

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

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Fu Ling <i>poria</i>	Drain Dampness	<ul style="list-style-type: none"> • promotes urination to drain damp • tonifies SP qi • calms shen 	bland
Hou Po <i>magnoliae officinalis cortex</i>	Aromatic Transform Dampness	<ul style="list-style-type: none"> • transforms dampness • regulates middle-jiao qi • transforms phlegm 	contraindicated in pregnancy (strong downward nature)
Du Huo <i>angelicae pubescentis radix</i>	Dispel Wind-Damp	<ul style="list-style-type: none"> • expels wind-cold-damp to treat bi syndrome • releases the exterior • treats jue-yin headache 	for lower-body bi
Gua Lou <i>trichosanthis fructus</i>	Transform Phlegm-Heat	<ul style="list-style-type: none"> • clears Lung heat and transforms phlegm • opens chest to treat chest bi • moistens Large Intestine 	sweet in flavor: moistens Lung to make phlegm thinner and easier to expectorate
Zhi Ban Xia <i>pinelliae rhizoma preparatum</i>	Transform Phlegm-Cold	<ul style="list-style-type: none"> • transforms phlegm-cold • resolves phlegm nodules (goiter, scrofula, plum pit qi) • subdues rebellious ST qi (n/v, morning sickness) 	stir-fried in ginger to reduce toxicity
Xing Ren <i>armerica semen</i>	Stop Cough	<ul style="list-style-type: none"> • stops cough and wheeze (heat or cold) • moistens Large Intestine to relieve constipation 	toxic in large doses
Shan Zha <i>crataegi fructus</i>	Food Stagnation	<ul style="list-style-type: none"> • relieves food stagnation (meat, fatty foods) • lowers high blood pressure and cholesterol • invigorates blood 	contraindicated in pregnancy (fetal death in large doses)
Chen Pi <i>citri reticulatae pericarpium</i>	Regulate Qi	<ul style="list-style-type: none"> • regulates (moves) middle-jiao qi • dries m-j dampness • transforms thin mucus in LU 	
San Qi <i>notoginseng radix</i>	Stop Bleeding	<ul style="list-style-type: none"> • invigorates blood to stop bleeding • invigorates blood to calm shen 	crush before decocting
Chuan Xiong <i>chuanxiong rhizoma</i>	Invigorate Blood	<ul style="list-style-type: none"> • Invigorates blood (and moves qi) • stops pain, treats headache 	

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Zhi Fu Zi <i>aconiti radix lateralis preparata</i>	Warm the Interior	<ul style="list-style-type: none"> warms KI yang; treats yang collapse warms middle-jiao warms channels 	toxic: stir-fried in ginger cook 30-60 min longer
Ren Shen <i>ginseng radix</i>	Tonify Qi	<ul style="list-style-type: none"> tonifies qi (LU, SP, yuan qi) generates body fluids 	
Shu Di Huang <i>rehmanniae radix preparata</i>	Tonify Blood	<ul style="list-style-type: none"> tonifies blood tonifies Kidney yin and essence 	sticky and cloying larger dosage
Lu Rong <i>cervi cornu pantotrichum</i>	Tonify Yang	<ul style="list-style-type: none"> tonifies yang tonifies Kidney essence 	salty (animal) soak in alcohol or take as pill
Mai Men Dong <i>ophiopogonis radix</i>	Tonify Yin	<ul style="list-style-type: none"> tonifies LU and ST yin clears HT heat to calm shen moistens LI to relieve constipation 	
Wu Wei Zi <i>schisandrae fructus</i>	Stabilize and Bind	<ul style="list-style-type: none"> stops leakage (cough, sweat, diarrhea, urination, seminal emission, vaginal discharge) tonifies qi and generates body fluids 	sour
Suan Zao Ren <i>zizyphi spinosae semen</i>	Nourish Heart and Calm the Spirit	<ul style="list-style-type: none"> tonifies HT blood to calm shen Induces astringency to stop sweating 	crush before decocting
Long Gu <i>fossilia ossis mastodi</i>	Anchor Settle and Calm the Spirit	<ul style="list-style-type: none"> subdues LV yang rising to calm shen induces astringency to stop sweating use topically for longstanding sores 	astringent (stops sweat) larger dose (heavy) cook 30 min longer
Shi Chang Pu <i>acori tatorinowii rhizoma</i>	Aromatic Open the Orifices	<ul style="list-style-type: none"> aromatically opens HT orifice transforms middle-jiao dampness opens sensory orifices 	
Gou Teng <i>uncariae ramulus cum uncis</i>	Extinguish Wind Stop Tremors	<ul style="list-style-type: none"> subdues LV yang to extinguish wind lowers high blood pressure releases exterior wind-heat 	do not overcook
Bing Lang <i>arecae semen</i>	Expel Parasites	<ul style="list-style-type: none"> kills parasites transforms middle-jiao dampness 	