HERBS THAT TONIFY YIN

Revised: 5/2/2023

Sources:

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Herbs that Tonify Yin

These herbs tonify the yin of the Lung, Stomach, Liver, and Kidney; they also generate fluids to moisten dryness.

Lung Yin Deficiency:

· dry cough, loss of voice, thirst, dry throat, dry skin, coughing up thick sputum

Stomach Yin Deficiency:

· lack of appetite, irritability, thirst, dry mouth, constipation

Liver Yin Deficiency:

- · diminished visual acuity, dry eyes, night blindness, dizziness, tinnitus, dry nails, low-grade sensation of heat
- · vertigo, dizziness, tinnitus, dry mouth and throat, insomnia (Liver yang rising)

Kidney Yin Deficiency:

· dizziness, tinnitus, weak low back and legs, warm palms and soles, afternoon fever, scanty and dark urine

Tongue: red with little or no coat

Pulse: thin, rapid

Herbs that Tonify Yin

Taste:	• sweet
Temperature:	• cold
Channels:	• LU, ST, LV, KI
Main Action:	tonify yin, moisten dryness
Cautions/ Contraindiactions	These herbs are cold, sweet, sticky, and cloying. They can easily obstruct the Spleen and Stomach

Herbs that Tonify Yin

LUNG/STOMACH YIN

- shā shēn
- mài mén dōng
- xī yáng shēn
- tiān mén dōng
- shí hú
- yù zhú
- bǎi hé

LIVER/KIDNEY YIN

- mò hàn lián
- nǔ zhēn zǐ
- hēi zhī má
- guī bǎn
- biē jiǎ

shā shēn

glehniae/adenophorae radix

Temp: slightly cold Taste: sweet, slightly bitter Channels: LU, ST Dosage: 9-15 grams



· for dry cough, dry mouth, thirst

2. tonifies Stomach yin and generates fluids

• for dry mouth, thirst, irritability

There are two varieties:

- Bei Sha Shen (glehniae radix) northern Sha Shen
- Nan Sha Shen (adenophorae radix) southern Sha Shen

Bei Sha Shen is better at tonifyiing yin (esp ST yin); Nan Sha Shen is better at treating phlegm (it's slightly bitter). Some say Nan Sha Shen also tonifies LU qi as well.

- For febrile diseases that has damaged fluids (ST yin xu with thirst), use Bei Sha Shen.
- For chronic cough due to LU yin xu with phlegm, use Nan Sha Shen.

If someone just says "Sha Shen," you can assume they mean Bei Sha Shen.



mài mén dōng ophiopogonis radix

Temp: slightly cold Taste: sweet, slightly bitter Channels: HT, LU, ST Dosage: 6-15 grams

1. tonifies Lung yin

- · for dry cough, cough with thick phlegm, or coughing up blood
- 2. tonifies Stomach yin
 - for dry mouth and dry tongue
- 3. clears Heart heat
 - · for irritability and fever that worsens at night
- 4. moistens Large Intestine
 - for constipation due to dryness











xī yáng shēn

panacis quinqufolii radix

Temp: slightly cold Taste: sweet, slightly bitter Channels: HT, KI, LU Dosage: 3-9 grams

1. tonfies qi

- 2. tonfies yin
 - for heat from yin deficiency
 - for aftermath of febrile disease: weakness, irritability, thirst
 - · for Lung qi and yin deficiency: cough, coughing up blood, loss of voice

Xi Yang Shen differs from Ren Shen in the following ways:

- · Xi Yang Shen is weaker than Ren Shen at tonifying qi
- Xi Yang Shen is stronger than Ren Shen at tonifying yin and generating fluids
- Xi Yang Shen is colder than Ren Shen, and it will not cause heat or dryness if used long term.

tiān mén dōng

asparagi radix

Temp: very cold Taste: sweet, bitter Channels: KI, LU, (ST) Dosage: 6-12 grams

1. tonifies Lung and Stomach yin

for dry mouth, cough, cough with thick or blood-streaked phlegm

2. tonifies Kidney yin

 for wasting and thirsting disorder, low-grade afternoon fever, constipation due to dryness















shí hú

dendrobii herba

Temp: slightly cold

Taste: sweet, slightly salty, bland

Channels: KI, ST Dosage: 6-12 grams

1. tonifies Stomach yin

- for damage to fluids in the aftermath of a febrile disease
- for severe thirst, fever, dry mouth and throat

2. tonifies Kidney yin

- for low-grade fever, dry throat
- brightens the eyes
 - for diminished visual acuity due to LV/KI yin deficiency



yù zhú

polygonati odorati rhizoma

Temp: slightly cold Taste: sweet Channels: LU, ST Dosage: 6-15 grams

1. tonifies Lung and Stomach yin

- · for dry cough with scanty phlegm
- for irritability, thirst

2. extinguishes wind and relaxes tendons

 for wind generated by insufficient fluids leading to pain and spasm in sinews

Yu Zhu also goes by the name "Wei Rui." It is special because it can tonify yin without being cloying. This means it can restore fluids during a wind-heat attack without retaining the pathogen, so it is commonly used in wind-heat attacks with underlying yin deficiency, as in Jia Jian Wei Rui Tang.







bǎi hé

lilii bulbus

Temp: slightly cold Taste: sweet, slightly bitter Channels: HT, LU Dosage: 9-30 grams

1. tonifies Lung yin

- · for dry cough and sore throat
- esp. for chronic cough when Lung heat has damaged yin

2. clears Heart heat to calm shen

 for irritability, restless, and insomnia in the aftermath of a febrile disease



To calm the spirit, use unprepared Bai He.
To moisten Lung and stop cough, use honey-fried Bai He (Mi Zhi Bai He).

mò hàn lián ecliptae herba

Temp: cool Taste: sweet, sour Channels: KI, LV Dosage: 9-15 grams

1. tonifies Liver and Kidney yin

• for dizziness, blurred vision, premature greying of hair

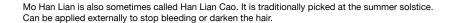
2. cools blood to stop bleeding

 for nosebleed, vomiting or coughing up blood, blood in urine or stools, or flooding and spotting











nů zhēn zi

ligustri lucidi fructus

Temp: cool Taste: bitter, sweet Channels: KI, LV

Dosage: 9-18 grams (crush before decocting)

1. tonifies Liver and Kidney yin

- · clears deficiency heat
 - ► for fever, steaming bones, night sweats
- · blackens the hair and beard
 - for premature greying of hair
- brightens the eyes
 - ► for diminished visual acuity due to LV/KI yin deficiency



Nu Zhen Zi is special because it tonifies without being cloying. It is traditionally picked at the winter solstice. Mo Han Lian and Nu Zhen Zi are often used together as paired herbs, as in Er Zhi Wan (two-solstice pill)

hēi zhī má

sesami semen nigrum

Temp: neutral Taste: sweet Channels: KI, LV, LI

Dosage: 9-30 grams (crush before use)

1. tonifies Liver and Kidney yin

- for blurred vision, dizziness, tinnitus
- · for recovery from illness or insufficient lactation

2. tonifies blood and extinguishes wind

- for headache, dizziness, numbness due to blood or yin deficiency
- 3. moistens Large Intestine
 - for constipation due to dryness or blood deficiency









Hei Zhi Ma is black sesame; it is most commonly used in food therapy. It is often dry-fried or toasted and then crushed before use.

guī bǎn

testudinis plastrum

Temp: cold Taste: salty, sweet Channels: HT, KI, LV

Dosage: 15-45 grams (cook first)



- · for yin deficiency with Liver yang rising
 - ► for fever, night sweats, dizziness, tinnitus, steaming bone disorder
- · for yin deficiency stirring internal wind
 - for facial spasms, tremors on hands and feet
- 2. tonifies Kidney and strengthens bones
 - for bone wilting, sore low back, delayed skeletal development, non-closure of fontanel
- stabilizes menses and stops bleeding
 - for flooding and spotting or profuse menses due to deficiency heat and instability of Ren and Chong
- 4. tonifies Heart blood to calm shen
 - · for anxiety, insomnia, forgetfulness, fright palpitations

Contraindicated during pregnancy.



guī bǎn jiāo

testudinis plastri colla

Temp: cold Taste: salty, sweet Channels: HT, KI, LV

Dosage: 3-9 grams (dissolve in wine or melt in strained decoction)

- 1. tonifies yin
 - richer and more cloying than gui ban
- 2. tonifies blood
- 3. stops bleeding







Contraindicated during pregnancy.

biē jiǎ

trionycis carapax

Temp: slightly cold Taste: salty Channels: LV, SP

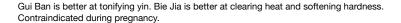
Dosage: 9-30 grams (cook first)

1. tonifies yin and subdues yang

- · for yin deficiency with Liver yang rising
 - ► for fever, night sweats, steaming bone disorder
- · for yin deficiency stirring internal wind

2. softens hardness and disperses clumping

 for abdominal masses, palpable masses during malaria (splenomegaly), accumulations causing amenorrhea









Summary

shā shēn glehniae radix	tonifies LU & ST yin	Bei Sha Shen: better at tonifying Nan Sha She: better at phlegm
mài mén dōng ophiopogonis radix	tonifies LU & ST yin	clears Heart heat moistens Large Intestine
xī yáng shēn panacis quinqufolii radix	tonifies qi tonifies yin	cooler in temp than Ren Shen
tiān mén dōng asparagi radix	tonifies LU yin tonifies KI yin	
shí hú dendrobii herba	tonifies ST yin tonifies KI yin	brightens the eyes
yù zhú polygonati odorati rhizoma	tonifies LU & ST yin	extinguishes wind (pain & spasm) used during wind-heat attacks
băi hé lilii bulbus	tonifies LU yin	clears Heart heat

mò hàn lián ecliptae herba	tonifies LV & KI yin	• stops bleeding
nǔ zhēn zǐ ligustri lucidi fructus	tonifies LV & KI yin	blackens hairs brightens eyes
hēi zhī má sesami semen nigrum	tonifies LV & KI yin	tonifies blood moistens Large Intestine
guī bǎn testudinis plastrum	tonifies yin and subdues yang rising	strengthens bones stabilizes menses tonifies Heart blood contraindicated during pregnancy
biē jiǎ trionycis carapax	tonifies yin and subdues yang rising	softens hardness and masses contraindicated during pregnancy