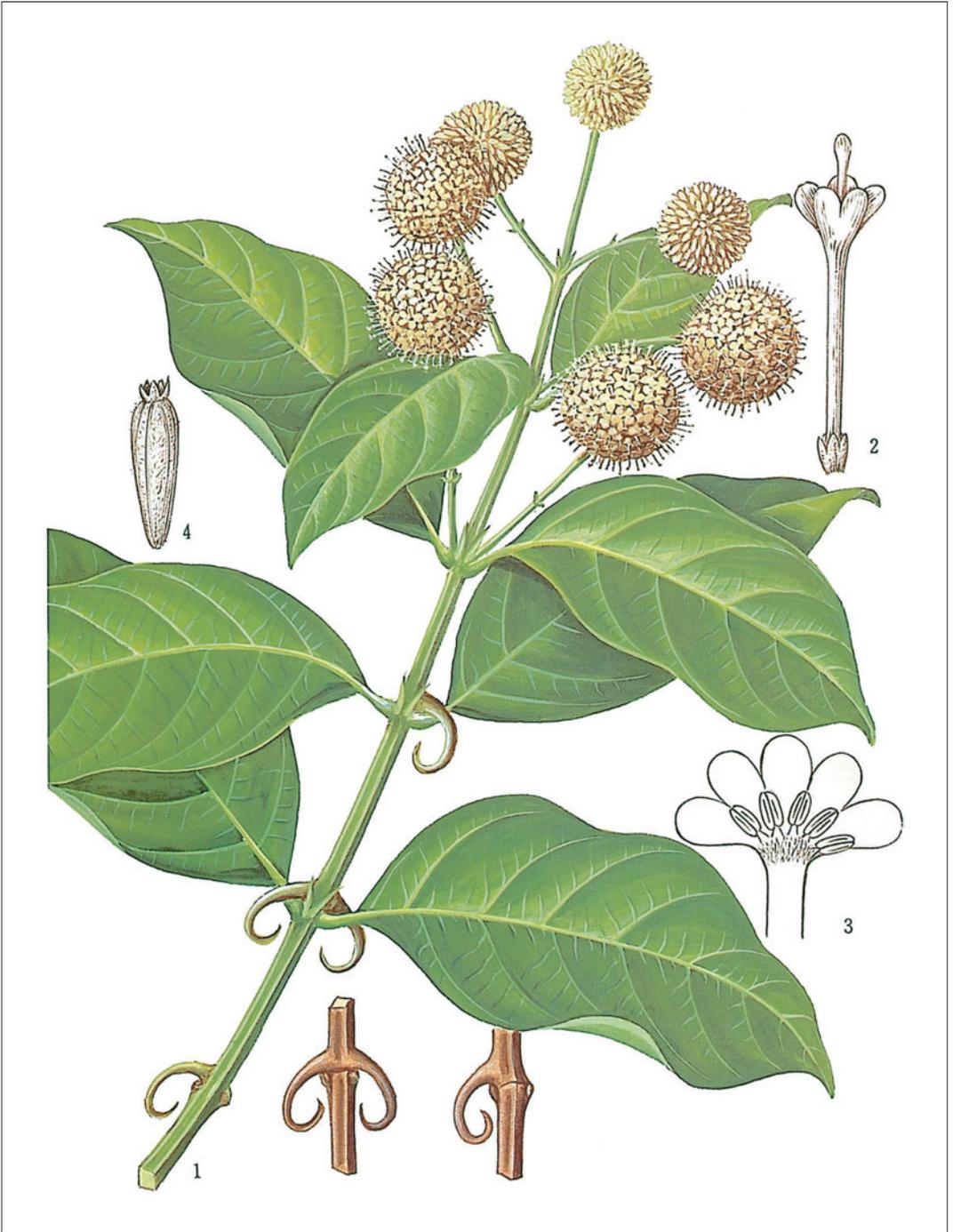
For a feeling of fullness in the head, headache due to Liver Heat, and dizziness due to hyperactive Liver Yang, it is used with Spica Prunellae (Xia Ku Cao) and Radix Scutellariae (Huang Qin) to clear Liver Heat, and with Flos Chrysanthemi Morifolii (Ju Hua) and Concha Haliotidis (Shi Jue Ming) to soothe the Liver.

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Not to be decocted for a long time.

PRECAUTIONS

None noted.



Uncaria rhynchophylla (Miq.) Jacks. (Fam. Rubiaceae)
1. Branch with flowers; 2. Flower; 3. Opened corolla showing stamen; 4. Fruit

PHARMACEUTICAL NAME

Semen Vaccariae

ENGLISH NAME

cowherb seed, cow cockle

PART USED

dried ripe seed

Semen Vaccariae is produced mainly in the provinces of Hebei, Heilongjiang, Liaoning, and Shandong. It is used unprepared or stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Invigorates Blood circulation to promote menstruation, promotes milk secretion.

CLINICAL USE AND MAJOR COMBINATIONS

For dysmenorrhea and amenorrhea, it is used with *Rhizoma Ligustici Chuanxiong* (Chuan Xiong), *Flos Carthami Tinctorii* (Hong Hua), *Radix Angelicae Sinensis* (Dang Gui), and *Rhizoma Cyperi* (Xiang Fu).

For galactostasis, it is used with *Squama Manitis* (Chuan Shan Jia). For the initial stage of acute mastitis before the formation of pus, it is used with *Herba Taraxaci* (Pu Gong Ying) and *Spica Prunellae* (Xia Ku Cao).

It is used to treat testitis.

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated during pregnancy.



Vaccaria segetalis (Neck.) (Fam. Caryophyllaceae)
1. Branch with flowers; 2. Stamen and pistil; 3. Petal; 4. Anther; 5. Seed

PHARMACEUTICAL NAME

Herba Verbenae

ENGLISH NAME

European verbena herb

PART USED

aerial part

Herba Verbenae is produced mainly in the provinces of Hubei, Jiangsu, Guangxi, and Guizhou. The herb is collected in summer and autumn, dried in sunlight, and cut into segments for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver and Spleen channels.

FUNCTIONS

Promotes blood circulation to relieve Blood Stasis, stops malarial attacks, removes toxins, and causes diuresis.

CLINICAL USE AND MAJOR COMBINATIONS

For masses in the abdomen, amenorrhea and dysmenorrhea, malaria, inflammation of the throat, carbuncles, boils, and acute infection of the urinary tract.

DOSAGE AND ADMINISTRATION

4.5–9 g, decocted in water for an oral dose.

PRECAUTIONS

None noted.



Verbena officinalis L. (Fam. Verbenaceae)
1. Whole plant; 2. Flower; 3. Opened corolla showing stamen

PHARMACEUTICAL NAME

Herba *Violae*

ENGLISH NAME

violet herb

PART USED

whole plant

Herba *Violae* is produced chiefly in southern and southeastern China. It is collected in summer when ripe, dried in sunlight, and sliced.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter and pungent in flavor, cold in property, acts on the Heart and Liver channels.

FUNCTIONS

Clears Blood Heat, reduces swelling, and helps dissolve lumps.

CLINICAL USE AND MAJOR COMBINATIONS

For boils and sores, carbuncles, mastitis, and appendicitis, fresh Herba *Violae* can be used alone orally or externally. It can also be used with Flos *Lonicerae* (Jin Yin Hua), Herba *Taraxaci* (Pu Gong Ying), and Flos *Chrysanthemi Indici* (Ye Ju Hua).

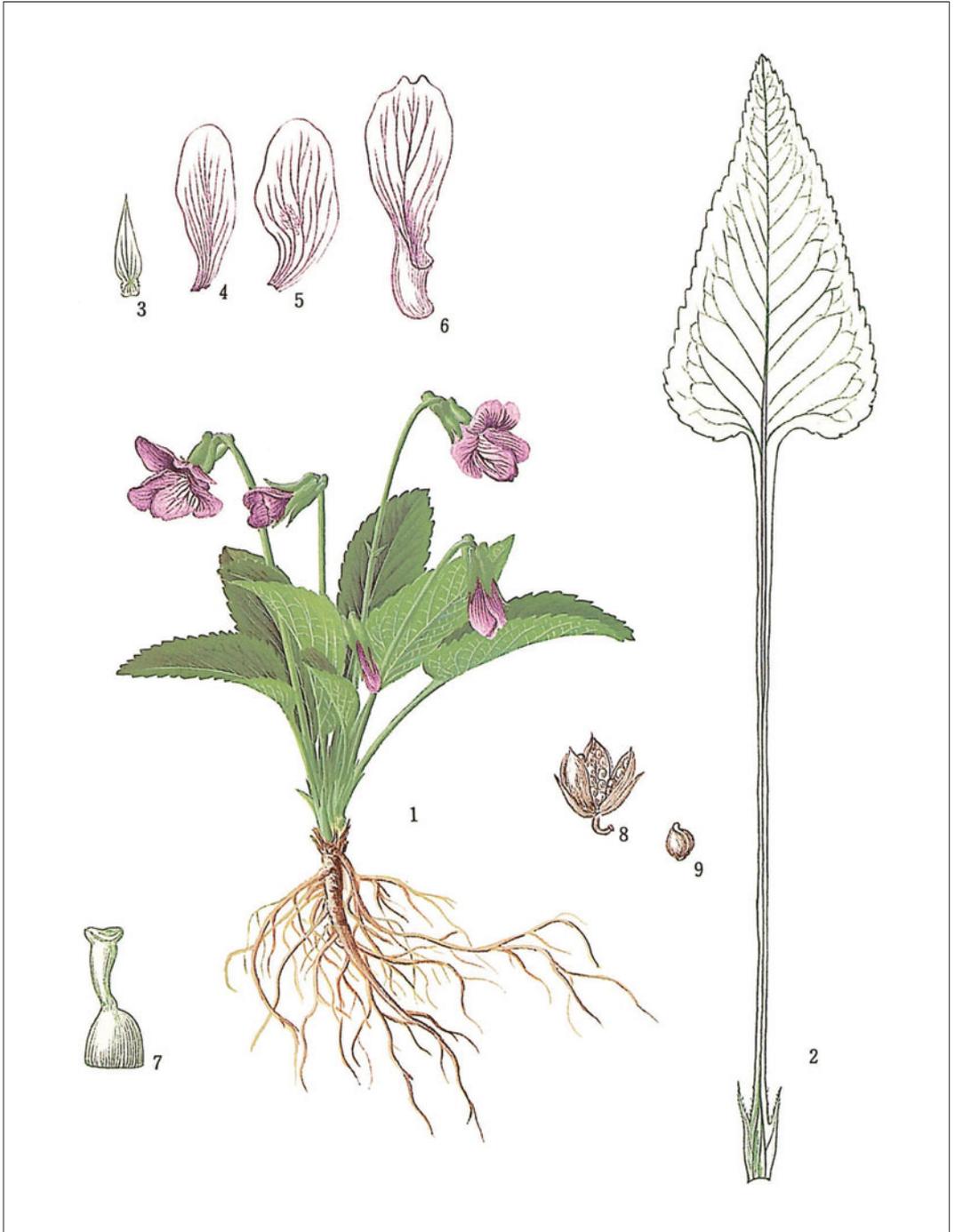
For inflammation and swelling of the eyes due to Excess Liver Heat, it is used with Flos *Chrysanthemi Morifolii* (Ju Hua) and *Periostracum Cicadae* (Chan Tui).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Appropriate quantity for external use.

PRECAUTIONS

None noted.



Viola prionantha Bunge (Fam. Violaceae)
1. Whole plant; 2. leaf; 3. Calyx; 4-6. Petal; 7. Pistil; 8. Fruit; 9. Seed

PHARMACEUTICAL NAME

Fructus Viticis

ENGLISH NAME

vitex fruit, Indian privet

PART USED

dried ripe fruit

Fructus Viticis is produced chiefly in the provinces of Shandong, Jiangxi, Zhejiang, and Fujian. It is collected in summer, dried in the shade, and used stir-baked.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, neutral in property, acts on the Bladder, Liver, and Stomach channels.

FUNCTIONS

Dispels Wind Heat from the head and improves the eyesight.

CLINICAL USE AND MAJOR COMBINATIONS

For vertigo, headache, and migraine headache due to invasion of Wind Heat, it is used alone or with Flos Chrysanthemi Morifolii (Ju Hua), Radix Saposhnikoviae (Fang Feng), and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

For inflammation of the eye with lacrimation, blurring of vision, and painful swelling of the gums due to Wind Heat, it is used with Flos Chrysanthemi Morifolii (Ju Hua), Periostracum Cicadae (Chan Tui), and Fructus Tribuli Terrestris (Ji Li).

For rheumatic arthralgia and spasm, it is used with Radix Saposhnikoviae (Fang Feng), Radix Gentianae Macrophyllae (Qin Jiao), and Fructus Chaenomelis (Mu Gua).

DOSAGE AND ADMINISTRATION

6–12 g, decocted in water for an oral dose, or made into pills and powders.

PRECAUTIONS

None noted.



Vitex trifolia L. var. *simplicifolia* Cham. (Fam. Verbenaceae)

1. Whole plant; 2. Flower; 3. Fruit

PHARMACEUTICAL NAME

Fructus Xanthii Sibirici

ENGLISH NAME

Siberian cockleburr fruit, xanthium

PART USED

ripe burr

Fructus Xanthii Sibirici is grown in every part of China but is produced mainly in the provinces of Jiangxi, Shandong, Hubei, and Jiangsu. The burr is collected in autumn, dried in sunlight, and used after removal of the stingers.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, slightly poisonous, acts on the Lung channel.

FUNCTIONS

Dispels Wind and Dampness, relieves nasal obstruction, and alleviates pain.

CLINICAL USE AND MAJOR COMBINATIONS

For headache due to rhinorrhea and stuffed nose with nasal discharge, it is used with Flos Magnoliae (Xin Yi) and Radix Angelicae Dahuricae (Bai Zhi) in “The Xanthii Powder” (Cang Er San).

For headache due to Wind Cold, it is used with Radix Saposhnikoviae (Fang Feng), Radix Angelicae Dahuricae (Bai Zhi), and Rhizoma Ligustici (Gao Ben).

For arthritis with spasms caused by Wind Dampness, it is used alone or with Radix Clematidis (Wei Ling Xian), Cortex Cinnamomi (Rou Gui), Rhizoma Atractylodis (Cang Zhu), and Rhizoma Ligustici Chuanxiong (Chuan Xiong).

For hives with itching.

DOSAGE AND ADMINISTRATION

2–10 g, decocted in water, or in pill or powder form for internal use.

PRECAUTIONS

Large doses may result in symptoms of toxicity, including abdominal pain, vomiting, and diarrhea.

PHARMACEUTICAL NAME

Fructus Zanthoxyli Bungeani

ENGLISH NAME

Sichuan pepper fruit

PART USED

dried ripe fruit

Fructus Zanthoxyli Bungeani is grown in most provinces in China, but those produced in Sichuan province are of the best quality. Collected in autumn, the fruit is cleaned and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, hot in property, slightly poisonous, acts on the Spleen, Stomach, and Kidney channels.

FUNCTIONS

Warms the Spleen and Stomach, relieves pain, kills parasites.

CLINICAL USE AND MAJOR COMBINATIONS

For Cold of the Deficiency type in the Spleen and Stomach with epigastric and abdominal pain accompanied by cold sensations, vomiting and diarrhea, it is used with *Radix Ginseng* (Ren Shen) and *Rhizoma Zingiberis* (Gan Jiang) in “The Major Decoction for Rehabilitating the Spleen and Stomach” (Da Jian Zhong Tang). It is also used with *Rhizoma Atractylodis* (Cang Zhu), *Cortex Magnoliae Officinalis* (Hou Po), and *Pericarpium Citri Reticulatae* (Chen Pi).

For epigastric or abdominal pain and vomiting due to ascariasis, it is used alone or with *Fructus Mume* (Wu Mei), *Rhizoma Zingiberis* (Gan Jiang), and *Rhizoma Coptidis* (Huang Lian) in “The Pill of Mume” (Wu Mei Wan).

DOSAGE AND ADMINISTRATION

2–5 g, decocted in water for an oral dose. Appropriate quantity for external application.

PRECAUTIONS

None noted.



Zanthoxylum schinifolium Sieb. et Zucc. (Fam. Rutaceae)
1. Branch with fruit; 2. Male flower; 3. Fruit; 4. Enlargement of leaf

PHARMACEUTICAL NAME

Rhizoma Zingiberis Recens

ENGLISH NAME

fresh ginger

PART USED

fresh rhizome

Rhizoma Zingiberis Recens is produced throughout China. It is collected between September and November. The rootlets are removed, cleaned, sliced, and used unprepared or roasted in hot ash.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, slightly warm in property, acts on the Lung and Spleen channel.

FUNCTIONS

Induces diaphoresis to dispel pathogenic factors from the Exterior of the body, warms the Stomach and alleviates vomiting, warms the Lung and relieves cough.

CLINICAL USE AND MAJOR COMBINATION

For common cold due to Wind Cold with fever, aversion to cold, headache, cough, and stuffy nose, it is used in “The Cinnamon Twig Decoction” (Gui Zhi Tang).

For vomiting caused by Cold in the Stomach, it is used with Rhizoma Pinelliae (Ban Xia) in “The Minor Rhizoma Pinelliae Decoction” (Xiao Ban Xia Tang).

For cough due to Cold in the Lung with expectoration of thin, white phlegm, it is used with various expectorants and antitussives.

Used to relieve poisoning caused by seafood or Rhizoma Pinelliae (Ban Xia), Arisaema Cum Felle Bovis (Dan Nan Xing).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for internal use, or pounded and infused with warm water.

PRECAUTIONS

Not to be used in Heat syndromes and in syndromes of hyperactivity of Yang due to Yin Deficiency.



Zingiber officinale Rosc. (Fam. Zingiberaceae)

1-2. Whole plant; 3. Flower; 4. Petal

PHARMACEUTICAL NAME

Rhizoma Zingiberis

ENGLISH NAME

dried ginger rhizome

PART USED

dried rhizome

Rhizoma Zingiberis is produced chiefly in Sichuan, Hubei, Guangdong, Guangxi, Fujian, and Guizhou provinces. After the plant is collected in winter, the stem, leaves, and hairy rootlets are removed. Then the rhizome is dried in sunlight, sliced, or cut into pieces and baked until it turns brown.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in taste, hot in property, acts on the Spleen, Stomach, Heart, and Lung channels.

FUNCTIONS

Warms the Spleen and Stomach, promotes recovery from collapse, dispels pathogenic Cold, warms the Lung, and resolves Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For Deficient Yang of the Spleen and Stomach, with gastric and abdominal cold pain, anorexia, nausea, vomiting, and diarrhea with undigested food in the stool, it is used alone or with Rhizoma Pinelliae (Ban Xia) in “The Powder of Pinelliae and Zingiberis” (Ban Xia Gan Jiang San), or it is used with Radix Ginseng (Ren Shen), Rhizoma Atractylodis Macrocephalae (Bai Zhu), and Radix Glycyrrhizae Uralensis (Gan Cao) in “The Pills for Regulating the Spleen and Stomach” (Li Zhong Wan).

For Yang depletion, manifested by cold limbs, spontaneous cold sweating, and weak pulse, it is used with Radix Aconiti Lateralis Preparata (Zhi Fu Zi) in “The Cold Limbs Decoction” (Si Ni Tang).

For Cold Phlegm in the Lung manifested as cough, asthma, chilly sensations in the back, and profuse, thin clear phlegm, it is used with Herba Ephedrae (Ma Huang), Herba Asari (Xi Xin), and Fructus Schisandrae (Wu Wei Zi) in “The Minor Decoction of Blue Dragon” (Xiao Qing Long Tang).

DOSAGE AND ADMINISTRATION

3–10 g, decocted in water for an oral dose.

PRECAUTIONS

Contraindicated for use during pregnancy.



Zingiber officinale Rosc. (Fam. Zingiberaceae)

1—2. Whole plant; 3. Flower; 4. Petal

PHARMACEUTICAL NAME

Fructus Ziziphi Jujubae

ENGLISH NAME

Chinese-date, jujube

PART USED

ripe fruit

Fructus Ziziphi Jujubae is produced mainly in the provinces of Henan, Hebei, Shandong, and Shan-
anxi. It is collected in autumn, dried in sunlight,
and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, warm in property, acts on the
Spleen and Stomach channels.

FUNCTIONS

Reinforces the Spleen and Stomach to benefit Qi,
nourishes Blood, tranquilizes the Mind, and moder-
ates the properties of other herbs.

CLINICAL USE AND MAJOR COMBINATIONS

For lassitude and weakness, poor appetite, and
loose stools due to Spleen and Stomach Deficiency,
it is used with *Radix Codonopsis* (Dang Shen), *Rhi-
zoma Atractylodis Macrocephalae* (Bai Zhu), and
Sclerotium Poriae Cocos (Fu Ling).

For yellowness of the skin due to Blood Defi-
ciency, it is often used with *Radix Rehmanniae
Preparata* (Shu Di Huang) and *Radix Angelicae
Sinensis* (Dang Gui). For insomnia and palpitations
with vertigo, it is used with *Radix Glycyrrhizae
Uralensis* (Gan Cao) and other herbs.

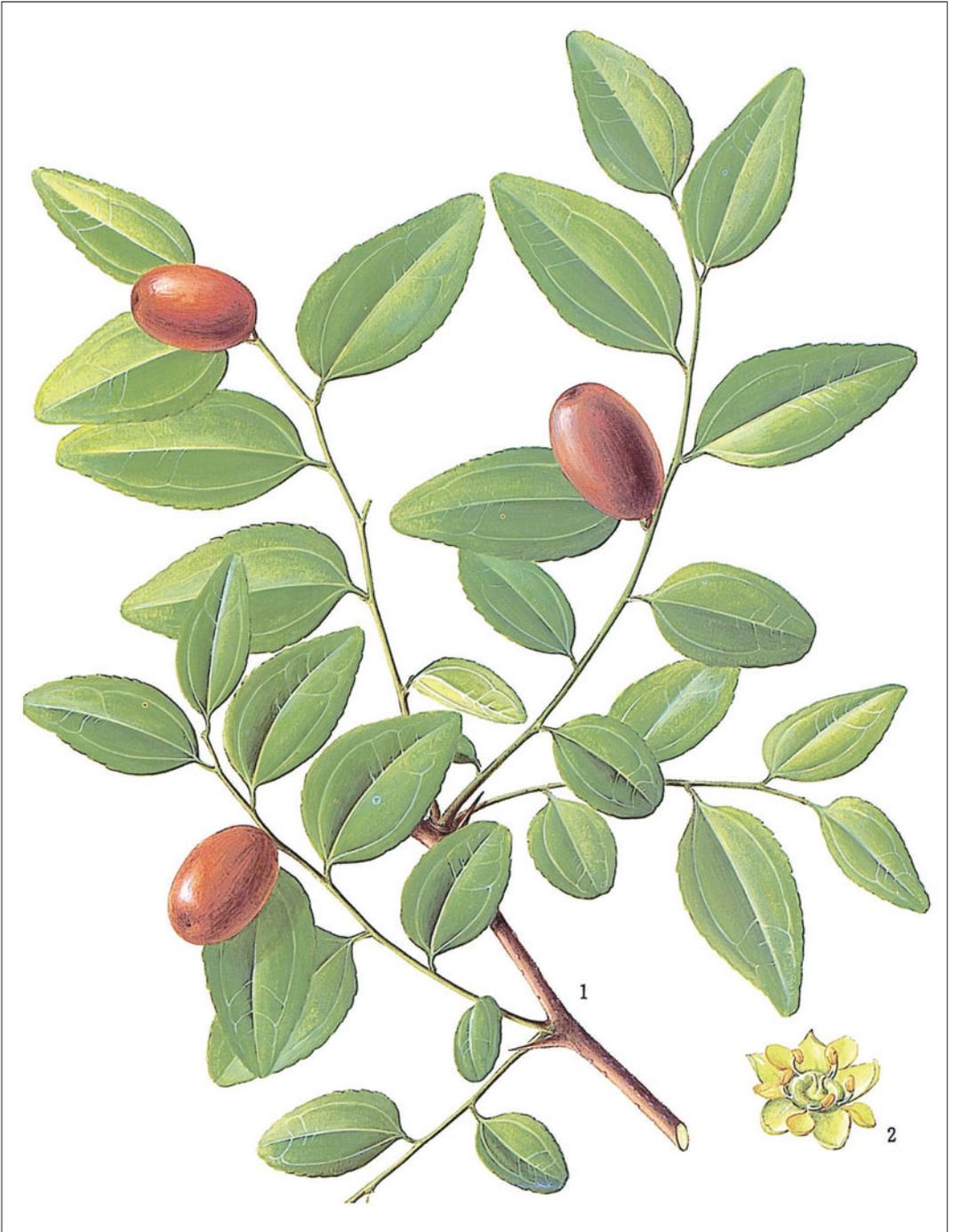
This herb is used in prescriptions containing ex-
tremely spicy herbs in order to modify their proper-
ties to avoid damage to the Spleen and Stomach.

DOSAGE AND ADMINISTRATION

3–12 pieces, or 10–30 pieces. The herb is usually
decocted after being cut.

PRECAUTIONS

This herb is contraindicated in patients who suffer
from Excess Dampness with epigastric distension
and bloating. It is also contraindicated in patients
with intestinal parasites.



Zizyphus jujuba Mill. (Fam. Rhamnaceae)
1. Branch with fruit; 2. Flower

PHARMACEUTICAL NAME

Semen Ziziphi Spinosae

ENGLISH NAME

spine date seed, sour jujube seed

PART USED

dried, ripe seed

Semen Ziziphi Spinosae is produced in the provinces of Hebei, Shanxi, Liaoning, Shandong, and Henan. It is collected in autumn, and the fruit and shell of the stone are removed. The seeds are dried in the sun, used unprepared or stir-baked, and crushed before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Heart and Liver channels.

FUNCTIONS

Nourishes the Heart, tranquilizes the Mind, tonifies Yin to stop sweating.

CLINICAL USE AND MAJOR COMBINATIONS

For insomnia and palpitation due to Blood Deficiency in the Liver, it is used with *Radix Angelicae Sinensis* (Dang Gui), *Radix Paeoniae Alba* (Bai Shao), and *Radix Polygoni Multiflori* (He Shou Wu). For restlessness and insomnia due to Deficient Liver Yin with Heat, it is used with *Rhizoma Aemarrhenae* (Zhi Mu) and *Sclerotium Poriae Cocos* (Fu Ling) in “The Decoction of *Semen Ziziphi Spinosae*” (Suan Zao Ren Tang). For insomnia, palpitation, forgetfulness, dryness in the mouth and throat, red tongue, and sparse tongue coating due to Deficient Heart and Kidney and Hyperactivity of Yang due to Yin Deficiency, it is used with *Radix Rehmanniae* (Sheng Di Huang), *Radix Scrophulariae* (Xuan Shen), and *Semen Platycladi* (Bai Zi Ren) in “The Celestial Emperor’s Heart Tonic Pill” (Tian Wang Bu Xin Dan).

For spontaneous sweating and night sweats due to general Deficiency, it is used with *Radix Codonopsis* (Dang Shen), *Fructus Schisandrae* (Wu Wei Zi), and *Fructus Corni* (Shan Zhu Yu).

DOSAGE AND ADMINISTRATION

10–18 g, decocted in water for an oral dose; or ground into powder and swallowed before bedtime, 1.5–3 g each time.

PRECAUTIONS

None noted.



Ziziphus jujuba Mill. (Fam. Rhamnaceae)
1. Branch with fruit; 2. Seed

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Appendix

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PHARMACEUTICAL NAME Mylabris

ZOOLOGICAL NAME *Mylabris phalerata* Pall.,
Mylabris cichorii L. (Fam. Meloidae)

ENGLISH NAME blister beetle

PART USED dried body

Mylabris is produced mainly in the provinces of Liaoning, Henan, Shandong, and Jiangsu. It is captured in summer and autumn. It is used unprepared after removing the head and limbs.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent in flavor, cold in property, toxic.

FUNCTIONS

Removes toxins and erodes sores, removes blood stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For sores, ulcers, carbuncles and scrofula, it may greatly irritate the skin, causing it to redden and then blister, so Mylabris should not be used for a long period of time.

For amenorrhea and masses in the abdomen. For amenorrhea, it is used with Radix et Rhizoma Rhei (*Da Huang*) and Semen Persicae (*Tao Ren*).

Mylabris is also effective in the treatment of various types of cancers.

Used for alopecia areata. It is soaked in wine and then applied topically to the extremities.

DOSAGE AND ADMINISTRATION

0.03–0.06 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

When applied to the skin, Mylaris may cause redness and blisters. Therefore, it should be taken with care. It is contraindicated during pregnancy.

PHARMACEUTICAL NAME Halloysitum Rubrum

ENGLISH NAME red halloysite, kaolin

Halloysitum Rubrum is the hydrated soil-like mineral halloysite. The mineral is ground into powder with water, or it is calcined and ground into powder with water.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet, sour, and astringent in flavor, warm in property, acts on the large intestine and stomach channels.

FUNCTIONS

Stops diarrhea, arrests bleeding, promotes tissue regeneration, and heals wounds.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea and dysentery, it is used with Limonitum (*Yu Yu Liang*). For blood in the stools due to cold from deficiency, it is used with Rhizoma Zingiberis (*Gan Jiang*).

For menorrhagia, metrorrhagia, and profuse leukorrhea, it is used with Cacumen Platycladi (*Ce Bai Ye*), Radix Paeoniae Alba (*Bai Shao*), and Rhizoma Zingiberis (*Gan Jiang*).

It is used for carbuncles, sores, or ulcerations with wounds that do not heal.

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water or used in pills or powder form for internal use. Appropriate amount for external use.

PRECAUTIONS

Contraindicated in patients with accumulation of damp heat.

PHARMACEUTICAL NAME Magnetitum

ENGLISH NAME magnetite

This mineral is the ore magnetite. It is mined in the provinces of Hebei, Shandong, Liaoning, and Jiangsu. It is dried, and used unprepared or quenched with vinegar and ground into a fine powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and salty in flavor, cold in property, acts on the Liver, Heart, and Kidney channels.

FUNCTIONS

Settles Yang to tranquilize the Mind, improves sensory functions, relieves asthma by improving the Qi-receiving functions.

CLINICAL USE AND MAJOR COMBINATIONS

For hyperactivity of Yang due to Yin Deficiency with restlessness, palpitations, insomnia, dizziness, headache, and epilepsy, it is used with Cinnabaris (*Zhu Sha*) in “The Magnetite and Cinnabar Pill” (*Zhu Sha Wan*). It is also used with Concha Halio-tidis (*Shi Jue Ming*), Radix Paeoniae Alba (*Bai Shao*), and Radix Rehmanniae (*Sheng Di Huang*).

For tinnitus, deafness, and blurred vision due to Liver and Kidney Deficiency. For tinnitus and deafness, it is used with Radix Rehmanniae Preparata (*Shu Di Huang*), Fructus Corni (*Shan Zhu Yu*), and Fructus Schisandrae (*Wu Wei Zi*). For blurred vision, it is used in “The Magnetite and Cinnabar Pill” (*Zhu Sha Wan*).

For asthma due to failure of the Kidney in receiving Qi, it is used with Fructus Schisandrae (*Wu Wei Zi*) and other herbs.

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose, 1–3 g each time.

PRECAUTIONS

Since this mineral may impair digestion, the pill or powder should not be taken over a long time or used in large doses.

PHARMACEUTICAL NAME Haematitum

ENGLISH NAME hematite

The mineral hematite consists mainly of Fe₂O₃. Mined in the provinces of Shan Xi, He Bei, He Nan, and Shan Dong, the ore is broken into pieces before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, cold in property, acts on the Liver and Heart channels.

FUNCTIONS

Soothes Liver and hyperactive Liver Yang, lowers Rebellious Qi, stops bleeding.

CLINICAL USE AND MAJOR COMBINATION

For headache and dizziness due to hyperactive Liver Yang, it is used with Concha Ostreae (*Mu Li*) and Radix Paeoniae Alba (*Bai Shao*) in “The Decoction for Inducing the Liver to Stop Wind” (*Zhen Gan Xi Feng Tang*).

For belching, nausea, vomiting, and asthma: For belching, nausea, and vomiting, it is used with Flos Inulae (*Xuan Fu Hua*), Rhizoma Pinelliae (*Ban Xia*), and Rhizoma Zingiberis Recens (*Sheng Jiang*) in “The Decoction of Flos Inulae and Ochra Haematitum” (*Xuan Fu Dai Zhe Tang*). For asthma due to Rebellious Qi, it is used with Radix Codonopsis (*Dang Shen*) and Fructus Corni (*Shan Zhu Yu*).

For hemoptysis and epistaxis, it is used with Radix Paeoniae Alba (*Bai Shao*), Caulis Bambusae In Taeniis (*Zhu Ru*), and Fructus Arctii (*Niu Bang Zi*). For chronic metrorrhagia with dizziness and blurred vision, it is used with Halloysitum Rubrum (*Chi Shi Zhi*) and Faeces Trogopterorum (*Wu Ling Zhi*).

DOSAGE AND ADMINISTRATION

10–30 g, decocted in water for an oral dose.

PRECAUTIONS

It is contraindicated during pregnancy.

PHARMACEUTICAL NAME Miel

ZOOLOGICAL NAME *Apis cerana* Fabricius or
Apis mellifera L. (Fam. Apidea)

ENGLISH NAME honey

PART USED honey

Miel is produced mainly in the provinces of Hu Bei, Si Chuan, Yun Nan, He Nan, Jiang Xi, Guang Dong, and Jiang Su. It is filtered or heated to remove water for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Spleen, Lung, and Large Intestine channels.

FUNCTIONS

Tonifies the Spleen and Stomach and relieves pain, moistens the lungs to stop cough, moistens the intestines to relax the bowels.

CLINICAL USE AND MAJOR COMBINATIONS

For lassitude and poor appetite, and for pain in the epigastrium. Honey has a tonifying function and is used to regulate other herbs. Tonics are often made into a bolus or soft extract with honey.

For chronic cough due to Lung Deficiency, dry cough due to Dryness of the Lung, it is used alone or with other herbs. For dry cough with hemoptysis due to Deficient Lung Yin, it is used with Radix Rehmanniae (*Sheng Di Huang*), Sclerotium Poriae Cocos (*Fu Ling*), and Radix Ginseng (*Ren Shen*).

For constipation due to dry intestines, it is taken alone with water once a day before meals or made into a suppository and inserted into the anus.

Honey also removes toxins. It is applied externally to treat sores, swelling and scalds. It is taken internally to neutralize the toxicity of Radix Aconiti Lateralis Preparata (*Zhi Fu Zi*) and Radix Aconiti (*Wu Tou*).

DOSAGE AND ADMINISTRATION

15–30 g, put into a decoction or used in pill or powder form. Proper amount for external use.

PRECAUTIONS

Not to be used in patients with accumulation of Damp-Heat, stuffiness in the chest, and loose stools due to Spleen Deficiency.

PHARMACEUTICAL NAME Calcitum

ENGLISH NAME calcitum

Calcitum is produced mainly in the provinces of Shan Xi and He Bei. It is collected during all seasons and ground before use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, cold in property, acts on the Stomach and Kidney channels.

FUNCTIONS

Clears Heat and drains Fire.

CLINICAL USE AND MAJOR COMBINATIONS

For high fever, thirst, irritability, and strong pulse, it is used with Gypsum Fibrosum (*Shi Gao*).

For sore throat and oral ulcers, it is ground for external use.

DOSAGE AND ADMINISTRATION

10–15 g. Proper amount for external use.

PRECAUTIONS

None noted.

PHARMACEUTICAL NAME Pulvis Talci

ENGLISH NAME talc powder

Pulvis Talci is a mineral of silicate that contains mainly hydrated magnesium silicate, chiefly found in the provinces of Shan Dong, Jiang Xi, Jiang Su, and Shan Xi. It is mined and cleaned, then ground into powder or refined with water for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and bland in flavor, cold in property, acts on the Stomach and Bladder channels.

FUNCTIONS

Diuretic, used in the treatment of gonorrhea, clears Summer Heat.

CLINICAL USE AND MAJOR COMBINATIONS

For gonorrhea with Pathogenic Heat or for urinary stones, it is used with Caulis Akebiae (*Guan Mu Tong*) in “The Pulvis Talci Powder” (*Hua shi San*), or with Semen Plantaginis (*Che Qian Zi*) and Herba Polygoni Avicularis (*Bian Xu*) in “The Eight Health Restoring Powder” (*Ba Zheng San*).

For invasion of Summer-Heat and Dampness with restlessness, thirst, and diarrhea, it is used with Radix Glycyrrhizae Uralensis (*Gan Cao*) in “The Six-to-One Powder” (*Liu Yi San*).

For sores, boils, eczema, and carbuncles, it is used alone for topical application or with Gypsum Fibrosum (*Shi Gao*) and Calamina (*Lu Gan Shi*).

DOSAGE AND ADMINISTRATION

10–15 g, decocted in water for an oral dose. Appropriate quantity for external use.

PHARMACEUTICAL NAME Sulfur

ENGLISH NAME sulfur

Sulfur is obtained from the natural sulfur of the elemental mineral group. Sulfur is either collected and melted to free it from foreign matter or obtained by processing minerals that contain sulfur.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sour in flavor, warm in property, toxic, acts on the Kidney and Large Intestine channels.

FUNCTIONS

Counteracts poisons, is an anthelmintic, and cures sores when used externally; reinforces Yang and relaxes the bowels when taken orally.

CLINICAL USE AND MAJOR COMBINATIONS

For scabies humida, tinea, and intractable cellulitis of a Yin nature.

For coldness and pain of the lower back and knee and impotence due to decline of Fire at the Gate of Life, and for asthma and dyspnea due to Failure of the Kidney to grasp air, it is used with herbs for strengthening Yang.

For constipation due to Deficiency and Cold, it is used with Rhizoma Pinelliae (*Ban Xia*).

DOSAGE AND ADMINISTRATION

1–3 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

Contraindicated during pregnancy or in patients with flaring of Fire due to Yin Deficiency.

PHARMACEUTICAL NAME Calamina

ENGLISH NAME calamine

Calamina is the natural ore smithsonite, composed mainly of zinc carbonate. It occurs chiefly in the provinces of Guang Xi, Hu Nan, and Si Chuan. Calamina is calcined and then ground into a fine powder with water or mixed with a decoction of Rhizoma Coptidis.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Removes nebula clouding to improve eyesight, removes Dampness, and promotes tissue regeneration.

CLINICAL USE AND MAJOR COMBINATIONS

For conjunctival congestion and nebula, it is used with Borax (*Peng Sha*) and other herbs.

For chronic ulceration with much pus and wounds that do not heal, it is used with Acacia Catechu (*Er Cha*).

DOSAGE AND ADMINISTRATION

Appropriate amount for external use. The substance can be elutriated and used as eye drops.

PRECAUTIONS

None noted.

PHARMACEUTICAL NAME Borax

ENGLISH NAME borax

Borax is the crystalline substance prepared from borax ore. It is produced mainly in the provinces of Tibet and Qing Hai. It is used unprepared or calcined.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and salty in flavor, cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Used externally to clear Heat and to remove toxins. Used internally to clear Lung Heat and resolve Phlegm.

CLINICAL USE AND MAJOR COMBINATIONS

For thrush, it is used with Realgar (*Xiong Huang*), Borneolum Syntheticum (*Bing Pian*), and Radix Glycyrrhizae Uralensis (*Gan Cao*) in “The Four Treasure Pills” (*Si Bao Dan*). For sore throat and toothache, it is used with Borneolum Syntheticum (*Bing Pian*), Natrii Sulfas Exsiccatus (*Xuan Ming Fen*), and Cinnabaris (*Zhu Sha*) in “The Powder of Borneolum Syntheticum and Borax” (*Bing Peng San*). For conjunctival congestion with swelling and pain, it is used with Borneolum Syntheticum (*Bing Pian*) and Natrii Sulfas Exsiccatus (*Xuan Ming Fen*).

For sticky yellow sputum due to accumulation of Phlegm Fire, it is used with Fructus Trichosanthis (*Gua Lou*) and Bulbus Fritillariae Cirrhosae (*Chuan Bei Mu*).

DOSAGE AND ADMINISTRATION

1.5–3 g, decocted in water for internal use. Appropriate amount for external use.

PRECAUTIONS

Use with caution internally.

PHARMACEUTICAL NAME Massa Fermentata Medicinalis

ENGLISH NAME medicated leaven

Massa Fermentata Medicinalis is a mixture of the fermented powders of wheat flour and herbs, including Herba Artemisiae Annuae (*Qing Hao*), Fructus Xanthii (*Cang Er Zi*), Semen Armeniacae Amarum (*Ku Xing Ren*), and Semen Phaseoli Calcarati (*Chi Xiao Dou*).

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and pungent in flavor, warm in property, acts on the Spleen and Stomach channels.

FUNCTIONS

Resolves stagnant food, regulates Stomach Qi.

CLINICAL USE AND MAJOR COMBINATIONS

For food retention and indigestion with distension and fullness in the epigastrium, anorexia, and diarrhea, it is used with Fructus Crataegi (*Shan Zha*) and Fructus Hordei Germinatus (*Mai Ya*).

It is made into pills and taken with pills with mineral ingredients in “Magnetite and Cinnabaris pills” (*Ci Zhu Wan*) to assist digestion and absorption.

DOSAGE AND ADMINISTRATION

6–15 g, decocted in water or used as pills for an oral dose. Parched Massa Fermentata Medicinalis is used to promote digestion and resolve food retention. A carbonized mixture is used for diarrhea; the crude mixture is made into pills or paste.

PRECAUTIONS

None noted.

PHARMACEUTICAL NAME Gypsum Fibrosum

ENGLISH NAME gypsum

Gypsum Fibrosum is a mineral that contains mainly hydrated calcium sulfate. It is found in almost every province in China, with that produced in Hu Bei and An Hui provinces being of the best quality. After removing the impurities, the mineral is ground into powder, and used unprepared or calcined.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and sweet in flavor, very cold in property, acts on the Lung and Stomach channels.

FUNCTIONS

Clears Heat and quells Fire, relieves thirst and restlessness, and promotes regeneration of tissue and wound healing.

CLINICAL USE AND MAJOR COMBINATIONS

For febrile diseases with pathogenic factors in the Qi system, manifested as fever without chills, irritability, thirst, sweating, a flooding, and strong pulse, and other Heat symptoms of an excess type. It is often used with Rhizoma Anemarrhenae (*Zhi Mu*) in “The White Tiger Decoction” (*Bai Hu Tang*). For skin eruption and ecchymosis and sustained high fever due to the obstruction of Excess Heat, it can be used with Cornu Rhinoceri (*Xi Jiao*) and Radix Scrophulariae (*Xuan Shen*). For febrile diseases in the later stage with lingering fever, dysphoria, thirst, and red tongue with very little fur, it is used with Herba Lophatheri Gracilis (*Dan Zhu Ye*) and Radix Ophiopogonis (*Mai Dong*) in “The Decoction of Lophatherum and Gypsum” (*Zhu Ye Shi Gao Tang*).

For cough and sticky sputum due to Excess Lung Heat, it is often used with Bulbus Fritillariae Cirrhosae (*Bei Mu*), Cortex Mori (*Sang Bai Pi*), and Radix Platycodi (*Jie Geng*).

For headache and swollen and painful gums due to rising up of Stomach Fire, it is often used with Radix Rehmanniae (*Sheng Di Huang*) and Rhizoma Anemarrhenae (*Zhi Mu*) and Radix Achyranthis Bidentatae (*Niu Xi*) in “The Gypsum Decoction” (*Yu Nu Jian*).

For eczema, burns, and ulcers, it is used alone or with Indigo Naturalis (*Qing Dai*) and Cortex Phellodendri (*Huang Bai*).

DOSAGE AND ADMINISTRATION

15–60 g, for internal use: unprepared and decocted in water prior to other herbs. For external use: calcined and ground.

PRECAUTIONS

1. Contraindicated in patients with Cold syndromes due to Deficiency of Spleen Yang and Stomach Yang.
2. Contraindicated in patients with syndromes due to Deficiency of Yin.

PHARMACEUTICAL NAME Concha Arcae

ZOOLOGICAL NAME *Arca inflata* Reeve, *Arca granosa* L., or *Arca subcrenata* Lischke (Fam. Arcidae)

ENGLISH NAME ark shell, cockle shell

PART USED shell

Concha Arcae is produced mainly in the provinces of Zhe Jiang, Jiang Ssu, Shan Dong, and Guang Dong. The shell is broken into small pieces and used unprepared.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Salty in flavor, neutral in property, acts on the Lung, Stomach, and Liver channels.

FUNCTIONS

Resolves Phlegm and softens hard masses, resolves Blood Stasis.

CLINICAL USE AND MAJOR COMBINATIONS

For scrofula and goiter due to accumulation of Phlegm, it is used with Sargassii (*Hai Zao*) and Thallus Laminariae (*Kun Bu*).

For abdominal masses, it is used alone or with Rhizoma Curcumae Zedoariae (*E Zhu*) and Rhizoma Spargani (*San Leng*).

For hyperacidity and pain, it is used with Pericardium Citri Reticulatae (*Chen Pi*).

DOSAGE AND ADMINISTRATION

10–30 g, decocted for a long time; 1–3 g, ground into a powder for use. For resolving phlegm and softening hard masses, it is used unprepared; for relieving pain and reducing hyperacidity, it is used calcined.

PRECAUTIONS

None noted.

PHARMACEUTICAL NAME Realgar

ENGLISH NAME realgar

Realgar is the mineral realgar. It occurs mainly in the provinces of Hu Nan, Gui Zhou, Yun Nan, and Si Chuan. Realgar is ground into a powder, which can be mixed with water for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Pungent and bitter in flavor, warm in property, acts on the Heart, Liver, and Stomach channels.

FUNCTIONS

Removes toxins and is an antihelminthic.

CLINICAL USE AND MAJOR COMBINATIONS

To relieve swelling and pain of carbuncles and gangrene, it is used with Gummi Olibanum (*Ru Xiang*), Myrrha (*Mo Yao*), and Moschus (*She Xiang*). For rooted furuncles, it is applied locally. For snake-bite, an equal amount of the mineral and Faeces Troglodyterum (*Wu Ling Zhi*) are ground into a powder, and 6 g of the powder is taken with wine each time. The powder may also be applied locally.

For abdominal pain, it is used with Semen Pharbitidis (*Qian Niu Zi*) and Semen Arecae (*Bing Lang*).

For asthma, malaria, or infantile convulsions due to accumulation of Phlegm.

DOSAGE AND ADMINISTRATION

0.2–0.9 g, used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

Contraindicated during pregnancy. Not to be taken internally for long periods of time.

PHARMACEUTICAL NAME Crinis Carbonisatus Hominis

ENGLISH NAME carbonized human hair

Crinis Carbonisatus Hominis is carbonized human hair. The hair is washed clean, dried in sunlight, and ground into a fine powder for medication.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Bitter in flavor, neutral in property, acts on the Liver and Stomach channels.

FUNCTIONS

Arrests bleeding, resolves Blood Stasis, is a diuretic.

CLINICAL USE AND MAJOR COMBINATIONS

For hemoptysis, epistaxis, metrorrhagia, and hematuria, it is used with other herbs that can stop bleeding. For bleeding in the upper part of the body, it is ground into a powder and infused with lotus root juice; for bleeding in the lower part of the body, it is used with carbonized Petiolus Trachycarpi (*Zong Lu Tan*).

For dribbling micturition, it is used with Pulvis Talci (*Hua Shi*) for an oral dose.

DOSAGE AND ADMINISTRATION

6–10 g, decocted in water for an oral dose; 1.5–3 g, used as powder.

PRECAUTIONS

None noted.

PHARMACEUTICAL NAME Limonitum

ENGLISH NAME limonite

This mineral is an iron ore that occurs mainly in the provinces of Zhe Jiang and Guang Dong. It is broken into pieces and calcined for use.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet and sour in flavor, neutral in property, acts on the Stomach and Large Intestine channels.

FUNCTIONS

Astringes the Intestine to stop diarrhea, stops bleeding.

CLINICAL USE AND MAJOR COMBINATIONS

For chronic diarrhea and chronic dysentery, it is used with Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), Fructus Psoraleae (*Bu Gu Zhi*), and Radix Glycyrrhizae Uralensis (*Gan Cao*).

For metrorrhagia and metrostaxis, it is used with Os Sepiae seu Sepiellae (*Hai Piao Xiao*) and Concha Ostreae (*Mu Li*). For abnormal leukorrhea, it is used with Rhizoma Zingiberis (*Gan Jiang*).

DOSAGE AND ADMINISTRATION

10–20 g, decocted in water taken internally.

PRECAUTIONS

Contraindicated in patients with Excess syndromes.

PHARMACEUTICAL NAME Cinnabaris

ENGLISH NAME cinnabar

This is a mineral sulfide of cinnabar that contains mainly mercuric sulfide (HgS). Found in the provinces of Hunan, Sichuan, Guizhou, and Yunnan, it is mined and broken into pieces, purified, then ground with water into a very fine powder.

FLAVOR, PROPERTY, AND CHANNEL TROPISM

Sweet in flavor, cold in property, toxic, acts on the Heart channel.

FUNCTIONS

Tranquilizes the Mind and clears Heat and toxins.

CLINICAL USE AND MAJOR COMBINATIONS

For restlessness, feverish sensations in the chest, palpitations, insomnia, and dream-disturbed sleep, it is used with herbs that clear away Heart Heat, such as Rhizoma Coptidis (*Huang Lian*), Radix Glycyrrhizae Uralensis (*Gan Cao*), Radix Angelicae Sinensis (*Dang Gui*), and Radix Rehmanniae (*Sheng Di Huang*) in “The Cinnabaris Sedative Bolus” (*Zhu Sha An Shen Wan*). For palpitations and insomnia due to Blood Deficiency, it is used with Radix Angelicae Sinensis (*Dang Gui*), Semen Platycladi (*Bai Zi Ren*), and Semen Ziziphi Spinosa (*Suan Zao Ren*). For epilepsy, it is used with Magnetitum (*Ci Shi*) and Massa Fermentata Medicinalis (*Shen Qu*) in “The Magnetitum and Cinnabaris Pill” (*Ci Zhu Wan*).

For sores, carbuncles, and other skin diseases, it is used with Realgar (*Xiong Huang*). For sore throat and canker sores of the mouth and tongue, it is used externally with Borneolum Syntheticum (*Bing Pian*) and Borax (*Peng Sha*).

DOSAGE AND ADMINISTRATION

0.3–1 g, ground into a powder and infused for an oral dose, or used in pill or powder form. Appropriate amount for external use.

PRECAUTIONS

Not to be used for a long time or in large doses. It should be given cautiously to patients with abnormal Liver or Kidney functions.

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Glossary

By Guang Hong

Blood Deficiency: Blood deficiency refers to the failure of Blood to nourish the vessels due to decreased quality of Blood. The signs include pallor or sallow complexion, pale lips, dizziness, palpitations and insomnia, numbness of the hands and feet, pale tongue, and empty pulse.

Blood Heat: see Invasion of Blood by Heat.

Blood: Blood is one of the basic life materials, the red fluid that circulates in the vessels. Nevertheless, the Blood in traditional Chinese medicine is not the same as what the West calls blood. As indicated, the Blood is a product of nourishing Qi, transformed from food Essence. It transports nutrients to the entire body and is the material basis for mental activities.

Body Fluid: Body fluid is a basic component of the body including, but not limited to, saliva, stomach fluids, synovial fluid, tissue fluids and excretions. The function of the Body Fluid is to keep the tissues and organs moist, to assure proper elimination of wastes, to maintain a normal body temperature, and to regulate the balance of Yin and Yang in the body.

Channel: In the meridian system, channel is the main trunks that run longitudinally and interiorly-exteriorly with the body.

Cold Pattern: Cold pattern is characterized by a lowered body temperature, intolerance of cold and preference for heat, absence of thirst (or preference for sips of hot beverages). Exterior-Cold shows aversion to cold, absence of perspiration, a thin, white coating on the tongue, and a floating pulse. Interior-Cold shows loose stools, clear profuse urine, cold limbs, pallor, a pale tongue with white coating, and a slow, deep, weak, or a tight pulse.

- Cold:** Cold is the prevailing climate factor in winter. Exogenous Cold usually causes common cold or cold symptoms in Zang-Fu organs, while endogenous Cold is produced by the organ system due to the deficiency of Yang. Cold related diseases are accompanied by pain and contraction and easily affect the Kidney.
- Collateral:** In the meridian system, collateral refers to the branches that form network over the body but thinner and smaller than Channel.
- Damp-Heat in the Liver and the Gallbladder:** This pattern occurs in acute icteric hepatitis, acute cholecystitis, cholelithiasis, abscesses of the Liver, cervicitis, and vaginitis. The signs include distending pain in the costal region, bitter taste in the mouth, poor appetite, nausea, fullness in the abdomen, scanty urination, yellow sclera and skin, scrotum eczema, swelling and burning pain of the testes, itching of the vulva, yellow slimy tongue coating, taut and slippery pulse.
- Damp-Heat in the Spleen and Stomach:** This pattern may be seen in the jaundice of acute hepatitis and also in diarrhea where large amounts of food have not been digested. The signs include nausea, poor appetite, loose stools, difficult urination with reddish tinge, stickiness and sweet taste in the mouth, yellow slimy tongue coating, soft and rapid pulse.
- Dampness:** Dampness is the prevailing climate factor in late summer, which is the season with highest humidity in China. Dampness is also an exogenous pathogenic factor and a pathological product in the body. Pathogenic dampness may be due to the dampness factor from the environment or to the interior dampness, which is usually caused by the dysfunction of the Spleen.
- Deficiency of Heart Blood:** This pattern occurs in cases of anemia and some heart diseases. The signs include insomnia (difficult to fall asleep), amnesia, palpitation, dizziness, pale lips, pale tongue, and fine pulse.
- Deficiency of Heart Qi:** Since the Heart Qi is responsible for Blood movement, Deficient Heart Qi is associated with irregular pulse types such as knotted or intermittent. General signs of this pattern include palpitation, spontaneous sweating that is worse when active, pallor, pale tongue with thin coating, and weak pulse.
- Deficiency of Heart Yang:** This pattern is similar to the deficiency of Heart Qi. In addition, it shows the signs for Yang deficiency, such as pallor, chills, cold limbs, cardiac retardation, fullness in the chest, pale or dark-red tongue, and weak or irregular intermittent pulse.
- Deficiency of Kidney Essence:** This pattern characterizes cases of poor development, infertility, and sexual dysfunction. The signs include slow development of infants, premature senility, loss of hair, loosened teeth, sluggishness, slow movement, infertility in men due to low sperm count, infertility in women due to amenorrhea, reddened tongue, deep and rapid pulse.
- Deficiency of Kidney Yang:** This pattern is characteristic of adreno-cortical hypo-functioning, hypothyroidism, chronic nephritis, nephrotic syndrome, and sexual

dysfunction. The signs include soreness and a sensation of weakness over the waist and knees eased by pressure and heat, pallor, chills, cold limbs, spontaneous sweating, impotence, infertility, dizziness, ringing in the ears, pale tongue with white coating, and deep and fine pulse.

Deficiency of Kidney Yin: This pattern often appears in pulmonary tuberculosis, diabetes, nerve deafness, and infertility. The signs for the pattern include dizziness, ringing in the ears, insomnia, amnesia, gaunt, dry mouth and throat, feverish sensation in the palms, soles, and heart area, afternoon fever, night sweats, hot flush, reddened tongue with thin dry coating, fine and rapid pulse.

Deficiency of Liver Blood: Deficiency of Liver Blood may occur in anemia, peripheral neuritis, inadequate menstrual flow or failure to menstruate. The signs for the pattern include dizziness, dryness of eyes, blurred vision, numbness of limbs, spasm of tendons, a pale tongue and fine pulse.

Deficiency of Lung Qi: This pattern can be seen either as the result of the injury of the Lung Qi by exogenous pathogenic factors or because of various endogenous pathogenic disharmonies that affect the Lungs. The signs include weak cough, asthma, lassitude, shortness of breath, spontaneous sweating, pallor, a pale tongue with thin coating, empty and weak pulse.

Deficiency of Qi: Deficiency of Qi refers to hypofunctioning of the organs or of one individual organ. The signs of this pattern include lack of strength to breathe and speak, apathy, general lassitude, dizziness, spontaneous sweating that is worse when active, pale tongue, and empty pulse.

Deficiency of Spleen Qi: Deficient Spleen Qi is associated with Spleen-specific signs such as poor appetite, fullness and distension in the abdomen, loose stools. In addition, there are other signs for Deficient Qi such as pallor, lethargy, a pale tongue with thin white coating, and an empty pulse.

Deficiency of Spleen Yang: This pattern occurs in cases of ulcers, chronic gastritis, chronic enteritis, chronic nephritis, and general dysfunction of the digestive system. The signs for this pattern are similar to those of the deficiency of Spleen Qi. In addition, it shows the signs for Yang deficiency, such as chills, cold limbs, dull pain in abdomen that is relieved by pressure and heat, pale tongue with white coating, deep and slow pulse.

Deficiency Pattern: Deficiency pattern occurs in chronic diseases or during the stage of recovery from acute diseases. It is often classified into four basic types, Deficiency of Yin, Deficiency of Yang, Deficiency of Qi and Deficiency of Blood. Each type shows different signs. Refers to each individual pattern for the specific sign.

Dryness: Pathogenic effects of Dryness are analogous to the effects of the autumn climate, drying out, wrinkle, crack, and wither. Dryness depletes the Fluid in the body and causes sensations of dryness. It attacks the Lung and the Kidney the

most. When the Dryness is in the Lung, the symptoms include fever, a dry, hot feeling in the nose, thirst, dry cough with little expectoration or expectoration of bloody sputum, or difficulty in coughing, and a floating or rapid pulse.

Eight Principal Patterns: The major method to differentiate patterns. The eight principal patterns form four pairs, Yin and Yang, Exterior and Interior, Cold and Heat, Deficiency and Excess.

Essence (Jing): It is the fundamental material of living organisms. Congenital or reproductive Essence is received from one's parents. Acquired Essence develops from food, air, and water after birth.

Excess Pattern: Excess pattern is provoked by two factors: hyperactivity of exogenous pathogenic factors or the accumulation and stagnation of pathological products such as phlegm, dampness, and Blood stasis. Refers to each individual pathogenic factor or product for specific sign.

Exogenous Pathogenic Factors: Pathogenic factors that come from the external environment. The principal exogenous factors are wind, cold, summer heat, dampness, dryness, and fire.

Exterior Pattern: Exterior pattern is usually shown in the beginning of an infectious disease, such as a common cold. It is marked by sudden onset and short-lived. The major distinguishing symptoms are an aversion to cold (or wind), fever, a thin, white coating on the tongue, and a floating pulse.

Exuberance of Liver Yang: This pattern is seen in hypertension, various menopause syndromes, and neurosis. The signs include dizziness, ringing in the ears, distending pain in the head, flushed face, red eyes, irritability, insomnia, dream-disturbed sleep, amnesia, palpitation, soreness and weakness in the lumbar region and knee joints, reddened tongue, taut and rapid pulse.

Fire: The term of Fire can be used in several ways. It usually refers to endogenous pathogenic factor results from a disharmony of Yin and Yang in the Zang-Fu organs. It also refers to exogenous Fire, which causes a typical infectious disease. Fire is also a normal characteristic of the body, the normal Yang for Zang-Fu organs. Pathogenic Fire often causes ulcers of the mouth and tongue, pink eyes, a bitter taste in the mouth, anxiety, a dry and sore throat, swollen and painful gums, thirst and a preference for cold beverages, constipation, concentrated urine, reddened tongue, and a rapid pulse.

Five Phases: The theory of the Five Phases is an attempt to classify phenomena in terms of five quintessential processes, represented by the emblems Wood, Fire, Earth, Metal, and Water. The Five Phases are not in any way ultimate constituents of matter, but a system of correspondences and patterns that subsume events and things, especially in relationship to their dynamics.

Fu organs: Fu organs are those organs with cavities including the Gall Bladder, Small Intestine, Stomach, Large Intestine, Bladder, and Triple Burner (Heater). The function of the Fu organs is to receive, break down, and absorb food that will be transformed into the fundamental materials, and transport and excrete the waste.

Heart: The Heart controls the life processes of the human body and coordinates the activities of all the other Zang-Fu organs. In addition, the Heart governs the Blood and vessels, and controls mental activities. The Heart links to the tongue and forms a Zang-Fu pair with Small Intestine.

Heat Pattern: Heat pattern usually involves an aversion to heat, fever, flushed face, irritability, a preference for cold beverages, concentrated urine, constipation or yellow, sticky stools, a reddened tongue with a yellow coating, and a rapid, overflowing, and forceful pulse. Heat pattern does not necessarily involve a fever. Other symptoms alone are usually enough to distinguish the Heat pattern.

Insufficiency of Stomach Yin: This pattern may occur in chronic gastritis, ulcers, gastroneurosis, diabetes, and in the later stages of an infectious disease. The signs include dry mouth and lips, hunger without increased food intake, stomachache, belching, nausea, dry stools, reddened tongue with little saliva and little coating, fine and rapid pulse.

Interior Pattern: Interior pattern appears in one of the following three ways: 1) exogenous pathogenic factors are transmitted from exterior to interior; 2) exogenous pathogenic factors directly invade interior organs; 3) deficient functioning in the organs occurs due to interior pathogenic factors such as emotional disturbances. The signs of Interior pattern are usually severe and complex and appear in the advanced stages of disease. The signs usually include a thick tongue coating or absence of a tongue coating, and a deep pulse.

Invasion of Blood by Heat: This pattern comes from the Wei, Qi, Ying, and Xue theory, which is one of the systems for pattern differentiation. Invasion of Blood by Heat is the most severe condition (Xue) in this system. The signs include continuous high fever, restlessness, mania, delirium, hemoptysis, epistaxis, skin rash, expectoration of blood, dark red tongue with dry yellow coating, floating and rapid or deep rapid pulse.

Invasion of the pericardium by Heat: This pattern comes from the Wei, Qi, Ying, and Xue theory, which is one of the systems for pattern differentiation. Invasion of the pericardium by Heat is the second most severe condition (Ying) in this system. The signs include high fever, delirium, rigid tongue, cold limbs, dark red tongue, slippery and rapid pulse.

Kidney: In general, the Kidney promotes the growth and development of the body and helps control reproduction and water metabolism. It stores Essence, and produces bone marrow. The condition of the Kidney can be seen in the condition of the Hair. The Kidney links to the ears, the genital organs, and the anus. The Kidney and the Urinary Bladder form a Zang-Fu pair.

Liver Fire Blazing: This pattern is characteristic of hypertension, migraine headache, hemorrhaging in upper alimentary tract, and acute conjunctivitis. The signs include distending headache, dizziness, irritability, flushed face, red eyes, bitter taste in the mouth, dry throat, ringing in the ears, a reddened tongue with yellow coating, taut and rapid pulse.

- Liver Wind Moving:** Endogenous Wind in the Liver may occur in one of three ways: 1) Liver Yang turning to Wind; 2) Stirring of Wind in the Liver due to extreme heat; 3) endogenous growth of Wind in the Liver due to Blood deficiency. These patterns appear in cases of hypertension, cerebral arteriosclerosis, stroke, and convulsions due to high fever. The signs for 1) include headache, dizziness, numbness and trembling of limbs, unconsciousness, tongue rigidity that impairs the ability to speak, facial paralysis, hemiplegia, reddened tongue, taut and rapid pulse. The signs for 2) include high fever, coma, convulsion, neck rigidity, staring of the eyes upward, reddened tongue with yellow coating, taut and rapid pulse. The signs for 3) include dizziness blurred vision, sallow complexion, numbness of the limbs, trembling, spasm of the tendons and muscles, tics, itchy skin, pale tongue, taut and deep pulse.
- Liver:** The Liver is the organ system with the following functions, storing Blood, regulating the flow of Qi, storing the Soul, controlling the condition of the tendons. The condition of the Liver can be seen in the condition of the nails. The Liver links to the eyes and forms a Zang-Fu pair with Gallbladder.
- Lung:** The Lung is the organ responsible for respiration. In addition, it controls Qi, maintains the downward flow of Fluid and stores vitality, which is a mental activity and is closely related to Qi. The Lung is linked to the nose and forms a Zang-Fu pair with the Large Intestine.
- Meridian System:** The energy network of the body. It links the exterior and interior as well as upper and lower parts of the body. It joins the Zang-Fu systems and serves as the passageway for Qi and Blood.
- Pattern Differentiation:** A complete summarization of the functioning of the body at a particular stage of an illness. Pattern differentiation is also called the symptom-complex.
- Phlegm:** One of the pathological substances produced by the organs that do not function properly. In a broad sense, phlegm and retained fluid refer to diseases caused by a disturbance of water metabolism in the body and by the accumulation of fluids in the body cavity and extremities. Its main manifestations are dizziness, nausea, vomiting, shortness of breath, palpitations, manic insanity, and loss of consciousness.
- Qi:** Qi often represents the activity of life. It is described as a rarefied substance or an energy force that circulates through the body and activates the function of the body. For example, Spleen Qi is the action of the Spleen in the body.
- Seven Emotions:** Seven Emotions refers to endogenous pathogenic factors, including joy, anger, sadness, pensiveness, grief, fear, and fright. In traditional Chinese medicine, emotions are the principal endogenous source of disease. Emotions have a material basis: the essential Qi of the five Zang organs constitutes the material basis. If emotional excitation is extremely abrupt or intense, or if it is persistent

and exceeds the normal endurance of the human body, emotions may produce functional disorders of the Zang-Fu organs, impeding the harmonious balance of Yin and Yang.

Six Pernicious Influences: See Exogenous Pathogenic Factors.

Spirit (Shen): Spirit is a substance unique to the human body. It is associated with the force of human personality, the ability to think, discriminate, and choose appropriately. If the Essence is the source of life, and Qi the ability to activate and move, then Spirit is the vitality behind Essence and Qi. The Spirit does have a material aspect. It is a fundamental substance of the human body,

Spleen: Together with Stomach, the Spleen is responsible for the digestion, assimilation, and distribution of nutrients and water throughout the body. In addition, the Spleen keeps Blood in the Blood vessels, stores intention, controls the limbs and flesh. The Spleen links to the mouth and its condition is reflected in the lips. The Spleen and Stomach form a Zang-Fu pair.

Stagnant Blood: One of the pathological substances that appear when the internal organs fail to function properly. Stagnant Blood accumulates when the flow of Blood is irregular due to deficiency of Qi or when it is attacked by pathogenic cold. Internal hemorrhaging as a result of pathogenic Heat or traumatic injuries may also create stagnant Blood. The symptoms of stagnant Blood include pain, lumps, masses, hematemesis, hematochezia, menstrual irregularities, and dysmenorrhea.

Stagnant Qi: Stagnant Qi is characterized by the blockage of Qi in a certain part of the body or in an individual organ. Since the Liver regulates the flow of Qi, Stagnant Qi pattern often occurs in the Liver. The blockage of Qi causes conditions recognized in Western medicine, such disorders as endocrine disturbances, premenstrual tension, and hepatitis. The signs for this pattern include suffocating feeling and pain in chest and hypochondrium, and taut pulse.

Stagnation or Depression of Liver Qi: Stagnation of Liver Qi is the most common pattern of the Liver disharmony. The signs include emotional depression, suffocating feeling in the chest, pain in the hypochondriac region, loss of appetite, distending pain in the stomach region and abdomen, menstrual irregularity, thin white tongue coating, and taut pulse.

Stomach Fire: This pattern appears in some infectious diseases that are accompanied by high fever, and also in chronic or acute gastritis, in stomatitis, and in periodontitis. The signs include burning sensation with pain in the stomach region, vomiting, thirst, preference for cold beverages, hunger, gingival swelling, ulceration, and bleeding of gums, constipation, scanty urination with reddish tinge, reddened tongue with yellow coating, slippery and rapid pulse.

Summer Heat: Summer Heat is the pathogenic heat resulting directly from climatic conditions. It appears only in the summer time. Therefore, it is always an exogenous

pathogenic factor. Summer Heat may cause symptoms like a sensation of fever, perspiration, dizziness, headache, thirst, dry lips, nausea, a thick white coating of the tongue, and a slippery and rapid pulse.

Three Burner (Heater): Three Burner refers to three parts of the body cavity, the upper burner, which houses the Heart and Lung; the middle burner, which houses the Spleen and Stomach; and the lower burner, which houses the Liver, Kidney, Bladder, Small and Large intestines.

Wind: Pathogenic Wind comes from both the environment and the internal organs. Exogenous Wind is always associated with other exogenous pathogenic factors. Endogenous Wind is usually due to the accumulation of Heat in the Liver or the deficiency of the Blood. Wind is a Yang pathogenic factor and causes disease abruptly and the symptoms migrate to different positions of the body. Wind diseases are usually accompanied by abnormal movement.

Yang Deficiency: This pattern is due to an innate insufficiency, to postnatal malnutrition, or to long illness. It may lead to an insufficiency of heat production, hypo-functioning of the organ system, a preponderance of cold, and interior fluid retention. Yang deficiency is characterized by weak physiological activities, low body resistance, and insufficient heat. The signs include pallor, an aversion to cold, cold extremities, low back pain, edema, a pale or dark tongue, and a deep or slow pulse.

Yang: According to the Yin-Yang theory, all things have two aspects, Yin aspect and Yang aspect. Yang originally meant the sunny side of a hill. Yang implies brightness and is associated with qualities such as hot, move, active, excited, vigor, light, exterior, upward, outward, and increase, etc.

Yin Deficiency: This pattern is due to the excess consumption of vital materials including Fluid, Essence and Blood or to fever impairing those materials. It may lead to a relative overabundance of Yang, accompanied by excessive activity and an increased interior heat. The signs for this pattern are low fever, erratic fever, feverish sensation in the palms, soles, and the chest, night sweats, dry mouth and throat, a reddened tongue with little or no coating, and a deep and rapid pulse.

Yin: According to the Yin-Yang theory, all things have two aspects, Yin aspect and Yang aspect. Yin originally meant the shady side of a hill. It is associated with qualities such as cold, rest, passive, dark, interior, downward, inward, and decrease, etc.

Yin-Yang: The theory of Yin-Yang is a dialectical logic that explains relationships, patterns, and changes. The theory states that any object in nature is a unified whole that is composed of two parts with opposite qualities. Those opposite qualities are described as Yin and Yang. The classification of Yin and Yang are relative. Thus, the Yin-Yang nature of an object may change in relation to another object.

Zang organs: Zang organs refer to those solid organs including the Liver, Heart, Spleen, Lungs, and Kidneys. Sometimes the Pericardium is considered a sixth

Zang organ. Zang organs produce, transform, regulate, and store the fundamental materials such as Qi, Blood, Essence, Spirit, and Fluids.

Zang-Fu: The Zang-Fu theory, derived originally from the theory of the Five Phases, describes the internal organs of the body and their relationships to each other, to other tissues, to the sense organs, and to the meridian system. The internal Zang-Fu organs are defined by a combination of their hypothetical functions and preliminary anatomy.

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