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.
Herbs that Tonify Yang

<table>
<thead>
<tr>
<th>Taste:</th>
<th>• sweet</th>
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</thead>
<tbody>
<tr>
<td>Temperature:</td>
<td>• warm</td>
</tr>
<tr>
<td>Channels:</td>
<td>• KI, SP, HT</td>
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<tr>
<td>Cautions &amp; Contraindications:</td>
<td>• These herbs are sweet and cloying; overuse can cause digestive problems</td>
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<tr>
<td>Main Action:</td>
<td>• Tonify blood and nourish yin</td>
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<tr>
<td>Other:</td>
<td>• Combine with herbs the move or regulate qi to prevent stagnation</td>
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</tbody>
</table>

- lù róng
- gé jiè
- dōng chóng xià cǎo
- ròu cōng róng
- suò yáng
- yín yáng huò
- bā jī tiān
- hú lú bā
- bǔ gǔ zhī
- gǒu jī
- hé táó rén
- yì zhī rén
- xiān máo
- dù zhòng
- xù duàn
- gǔ suì bǔ
- tū sī zǐ
- zǐ hé chē
**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

Lu Rong is best taken in herbal wine, or swallowed as a pill or powder with decoction. Overtaking Lu Rong can lead to heat signs, such as palpitations, headache, bloodshot eyes, and nosebleed.

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**gé jiè**
gecko

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

1. tonifies Kidney yang to treat respiratory problems
   - for shortness of breath, wheezing, asthma
2. tonifies Kidney yang, essence, and blood

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.
dōng chóng xià cǎo

cordyceps

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

1. tonifies Kidney yang to treat respiratory problems
   • for cough, asthma
2. tonifies Lung yin
   • softens and smooths the Liver

Rou Cong Rong is special because it tonifies yang without being overly warm and drying, and it tonifies yin without being sticky and cloying.
**suǒ 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 as 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.

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**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  
   - for Kidney related respiratory problems
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).
bā jǐ tiān
*morinda officinalis radix*

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

1. tonifies Kidney yang
2. tonifies Kidney to strengthen tendon and bone
   - for injury and trauma, e.g. bone fracture
3. expels wind-cold-damp to treat bi syndrome

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

hú lú bā
*trigonellae semen*

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

1. tonifies Kidney yang
   - warms body temperature
   - for cold extremities
   - for abdominal pain and shan disorder

Hu Lu Ba is fenugreek seed (often used in Indian cooking)
bǔ gū zhī
*psoraleae fructus*

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

1. **tonifies Kidney and Spleen yang**
   - for shortness of breath, wheezing, asthma
   - stops leakage, for urination problems
   - warms Spleen yang to treat diarrhea (early morning, watery)

2. **tonifies Kidney to strengthen tendon and bone**

3. **used topically to treat fungal infections and vitiligo**

yì zhì rén
*alpiniae oxyphyllae fructus*

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

1. **tonifies Kidney yang**
   - stops leakage (incontinence, seminal emission, etc.)

2. **warms Spleen**
   - for diarrhea, vomiting, nausea, excessive saliva
xiān máo  
*curculiginis rhizoma*

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

1. tonifies Kidney yang  
2. expels wind-cold-damp to treat bi syndrome  
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.

dù zhòng  
eucommiae cortex

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

1. tonifies Kidney yang  
2. tonifies Liver and Kidney yin to strengthen tendon and bone  
   - esp. for low back pain and weakness  
3. calms restless fetus to prevent miscarriage  
4. lowers high blood pressure
**gǒu jǐ**  
*cibotii rhizoma*

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

1. 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.

**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  
4. treats Kidney yin brain problems, such as Alzheimer’s

He Tao Ren is walnut and is only used in food therapy.
**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  
   • esp. for injury and trauma, bone fracture  
2. stops bleeding  
   • for injury and trauma  
3. calms restless fetus

Xu Duan means “reconnect the broken.”

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**gǔ suì bǔ**
*drynariae rhizoma*

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

1. tonifies Kidney to strengthen bone  
2. invigorates blood  
   • for injury and trauma  
3. stimulates hair growth

Gu Sui Bu means “bone fracture mender.”
**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 Kidney yin to brighten eyes  
   • for poor night vision  
3. mildly induces astringency  
   • for longstanding diarrhea due to Spleen and Kidney yang deficiency  
4. calms restless fetus to prevents miscarriage

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**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 insufficient lactation
<table>
<thead>
<tr>
<th>Medicinal Plant</th>
<th>Tonic Properties</th>
<th>Additional Properties</th>
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<tbody>
<tr>
<td>lu rong (cervi cornu pantotrichum)</td>
<td>tonifies KI yang</td>
<td>tonifies essence</td>
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<td></td>
<td></td>
<td>soak in alcohol or swallow as powder</td>
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<tr>
<td>ge jie (gecko)</td>
<td>tonifies KI yang</td>
<td>tonifies essence</td>
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<td></td>
<td>• respiratory problems</td>
<td>soak in alcohol</td>
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<td>dong chong xia cao (cordyceps)</td>
<td>tonifies KI yang</td>
<td>$$$</td>
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<td>• respiratory problems</td>
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<td>rou cong rong (cistanches herba)</td>
<td>tonifies KI yang</td>
<td>moistens Large Intestine</td>
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<td>suo yang (cynomonii herba)</td>
<td>tonifies KI yang</td>
<td>strengthens tendon and bone</td>
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<td>• stops leakage</td>
<td>moistens Large Intestine</td>
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<td>yin yang huo (epimedi herba)</td>
<td>tonifies KI yang</td>
<td>treats bi syndrome</td>
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<td>• low libido</td>
<td>lowers high blood pressure</td>
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<td>bai ji tian (morindae officinalis radix)</td>
<td>tonifies KI yang</td>
<td>strengthens tendon and bone</td>
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<td>treats bi syndrome</td>
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<td>hu lu ba (trigonellae semen)</td>
<td>tonifies KI yang</td>
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<tr>
<td>bu gu zhi (psoraleae fructus)</td>
<td>tonifies KI &amp; SP yang</td>
<td>strengthens tendon and bone</td>
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<td>• diarrhea</td>
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<td>tonifies KI &amp; SP yang</td>
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<td>du zhong (eucommiae cortex)</td>
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<td>calms restless fetus</td>
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<td>moistens LI</td>
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<td>food therapy</td>
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<td>xu duan (dipsaci radix)</td>
<td>tonifies LV and KI to strengthen tendon and bone</td>
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<td>brightens eyes</td>
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<td>• stops leakage</td>
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<td>ze he che (hominis placenta)</td>
<td>tonifies everything</td>
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