

Herb	Category	Functions	Other
<b>Gui Zhi</b> <i>cinnamomi ramulus</i>	<b>Warm Acrid Release the Exterior</b>	<ul style="list-style-type: none"> <li>• release the exterior (tai yang deficiency syndrome)</li> <li>• fever and chills, stiff neck, with sweating</li> <li>• warms chest, SP, lower-jiao, channels</li> </ul>	sweet indirectly moves blood
<b>Bo He</b> <i>menthae haplocalycis herba</i>	<b>Cool Acrid Release the Exterior</b>	<ul style="list-style-type: none"> <li>• release the exterior (wei level heat)</li> <li>• sore throat, rash, eye problems</li> <li>• moves Liver qi</li> </ul>	aromatic (add last five minutes)
<b>Shi Gao</b> <i>gypsum fibrosum</i>	<b>Clear Heat and Drain Fire</b>	<ul style="list-style-type: none"> <li>• yang ming heat (big fever, big sweat, big thirst, big pulse)</li> <li>• clears LU and ST heat</li> </ul>	heavy; use larger dosage (15-60g)
<b>Sheng Di Huang</b> <i>rehmanniae radix</i>	<b>Clear Heat and Cool Blood</b>	<ul style="list-style-type: none"> <li>• cools blood (xue level heat)</li> <li>• tonifies yin</li> </ul>	sticky and cloying; may cause middle-jiao problems
<b>Huang Qin</b> <i>scutellariae radix</i>	<b>Clear Heat and Dry Dampness</b>	<ul style="list-style-type: none"> <li>• clears damp-heat (diarrhea, urination problems)</li> <li>• clears Lung heat (thick yellow phlegm)</li> <li>• cools blood to stop bleeding</li> </ul>	calms restless fetus
<b>Jin Yin Hua</b> <i>loniceræ flos</i>	<b>Clear Heat Toxicity</b>	<ul style="list-style-type: none"> <li>• clears heat toxicity (skin problems, boils, abscess)</li> <li>• expels wind-heat invasion</li> <li>• clears damp-heat in lower-jiao</li> </ul>	use charred to stop bleeding
<b>Qing Hao</b> <i>artemisiae annuae herba</i>	<b>Clear Deficiency Heat</b>	<ul style="list-style-type: none"> <li>• clears deficiency heat</li> <li>• clears summer heat; treats malaria</li> <li>• cools blood to stop bleeding</li> </ul>	add last five minutes
<b>Da Huang</b> <i>rhei radix et rhizoma</i>	<b>Purgatives</b>	<ul style="list-style-type: none"> <li>• purges Large Intestine (for constipation, or to clear heat)</li> <li>• treats yang ming bowel disease (constipation, ST pain)</li> <li>• invigorates blood (cracks the blood)</li> </ul>	to purge, only cook five minutes contraindicated in pregnancy
<b>Huo Ma Ren</b> <i>cannabis semen</i>	<b>Moist Laxatives</b>	<ul style="list-style-type: none"> <li>• moistens LI to relieve constipation</li> <li>• tonifies yin</li> </ul>	good for deficient patients crush before cooking
<b>Gan Sui</b> <i>kansui radix</i>	<b>Harsh Expellants</b>	<ul style="list-style-type: none"> <li>• induces watery diarrhea to treat edema (pleurisy, ascites)</li> <li>• drives out phlegm and wind-phlegm (seizures, shen problems)</li> </ul>	toxic; use smaller dosage (0.5-1.5g) contraindicated in pregnancy