

Chapter 5 Herbs that Expel Wind Dampness

Name	Common function	Others
Herbs that expel wind-dampness and dispel cold		
Du Huo (K, UB)	Wind-dampness & cold Bi S.	<ul style="list-style-type: none"> * Releasing exterior * Lower body Bi syndrome
Wei Ling Xian (UB)	Wind-dampness & cold Bi S.	<ul style="list-style-type: none"> * Unblock the all 12 channels * Reducing phlegm & pathogenic water * Softening and transforming fish bone
Can Sha (LV, SP ST) 	Wind-dampness & cold Bi S.	<ul style="list-style-type: none"> * Harmonizing the stomach & turbid dampness * Itching rashes due to wind-damp (Internal obstruction due to turbid dampness) * Spasm of the Calf M.
Mu Gua (LV, SP)	Wind-dampness & cold Bi S.	<ul style="list-style-type: none"> * Relaxing the tendon and muscle * Harmonizing the stomach and transforming the dampness * Reducing food stagnation * Spasm of the Calf M.
Hai Feng Teng (LV)	Wind-dampness.	<ul style="list-style-type: none"> * Unblock the channels and collaterals * Dispersing (internal) cold and alleviate pain * Epigastric and abdominal pain and diarrhea due to cold invading the spleen and stomach
Bai Hua She (LV, SP) 	Wind-dampness	<ul style="list-style-type: none"> * Unblock the channels and collaterals * Dispel wind from tendons and muscles and relieve spasms * Dispel wind from skin to stop itching * Any kind of spasms, tremors infantile convulsion and tetanus * Facial paralysis; hemiplegia due to wind stroke
Wu Shao She (LV, SP)	Wind-dampness	<ul style="list-style-type: none"> * Unblock the channels and collaterals * Dispel wind from the tendons and muscles to relieve spasms * Dispel wind from skin to stop itching * Chronic wind-rash * Convulsion
Cang Er Zi 	Wind-dampness	<ul style="list-style-type: none"> * Open the nasal passages * Dispel exterior wind, relieve pain & itching * Relieve exterior * Yangming Headache
Herbs that expel wind-dampness and clear heat		
Qin Jiao (GB, LV, ST)	Wind-dampness & heat Bi S.	<ul style="list-style-type: none"> * Clear heat of deficiency type * Jaundice
Fang Ji (UB, SP, K)	Wind-dampness & heat Bi S. (Guang Fang Ji → damage kidney --- FDA ban)	<ul style="list-style-type: none"> * Promote urination and reducing edema (Han Fang Ji)
Sang Zhi (LV)	Wind-dampness (Good for wind Bi and <u>upper extremities</u>)	<ul style="list-style-type: none"> * Unblock the channels and collaterals and benefit joints * Promote urination; edema * Hypertension
Luo Shi Teng	Wind-dampness & heat	<ul style="list-style-type: none"> * Unblock the channels and collaterals

(LV, K)	(Warm) Bi S.	<ul style="list-style-type: none"> * Cooling the blood and reducing swelling * Swelling and sore throat due to heat * Abscess and other toxic sores
Herbs that expel wind-dampness and strengthen tendons and bones		
Wu Jia Pi (LV, K)	Wind-dampness & cold Bi	<ul style="list-style-type: none"> * Tonify kidney (essence) and liver (blood) * Transforming dampness and reducing swelling
Sang Ji Sheng (LV,K)  Wine	Wind-dampness & cold & heat Bi	<ul style="list-style-type: none"> * Tonify kidney (essence) and liver (blood) * Nourish blood and calm fetus (Deficiency)  * Hypertension
Xu Duan (LV,K)  Wine	Wind-dampness & cold Bi S	<ul style="list-style-type: none"> * Tonify liver and kidney (Tonify kidney yang), strengthening the tendons and bones * Stop uterine bleeding to calm fetus  * Invigorating blood circulation ; Qi and blood deficiency * Trauma * Pregnant women can use the herb; the herb will not cause indigestion.
Gou Ji (LV,K)	Wind-dampness & cold Bi S	<ul style="list-style-type: none"> * Tonify liver and kidney to strengthening the tendons and bones * Tonify Yang (Kidney Yang)

Chapter 6 Herbs that Aromatically Transform Dampness

Name	Common function	Others
Huo Xiang (LU, SP, ST)	<ul style="list-style-type: none"> ✳ Aromatically transform dampness from middle-jiao and invigorate spleen 	<ul style="list-style-type: none"> ✳ Harmonize the middle-jiao and stop vomiting. ✳ Release the exterior and transform turbidity
Pei Lan (SP, ST)	<ul style="list-style-type: none"> ✳ Release the exterior ✳ Early stage of damp-warm febrile disease 	<ul style="list-style-type: none"> ✳ Release the exterior due to <u>summer heat</u> with dampness
Cang Zhu (SP, ST)	<ul style="list-style-type: none"> ✳ Dryly transform dampness and invigorate spleen ✳ Release exterior 	<ul style="list-style-type: none"> ✳ Expel wind-dampness ✳ Clear dampness from the lower-jiao ✳ Release exterior due to wind-cold-dampness ✳ Treat night blindness
Hou Po (SP, ST LU, LI)	<ul style="list-style-type: none"> ✳ Dryly transform dampness ✳ Promote the Qi circulation or regulate Qi 	<ul style="list-style-type: none"> ✳ Relieve wheezing
Sha Ren (SP, ST, K) ✂	<ul style="list-style-type: none"> ✳ Transform dampness ✳ Promote the Qi circulation or regulate Qi 	<ul style="list-style-type: none"> ✳ Warm the spleen to <u>stop diarrhea</u> ✳ Calm the fetus
Bai Dou Kou (SP, ST, LU) ✂		<ul style="list-style-type: none"> ✳ Warm middle-jiao to stop vomiting
Cao Dou Kou (SP, ST) ✂	<ul style="list-style-type: none"> ✳ Dryly transform dampness ✳ Promote Qi circulation or regulating Qi 	<ul style="list-style-type: none"> ✳ Warm the middle-jiao and stop vomiting and <u>diarrhea</u>
Cao Guo (SP, ST) ✂		<ul style="list-style-type: none"> ✳ Warm the middle-jiao ✳ Expel phlegm and treating malaria

Chapter 7 Herbs that Resolve Phlegm, Stop Cough and Wheezing

Name	Common function	Indications
Section 1 Cool Herbs that Resolve Heat-phlegm (9 types)		
Qian Hu (LU, SP)	1. Descend adverting Qi and expel phlegm 2. Disperse wind heat	* Cough and dyspnea due to undescended lung Qi and phlegm stagnation, with Xing Ren, Sang Bai Pi, Bei Mu * Cough due to wind-heat, with Bo He, Niu Bang Zi, Jie Geng
Jie Geng (LU)	1. Disperse lung and expel phlegm 2. Benefit the throat 3. Promote pus discharge and subdue carbuncles 4. Direct the effect of other herbs upward to upper region of body	* Cough A. due to wind-heat B. due to wind-cold * Sore throat or loss of voice * Lung abscess with Gan Cao; or Lu Gen, Yi Yi Ren, Yu Xing Cao Large dosage may cause nausea
Bei Mu (H, LU) Incompatible with Wu Tou	1. Resolve phlegm and stop cough 2. Clear heat and dissipate nodules ---Chuan Bei Mu Stronger at moistening the lung ---Zhe Bei Mu Stronger at <u>clearing heat</u> and <u>dissipating nodule</u>	1. Cough A. Due to heat-phlegm B. Due to wind-heat C. Stagnation of phlegm fire C. Chronic cough due to lung deficiency 2. Scrofula, sores and abscesses A. scrofula, with Xuan Shen, Mu Li B. Brest carbuncles, with Pu Gong Ying, Tian Hua Fen C. Lung abscess, with Yu Xing Cao, Lu Gen, Yi Yi Ren
Gua Lou (LU, ST, LI) Incompatible with Wu Tou	1. Clear heat and resolve phlegm 2. Moisten lung 3. Promote the flow of Qi to smooth chest oppression (Chest Bi) 4. Dissipate nodules and relieve constipation	1. Cough due to heat-phlegm, with Huang Qin, 2. Chest fullness or pain • A. due to obstruction of phlegm-Qi in chest • B. due to accumulation of heat-phlegm 3. Early stage of breast abscess and lung abscess, with Pu Gong Ying, JinYin Hua; Yu Xing Cao 4. Constipation due to intestinal dryness, with Huo Ma Ren
Zhu Ru (LU, GB, ST)	1. Clear heat and transform phlegm 2. Relieve dysphoria and stop vomiting Often fried in ginger juice to mitigate its cold properties	1. Cough due to <u>lung heat</u> , with Huang Qin, Gua Lou 2. Dysphoria and insomnia due to phlegm-fire disturbing heart 3. <u>Vomiting due to stomach heat</u> , especially <u>stomach heat with phlegm accumulation</u>
Zhu Li (H, LU, ST)	1. Clear heat and resolve phlegm to stop cough (better than Zhu Ru) 2. Open orifices may be mixed with ginger juice to reduce its cold properties	1. Cough due to heat phlegm, with Jiang Ban Xia, Huang Qin 2. <u>Stroke, coma, epilepsy or hemiplegia</u> due to heat-phlegm, use alone or with Sheng Jiang juice
Pang Da Hai (LU, LI, ST)	1. Eliminate heat toxin and benefit the throat 2. Clear and moisten the lung 3. Clear the intestines and unblock the bowels	1. Sore throat, hoarseness (used as tea for benefiting throat and improving voice), use alone or with Jie Geng, Niu Bang Zi 2. Cough due to heat-phlegm, use alone or with Jie Geng, Chan Tui, Bo He 3. Constipation due to heat, use alone
Hai Zao	1. Reduce phlegm and soften	1. Various kinds of nodules in the neck or fullness, with Jiang Can,

<p>(LU, K, SP, LV, ST) Incompatible with Gan Cao</p>	<p>the hardness 2. Promote urination and reduce swelling (Pair herbs)</p>	<p>Xia Ku Cao 2. Edema and beriberi, with herbs that promote urination and excrete dampness</p>
<p>Kun Bu (K, SP, LV, ST)</p>		



Chapter 7 Herbs that Resolve Phlegm, Stop Cough and Wheezing

Name	Common function	Indications
Section 2 Warm Herbs that Resolve Cold-phlegm (7 Types)		
<p>Ban Xia (LU, SP, ST) Incompatible with Wu Tou</p> 	<ol style="list-style-type: none"> 3. Dry dampness and transform phlegm 4. Descend rebellious Qi and stop vomiting 5. Dissipate nodules and reduce distention 	<ul style="list-style-type: none"> * Cough with profuse sputum (better for damp-phlegm and cold phlegm), with Chen Pi, Fu Ling (as Er Chen Tang) * Nausea and vomiting due to lingering phlegm-dampness in stomach and spleen, with Sheng Jiang (as Xiao Ban Xia Tang) * All kinds of disorders caused by phlegm obstructing in any part of the body
<p>Tian Nan Xing (LU, LV, SP)</p> 	<ol style="list-style-type: none"> 1. Dry dampness and transform phlegm 2. Expel endogenous wind to relieve spasm 	<ul style="list-style-type: none"> * Cough due to phlegm obstructing in chest with diaphragm distention, with Ban Xia, Chen Pi, Fu Ling (As Dao Tan Tang) * Dizziness, stroke, facial paralysis, tetanus due to phlegm accumulation or wind-damp obstruction in channels, with Ban Xia, Tian Ma * External use for carbuncles and other skin problems
<p>Tian Nan Xing (LU, LV, SP)</p>	<ol style="list-style-type: none"> 1. Clear and transform heat-phlegm 2. Expelling endogenous wind to relieve spasm similar to Tan Nan Xing 	<p>Heat-phlegm such as (Cough due to heat-phlegm) disorder due to wind-phlegm</p>
<p>Bai Jie Zi (LU, ST)</p>	<ol style="list-style-type: none"> 1. Warm Lung, eliminate phlegm and regulate flow of Qi 2. Dissipate nodules and subdue swelling 	<ol style="list-style-type: none"> 1. Cough, chest distention or pain due to accumulation of cold-phlegm in the lung, with Zi Su Zi 2. Cold-phlegm accumulation, such as deep-rooted carbuncles, metastatic abscesses etc, (as Yang He Tang) 3. Dampness accumulating in the channels (better for Yin Ju---deep-rooted ulcer)
<p>Bai Fu Zi (SP, ST, LV)</p> 	<ol style="list-style-type: none"> 1. Dry dampness and resolve phlegm 2. Dispel endogenous wind and relieve spasms 3. Expel wind-cold-damp and alleviate pain. 4. Detoxify toxicity and dissipate nodules 	<ol style="list-style-type: none"> 1. Wind stroke, facial paralysis, hemiplegia, or tetanus due to wind-phlegm 2. Pain or numbness due to cold-phlegm or wind-phlegm 3. Snakebite, use alone or with Xu Chang Qing 4. Scrofula, or other nodules due to phlegm and toxicity
<p>Zao Jiao (LU, LI)</p> 	<ol style="list-style-type: none"> 1. Strongly dispel phlegm 2. Open the orifices and revive the spirit. 3. Dissipate clumps and reduce swellings. 	<ol style="list-style-type: none"> 1. Cough or wheezing with profuse sputum (difficult to expectorate) 2. Phlegm obstruction, phlegm nodules 3. Sudden loss of consciousness with facial paralysis or seizures due to excessive phlegm 4. Abscesses and boils
<p>Xuan fu hua (LU, LV, ST, SP)</p>	<ol style="list-style-type: none"> 1. Transform phlegm and direct Qi downward 2. Calm rebellion and stop vomiting 	<ol style="list-style-type: none"> 1. Cough and wheezing with profuse sputum due to phlegm accumulation and Qi rebelling 2. Vomiting, hiccoughs due to stomach and spleen cold or damp stagnation
<p>Bai Qian (LU)</p>	<p>Transform phlegm and descend the adverse Qi to stop cough</p>	<ul style="list-style-type: none"> * Cough and wheezing with profuse sputum that is difficult to expectorate, combine with different herbs according to different syndromes A. Cold B. Heat C. Cough with gurgling in the throat



Chapter 7 Herbs that Resolve Phlegm, Stop Cough and Wheezing

Name	Common function	Indications
Section 3 Herbs that Stop Cough and Wheezing		
<p>Xing Ren (LU, LI) decocted late slightly toxic</p> 	<p>1. Relieve coughing and calm wheezing. 2. Moisten the intestines and unblock the bowels. Ku Xing Ren (North) is bitter and draining in nature, descend lung Qi and effectively stop various cough and calm wheezing. Especially for exterior conditions. Slight toxic (Strong patients; excessive conditions) Tan Xing Ren (South): Sweet and neutral, cough due to dryness (Dry cough) ↓ Moisten and nourish the lung; No toxic (Weaker patients-seniors, deficient cough; deficient patients)</p>	<p>1. Many kinds of cough and wheezing caused by either heat or cold, especially for dry cough due to external dry A. Cool dryness B. Wind heat C. Warm dryness D. Excessive heat in the lung 2. Constipation ---Over dosage may causes dizziness, nausea, vomiting, and headache</p>
<p>Su Zi (LU, LI)</p>	<p>1. Lower the adverse qi and dissolve phlegm to stop cough and wheezing. 2. Moisten intestine to loose the bowels</p>	<p>1. Cough and wheezing (dyspnea) with profuse phlegm due to accumulation of phlegm and reversed flow qi 2. Abundant accumulation of phlegm and fluid (fullness in chest and diaphragm region, cough, wheezing, shortness of breath 3. Constipation due to dry intestine</p>
<p>Bai Bu (LU)</p>	<p>1. Moisten the lungs and stop coughing 2. Expel parasites and kill lice</p>	<p>1. Many kinds of coughing, acute or chronic and cold or heat, especially deficiency cough. Including lung yin deficiency A. Due to external wind-cold B. Due to wind C. Due to lung Yin deficiency D. Due to lung heat 2. Internal parasites, such as pinworm 3. Head or body lice</p>
<p>Zi Wan (LU)</p>	<p>1. Resolve phlegm to stop cough 2. Moisten the lungs</p>	<p>Many kinds of cough, with different herbs according to different conditions. (especially profuse sputum) A. Cough with profuse phlegm due to phlegm stagnation B. Cough with profuse sputum due to external wind-cold C. Cough with blood due to lung deficiency</p>
<p>Kuan Dong Hua (LU)</p>	<p>1. Resolve phlegm and descend adverse Qi to stop cough 2. Moisten lung</p>	<p>Cough and wheezing due to many different etiologies. especially due to different types of cold. (Better for cough) A. Due to cold-phlegm B. Chronic cough with blood</p>
<p>Ma Dou Ling (LU, LI)</p>	<p>1. Clear lung and transform phlegm to stop cough and wheezing. 2. Clear heat from large intestine (Ma Dou Ling can clear heat from <u>lung</u> and <u>L.I.</u>)</p>	<p>1. Cough and wheezing with phlegm due to either lung heat or lung yin deficiency with heat signs 2. Hemorrhoid 3. Hypertension due to hyperactivity of liver Yang</p>
<p>Pi Pa Ye (LU, ST)</p>	<p>1. Transform phlegm and clear heat to relieve cough 2. Descend the adverse Qi and harmonize the stomach</p>	<p>1. Cough due to lung heat 2. Nausea, vomiting, hiccoughs and belching due to stomach heat</p>
<p>Sang Bai Pi</p>	<p>1. Clear heat from the lung and</p>	<p>1. Coughing and wheezing due to lung heat</p>

(LU, SP)	relieve coughing and wheezing. 2. Promote urination and reduce edema	2. Edema due to lung qi obstruction, such as floating edema, facial edema, swelling of the extremities, difficulty in urination
Ting Li Zi (LU, UB)	1. Purge (draining) lung and transform (resolving) phlegm to stop wheezing 2. Expel water to reduce edema	1. Excessive type wheezing or coughing due to phlegm accumulation or fluid retention in the lung or lung heat 2. Facial edema or fluid accumulation in the chest or abdomen with urinary difficulty due to lung Qi stagnation
Mu Hu Die (LU, LV)	1. Clear the lung and open the voice. 2. Smooth the liver and regulate the Qi	1. Cough, sore throat, and hoarseness 2. Hypochondriac and epigastric pain due to qi stagnation

Chapter 8 Herbs that Reduce Food Stagnation

Name	Common function	Indications
Shan Zha 山楂 (LU, SP ST)	<ul style="list-style-type: none"> * Reduce and guide out food stagnation * Transform blood stasis and dissipate clumps * Stop diarrhea 	<ul style="list-style-type: none"> * Accumulation due to meat or greasy foods with accompanying symptoms of abdominal distention pain * Post partum abdominal pain and clumps due to blood stasis * Diarrhea of chronic dysentery-like disorder * Recently for hypertension <p>Use raw for blood stasis, and dry-fried for food stagnation</p>
Mai Ya 麥芽 (LV, SP ST)	<ul style="list-style-type: none"> * Reduce food stagnation and strengthen the stomach * Inhibit lactation * Facilitate the smooth flow of liver Qi 	<ul style="list-style-type: none"> * Indigestion and food stagnation <ul style="list-style-type: none"> • Accumulation of undigested starchy food • Indigestion of milk in infant, use alone • Indigestion due to deficiency of spleen and stomach * For woman who are discontinuing nursing, or who have distended and painful breast, use alone. Inhibiting lactation <Large dose> * Liver Qi stagnation
Gu Ya 谷芽 (SP ST)	<ul style="list-style-type: none"> * Reduce food stagnation and strengthen the stomach 	<ol style="list-style-type: none"> 1. Poor digestion due to stagnation and accumulation of undigested starchy food 2. Weak digestion and loss of appetite associated with spleen deficiency <p>--- In its raw form, it is chiefly used to aid digestion. --- Dry-fried, its potency in strengthening the spleen and stomach is enhanced</p>
Shen Qu 神麴 (SP ST)	Reduce food stagnation and harmonize the stomach	<ol style="list-style-type: none"> 1. Stomach cold with food stagnation or accumulation 2. Added to pills that contain minerals to aid their digestion and absorption
Ji Nei Jin 雞內金 (UB, SI, SP, ST)	<ul style="list-style-type: none"> * Strongly reduce food stagnation and improve the spleen's function * Secure the essence and stop enuresis * Transform hardness and dissolve stones 	<ul style="list-style-type: none"> * <u>Various kinds</u> of food stagnation: <ul style="list-style-type: none"> • Abdominal distention • Abdominal distention with spleen deficiency * Enuresis and frequent urination * Stone in either the urinary or biliary tract <p><u>1.5-3g directly as a powder (more effective)</u></p>
Lai Fu Zi 萊菔子 (LU, SP, ST)	<ul style="list-style-type: none"> * Reduce food stagnation and transform accumulation * Direct Qi downward and reduce phlegm 	<ul style="list-style-type: none"> * Food stagnation accumulating in the middle burner with abdominal distention with fetid odor, acid regurgitation, abdominal pain, diarrhea * Cough and dyspnea due to retention of excessive phlegm, chronic productive cough

Chapter 9 Herbs that Regulate the Qi

Name	Common function	Indications
Chen Pi 陳皮 (LU, SP, ST) 3-9g	1. Regulating the Qi and harmonizing the middle-jiao 2. Drying dampness and transforming phlegm 3. Prevent stagnation	1. Spleen or stomach Qi stagnation, such as epigastric or abdominal distention, fullness, belching, and nausea and vomiting, Ex: <ul style="list-style-type: none"> • A. Accompanied with dampness in the middle jiao • B. Accompanied with cold and stomach Qi rebellion • C. With stomach Qi rebellion and heat • D. With spleen and stomach deficiency • E. With diarrhea caused by liver Qi attack stomach 2. Cough with profuse sputum due to phlegm-damp accumulation in the lung 3. Used with tonifying herbs to prevent their cloying nature from causing stagnation
Ju Hong (LU, ST) The red part of the tangerine peel	It is used primarily for vomiting and belching, and for treating phlegm-damp coughs.	It is more drying and aromatic than Chen Pi, but less effective in harmonizing the middle and regulating the Stomach and Spleen.
Qing Pi 青皮 (LV) (GB, LV, ST) 3-9g	1. Smoothing the liver Qi and breaking up stagnation Qi 2. Dissipating clumps and removing food stagnation	1. Liver Qi stagnation syndrome <ul style="list-style-type: none"> A. Bloating and pain in the hypochondrium B. Breast pain C. Hernia pain 2. Food stagnation 3. Masses or pain due to Qi and blood stagnation 4. Hypotension (modern use)
Zhi Shi 枳實 (SP, ST, LI) (Chest Bi) 3-9g	1. Breaking up stagnant Qi and reducing accumulation 2. Resolving phlegm and relieving local fullness 3. Directing the Qi downward and unblocking the Bowels	1. Qi stagnation and accumulation syndrome <ul style="list-style-type: none"> A. Epigastric or abdominal pain and bloating due to food stagnation B. Epigastric or abdominal bloating due to spleen and stomach deficiency C. Dysentery or diarrhea due to accumulation of dampness 2. Constipation and abdominal pain 3. Bloating and fullness in the chest and epigastrium due to phlegm obstructing the Qi 4. Gastriectasis (dilation of stomach), gastroptosis, rectal prolapse, or uterine prolapse,
Zhi Ke (SP, ST)	It is milder in action than Zhi Shi	It is frequently used to move the qi and reduce distention and pressure, and is especially appropriate when the patient is deficient or weak.
Mu Xiang 木香 (SP, ST, GB, LI) 5-9g	1. Regulating Qi (promoting the circulation of Qi) and alleviating pain 2. Harmonizing the middle-jiao 3. Preventing stagnation * Chuan Mu Xiang actions are similar to those of Mu Xiang, only weaker	1. Spleen and stomach Qi stagnation (Due to any kinds of reasons)<In middle jiao> 2. Damp-heat in the liver and gallbladder with Qi stagnation 3. Dysentery and diarrhea, especially with obvious tenesmus <ul style="list-style-type: none"> A. due to damp-heat stagnated in the stomach and intestine B. due to food stagnation 4. Used with tonifying herbs to ameliorate their cloying nature from causing stagnation
Chen Xiang 沉香 (K) (SP, ST, K) 1.5-3g as a powder or pill	1. Promoting the movement of Qi and alleviating pain 2. Directing rebellious Qi downward and regulating the middle-jiao 3. Helping the kidney to receive	1. Qi stagnation syndrome, such as distention, pain, or feeling of pressure in the epigastric or abdominal region 2. Stomach Qi rebellious syndrome, such as vomiting, belching or hiccup 3. Asthma and wheezing <ul style="list-style-type: none"> A. Excess in the upper and deficiency in the lower

	Qi	B. Kidney can not receive Qi,
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<p>Xiang Fu 香附 (LV) (LV, SJ) 4.5-12g</p>	<p>1. Smoothing and regulating liver Qi 2. Regulating menstruation and alleviating pain Xiang Fu is the commander of woman's disease (Regulated liver Qi stagnation)</p>	<p>1. Liver Qi stagnation syndrome 2. Disharmony between the liver and spleen 3. Dysmenorrhea or irregular menstruation, especially due to liver Qi stagnation * 4.5-12g decocted in water for an oral dose * Stir-baked with vinegar increases regulating liver Qi function * Stir-baked with wine increases the function of penetrating all channels</p>
<p>Chuan Lian Zi 川 鍊子/金鈴子(LV) (UB, LV, SI, ST) 3-9g</p> 	<p>1. Promoting the movement of Qi and alleviating pain 2. Clear heat from the liver 3. Clearing heat and drying dampness 4. Killing parasites</p>	<p>1. Liver Qi stagnation or disharmony between liver and stomach 2. Qi stagnation with damp-heat, such as fullness in 3. <u>Hernial pain</u> 4. Pain due to parasites, such as ascariasis 5. In addition, head tinea</p>
<p>Wu Yao 烏藥 (LV) (SP, LU, K,UB) 3-9g</p>	<p>1. Promoting the movement of Qi and alleviating pain 2. Warming the kidney and dispelling cold</p>	<p>1. Qi stagnation with cold accumulation, such as A. Fullness sensation in the chest, hypochondriac pain B. Epigastric and abdominal pain and distention C. Lower abdominal pain, hernial disorder D. Menstrual pain Liver Qi stagnation due to cold (Unblock liver channel) 2. Frequent urination or urinary incontinence due to kidney yang deficiency and bladder cold</p>
<p>Li Zhi He 荔枝核 (LV) (LV, ST) 6-30g</p>	<p>1. Regulating the Qi and relieving pain 2. Dispersing cold and stagnation</p>	<p>1. Liver Qi stagnation syndrome, with Xiang Fu 2. Hernial or <u>testicular pain</u> due to cold blocking the liver channel</p>
<p>Fo Shou 佛手(LV) (LV, LU, ST) 3-9g</p>	<p>1. Smoothing and regulating the liver Qi 2. Harmonizing middle-jiao 3. Drying dampness and transforming phlegm</p>	<p>1. Liver Qi stagnation syndrome 2. Disharmony between liver and stomach 3. Subacute or chronic cough with profuse sputum due to phlegm and damp stagnation</p>
<p>Xie Bai 薤白 (LI, LU, ST) Chest Bi 4.5-9g</p>	<p>1. Unblocking the Yang Qi and disperse congealing 2. Promoting the movement of Qi and blood and alleviating pain 3. Directing the Qi downward and reducing stagnation</p>	<p>1. Chest Bi (painful obstruction of the chest) due to cold turbid phlegm obstructing the chest yang, such as stifling sensation or pain in chest, hypochondria or upper back, dyspnea, coughing, wheezing 2. Stagnation of Qi with cold, such as epigastric fullness & abdominal pain 3. Dysentery due to damp and Qi stagnation in the large intestine A. with heat B. with cold</p>
<p>Da Fu Pi 大腹皮 (SP, ST, LI, SI) 6-9g</p>	<p>1. Promoting the movement of Qi and reducing food stagnation 2. Promoting urination and reducing edema</p>	<p>1. Qi stagnation (Due to accumulation of pathogens in intestine) with food stagnation (syndromes: Constipation, diarrhea, hesitant stool 2. Abdominal distention accompanied by edema, especially superficial edema</p>
<p>Shi Di 柿蒂 (LU, ST) 6-10g</p>	<p>Directs the Qi downward and stops hiccups</p>	<p>Direct stomach Qi downward to hiccup (Hiccup due to cold or heat syndrome)</p>



Chapter 10 Herbs that Regulate the Blood

Name	Common function	Indications
Section I Stopping bleeding herbs		
1. Cool blood to stop bleeding		
<p>Da Ji (LV, SP H) 4.5-15g 30-60g when used fresh</p>	<p>1. Cooling the blood and stopping bleeding 2. Dissipating blood stasis and eliminating toxin to treat carbuncles</p>	<p>1. Various bleeding due to blood heat 2. Carbuncles, sores and swellings, use alone</p>
<p>Xiao Ji (LV, SP)</p>	<p>Function is as same as Da Ji but are not as strong as Da Ji ---Xiao Ji can promote urination that can eliminate pathogens and make pathogens getting out</p>	<p>Heat or damp-heat accumulation in the bladder or in the lower jiao (Xiao Ji is common to use for hematuria and U.T.I)</p>
<p>Di Yu (LV, LI, ST) 6-15g</p>	<p>1. Cooling the blood and stopping bleeding 2. Eliminating toxin and generating flesh</p>	<p>1. Bleeding in the <u>lower-jiao</u> due to heat or damp-heat</p> <ul style="list-style-type: none"> • A. Hemafecia, hemorrhoidal bleeding due to damp-heat in large intestine • B. metrorrhagia and metrostaxis due to blood heat • C. Dysentery with blood stool <p>2. Sores, ulcers and injures from burns, use alone externally</p>
<p>Huai Hua (LV, LI) 6-15g Used charred for bleeding</p>	<p>1. Cooling the blood and stopping bleeding 2. Clearing heat from the liver and large intestine 3. Hypertension (Modern used) (Slight lower blood pressure)</p>	<p>1. Various bleeding due to blood heat, especially Hemafecia and hemorrhoidal bleeding due to heat in the large intestine 2. Red eyes and dizziness due to liver heat</p>
<p>Ce Bai Ye (H, LV, LI) 6-15g</p>	<p>1. Cooling the blood and stopping bleeding 2. Relieving coughing and expelling phlegm 3. Promoting healing of burns and sprout of hairs</p>	<p>1. Various bleeding disorders due to blood heat 2. Cough due to lung heat and accumulation of phlegm 3. Early stages of burns, use alone topically Hair lose due to Seborrheic dermatitis</p>
<p>Bai Mao Gen (LU, ST, SI, UB) 9-24g</p>	<p>1. Cooling the blood and stopping bleeding 2. Clearing heat and promoting urination 3. Clearing the stomach and lung heat (Similar to clear heat and purge fire for excessive heat in the lung or stomach) 4. Mildly generate body fluid</p>	<p>1. Various bleeding due to blood heat, used alone or with other cooling blood and stopping bleeding herbs 2. Hot Lin syndrome (Bleeding due to heat in the lower-jiao such as hematuria) such as U.T.I 3. Nausea and thirst due to stomach heat, 4. Coughing due to lung heat</p>
2. Invigorate blood stasis to stop bleeding		
<p>San Qi (LV, ST, LI) 1-3g (powder) 3-9g (Decoction)</p>	<p>1. Removing blood stasis and stopping bleeding 2. Reducing swelling and alleviating pain</p>	<p>1. Various internal and external bleeding 2. Traumatic injuries 3. Chest pain</p>
<p>Pu Huang</p>	<p>1. Stopping bleeding</p>	<p>1. Various external bleeding and internal bleeding</p>

(LV, H, SP) 4.5-12g	2. Invigorating the blood and removing blood stasis	2. Pain due to blood stasis, such as chest pain, post partum abdominal pain, menstrual pain ---Use unprepared for blood stasis ---Use toasted for bleeding
Qian Cao Gen (H, LV) 6-9g	1. Cooling the blood and stopping bleeding 2. Invigorating the blood and removing blood stasis	1. Various bleeding due to blood heat 2. Pain due to blood stasis, especially chest and hypochondria pain Parched better for stopping bleeding, raw better for invigorating blood
3. Astringe blood to stop bleeding		
Bai Ji (LU, ST LV) 3-15g (Decoction) 1.5-3g (Powder)	1. Restraining blood and stopping bleeding 2. Reducing swelling and generating flesh	1. Bleeding from the lung and stomach <ul style="list-style-type: none"> • A. Hemoptysis • B. Hematemesis 2. Bleeding associated with traumatic injury 3. Sores, ulcers and chapped skin, <u>especially useful for chronic, nonhealing ulcers</u> <ul style="list-style-type: none"> • A. Non-ulcerated sores, carbuncles • B. Chronic non-healing ulcers, use alone for topical use • C. Chapped skin • Ventricular septum defect (VSD), atrial septum defect (ASD), Gastric ulcer
Xian He Cao (LU, LV, SP)	1. Restraining the blood and stopping bleeding 2. Alleviating diarrhea and dysentery 3. Killing parasites	1. Various bleeding, such as hematemesis, epistaxis, hemoptysis, hematuria, hemafecia, metrorrhagia, metrostaxis, used alone or combined with different herbs according to different syndrome <ul style="list-style-type: none"> • A. Heat syndrome, with Huai Hua, Di Yu • B. Cold syndrome, with Zao Xin Tu, Pao Jiang 2. Chronic diarrhea and dysentery with blood 3. Trichomonas vaginitis
Ou Jie (LU, ST, LV)	1. Cooling the blood and stopping bleeding 2. Invigorating the blood and removing blood stasis	<ul style="list-style-type: none"> • Stopping bleeding • For stopping bleeding and deficient yang Qi, we can use char of the Ou Jie • With Bai Ji and Qian Cao Gen for vomiting of blood • With Shen Di Huang, E Jiao, and Chuan Bei Mu for heat in the Lungs with coughing of blood
4. Warm channels to stop bleeding		
Ai Ye (SP, LV, K) 3-9g Charred to enhance both its warming and hemostatic properties	1. Warming the channel (womb) and stopping bleeding 2. Warming the uterine and pacifying the fetus 3. Dispelling cold and alleviating pain	1. Bleeding due to yang deficiency, especially <u>lower-jiao yang deficiency</u> 2. Restless fetus, lower abdominal pain 3. Abdominal pain due to cold-damp, external moxibustion to warm and promote flow of Qi and blood.
Fu Long Gan / Zao Xin Tu (SP, ST, Middle Jiao) 15-60g decoction	<ul style="list-style-type: none"> • Warming middle-jiao, dispelling cold from middle and stopping bleeding and strength middle yang • Stopping vomiting and diarrhea • Bleeding due to middle yang deficiency or bleeding due to cold from spleen yang deficiency • Various bleeding due to spleen (yang) deficiency • Vomiting due to middle yang deficiency, chronic diarrhea due to middle yang deficiency 	

Chapter 10 Herbs that Regulate the Blood

Name	Common function	Indications
Section II Invigorating the blood		
Chuan Xiong (LV, GB, PC) 3-6g	1. Invigorating the blood and promoting the movement of Qi 2. Expelling wind and alleviating pain	1. Any kind of blood stasis syndrome 2. Headaches 3. Bi syndrome (painful obstruction) Chuan Xiong cannot use for the patients who have headache due to hyperactivity of liver yang.
HEADACHE		
<ul style="list-style-type: none"> • Headache (treat headache that follows <u>TaiYang Channel 太陽</u>) due to wind-cold and wind-dampness ◊ Qiang Huo, Gao Ben • Headache especially in the forehead (Headache in the Yangming channel) ◊ Bai Zhi • Pain includes headache (ShaoYin headache 少陰 ◊ Behind the eyes) ◊ Xi Xin • Headache on the temporal area (Headache in the Shao Yang channel) ◊ Chuan Xiong • Headache on top of head (Headache in the Jue Yin channel) ◊ Wu Zhu Yu • Headache-heaviness, sputum, Qi rebelling, fell heavy in body weight (Headache due to Tai Yin channel) ◊ Cang Zhu 		
Yan Hu Suo/Yuan Hu (H, LV, LU, ST) 4.5-12g	1. Invigorating the blood 2. Promoting the movement of Qi 3. Alleviating pain	Pain due to blood stasis and Qi stagnation, Ex: <ul style="list-style-type: none"> - A. Chest pain - B. Epigastric or abdominal pain - C. Menstrual pain - D. Hernial disorder - E. Traumatic injury
Yu Jin (H, LU, LV) 4.5-9g Caution during pregnancy Incompatible with Ding Xiang	1. Invigorating the blood and breaking up blood stasis to relieve pain 2. Promoting the movement of Qi and soothing depression 3. Clearing heat from the heart and cooling the blood 4. Benefiting the gallbladder and reducing jaundice	1. Pain related to traumatic injury 2. Liver Qi stagnation syndrome with or without heat signs, such as chest, hyperchondriac or menstrual pain 3. Hot phlegm obstructing the heart orifices with such symptoms as anxiety, agitation, seizures, or mental derangement 4. Jaundice and gallbladder disorder
Jiang Huang (SP, ST, LV) 3-9g	1. Promoting the flow of Qi and breaking up blood stasis (Same level with Tao Ren and Hong Hua in potency) (Strong) 2. Promoting circulation through the channels to relieve pain	1. Various blood stasis with Qi stagnation syndrome (Jiang Huang is good for pain due to blood stasis), Ex: <ul style="list-style-type: none"> • A. Amenorrhea, dysmenorrhea • B. Chest, hypochondriac pain • C. Traumatic pain 2. Bi pain due to wind-damp
Ru Xiang (H, LV, SP) 3-9g	1. Invigorating the blood and promoting the Qi flow to alleviate pain 2. Reducing swelling (due to traumatic injury in the early stage; swelling due to blood stasis and sores) and generating flesh	1. Traumatic pain due to blood stasis 2. Chest, epigastric or abdominal pain due to blood stasis 3. Bi syndrome due to wind-damp, rigidity and spasms 4. Sores, carbuncles, and traumatic injury <ul style="list-style-type: none"> • A. The early stage of carbuncles, sores, swellings • B. Non-heal sores, carbuncles and trauma 5. Redness, swelling of the gums, mouth and throat
Mo Yao 3-12g	1. Invigorating the blood and breaking up blood stasis, and alleviating pain 2. Reducing swelling and	1. Blood stasis syndrome, including pain from trauma, sores, carbuncles, swellings, immobile abdominal masses, painful obstruction, chest pain, abdominal pain and amenorrhea, as same as Ru Xiang 2. Chronic nonhealing sores

	promoting healing	Ru Xiang and Mo Yao are tree secretion and they are a pair of herb
Ru Xiang is better at <u>regulating Qi</u> Mo Yao is better at <u>invigorating blood</u>		
Wu Ling Zhi (LV, SP) 3-10g	1. Dispersing blood stasis to alleviate pain 2. Transforming stasis and stopping bleeding	1. Variety of disorders due to blood stasis, such as amenorrhea, dysmenorrhea, postpartum abdominal pain, epigastric pain, stabbing pain in the chest 2. Uterine bleeding and lochioschesis due to blood stasis Use raw or fry with vinegar to invigorate the blood, dry-fry to stop bleeding
Dan Shen (H, PC, LV) 6-15g	1. Invigorating the blood and removing blood stasis 2. Clearing heat to treat carbuncles 3. Nourishing the blood and soothing irritability Incompatible with Li Lu	1. Various blood stasis disorders, such as: <ul style="list-style-type: none"> • A. Dysmenorrhea, amenorrhea • B. Chest, epigastrium or abdomen pain • C. Palpable masses, lochioschesis • D. Trauma 2. Restlessness, irritability, palpitation and insomnia due to heat entering the nutritive level (Clear heat promote blood circulation such as severe <Yin and Blood stage> stage of warm febrile diseases ◊ Bleeding due to heat such as D.I.C (<i>Disseminated intravascular coagulation</i>) syndrome: High fever, severe infection
Tao Ren (H, LI, LV, LU) slightly toxic 4-9g	1. Invigorating blood circulation and breaking up blood stasis 2. Moistening the intestines and relieving constipation	1. Various blood stasis syndrome, Ex: <ul style="list-style-type: none"> • A. Chest pain • B. Whole body ache or Bi pain • C. Amenorrhea, dysmenorrhea • D. Postpartum, abdominal pain 2. Traumatic blood stasis 3. Lung and intestine abscesses, <ul style="list-style-type: none"> • A. Lung abscess • B. Intestine abscess 4. Constipation due to dry intestines
Hong Hua (H, LV) 3-9g decocted 0.9-1.5g when use to harmonize the blood	1. Invigorating the blood and regulating menstruation 2. Removing blood stasis and alleviating pain	1. Various blood stasis syndrome, Ex: <ul style="list-style-type: none"> • A. Amenorrhea, dysmenorrhea and postpartum abdominal pain, • B. Masses in the abdomen 2. Various pain due to blood stasis, Ex: <ul style="list-style-type: none"> • A. Chest or hypochondrium • B. Hypochondrium • C. Traumatic injuries • D. Sores, carbuncles
Zang Hong Hua Cold and expensive	<ul style="list-style-type: none"> • Clear heat and cool blood, break up blood stasis (Strong) • Warm febrile diseases in blood stage 1.5~3.0g decocted in water for oral dose	
Yi Mu Cao (H, LV, UB) 6~9g	1. Invigorating the blood and <u>regulating the menses</u> 2. Removing blood stasis and reducing masses 3. Promoting urination and reducing swelling	1. Gynecological disorders, such as irregular menstruation, premenstrual abdominal pain, infertility and post partum abdominal pain, use soft extract alone or with Chuan Xiong, Dang Gui, Chi Shao 2. Abdominal masses or infertility due to blood stasis 3. Acute edema or any kind of edema (Mild), especially with hematuria
Ze Lan (LV, SP) 3-9g	1. Invigorating the blood and removing blood stasis and regulating menses 2. Promoting urination to	1. Pain due to blood stasis obstructing the menses, such as: amenorrhea, dysmenorrhea, postpartum pain 2. Pain and swelling due to traumatic injury or abscess 3. Edema (Mild)

reduce edema

Yi Mu Cao and Ze Lan are common used together to treat edema and blood stasis syndrome! (Herb pair)



<p>Niu Xi (LV, K) 9-15g</p>	<p>1. Invigorating the blood and removing the blood stasis 2. Reinforcing liver and kidney to strengthen the tendon and bones 3. Clearing damp-heat in the lower-jiao to treat Lin syndrome 4. Inducing the downward movement of blood</p>	<p>1. Various blood stasis syndrome, with Chuan Xiong, Hong Hua, Chi Shao 2. Pain and soreness affecting the lower back and knees due to kidney deficiency, with Du Huo, Sang Ji Sheng (as Du Huo Ji Sheng Tang) 3. Damp-heat downward syndrome, such as knee pain, lower back pain and painful urinary dysfunction • A. Knee pain, lower back pain • B. Lin syndrome (Lin syndrome, atrophy or Bi syndrome due to damp-heat in the lower jiao) 4. Reckless movement of blood due to heat or flaming up of fire in the upper -jiao, such as hematemesis, epistaxis, headache, toothache, canker sores (Bleeding due to heat in the upper jiao because stomach fire or heat in the lung, Niu Xi can direct blood downward) 5. Headache and vertigo due to hyperactivity of liver Yang</p>
<p>Chuan Niu Xi (川牛膝)</p>		<p>Huan Niu Xi (淮牛膝)</p>
<p>More potent in invigorating blood (For blood stasis)</p>	<p>Tonify liver and kidney to strengthen tendon and bone (Herbal pharmacy will give you Nuan Niu Xi)</p>	
<p>Tu Niu Xi 土牛膝 Flavor and properties: Sweet, Cold Function: 1. breaking up blood stasis and stop bleeding 2. Clear heat and release toxicity (Toothache, sore throat and bloody Lin)</p>		
<p>Ji Xue Teng (H, LV, SP) 9-15g</p>	<p>1. Promoting the movement of blood and tonifying the blood 2. Invigorating channels and relaxing the sinews</p>	<p>1. Blood deficiency alone or with blood stasis syndrome, such as dysmenorrhea irregular menstruation or amenorrhea, with Shu Di Huang, Chuan Xiong, Dang Gui 2. Numbness of the extremities, lower back pain, knee pain or generalized joint soreness, with Du Huo, Sang Ji Sheng 3. Weakness of the extremities in the elderly or paralysis and vertigo due to blood stasis or wind-stroke</p>
<p>Wang Bu Liu Xing (LV, ST) 3-9g</p>	<p>1. Promoting the movement of blood and invigorating the channels 2. Promoting lactation (Blood level of Chong, and Ren Channels) and menstruation 3. Reducing swelling</p>	<p>1. Insufficient lactation or amenorrhea due to blood stasis • A. Due to blood stasis • B. Due to Qi deficiency 2. Painful swelling, especially of the breast or testicles Wang Bu Liu Xing can be ear seeds.</p>
<p>Zhe Chong or Tu Bie Chong (LV, H, SP) toxic 3-6g decocted 1-1.5g in powder</p>	<p>1. Breaking up and driving out blood stasis. <u>Shui Zhi > Zhe Chong</u> 2. Renewing sinews and joining bones (Promote healing process on broken tendon and bones)</p>	<p>1. Various blood stasis, such as • A. Abdominal masses • B. Amenorrhea 2. Pain, swelling broken bone and sinews due to lacerations, contusions, fractures</p>
<p>Xue Jie (H, LV) 0.3-1.5g</p>	<p>1. Dispelling blood stasis and alleviating pain 2. Stopping bleeding 3. Protecting the surface of ulcer, promoting healing and</p>	<p>1. Blood stasis syndrome, especially due to injury, with Mo Yao, Dang Gui, Bai Zhi for internal use. With Ru Xiang, Mo Yao for external use (as Qi Li San) 2. Bleeding due to external injury, use alone or with Long Gu, Jiang Xiang, Er Cha applied topically</p>



San Leng (LV, SP) 3-9g	1. Forcefully breaking up blood stasis, promoting the movement of Qi and alleviating pain 2. Dissolving accumulations (Reduce food stagnation; Chronic food stagnation)	1. Blood stasis syndrome, such as <ul style="list-style-type: none"> • A. Amenorrhea, dysmenorrhea, post partum abdominal pain • B. Abdominal mass • C. Pain and swelling due to trauma 2. Severe abdominal pain and distention due to food stagnation and stagnant Qi
E Zhu (LV, SP) 3-9g	1. Breaking up blood stasis and promoting the movement of Qi 2. Dissolving accumulations and alleviating pain)	1. Blood stasis syndrome, such as <ul style="list-style-type: none"> • A. Dysmenorrhea, amenorrhea • B. Abdominal pain and masses, epigastric masses • C. Pain, swelling due to trauma 2. Food stagnation syndrome 3. Childhood nutritional impairment <ul style="list-style-type: none"> • <u>San Leng</u> is more potent (stronger) than E Zhu in promoting blood circulation and <u>E Zhu</u> is stronger in promoting the Qi circulation. • <u>San Leng</u> and <u>E Zhu</u> is a pair of herb!
Shui Zhi (LV, UB) slightly toxic 1.5-3g decocted	1. Breaking up and driving out blood stasis (STRONG) 2. Reducing immobile masses	(Severe) Blood stasis syndrome, such as <ul style="list-style-type: none"> • 1. Amenorrhea, immobile abdominal masses • 2. Traumatic injury (Strongly remove blood stasis)→Shui Zhi > San Leng and E Zhu
Chuan Shan Jia (LV, ST) 3-9g	1. Dispersing blood stasis, unblocking menstruation and promoting lactation 2. Reducing swelling and promoting discharge of pus 3. Expelling wind-damp from the channels >Good for Bi syndrome>	1. Amenorrhea, dysmenorrhea, and mass in abdomen 2. Lack of or insufficient lactation due to blood stasis 3. Toxic swelling such as abscesses and boils 4. Pain, spasms in the limbs, pain that prevents bending and stretching, 5. Stiffness 6. Bi syndrome Chuan Shan Jia and Wang Bu Liu Xing can put together
Chi Shao (LV, SP) 3-10g	1. Invigorating the blood and dispersing blood stasis 2. Cooling the blood and clearing heat 3. Clears liver fire	--- Variety of disorders due to blood stasis, such as amenorrhea, dysmenorrheal, abdominal pain, immobile abdominal masses --- Heat enter the blood level with fever, purple tongue, skin blotches, and bleeding due to the reckless movement of hot blood --- Red, swollen and painful eyes