# HERBS THAT TONIFY YANG

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#### Sources:

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# Herbs that Tonify Yang

Signs and Symptoms of Kidney yang deficiency:

- · Low back and knee pain
- · Urination problems
- Tinnitus
- Sexual problems and infertility problems
- OB/GYN and menstrual problems
- Watery, thin, early-morning diarrhea with undigested food
- · Deep pulse
- Pale (blue) tongue, swollen, wet, teeth marks

These herbs are commonly combined with Herbs that Warm the Interior. Many of these herbs tonify Kidney Yin as well.

Some of these herbs can treat respiratory problems by strengthening the Kidney so that it can grasp descending Lung qi.

Caution: These herbs are warm and acrid, and may cause heat signs if used longterm.

# More Signs of Kidney Yang Deficiency:

- Sinews and Bones: lack of strength in sinews and bones, cold and aching low back and knees, feeble gait
- Reproductive Function: poor libido, impotence, infertility, leakage of essence (seminal emission, premature ejaculation)
- Fluid Metabolism: frequent urination, increased nighttime urination, enuresis and incontinence, water swelling, inhibited urination
- **Spleen:** When Kidney yang is deficient, it can fail to warm the Spleen, giving rise to loose stool or early-morning diarrhea
- Insecurity of Ren and Chong: flooding and spotting, clear thin vaginal discharge
- Failure to Grasp Lung Qi: asthma, wheezing, shortness of breath, exhaling more than inhaling
- **Kidney Essence:** delayed development in children (slowness to talk, slowness to teethe, delayed closing of fontanels) or signs of premature aging in adults (greying of hair, deafness, tinnitus, flowery vision, wilting sinew and bones)

### Herbs that Tonify Yang

Taste:	• sweet	
Temperature:	• warm	
Channels:	• KI, SP, HT	
Cautions & Contraindications:	These herbs are warm and acrid; they may cause heat signs if used longterm	
Main Action:	Tonify Kidney, Spleen, Heart yang (mostly Kidney)	
Other:	Often combined with Herbs that Warm the Interior	

# Herbs that Tonify Yang

- lù róng
- gé jiè
- dōng chóng xià cǎo
- ròu cōng róng
- suŏ yáng
- yín yáng huò
- bā jǐ tiān
- hú lú bā
- hé táo rén

- bǔ gǔ zhī
- yì zhì rén
- xiān máo
- dù zhòng
- gŏu jĭ
- xù duàn
- gǔ suì bǔ
- tù sī zǐ
- zǐ hé chē

lù róng	Tonfies Kidney yang	Most strongly tonifies yang, jing, blood; strengthens bones
dōng chóng xià cǎo	Tonify LU/KI to stop coughing and wheezing	Tonifies KI yang, nourishes LU yin
gé jiè	coughing and wheezing	Stops wheezing
hé táo rén		Moistens LI to relieve constipation
ròu cōng róng	Tonify Kidney yang for reproductive disorders	Moistens LI to relieve constipation, tonifies jing and blood
suŏ yáng	reproductive disorders	Moistens LI to relieve constipation
bā jǐ tiān		Dispels wind-cold-damp (bi syndrome)
yín yáng huò		Dispels wind-cold-damp (bi syndrome), increases libido
xiān máo		Dispels wind-cold-damp (bi syndrome)
dù zhòng	Tonify Liver and Kidney to strengthen tendon and	Calms restless fetus, subdues LV yang rising
xù duàn	bones	Calms restless fetus, connects tendons and bones
gŭ suì bŭ		Connects tendons and bones
gǒu jǐ		Dispels wind-damp, restrains leakage of fluids
hú lú bā		Treats hernia pain due to cold, dispels wind, cold, or damp
bǔ gǔ zhī	Warm SP/KI yang to treat	Warms SP/KI yang, stops coughing and wheezing
yì zhì rén	, siarriou	Warms Spleen, retains fluids
tù sī zǐ	Tonify Kidney and Liver, consolidate essence	Brightens eyes, calms restless fetus, stops diarrhea
shā yuàn zĭ	Sondandate Society	Brightens eyes
zĭ hé chē		Tonifies jing and blood, tonifies LU qi

# lù róng

### cervi cornu pantotrichum

Temp: warm
Taste: sweet, salty
Channels: KI, LV

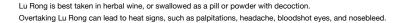
Dosage: 1-2 grams (pill or powder)

#### 1. tonifies Kidney yang

- fatigue, cold extremities, weak low back and knees, copious urination, impotence
- stabilizes Ren and Chong; for uterine bleeding, vaginal discharge, infertility with cold womb

#### 2. tonifies Kidney essence

- strengthens tendon and bone
  - for bi syndrome, wei (atrophy) syndrome, delayed development in children
- heals long-standing sores and wounds





# lù jiǎo jiāo

#### cervi cornus colla

Temp: warm Taste: sweet, salty Channels: KI, LV

Dosage: 6-12 grams (melt in at end)

#### 1. tonifies Kidney yang

- not as strong as Lu Rong
- 2. tonifies essence and blood
- 3. stops bleeding







This is deer antler gelatin. It is not as strong as Lu Rong, but is less expensive.

# gé jiè gecko

Temp: neutral Taste: salty Channels: LU, KI Dosage: 3-6 grams



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- 1. tonifies Kidney yang to treat respiratory problems
  - for Kidney unable to grasp Lung qi
    - shortness of breath, wheezing, asthma
- 2. tonifies Kidney yang, essence, and blood
  - for impotence, early-morning diarrhea, frequent urination



Ge Jie should be taken as herbal wine or in pill or powder form - never decocted.

The tail of the gecko has the most medicinal value. One male and one female should be used together.

# dong chóng xià cǎo cordyceps

Temp: warm Taste: sweet Channels: LU, KI Dosage: 3-9 grams



• for impotence, sore and weak low back

#### 2. tonifies Lung yin

 for chronic cough, wheezing, or cough with bloodstreaked sputum



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# hé táo rén

# juglandis semen

Temp: warm Taste: sweet Channels: KI, LU, LI Dosage: 9-30 grams

- 1. tonifies Kidney yang
- 2. warms Lung
  - for respiratory problems due to Kidney unable to grasp Lung qi
- 3. moistens Large Intestine to relieve constipation

He Tao Ren is walnut and is only used in food therapy. It is also called Hu Tao Ren.



# ròu cóng róng

# cistanches herba

Temp: warm
Taste: sweet, salty
Channels: LI, KI
Dosage: 9-21 grams

- 1. tonifies Kidney yang, essence, and blood
  - for reproductive disorders: impotence, spermatorrhea, infertility due to deficiency cold in women
- 2. moistens Large Intestine to relieve constipation





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# suŏ yáng

## cynomorii herba

Temp: warm Taste: sweet Channels: LI, KI, LV Dosage: 5-15 grams

- 1. tonifies Kidney yang
  - · for Kidney yang deficiency related leakage, such seminal emission, miscarriage, incontinence, etc.
- 2. tonifies Liver and Kidney yin to strengthen tendon and bone
  - · for atrophy disorder
- 3. moistens the Large Intestine to relieve constipation

Suo Yang means "locking yang" and is used to treat leakage due to Kidney yang deficiency.



# bā jǐ tiān

#### morindae officinalis radix

Temp: slightly warm Taste: acrid, sweet Channels: KI Dosage: 6-15 grams

- 1. tonifies Kidney yang
  - for impotence, infertility, premature ejaculation, frequent urination, irregular menses
- 2. dispels wind-cold-damp and strengthens tendon and bone to treat bi syndrome







Ba Ji Tian is special because it is only slightly warm, so it is less likely to cause heat signs or be overly drying.

# yín yáng huò

### epimedii herba

Temp: warm
Taste: acrid, sweet
Channels: KI, LV
Dosage: 3-9 grams

- 1. tonifies Kidney yang
  - · for sexual problems, low libido, infertility
- 2. dispels wind-cold-damp to treat bi syndrome
- 3. lowers high blood pressure
  - especially during pregnancy

Yin Yang Huo is also called Xian Ling Pi (immortal spirit spleen). Some books say that Yin Yang Huo treats yang-deficiency coughing and wheezing. Bensky specifically says that it does not.





# xiān máo curculiginis rhizoma

Temp: hot Taste: acrid, toxic Channels: KI Dosage: 3-9 grams

- 1. tonifies Kidney yang
  - for impotence, infertility, frequent urination, irregular menses
- 2. dispels wind-cold-damp and strengthens tendon and bone to treat bi syndrome
  - especially for low back and knee pain
- 3. lowers high blood pressure



Xian Mao and Yin Yang Huo (aka Xian Ling Pi) are used together in a formula called Er Xian Tang ("two immortals decoction"). Er Xian Tang lowers high blood pressure, especially during menopause.



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# dù zhòng

#### eucommiae cortex

Temp: warm

**Taste:** sweet, slightly acrid **Channels:** KI, LV **Dosage:** 9-15 grams

- 1. tonifies Kidney yang
- tonifies Liver and Kidney to strengthen tendon and bone
  - · esp. for low back pain and weakness
- 3. calms restless fetus to prevent miscarriage
- 4. lowers high blood pressure



# **xù duàn**dipsaci radix

Temp: slightly warm Taste: bitter, sweet, acrid Channels: KI, LV Dosage: 9-18 grams

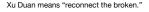
- 1. tonifies Liver and Kidney to strengthen tendon and bone
  - · for sore and painful low back and knees, stiff joints, weak legs
  - · for injury and trauma, bone fracture
- 2. moves blood, reduces swelling, alleviates pain, reconnects sinews and bones
  - for injury and trauma; can be taken internally or applied topically
- 3. calms restless fetus
  - for bleeding during pregnancy, restless fetus, threatened miscarriage











# gǔ suì bǔ

# drynariae rhizoma

Temp: warm
Taste: bitter
Channels: KI, LV
Dosage: 9-21 grams

- 1. tonifies Kidney to strengthen bone
  - · for weak low back and knees, diarrhea, tinnitus, loose teeth
- 2. invigorates blood and joins tendon and bone
  - for injury and trauma
- 3. stimulates hair growth
  - use topically as tincture
  - also for vitiligo





# gǒu jǐ cibotii rhizoma

Temp: warm Taste: bitter, sweet Channels: KI, LV Dosage: 9-15 grams

- tonifies Liver and Kidney to strengthen tendon and bone
- 2. expels wind-cold-damp to treat bi syndrome
- 3. warms Kidney yang to stop leakage
  - incontinence, vaginal discharge, spermatorrhea











Gou Ji means "dog spine." It will make your spine as strong as a dog's.

# hú lú bā

# trigonellae semen

Temp: warm Taste: bitter Channels: KI Dosage: 3-9 grams



- · for accumulation of cold and stagnant qi
  - hernia pain (shan disorder), abdominal pain, flank pain



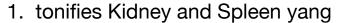




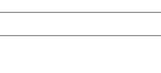
Hu Lu Ba is fenugreek seed (often used in Indian cooking)

# **bǔ gǔ zhī**psoraleae fructus

Temp: very warm Taste: acrid, bitter Channels: KI, SP Dosage: 4.5-9 grams



- tonfies Kidney yang: for cold and painful low back and knees
- warms Spleen yang: for early-morning, watery diarrhea
- secures Kidney essence: for frequent urination, incontinence, premature ejaculation
- helps Kidney grasp Lung qi: for shortness of breath, wheezing, asthma









Bu Gu Zhi can also be used topically for vitiligo. Grind and soak in alcohol and apply as tincture.

# yì zhì rén

### alpiniae oxyphyllae fructus

Temp: warm Taste: acrid Channels: KI, SP Dosage: 3-9 grams

#### 1. tonifies Kidney yang

 secures essence and reduces urination; for frequent copious urination, incontinence, spermatorrhea

#### 2. warms Spleen

• for diarrhea, vomiting, nausea, excessive saliva



## tù sī zǐ

#### cuscutae semen

Temp: neutral Taste: sweet, acrid Channels: KI, LV Dosage: 6-15 grams

#### 1. tonifies Kidney yang

- esp. for leakage (frequent urination, incontinence, seminal emission, premature ejaculation)
- 2. tonifies Liver and Kidney to brighten eyes
  - · for blurred vision, cloudy vision, loss of visual acuity
- 3. stops diarrhea
  - for diarrhea due to SP/KI yang deficiency
- 4. calms restless fetus to prevents miscarriage



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# shā yuàn zǐ

### astragali complanati semen

Temp: warm Taste: sweet Channels: KI, LV Dosage: 9-18 grams

#### 1. tonifies Kidney yang and secures essence

 esp for leakage: premature ejaculation, urinary frequency, vaginal discharge

#### 2. brightens the eyes

for blurred vision, diminished visual acuity due to Liver deficiency

Sha Yuan Za is the seed of Huang Qi

## zǐ hé chē

### hominis placenta

Temp: warm Taste: sweet, salty Channels: LV, LU, KI Dosage: 2-3 grams

#### 1. tonifies Kidney yang and Kidney essence

· for infertility, impotence, low libido, low back pain

#### 2. tonifies Lung qi

· for respiratory problems due to Kidney not grasping Lung qi

#### 3. tonifies qi and blood

· for emaciation, pallor, insufficient lactation

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lu rong cervi cornu pantotrichum	tonifies KI yang	tonifies essence     soak in alcohol or swallow as powder
<b>ge jie</b> gecko	tonifies KI yang  • KI grasp LU qi	tonifies essence     soak in alcohol
dong chong xia cao cordyceps	tonifies KI yang cough and wheeze	• \$\$\$\$
he tao ren cynomorii herba	tonifies KI yang  • KI grasp LU qi	warms Lung     moistens LI     food therapy
rou cong rong cistanches herba	tonifies KI yang • reproduction	moistens Large Intestine
suo yang cynomorii herba	tonifies KI yang • stops leakage	strengthens tendon and bone     moistens Large Intestine
bai ji tian morindae officinalis radix	tonifies KI yang • reproduction	strengthens tendon and bone     treats bi syndrome
<b>yin yang huo</b> epimedii herba	tonifies KI yang low libido	treats bi syndrome     lowers high blood pressure
xian mao curculiginis rhizoma	tonifies KI yang • reproduction	treats bi syndrome     lowers high blood pressure

du zhong eucommiae cortex	tonifies KI yang • low back pain	calms restless fetus     lowers high blood pressure
<b>xu duan</b> dipsaci radix	tonifies LV and KI to strengthen tendon and bone • injury and trauma	calms restless fetus
gu sui bu trigonellae semen	tonifies LV and KI to strengthen tendon and bone • injury and trauma	invigorates blood
gou ji cistanches herba	tonifies KI yang • stops leakage	tonifies Liver and Kidney to strengthen tendon and bone     treats bi syndrome
hu lu ba trigonellae semen	tonifies KI yang - shan disorder (hernia pain)	
<b>bu gu zhi</b> psoraleae fructus	tonifies KI & SP yang - diarrhea	KI grasp LU qi
yi zhi ren alpiniae oxyphyllae fructus	tonifies KI & SP yang	
tu si zi cuscutae semen	tonifies KI yang • stops leakage	brightens eyes     calms restless fetus
sha yuan zi astragali complanati semen	secures KI essence • stops leakage	brightens eyes
ze he che hominis placenta	tonifies everything	