Herbs that Tonify Yin

Lung Yin Deficiency:
• Dry cough (thick sputum), dry throat, dry skin
• Loss of voice, thirst

Stomach Yin Deficiency:
• Thirst, dry mouth
• Irritability
• Constipation

Liver Yin Deficiency:
• Similar to Liver blood deficiency, but with heat signs
• Dry eyes, diminished vision, poor night vision

Kidney Yin Deficiency
• Hopefully you know this...

Herbs in this category tend to be sticky and cloying, and may cause middle-jiao upset.

Herbs that Tonify Yin
• shā shēn
• mài mén dōng
• xī yáng shēn
• tiān mén dōng
• shí hú
• yù zhú
• bǎi hé

• mò hàn lián
• nǚ zhēn zǐ
• hēi zhī má
• guī bǎn
• biē jiǎ
<table>
<thead>
<tr>
<th><strong>shā shēn</strong></th>
<th><strong>glehniae radix</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Temp:</strong></td>
<td>slightly cold</td>
</tr>
<tr>
<td><strong>Taste:</strong></td>
<td>sweet, slightly bitter</td>
</tr>
<tr>
<td><strong>Channels:</strong></td>
<td>LU, ST</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>9-15g</td>
</tr>
</tbody>
</table>

1. tonifies Lung yin
   - for dry cough with bloody sputum
2. tonifies Stomach yin
   - for dry mouth, thirst, dry heaving, etc

Sha Shen is also called Bei Sha Shen (northern Sha Shen).

The southern variety is called Nan Sha Shen (*adenophorae radix*). Nan Sha Shen is weaker at tonifying yin, but stronger at treating cough and phlegm.

<table>
<thead>
<tr>
<th><strong>mài mén dōng</strong></th>
<th><strong>ophiopogonis radix</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Temp:</strong></td>
<td>slightly cold</td>
</tr>
<tr>
<td><strong>Taste:</strong></td>
<td>sweet, slightly bitter</td>
</tr>
<tr>
<td><strong>Channels:</strong></td>
<td>HT, LU, ST</td>
</tr>
<tr>
<td><strong>Dosage:</strong></td>
<td>6-15g</td>
</tr>
</tbody>
</table>

1. tonifies Lung yin
   - for dry cough
2. tonifies Stomach yin
   - for dry lips, dry mouth, dry retching
3. clears Heart heat
   - for mouth sores, shen problems, urination problems
4. moistens Large Intestine to treat constipation
   - for constipation with yin deficiency, or in the aftermath of febrile disease
**xi yáng shēn**
*panacis quinqufolii radix*

Temp: cold  
Taste: sweet, slightly bitter  
Channels: HT, KI, LU  
Dosage: 3-6g

1. tonifies qi  
2. tonifies yin  
   - generates body fluids  
   - clears fire from yin deficiency

Xi Yang Shen differs from Ren Shen in the following ways:  
- Xi Yang Shen is weaker at tonifying qi  
- Xi Yang Shen is stronger at tonifying yin body 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  
Dosage: 6-12g

1. tonifies Lung and Stomach yin  
   - dry mouth, cough, wasting and thirsting  
2. tonifies Kidney yin  
   - very mild
**shí hú**
*dendrobi herba*

- Temp: slightly cold
- Taste: sweet, slightly salty, bland
- Channels: KI, ST
- Dosage: 6-12g

1. tonifies Lung and Stomach yin
   - esp for Stomach yin deficiency
2. tonifies Kidney yin
   - clears deficiency heat
   - esp. for vision problems

---

**yù zhú**
*polygonati odorati rhizoma*

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

1. tonifies Lung and Stomach yin
2. extinguishes wind due to yin deficiency
   - softens and moistens the sinews
   - also for external wind-heat with yin deficiency constitution

Yu Zhu is special because it is not sticky or cloying. Yu Zhu becomes rancid easily, so it is best to refrigerate it.
bai he
lilii bulbus

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

1. tonifies Lung and Stomach yin
   • esp. Lung yin; for cough and sore throat
2. calms shen
   • clears Heart heat to calm shen
   • tonifies blood to calm shen

mò hàn lián
ecliptae herba

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

1. tonifies Liver and Kidney yin
2. cools blood and stops bleeding

Mo Han Lian and Nu Zhen Zi are paired herbs and are often used together (Er Zhi Wan). Both are not sticky or cloying, and are especially good for treating OB/GYN conditions. Mo Han Lian is traditionally picked at the summer solstice.
nǚ zhēn zǐ
*ligustri lucidi fructus*

**Temp:** cool  
**Taste:** bitter, sweet  
**Channels:** KI, LV  
**Dosage:** 9-18g

1. tonifies Liver and Kidney yin  
   • brightens the eyes

Mo Han Lian and Nu Zhen Zi are paired herbs and are often used together (Er Zhi Wan). Both are not sticky or cloying, and are especially good for treating OB/GYN conditions. Nu Zhen Zi is traditionally picked at the winter solstice.

hēi zhī má
*sesami semen nigrum*

**Temp:** neutral  
**Taste:** sweet  
**Channels:** KI, LV, LI  
**Dosage:** 9-30g

1. tonifies Liver and Kidney yin  
   • darkens hair  
   • smooths wrinkles  
   • promotes longevity

2. tonifies blood and extinguishes wind  
   • for headaches, dizziness, numbness, moving bi syndrome

3. moistens Large Intestine

Used only in food therapy, never in decoction.
**guī bǎn**
*testudinis plastrum*

Temp: cold  
Taste: sweet, salty  
Channels: HT, KI, LV  
Dosage: 15-45g

1. tonifies Liver and Kidney yin  
   - subdues Liver yang  
     - for deficiency heat  
   - strengthens tendon and bone  
     - for five delay syndrome  
2. cools blood and stops bleeding  
3. tonifies Heart blood to calm shen

Gui Ban is freshwater turtle shell.  
Cook 30-60 minutes before adding the rest of the ingredients.

---

**biē jiǎ**
*trionycis carapax*

Temp: slightly cold  
Taste: salty  
Channels: LV, SP  
Dosage: 9-30g

1. tonifies Liver and Kidney yin  
   - subdues Liver yang  
2. softens hardness  
   - for hardened spleen or liver

Bie Jia is soft-shelled turtle.  
Cook 30-60 minutes before adding the rest of the ingredients.