My understanding of Chinese Herbal Medicine

By Joe McSweyn L.Ac. OMD



The Application of Chinese Herbs Based on Their Pharmacological Properties

One of the more daunting things for me, about studying Chinese herbal medicine, is the number of herbs. The pharmacopoeia is huge. When the education of the use of Chinese herbs was first made available to the west, the Chinese had to decide which herbs were more important to teach. That narrowed the list some. But it was still in the hundreds. I don't remember the exact number because it's been so long since I've been in school, but each of these substances had their own eccentricities based on all of the different things that they did. And what they did could be explained in many different ways. It could be because of a physiological consequence of multiple chemical reactions of the herbs in your body. Or justified from a Traditional Chinese Medicine standpoint where the chemistry is the same but the rationale is very different. And most of the herbs do several different things in both arenas. The cross talk from the translation can be trying. When you're in school trying to learn this stuff the most important thing to do is pass. As an acupuncturist you have to memorize the anatomical locations of roughly the same number of acupuncture points and learn Chinese Medical theory. Having a photographic memory will get you a good grade, but understanding what the herbs are capable of doing when put together in the appropriate ratios comes with at least a decade's worth of experience. The 90 or so herbs in this writing represents the advice I would have given myself when I started my first herbal pharmacy. Few, if any, toxic herbs are included. This listing is just the ones I use the most. I suspect toxic herbs have the potential to be effective for cancers and other diseases but most of my experience has been with herbs low in toxicity.

The Conflict Between Traditional Chinese Medicine and Science

I was taught traditional Chinese medicine and understand how esoteric or literal the concepts can be when viewed through western eyes. But the logic and the science in me helped me tie down the plausible rationale that explained the puzzles. I also had some great teachers, speaking of puzzle solvers. Donald Kendall was one of my first teachers in the early eighties. An amazing guy, he learned to read, write and speak Chinese after studying Chinese Calligraphy. He taught me back in the mid 80's how acupuncture works via an afferent efferent neural pathway. He gave me the scientific explanation for how acupuncture works back then. He was probably figuring it out for himself because of his science background. I believe he used work for NASA when sputnik was circling the earth. Because he was an interpreter, he found some mistranslations for the definitions of Qi and Meridians that are quite controversial and are included in his book "The Tao of Chinese Medicine". He told me that meridian wasn't an accurate translation of the word. He said the word meant vessels. Veins, arteries, those kinds of things, not meridians that have no physical presence. Thank you Deke. That's his nickname. He helped me dispel the metaphysical cloud surrounding my understanding of traditional Chinese medicine's explanation of how acupuncture works.

Similarly, the efficacy of Chinese herbal medicine is based on how accurately we interpret the translation of the multiple characteristics of the herbs. As well as how those herbs are used based on the Traditional Chinese Medicine paradigm. And how that may agree with the pharmaceutical properties that justify their use. Interestingly enough, those differences can be dramatic or nonexistent. Sometimes the more complex the rationale, the more likely it is to get lost in the translation.

One of the only books on Traditional Chinese Medicine in the early eighties was “The Essentials of Chinese Medicine” it was our main textbook for point location and theory. Back in those days, there weren’t very many books that explained the TCM application for the use of herbs, as well as the pharmacological properties of them. The study of herbal medicine is so vast that it wasn't usually included in books on acupuncture because they were different fields of medicine. I remember Deke telling me that in ancient China there were spiritual healers, herbalists, dietitians, acupuncturists, and surgeons who were held in regard roughly in that order. I remember thinking back then that it was oddly humorous. Now it just makes perfect sense.

My Enthusiasm for Chinese Medicine

In 1985 as part of my education I did a semester in Nanjing China for three months. We had morning classes and afternoons in the acupuncture clinic where we treated pain, because that's mostly what the Chinese used acupuncture for. Which is what we figured out in retrospect. We understood how acupuncture could be used for pain, but because we were eager young students we wanted to know all of the other things that acupuncture could be used for. But the reality turned out to be quite a different story. If a patient would come in with gastrointestinal problems they would give them acupuncture but they would send them to the herbalist to deal with the cause of the symptoms. You could use acupuncture to treat anything but I find it most effectively used to treat pain due to muscles that are in spasm. Meat and potatoes science based on an afferent efferent neural pathway. Once you get the brain to make the necessary endorphins to take the muscles out of spasm, the storm is calmed. Yes you can use acupuncture to treat anything else but herbs cure. The right ones in an appropriate ratio and dose, for enough time to effect a change and they cure themselves.

One of the things that made me respect Chinese medicine as much as I do is that it has survived pretty much intact as long, if not longer than the medicine from any other race of people on this earth. Most other cultures had their information destroyed when they were conquered. The Chinese built that wall and fought amongst themselves but didn't destroy everything that they knew. Their empirical knowledge of herbal medicine is unparalleled on this planet. When that light bulb went off in my head, that spark laid the groundwork for my enthusiasm over my involvement with Chinese herbal medicine. It fueled my respect and reverence for the idea of using natural substances from the earth to treat diseases for thousands of years. As opposed to a chemical synthesized far enough in the past to be a non prescription drug now. And you can self prescribe all you want but it’s tough on the gut and the mechanism of action is unknown. It’s also so hard on the liver that it’s the leading cause of liver failure in the US. But it’s safe, you can give it to your kids. If the third leading cause of death in the developed world is healthcare, and healthcare is mostly pills. Then as healthcare practitioners that want to do no harm, helping our patients not to need to take drugs would seem to be advisable. Thus herbal medicine to the rescue.

How I Became Involved in Acupuncture

My mother had back pain, probably from trying to make the house surgically clean, lifting the couch to vacuum or something like that. She went to her doctor who took x rays and said that none of her bones were broken. He gave her a prescription for pain pills and referred her to a physical therapist. She wouldn't take the pain pills because she was afraid of their side effects. When she went to the physical therapist she came out in a wheelchair and could no longer lie down. If she tried to lie down or get up, it hurt too much. When you see your mother cry out in pain and become somewhat paralyzed, it's a fair smack in the head. She was sleeping in a chair for six days when we took her to an acupuncturist.

Gary Jacob, thank you Gary. He skewered the spasmed muscle with the appropriate number of needles for the right amount of time. One of the ways acupuncture works that makes sham acupuncture a ridiculous concept is to fire pressure receptors within the body. You can't pretend to put a needle in someone. There's no such thing as a non point. Inaccurate point location doesn't nullify the experience. Most of the time when you stick a needle into someone they feel it. Pain receptors are on the surface of the skin, that signal goes directly to the brain for obvious reasons. But pressure receptors are deeper in the body and the alarm bells that they set off fall into a different category than the pain receptors. Different areas of the brain are activated compared to normal circumstances because it is not normal to have a needle sticking into your body half an inch or so. It's an instinctual survival mechanism because it activates the limbic system of the brain. A classic example of the multiple afferent efferent neural pathways. It's a self regulating feedback loop. We're still learning how the body works. They recently discovered a lymph system for the brain that they never knew existed. It was there all the time, it just wasn't noticed.

We know that endorphins are created by the body to sedate pain. Any marathon runner's production of endorphins sedates the pain of running 26 miles. Acupuncture tricks the body into making various types and amounts of neurotransmitters. In the case of my mother the endorphins made the muscle shut up and relax. It was a miraculous cure in one treatment. There's an old blues song about everybody lying to you except your mother and "she could be jivin me too". The joke is because you presume your mother wouldn't jive you. I knew my mother wasn't jiving me. That's why I knew how miraculous acupuncture could be for the relief of pain due to muscles that are in spasm.

My Teachers

My first herb teacher was Him-che Yeung, she wrote "HANDBOOK OF CHINESE HERBS AND FORMULAS" it was published in 1985 and I think the only other publication out there that had any listing of Chinese herbs was "the Barefoot Doctors Manual". One of the many amazing things about her book was that it listed the pharmacological properties of the herbs. The significance of having scientific information about the physiological properties of Chinese herbs proved to be invaluable years later. But at the time I was more concerned with absorbing enough information to be able to pass my exams.

Dr. Yeung had a guest lecturer speak to our class that had the unique ability of being able to read, write and speak Chinese like Donald Kendall. He had been doing a four year fellowship with legendary herbalist Dr. Hong-yen Hsu translating the latest pharmacological research in the morning and the ancient texts in the afternoon. His name was Matt Van Benschoten. When he spoke, a dictionary's worth of information popped out at light speed. That was just his style. Everybody in the class was furiously scribbling trying to keep up taking handwritten notes. I had a microcassette taping everything he was saying so I could transcribe it later. He explained that a lot of the opponents of Chinese medicine often said that there was no scientific basis for its effectiveness. He said that it wasn't true and that there's tons of it, it's just all written in Chinese. In the course of his translating this information he got to see the scientific basis explaining which herbs in the ancient formulas were more antiviral or antibacterial and therefore could effectively address the various maladies of the day, from food poisoning to hepatitis.

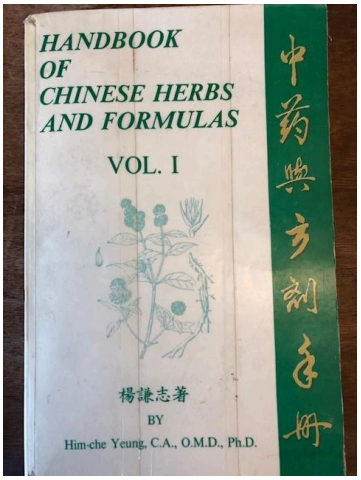
I decided I wanted to be a leech on that man's brain and suck out as much information as I could. This was during my second year of school when you're supposed to observe with a practitioner to get an idea of what it's like in a clinical setting. After class I asked Matt if I could observe with him and he said, "Sure." He taught me most of what I know about Chinese herbs. He passed away recently and very unexpectedly, in light of that I've decided that before I die or forget, I should pass on what I know.

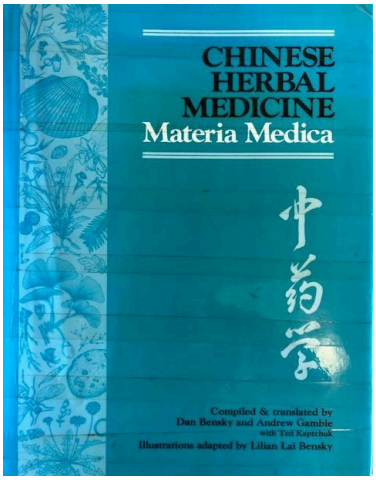
I'm going to explain how I use about 90 herbs, so that if you wanted to start your own individual herb pharmacy you'd have a good idea of which I would recommend you choose from. Pretty much all the information that I would like to have known when I was starting my first pharmacy.

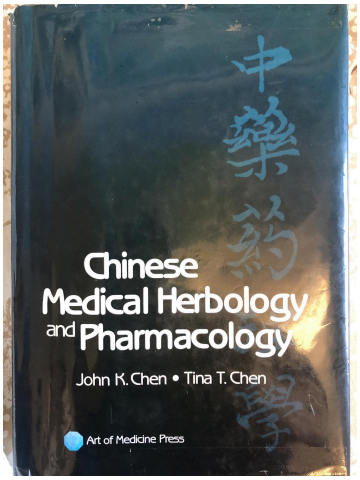
The usual progression after you get your acupuncture credentials, if you prescribe herbs, is to use existing herbal formulas that you learned in school. Then when you have a better understanding of what the various formulas do, you start mixing existing formulas in various ratios to make the formulas do different things together. Then you start buying individual herbs and adding them to existing formulas. This information is for that stage of your herbal practice when you start to make formulas from individual herbs. It's also for anyone interested and should always be free because we're all in the same race. This information is for educational purposes only.

Dr. Yeung's book came out right after I started school, Benski came out a year or two later. I made databases out of all the information from those two books for all the herbs in my pharmacy, after I graduated. Fast forward a couple of decades later I meet John Chen and I buy his book. My head explodes. And my teacher's. I remember him being overwhelmed by the wealth of information. And he was not easily impressed in that regard. Chinese Medical Herbology and Pharmacology by John and Tina Chen is a master work. That's why it's in bold. I encourage you to add it to your library if you don't already have it.

The pharmacological properties of the herbs in my database are from the following three books. **Handbook of Chinese Herbs and Formulas - Volume 1**, by Him-che Yeung. **Chinese Herbal Medicine** by Dan Bensky. **Chinese Medical Herbology and Pharmacology** by John & Tina Chen.







All Pharmacologic actions in my database are all from Yeung, Bensky, and Chen.

Quotes from Him Che Yeung are like this

Quotes from Dan Bensky are Italicized.

John Chen is in Bold.

Quotes shared by Yeung and Bensky are underlined and Italicized.

Bensky and Chen are bold and italicized.

And this type is all three.

HERB CATEGORIES

Chinese herbs have many different classifications depending on their intended use. Dr.Yeung lists twenty three of them. But, for the same reason that I'm only listing around a hundred herbs, I'm only presenting a few categories to make it easier to digest. And I categorized them based on how I see them. Start small, have a good foundation, and build on it. I also elected not to add most of the toxic herbs. They have their place but I wouldn't recommend using them until you know what you can do without them.

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SINUS HERBS

I'm going to literally start from the top with sinus herbs. There's eight of them that are solid team members, but there are several others that overlap from other categories that can be used for sinus issues as well. This allows you the flexibility of having some herbs play dual duty. The secondary characteristics of the herbs can enhance greatly the efficacy and the economy of the formula. The more therapeutic properties of each herb that can be used to help the patient, the better the outcome. The first four herbs in this category are all antiviral and antibacterial. I would use them for patients that have bacterial infections, colds or flu, allergies or any condition that produces mucus in the sinus cavities or discomfort in the head. Except toothache.

My Top Four Sinus Herbs (of the Great Eight)

1. Chrysanthemum – Ju Hua
2. Lonicera – Jin Yin Hua
3. Mentha – Bo He
4. Isatis leaf – Da Qing Ye

Call them whatever you like, the fearsome foursome, the four horsemen of the apocalypse, it doesn't matter. Use whatever pattern recognition system you choose in order to have these four pop in your head when you think of viral, bacterial or fungal sinus issues; which covers most of what you see in the clinical setting. How effective they are depends on the dosage and the strength of the infection. But if you have an ear, nose or throat infection the herbs are roughly the same.

The reason these are the top four sinus sinus herbs is because they're all antiviral as well as being antibacterial so they'll deal with a viral infection as well as a bacterial infection. Which is essential in colds and flu. There are eight great sinus herbs, these are the first string.

For toothaches you need to apply cloves topically because none of the sinus herbs are anesthetics. They would sedate the pain by combating the infection but not like the anesthetic power of cloves. Oil of cloves is used in dentistry to anesthetize dry socket. That’s where the jawbone gets exposed to the air. Not supposed to happen, it’s very painful.

There are also shades of grey to take into consideration, like low level infections misdiagnosed as allergies and mistreated that way for years. Taking an antihistamine or a steroid every day for sinus or lung symptoms doesn't always deal with the cause of the problem. Especially if the symptoms are caused by an infection. Or what if you get an infection while you're treating allergy symptoms with steroids? Couldn't that cause a chronic infection because you're putting the immune system to sleep? Inflammation is part of the feedback loop of the immune system. If you interrupt the communication system of the immune system aren't you suppressing it? Couldn't that hit to the immune system, in some cases, contribute to autoimmune diseases? Like arthritis. Or allergic reactions like asthma? Not always but in some cases it can be self defeating. I see lots of patients hurt themselves by self prescribing over-the-counter drugs. And they used to be prescription drugs.

Getting the patient to connect the dots can make all the difference in the world. When I explain to a patient that in an x-ray a radiologist sees calcium deposits on the outsides of the bone to diagnose arthritis. I then ask them where they think that's coming from. When I tell them it might be calcium supplements or dairy, they connect the dots. Explain how hard it is to digest, and if they're older they make less HCL. If I can get them to understand about mucus production and chronic sinusitis, their lives can change. Yes, they'll fall off the wagon and get sick once in a while, but they're a far cry from the chronically ill patient that first walked in the door. If I do my job well, eventually my patients don't return.

Chrysanthemum – Ju Hua

Antibacterial, Antifungal, Antiviral, Antitoxin, Antipyretic, Anti Inflammatory, **Lowers Blood Pressure and temperature by vasodilation**
Hypertension, Headache

Chrysanthemum - Ju Hua 菊花



Chrysanthemum is a near perfect sinus herb because of all that it does, which explains why it has been so widely used in Chinese medicine for so long. It is one of my top 4 sinus herbs because it's antiviral as well as antibacterial. It is also relatively available in any version of chinatown or asian market that has herbs. I consider it a sinus herb but I would use it to address any infection in the head. It relaxes the vessels to lower blood pressure and fever and help with a headache. It doesn't taste as good as peppermint but neither do any of the other sinus herbs.

Lonicera – Jin Yin Hua

Antibacterial, Antiviral, Antitoxin, Anti Inflammatory, Antipyretic, *Lowers cholesterol*, **Broad Spectrum Antibiotic, Mild Stimulant - 1/6th of Caffeine Increases Gastrointestinal motility in large doses**. Upper resp. inf. Boils *or swellings of the breast throat or eyes*, Dysentery, appendicitis, mastitis, intestinal abscess. *Urinary Tract Infections and chronic conjunctivitis.*



Lonicera, commonly known as honeysuckle is a broad spectrum antibiotic, and it is also antiviral, antitoxin and anti inflammatory. Because it's a flower, I use it for infections primarily in the upper part of the body. It is one of a half dozen sinus herbs that are both antiviral and antibacterial. So if it's a cold or flu or a bacterial infection it will do double duty because sometimes they travel together. Usually if the patient has already done a round or two of antibiotics and they're still sick the infection is probably viral or antibiotic resistant. One of the advantages of using these herbs to treat sinus conditions is that you can rotate them so you send in a new team every time

you change the formula. And that's how you can get around the bug mutating resistance to the same formula because it isn't, you changed it.

Mentha – Bo He

Antibacterial, *Antiviral ,* Anti Inflammatory, Antispasmodic, Antipruritic, Analgesic, Stomachic, **Antipyretic, Diaphoretic**, *Fever, headache* & *cough, clears head & eyes*, *early stages of Measles.*





I included two pictures of this herb, one from China and one from the United States. Mentha is the Latin botanical name, peppermint or mint is the common name. I mostly prescribe spray dried granules as opposed to crude herbs, but if I were to prescribe or recommend peppermint it would be organic peppermint grown in the United States. The essential oils apparent in the aroma are so strong there's no contest. I routinely take the jar from the lab, open it up and let the patients know how real peppermint smells. They're always amazed.

I use Mentha as a sinus herb primarily, with the secondary benefit of it calming the stomach. This can occur as a consequence of swallowing lots of post nasal mucus when the infection is primarily in the head. It's also beneficial in cases where a gut problem is causing the sinus infection to remain unchallenged. Your intestinal tract can do this by depressing the immune system's ability to process nutrition into bug killers to fight the infection. For example, say you had a nasty diarrhea episode. If that's where the problem originated, you're less likely to fight off a cold or flu. And if you don’t treat both it is less effective because you’re not dealing with the cause of the problem.

I believe its analgesic properties are the result of lowering fever and addressing the bacterial or viral infection that’s causing the pain.

Isatis leaf – Da Qing Ye

Antibacterial, *Antiviral*, *Encephalitis, any febrile or epidemic disease,* **Broad Spectrum Antibacterial, Antifungal, Antineoplastic, Mildly Anti Inflammatory, Antipyretic**
Flu, Pneumonia, Meningitis, Swollen lymph nodes



Also known as Baphicacanthus, Isatis leaf is a broad spectrum antibacterial, antifungal and antiviral herb. That's the trifecta as far as herbs go. But it's also anti cancer. With credentials like that it's hard to think of what it wouldn't be indicated for. But, since it's a leaf I tend to use it primarily for sinus infections, or infections in the upper part of the body. Or if I need to bump up the antiviral ratio of the formula. I'd use the leaves for infections in the upper part of the body and I'd use the root for the lower parts. I think it earned the nickname Chinese penicillin a long time ago, but that sells it short because it does so much more. Because it is antiviral I consider it in colds and flus. But it's effective for infections in other parts of the body as well. It's also such a broad spectrum killer that, depending on

the balance of the formula, I would consider it to beef up the bug killing ratio in the mix. You develop a feel for the balance with time.

Four More Sinus Herbs (second string)

5. Magnolia Flowers - Xin Yi
6. Morus Leaf - Sang Ye
7. Schizonepeta - Jing-Jie
8. Xanthium - Cang Er Zi

These four sinus herbs are not antiviral but they're all anti bacterial. I'd be less inclined to prescribe these to someone that had a cold or flu; but any bacterial infection from the neck up or allergy symptoms other than hives would be a good candidate for considering the use of these herbs. I would use any of the Eight Great sinus herbs for most allergy symptoms or infections in the head.

Magnolia flowers – Xin Yi

Antifungal, **Antihypertensive (except in renal), Analgesic - Inhibits Bacteria & Fungus – Uterine Stimulant**
Stuffy or runny nose & *related headaches*



Magnolia flowers fall into the category of Diaphoretics in traditional Chinese medicine specifically for patients that have more chills than fever. Diaphoretics are things that make you sweat and are used in the first stage of infections. Fever is the natural response of the body to raise the temperature and make the environment inhospitable for bacterial or viral replication. It's only a problem if it gets too high, up until that point it's actually helping you fight the infection. That's why taking some medications that lower fevers may not be the best idea. It depends on how they lower your fever. Magnolia flowers inhibit bacterial and fungal growth, if the fever is caused by a bacterial or fungal imbalance, the cause of the

problem is addressed as well as the symptoms. And it's been used for thousands of years. As opposed to some johnny-come-lately nonsteroidal anti-inflammatory drug whose mechanism of action is unknown and whose years of operation are measured in double digits.

If a patient had sinus issues and mold sensitivity I would consider using this herb. It also helps to lower blood pressure except in renal hypertension.

Morus Leaf – Sang Ye

Antibacterial, Antidiabetic, **Bactericidal**
Lowers B.S. & Cholesterol in rats
Fever, headache and coughing, Sore throat, *Conjunctivitis*



Morus leaves are traditionally used as a Diaphoretic for infections with fever, I use this herb to rotate with my other sinus herbs in patients with chronic sinus problems. Changing the herbs helps minimize the possibility of the bacteria becoming resistant from using the same herbs over and over again. All of the sinus herbs that I would use to combat sinus infections I would use to treat allergy symptoms as well.

The secondary characteristics of this herb indicate that it may help lower blood sugar and cholesterol. Even though I'd think of it more for infections in the head, this is another prime example of the secondary characteristics possibly helping in more ways than the main one.

Schizonepeta – Jing Jie

Antibacterial, **Antipyretic**, Anti inflammatory, Antitussive, Expectorant, ***Hemostatic***, **Analgesic, Bronchial dilation, Diaphoretic**
Wheezing and Shortness of Breath, Headache, Sore throat, *Blood In the stool or uterine bleeding, Measles initial stages especially when accompanied by chills itching abscesses when they are first erupting & fever*



I use Schizo as a sinus herb, because it alleviates pain and fever and kills bacteria. That means that any bacterial infection from the neck up is a given (except toothache), because most infections from the neck up present with those symptoms. But this is a sinus lung herb; it helps with both, but

primarily the sinuses. It's action on the respiratory tract is to dilate your bronchioles so you can bring up phlegm and it suppresses coughing. Pretty cool for a sinus herb. It also helps to stop bleeding, which sometimes becomes an issue in a sinus or respiratory problem where you get nosebleeds or cough up blood. It is traditionally used in the first stages of measles or abscesses to help them express.

Xanthium – Cang Er Zi

Antibacterial, Antifungal, Antirheumatic, Antispasmodic, Analgesic, **Antitussive,**
Lowers Blood Sugar, *Antipruritic*, *Rhinitis*
Local application in sesame oil was effective in 93% of cases of headaches that radiate to the back of the neck.



Xanthium is antibacterial and antifungal which helps it deal with the errant microbial bits. It also helps to alleviate a cough, if you have one.

Similar to Schizonepeta I think of it as a sinus-lung herb, and as an added bonus it'll lower your blood sugar. Mold issues are relevant here because of its antifungal properties. I would include it in a formula for a patient that had sinus issues and had mold problems as well. Xanthium is one of the few slightly toxic herbs in my pharmacy. The crude herb is supposed to be stir fried before it is used. I use spray dried granules which are prepared that way so I don't have to concern myself with this toxicity. But heads up if you use crude herbs.

The Final Five Sinus Herbs...

These next five herbs are viable alternatives to any of the eight great sinus herbs. Their secondary characteristics are sometimes more diverse than the others in this category and that's why they're on the outer edge of this grouping. I wanted to broaden the categories in some ways and narrow them in others to make it more concise and to reflect what I see in the clinical setting.

1. Vitex - Man Jing Zi
2. Viola – Zi Hua Di Ding
3. Taraxicum – Pu Gong Ying
4. Cinnamon Twig – Gui Zhi
5. Arctium – Niu Bang Zi
6. Angelica Da Hurica - Bai Zhi

Vitex – Man Jing Zi

***Analgesic*, Antipyretic, Sedative, Antibiotic, Antiviral**
Headache, red, painful eyes, Arthritis



I use Vitex similarly to viola, as an antibacterial sinus herb that I would use to rotate with similar herbs in a formula. This is especially necessary in long term care for chronic sinus conditions and chronic infections in general. If they've been going on for a long time, sometimes you have to treat them a long time to resolve the problems. The difference with Viola and Vitex is that Vitex will address colds and flu generated sinus problems because it's antiviral. It is also warranted when the sinus problem presents with pain or fever or agitation because it lowers fever, relieves pain and calms you down.

Viola – Zi Hua Di Ding

***Antibacterial*, Antipyretic, Anti Inflammatory,**
Antipyogenic, *Antitubercular,* **Antipyretic**
Boils, *Abscesses*, *Red swollen eyes, Swollen painful throat and ears, Mumps, Internally and topically for sores and abscesses of the head and back.*



I usually use Viola for sinus infections because it's antibacterial and it lowers fever. Which is most likely why it was traditionally used for abscesses and sores. It's also Anti Inflammatory to help with the inflammation associated with bacterial infections.

Taraxicum – Pu Gong Ying

Antibacterial, *Antiviral,* **Diuretic**, **Cholagogue, Hepatoprotective & Immune booster**

Boils, *Breast & Intestinal abscesses and sores particularly if they are firm and hard abscesses,* Hepatitis, Urinary Tract Infections, *Promotes Lactation, used for any hot disease especially in Liver Heat with red, swollen, painful eyes.*



I use Taraxicum for it's antiviral and antibacterial properties primarily as a sinus herb, but its action on the liver is notable. It increases the secretion of bile to help digestion, and protects the liver. It also boosts the immune system and is diuretic. It was traditionally used to treat abscesses and boils, hepatitis, and urinary tract infections. It's diverse enough in it's actions to be in the special forces category.

Cinnamon Twig – Gui Zhi

Antibacterial, *Antiviral*, *Diuretic*, *Antipyretic,* **Analgesic, Sedative, Hypnotic, Antitussive**
CONTRA - PREG



Although not what I consider to be a true sinus herb I included it in this category because it's antibacterial and antiviral. It also lowers fever and suppresses cough and relieves pain. More great reasons to add it into the discussion where the sinus herbs overlap the lung herbs. It's the first herb I think of if there's sneezing in the complaints. It also tastes great. I usually keep a pound of it at home and in the office for tea. It's not often you can give a crude herb to a patient and be confident they will like the taste. I keep those handy.

It is contraindicated in pregnancy.

Arctium – Niu Bang Zi

Antibacterial, Antifungal, **Antipyretic,** Antitoxin, Diuretic Purgative, **Anti Inflammatory, Antidiabetic, Hepatoprotective, Decreases Proteinuria,** Measles, Sore throat Abscess



I use Arctium especially for sore throats associated with the first stage of a sinus infection because it's antibacterial and anti inflammatory and lowers fever. Usually, if your sinuses are clogged you breathe more from your mouth than from your nose. When you're sleeping, if this happens all night long and you have a sinus infection you can wake up with a sore throat. That's when I think of Arctium or Cloves because they're anesthetics. Aside from that, it's antifungal properties can help address mold issues or a fungal component to a sinus infection. Which usually presents in patients that had many rounds of antibiotics. It also helps regulate blood sugar and proteinuria both of which are not high on the list

of reasons for me to use this herb but can be a bonus in secondary considerations. It also protects the liver as well as being diuretic. Another two for one from an antibacterial sore throat herb. And lastly I use arctium as an antitoxin to help eliminate toxins from insect bites or drugs or metals in my patients.

Angelica Dahurica - Ze Xie

Antibacterial, Antitoxin, Diaphoretic, **Analgesic, Anti Inflammatory, Antipyretic, Antispasmodic, Lowers Blood Pressure by decreasing Heart rate, Mildly Hemostatic.**
Headache, Sinusitis, Skin Diseases, Toothache, Leucorrhea



I use Angelica Dahurica as an antibacterial primarily for headaches caused by sinus infections, because it relieves pain. An excess headache feels worse when you press on your head. That's when I think of this herb because I was taught that it is indicated for that type of headache. As opposed to a deficiency headache that feels better when you press on your head. Cnidium is indicated for that. Which makes sense because it's a blood tonic. Angelica Dahurica is more of a killer than Cnidium because of its antibacterial properties. That's why it's used as a diaphoretic in sinus infections. That means it helps you to sweat.

Lung Herbs

There's a broader range of primary characteristics with lung herbs than sinus herbs, and the secondary characteristics are much more diverse. All of them are anti bacterial, some of them are antiviral as well. All antiviral herbs discussed here are also anti bacterial. Aside from their bug killing abilities, they can also antidote a dry or a wet cough, depending on which herbs you use. The general rule of thumb as I was taught, was to moisten a dry cough to help bring up phlegm, and dry out one if it's too wet. If the cough is neither too wet or too dry, neutral lung herbs are indicated. If the patient communicates to you that they are frustrated because they can't bring up phlegm, or they're drowning in it, you can increase the number, and or ratio of the appropriate herbs in the formula. You get to tailor the formula to best fit the patient.

1. Belamcandia – She Gan
2. Trichosanthes Root – Tian Hua Fen
3. Aster – Zi Wan
4. Platycodon- Jie Geng
5. Fritillaria – Zhe Bei Mu
6. Lycium bark – Di Gu Pi
7. Morus bark – Sang Bai Pi
8. Scrophularia – Xuan Shen

Belamcandia – She Gan

Antibacterial, *Antifungal*, ***Antiviral,*** Antipyretic,
Anti Inflammatory, Analgesic, Acute tonsillitis, laryngitis,
Cough with profuse sputum
CONTRA - PREG



Belamcandia is a respiratory herb that I use for a wet cough. It will work for a dry or wet cough but better suited to a wet one. It's a versatile triple threat because it's antibacterial antiviral and antifungal. So it would be applicable whether the cough is from a bacterial infection or flu or an allergic reaction to mold. It's also antipyretic, anti inflammatory and analgesic so it would help with the pain, aches and fever associated with an infection in the lungs.

Trichosanthes Root – Tian Hua Fen

Antigenic, Anti Inflammatory, **Antibacterial, Antiviral, Antineoplastic**, **Raises Blood Sugar**
Water extractions raise serum glucose, *Diabetes,* Dry Cough *or with thick or blood streaked sputum,* Thirst, *especially appropriate for breast* *Abscess, Abortion*
CONTRA – *PREG*



I use Trichosanthes root for respiratory problems that present with a more wet cough. Physically, the crude herb is dry and chalky like Pueraria. As opposed to Stemona which is soft and gooey, which I would use more for a dry cough. Trichosanthes can be used for either dry or wet coughs because you can add other herbs to moisten the cough to help expel phlegm. It's a good antiviral and antibacterial which makes it very effective as a bug killer. And, if the patient is a former or current smoker, it's nice to put this antineoplastic lung herb in the formula. It also helps to eliminate toxins in your body and is anti inflammatory as well. It is however contraindicated in pregnancy and can raise your blood sugar.

How much it does that depends on the ratio of it in the formula. If it's only a small portion of the formula I don't think it would be much of a concern. But that is a good argument in favor of using multiple herbs for each condition instead of a lot of just one herb. As long as there is an appropriate balance you won't wind up using a cannon to do a pistol's job.

It was traditionally used for breast abscess as well. Which gives credence to how fierce a killer it must be.

Aster – Zi Wan

Antibacterial, Antifungal, *Antitussive*, Anticancer,
Antineoplastic, Antiviral, *Expectorant*,
Cough With Thick Phlegm, Bronchitis, T.B.



Aster is antibacterial and antiviral just like Belamcandia and Trichosanthes root, that's why they're at the top of the list. It also suppresses cough and helps you bring up phlegm. And like Trichosanthes root, it's Antineoplastic so I would use it for any current or former smokers that have respiratory issues.

Platycodon- Jie Geng

Antibacterial, Antifungal, Expectorant, Lowers blood sugar & Cholesterol, **Lowers HCL, Sedative**
Cough w/profuse phlegm from resp. inf. *Sore throat, Laryngitis, expels pus in lung or throat abscess.*



Platycodon is traditionally used for a cough with a lot of phlegm, what I call a wet cough. But it can be used for either a wet cough or a dry cough depending on what else you add to the mix. It helps you bring up phlegm and it is antibacterial and antifungal. If mold exposure exacerbated an existing respiratory infection that would be a good reason to consider this herb. It lowers the hydrochloric acid levels in your stomach which would help in hyper acid . It also lowers your blood sugar and cholesterol and it's an analgesic to lessen pain. It was traditionally used to expel pus in the lungs, for throat abscesses, laryngitis, or sore throat.

Fritillaria – Zhe Bei Mu

Antitussive, *Resolves phlegm,*
Relieves chiefly chronic cough,
Cough with thick sputum, Acute bronchitis, Pneumonia



I use Fritillaria more for a wet cough because it resolves phlegm. It's also Antitussive so it suppresses the cough as well. It is traditionally used for phlegmy, chronic coughs, like pneumonia or acute bronchitis. It's not a major league bug killer like the previous three herbs. But it makes up for that by helping in other ways.

Lycium bark – Di Gu Pi

Antibacterial, *Antimalarial, Antipyretic*
*Lowers **Blood Pressure and Blood Sugar***,
Inhibits Shigella and typhoid
Chronic febrile disease, *night sweats, coughing, wheezing, spitting or urinating blood,* Tuberculosis



Lycium bark is anti-bacterial, and was traditionally used to treat tuberculosis. That makes it applicable for a respiratory problem. If you have a fever with that respiratory infection it will lower your fever as well because it is antipyretic. Aside from those primary uses for Lycium bark, it also lowers your blood pressure and your blood sugar. And it was traditionally used to treat malaria.

Morus bark – Sang Bai Pi

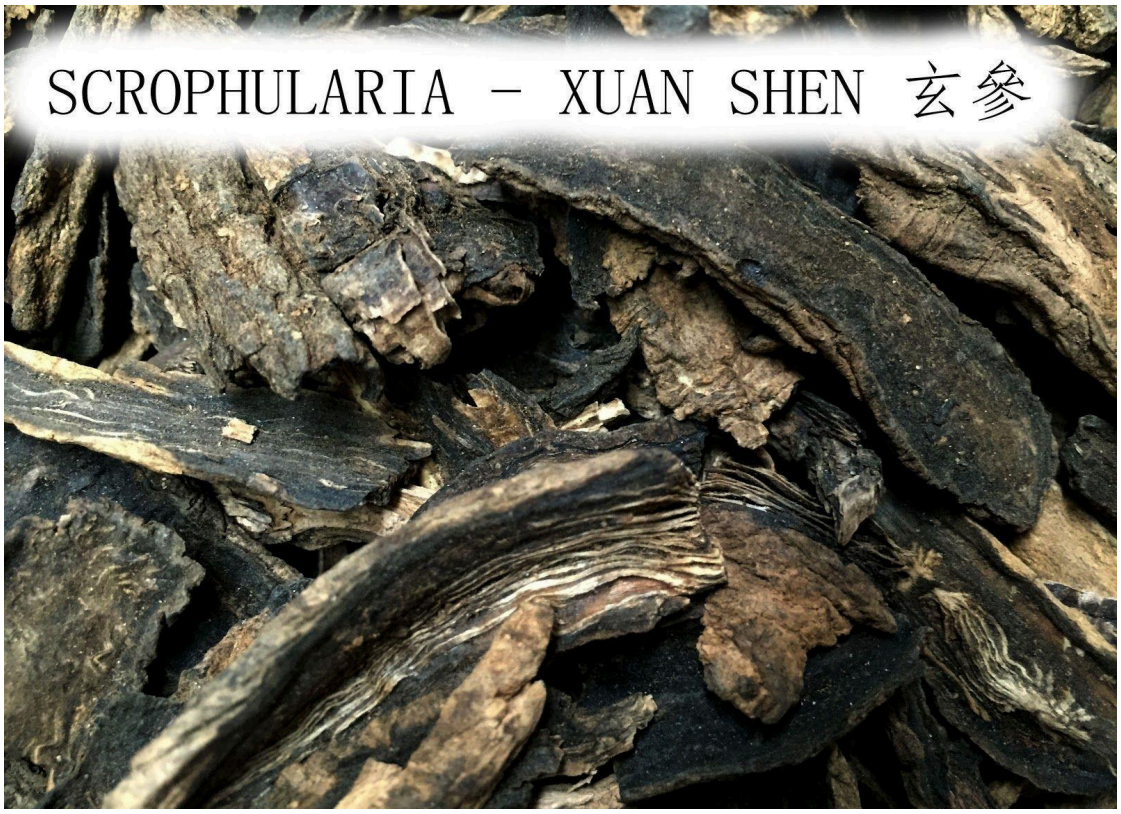
Antitussive, Antiasthmatic, *Sedative, Diuretic*, **Analgesic, Antipyretic,** Expectorant,
Lowers Blood Pressure, **Alcohol Extract I.V. Increases Peristalsis**, **Inhibits Bacteria, Hypnotic** *Asthma*, *Edema*



Morus bark was traditionally used together with Lycium bark to treat respiratory infections. It inhibits bacteria, lowers fevers, suppresses cough and helps you bring up phlegm. That's why it's used to treat asthma. Those attributes make it a great lung herb, but it also increases the peristalsis of your intestines which means it can loosen your stool. A very important consideration depending on the stool of the patient, and the ratio of this herb in the formula. If they're normally constipated the addition of this herb can help move things along. Conversely, if they have a loose stool I would not add this into the formula. It's also diuretic so it will help lower blood pressure or lessen any edema.

Scrophularia – Xuan Shen

<u>Antibacterial</u>, Antifungal, **Antipyretic, *Antihypertensive,*** *especially in renal hypertension,* **Sedative, Lowers Blood Sugar,**
Dry cough, <u>Hemoptysis, Sore throat</u>, Boils, *Neck lumps, constipation, Swollen or red eyes*



I primarily think of Scrophularia as a moistening lung herb indicated for a patient with a dry cough. It's antibacterial and lowers fever which are the two main reasons I use it. It also lowers blood sugar and sedates you. It loosens the stool a bit so I would ask about the patient's stool first.

Lung-Sinus Herbs

The next four lung herbs are not barks or roots. Because of their lighter nature and secondary indications, I use them for respiratory infections that are accompanied by a larger sinus problem. I think of them as lung sinus herbs.

1. Rhizoma Polygoni Cuspidata - Hu Jiang (Zhang)
2. Houttuynia – Yu Xing Cao
3. Prunella –Xia Ku Cao
4. Perilla Leaf – Zi Su Ye

Rhizoma Polygoni Cuspidata - Hu Jiang (Zhang)

Antibacterial, Antitussive, Antiarthritic, Cardiatonic, Lowers Cholesterol & Triglycerides, Purgative, **Antiasthmatic, Antitussive, Anti Inflammatory, Antidiabetic, Antineoplastic, Lowers Blood Pressure and Heart rate, Hemostatic, Analgesic**
Hepatitis, Amenorrhea and Dysmenorrhea, Pneumonia, Bronchitis, Trauma, Snake Bite, Gall & U.B. stones
CONTRAINDICATED - PREGNANCY



This addition to the pharmacy is so recent I don't have a picture of it in its crude form, so I used a photo of spray dried granules. It's antibacterial and suppresses cough and inflammation; that makes it great for respiratory problems. Plus it's Antineoplastic. If that respiratory problem presents itself in a patient that is a smoker or was one, I'd say that's a

good reason to include it. The secondary characteristics of this herb make it more than just a lung herb. It lowers your heart rate, blood pressure, triglycerides, and cholesterol. Which is probably why it was traditionally used to treat hepatitis and gallbladder issues. It also helps stop bleeding and it's an analgesic to lessen pain.

Houttuynia – Yu Xing Cao

Antibacterial, Antiviral, *AntiTussive,* Antifungal, Diuretic, Antimicrobial, increases phagocytosis of White Blood Cells, **Broad Spectrum Antibiotic, Hemostatic, Anti Inflammatory, Analgesic,**
Pulmonary infections, *cough with thick sputum, and or abscesses,* Colitis, *U.T.I., Used topically for many skin problems especially herpes simplex* I



I think of houttuynia primarily as a lung herb but it is a lot more. It's so versatile that it works well in gut problems, UTI's, and sinus infections.

It's a broad spectrum antibiotic, which gives it revered status right away, but it’s a triple threat because it’s antifungal and antiviral as well. Those primary characteristics probably have a lot to do with the therapeutic efficacy of its secondary characteristics. It's also a hemostatic, anti inflammatory, pain reliever. That means it will help address bleeding, inflammation and pain, which many times can be caused by an infection. It also stimulates your immune system to make your white blood cells chew up the bad guys more quickly.

Prunella –Xia Ku Cao

Anti- (Bacterial, **Inflammatory,** ***Hypertensive)***, Diuretic, Uterine stimulant*, Hypertension, Acute conjunctivitis, Headache*, *Vertigo*, Goiter, Lipoma, Swollen glands, **Tuberculosis, Gastrointestinal muscle stimulant**



Prunella is anti bacterial, suppresses cough, helps you sweat and bring up phlegm. Qualities that make it an excellent lung herb. It opens up your bronchioles and alleviates their spasms. It also deals with the gut in some very interesting ways. It increases the peristalsis of your intestines and your hydrochloric acid. Which is probably why it was traditionally used to calm a restless fetus or for morning sickness. It was also used to treat tuberculosis. Ideal for a patient that was swallowing so much phlegm that it upset their gut and they're nauseous and have spasms in their intestines.

Perilla Leaf – Zi Su Ye

Anti - (Bacterial, Tussive, Pyretic, Spasmodic), Expectorant, *Bronchitis*, Stomachic, *Diaphoretic,* **Promotes bronchodilation & relieves bronchospasm, Reduces bronchial secretions**, Raises Blood Sugar, **Increases peristalsis and Hydrochloric Acid**
Fever, Chills Headache, Sinus, Abdominal Pain, Vomiting*, Congestion or Cough*, *Seafood Poisoning*, *Morning Sickness, Calms restless fetus*



Perilla leaf is antibacterial, antitussive, and antispasmodic for bronchial spasms. It does this as well as reducing bronchial-secretions. It also increases peristalsis and hydrochloric acid to help the digestive tract. I think of Perilla in a similar way as Prunella. They're both lung herbs to me. But because they have a lighter quality since they're leaves, I would use them more for a patient that primarily complains of sinus symptoms. It's rare for me to see a patient with sinus complaints and no lung symptoms. Throat clearing as opposed to a cough and whether or not it's productive can reinforce the rationale for including these lung herbs in the formula. Especially in chronic conditions where they've post nasally dripped mucus into their lungs while snoring. You don't swallow postnasal drip when you're unconscious as much as you do when you're awake. In those patients I use lighter lung herbs because the lung problem is secondary to the sinus involvement. You could think of them as having an ascending nature. Dr. Yeung used to say that leaves and flowers were more for the upper part of the body.

Yin Tonics

Yin tonics generate fluids to antidote dry conditions. The majority of the times that I use them are to moisten a dry cough. Their secondary characteristics in some cases are pretty surprising.

1. Asparagus - Tian Men Dong
2. Ophiopogon – Mai Men Dong
3. Glehnia - Bei Sha Shen
4. Lily – Bai He

Asparagus – Tian Men Dong

Antibacterial, Antitussive, Antiasthmatic, **Antineoplastic,** Antitumor, *Expectorant,* Dry throat, Cough with sticky phlegm or *bloody sputum*, Muscular atrophy, Constipation, Promotes secretion of bodily fluids



If I could only have one yin tonic in my pharmacy it would be this one. All yin tonics generate fluids, that's a given. This one is anti bacterial, suppresses cough and helps you bring up phlegm. It's also anti asthmatic which is considered by western medicine to be an allergic reaction. On top of that it's Antineoplastic, perfect for a smoker with a dry respiratory infection.

Ophiopogon – Mai Men Dong

Antibacterial *Topically,* Antitussive, Antidiabetic, *Lowers Blood Sugar*, **Short acting Antiarrhythmic,** Increases Negative O2 Tolerance
Excess Thirst, *Dry Throat, Cough, or Stool* Heart disease, Palpitations, Insomnia, Prevents Scar Tissue Formation in Vessels, Sedative, *Palpitations, Insomnia*, **Cardiac output inversely correlates to dosage. Small – Stimulates. Large – Inhibits**



Even though Ophiopogon is not quite the impressive bug killer that asparagus root is, it's antitussive. So it will suppress a cough. It inhibits bacterial growth rather than destroying many different kinds. It also increases hypoxia resistance. Which means you can do more things with less oxygen. Sounds like just the thing for somebody with asthma.

Especially if they're going into high altitudes. It helps lower blood sugar and is sedative. A diabetic with asthma that can't sleep because a dry cough is keeping them up all night would be rewarded with a trifecta of therapy in this one herb. Because it generates fluids it was traditionally prescribed for dry throat, dry cough, and dry stool.

Glehnia - Bei Sha Shen

Expectorant, Analgesic, *Moistens the Lung* & *alleviates cough,* **lowers Temperature**
Dry throat, *Cough,* Skin, *hoarseness' from chronic cough, generates fluids* & *clears Heat, for dryness of the mouth and throat* & *skin, Constipation due to dryness*



Glehnia generates fluids like the other yin tonics so it's applicable to all dry conditions the same as the other three. It suppresses cough, and helps you bring up phlegm. It lowers your fever and lessens your pain. It can be used for all dry conditions like dry stool dry cough dry throat etc.

Lily – Bai He

Antitussive, Antiasthmatic, Expectorant,
Increases resistance to Hypoxia
Cough with blood, *Sore throat, Palpitations,* Insomnia in Febrile Diseases



I use lily primarily to generate fluids for dry respiratory problems. It suppresses cough and helps to bring up phlegm. Like ophiopogon, it increases hypoxia resistance. Which means you can get by with less oxygen, making it anti asthmatic. It is traditionally used to antidote circumstances that are secondary to dry conditions. Like insomnia because of a febrile disease, or a throat that's very sore because it's so dry. I also use it in conjunction with blood tonics for hormonal dryness.

Blood Tonics

This is a category of herbs that antidotes a condition in chinese medicine known as blood deficiency. The clinical presentation is a pale patient that's always cold and gets light headed when they stand up too quick. It might be caused by a number of things. I usually see patients with tissue damage in the intestines from gluten intolerance or medications that are tough on the gut causing blood loss. It also presents in patients with menstrual dysregulation, where you lose more blood than you make.

This category deals not just with anemia, some of these herbs selectively boost different components of the blood. Some of them are estrogenic. I would use them to antidote hot flashes and night sweats unless the patient had fibroid tumors or estrogen related breast cancer. The flexibility you have in the amount, or ratio in the formula and the dosage are the two considerations in those circumstances. They allow you to fine tune the appropriate dosage. I recommend to always use the minimum amount to eliminate a hormonal problem as opposed to a bug killing mission where more is better.

1. Polygonum Multiflorum - Ho Shou Wu
2. Angelica Sinensis – Dang Gui
3. Schizandra – Wu Wei Zi
4. Lycium Fruit – Gou Qi Zi
5. Ligustrum – Nu Zhen Zi
6. Cnidium – Chuan Xiong

Polygonum Multiflorum – Ho Shou Wu

Antibacterial, Antispasmodic, Laxative, Cardiotonic, Diuretic, *Lowers Blood Pressure and Cholesterol*, **Lowers Ht. rate & Triglycerides, Anti Aging, Raises H.D.L. Increases peristalsis, and Adrenal & Thyroid secretions. Increases T-Lymphocytes, White Blood Cells and Macrophage activity**, ***Antimalarial***, *Antitubercular, raises blood sugar*
Anemia, Insomnia, Constipation, Boils, Abscesses. Premature Graying, spermatorrhea, leukorrhea, rash or constipation, goiter, neck lumps



I use Polygonum Multiflorum primarily for the relief of hot flashes and night sweats. I use it as a general blood tonic in anemia as well. It increases T-lymphocytes and white blood cell counts which illustrates to me how it boosts certain components of blood rather than everything. It addresses menstrual cramping pain because it's antispasmodic. It increases thyroid and adrenal secretions and macrophage activity, which

are a few more reasons why it is considered an anti aging substance. It also lowers triglycerides, blood pressure, heart rate, and it's antibacterial. It also increases peristalsis to help with constipation. It was traditionally used to treat malaria and tuberculosis.

Angelica Sinensis – Dang Gui

Antibacterial, **Anti Inflammatory**, *Sedative*, **Analgesic,** Lowers cholesterol, **Anticoagulant, Anti Bronchial Spasm, Hepatoprotective, Immunostimulant,** Amenorrhea, Dysmenorrhea, Arthritis, Constipation, Traumatic injury, Angina



Angelica Sinensis can help balance hormonal problems in spite of the fact that its estrogenic properties are still being questioned. It can address menstrual problems in many other ways. It's an anticoagulant to help with menstrual clots and a pain reliever to help with the associated pain. It's also an anti-inflammatory and sedative to calm you down during

an excitable time. Those properties alone should be enough to help with most menstrual complaints but it is also antibacterial, hepatoprotective, lowers cholesterol and stimulates the immune system. Because hormones are made as the result of fat metabolism, Angelica's relationship with the liver and cholesterol could be how it helps address the dysregulation of estrogen. Especially if that dysregulation is based on poor fat metabolism. These abilities make this herb applicable for a host of other uses far beyond menstrual.

Schizandra – Wu Wei Zi

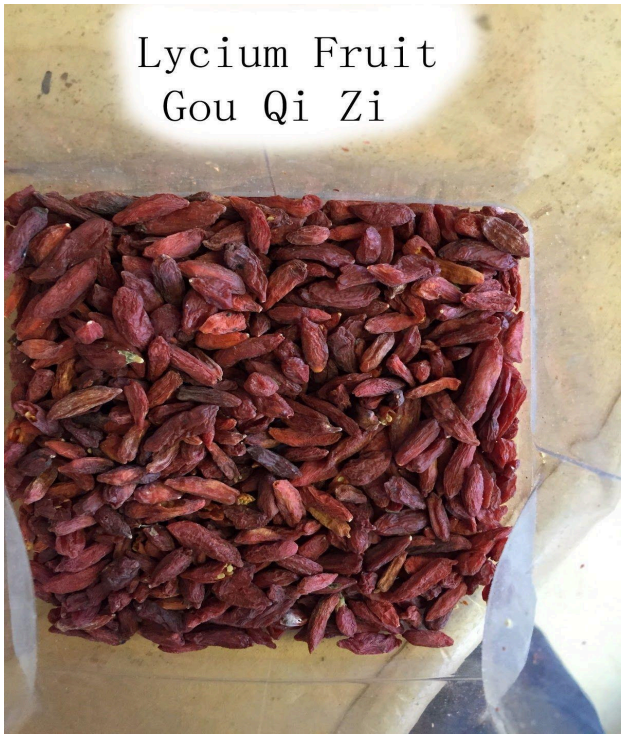
Antibacterial, *Antitussive,* Astringent, Expectorant, Lowers Blood Pressure, **CNS stimulant, Hepatoprotective, Lowers Hydrochloric Acid**, **Cardiotonic and vasodilating, Gonadotropic, stimulates rate & depth of respiration** *Dry cough, Asthma, Night sweats*, Palps, Insomnia, Diabetes, *Hepatitis, Regulates pH of Stomach, Improves vision, stimulates the uterus and promotes labor, mild stimulant*



I use Schizandra as a libido booster becauses its gonadotropic. It's a cardiotonic and lowers blood pressure through vasodilation even though it stimulates the central nervous system and the respiratory system. All of which help assist with the intensity of the associated physical activity. It protects the liver, lowers hydrochloric acid and is astringent. It also suppresses cough and helps you bring up phlegm and it's antibacterial. But I rarely use it as a respiratory herb because it's primary characteristics overshadow those indications. It makes sense it's just not my first thought.

Lycium Fruit – Gou Qi Zi

Lowers Cholesterol, Blood sugar and *pressure,*
Inhibits fat deposition in Liver and protects the Liver,
Antineoplastic, Uterine Stimulant, Immune Booster, Increases White Blood Cells and Red Blood Cells and T cells.
Diabetes, Vertigo, Impotence



More popularly known as goji berries, Lycium fruit is a true blood tonic because it boosts red blood cells, white blood cells, and T cells. It boosts your immune system and inhibits the spread of abnormal cells because it's antineoplastic. It lowers cholesterol, blood pressure, blood sugar, and inhibits fat deposition in the liver. It also has a stimulant effect on the uterus. For anemia and all the associated symptoms this is the gold standard.

Two More Blood Tonics

These last two Blood Tonic herbs antidote neutropenia caused by radiation damage. I use them for patients that fly a lot because four hours in a plane is enough solar radiation to equal a chest x ray. Cancer patients that had radiation are another consideration. I use them for other reasons as well but this differentiation makes me think of them. Neutrophils are a kind of white blood cell and when you get radiated you make less of them. These herbs help you make more of them. Airline workers are good candidates.

Ligustrum – Nu Zhen Zi

Antibacterial, Antitumor, *Cardiatonic*, *Diuretic*, Increases White Blood Cells, **Anti Diabetic, Anti Inflammatory, Protects Liver, Lowers Cholesterol & Triglycerides**, **Stimulates Blood Production, Antidotes Neutropenia caused by radiation**, Premature grey hair, *dizziness, low back pain*

Ligustrum - Nu Zhen Zi 女真子



I use this herb as a blood tonic because it stimulates blood production. Especially for women that lose more blood than they make or men that need more blood in their heads. When you get radiated you make less neutrophils, ligustrum makes you make more of them. It actually stimulates blood production. I'd use it for cancer patients recovering from radiation and chemotherapy. I also consider it for patients that are frequent fliers because of solar radiation. It is also antitumor, antidiabetic and anti-inflammatory probably because of the way it boosts components of your blood, but its action on the liver has to help as well. It protects the liver from damage and lowers triglycerides and cholesterol. It's cardiotonic and diuretic so it will boost the action of your heart and lower your blood pressure through diuresis. It was traditionally used for blood deficiency symptoms like, dizziness, low back pain and premature greying hair.

Cnidium – Chuan Xiong

Antibacterial, *Antihypertensive*, Anticonvulsant, ***Sedative***, **Dilates Blood Vessels to lower Blood Pressure, Angina, Antiplatelet, Anticoagulant Protects against Radiation,** *Head* & Body Ache, *Abnormal Menstruation*, Cerebral Embolism, Coronary Heart Disease, *Skin problems*
CONTRA - PREG



I was taught early on that this herb was indicated for headaches that were caused by blood deficiency. The confirmation of that diagnosis is when the patient reports that it feels better to press on their aching head. As opposed to an excess headache caused by an infection that makes your headache feel worse when you press on it. It is also well suited for headaches due to blood stagnation like menstrual headaches. Because it's an anticoagulant, it could help with the painful clotting of a menstrual flow. It also lowers blood pressure by dilating the blood vessels and is a sedative which would make it useful in patients that are very excitable with high blood pressure, a red face, or angina. Because it's an anticoagulant it inhibits your platelet count which is why it is traditionally used for coronary heart disease and cerebral embolism or convulsions. And like ligustrum it protects against radiation damage. It is also contraindicated in pregnancy.

This next herb is not a blood tonic, but it is for Blood Stagnation. I'm adding this herb to this category because I don't want it to have it's own category of one. It doesn't make you produce more blood or it's components, it inhibits blood clotting

Carthamus – Hong Hua

Lowers Blood Pressure & Cholesterol, **Inhibits Clotting,** Promotes Blood Circulation, **Heart & Uterine Stimulant, Suppresses CNS, Low Dose Tonifies Blood, High Dose for Blood Stagnation,** Amenorrhea, Dysmenorrhea, Analgesic Abdominal Pain & Tumor, Hepatomegaly and Splenomegaly, *Traumatic injury, Removes Blood Stasis* CONTRA - PREG, MENORRHAGIA



I use Carthamus to help shrink fibroids and lessen or eliminate menstrual clotting. It's an anticoagulant and stimulates the uterus. Two actions that should help with fibroid tumors or clots in the menses. It's also a heart stimulant in spite of suppressing the central nervous system. Which

is another example of how it moves blood to deal with stagnation. I also use it in cases of trauma where the stasis is causing pain and swelling. It lowers blood pressure and cholesterol because of the way it stops the fat from coagulating in the blood or sticking to the vessel walls. Interesting that something so red deals with blood in so many ways. Kind of like pomegranate juice lowering blood pressure.

Qi Tonics

Qi tonics boost the immune system. But the use of tonics is effective as long as the dosage is appropriate for the patient. Some patients need immune boosters more than others, and at different times in their course of treatment. The balance between the killers and the tonics in a formula is a very important consideration. Yes, there are exceptions to every rule, but a young otherwise healthy patient with a cold is less in need of tonics than someone two or three times their age with a long list of complaints. The quandary that typically arises is the older patient needs more bug killers, first. Usually, it is more important to quiet down the infections first, then tonify the patient. You can, and some teachers would say, you should do both. But you can do that by adjusting the ratios and number of Qi tonics within the formula. That is the usual progression for me. A higher concentration of bug killers in the beginning and more tonics later. Unless the patient is so deficient they need some propping up and then you can bump the dose.

Jujube - Da Zao

Increases body weight and endurance, protects and strengthens the Liver, Blood tonic, Sedative,
Lack of appetite, Malaise, Diarrhea, Anemia, Palpitations
Antineoplastic, Increases Physical Strength



I use jujube as a tonic to bring life back to the elderly who can benefit from the anticancer properties of this herb. Especially those undergoing radiation or chemo. Healthy patients trying to increase muscle mass are also prime candidates. It also protects the liver. It is traditionally used to treat blood deficiency.

Astragalus – Huang Qi

Antibacterial, Cardiotonic, *Diuretic*, **Lowers Blood Pressure**, Sugar Detoxification, *Decreases Protein in Urine,* **Boosts Immune, Red & White Blood Cell Production, Protects Liver & Kidney, Sedative, Analgesic, Psoriasis, Prostatic Hypertrophy, Neuropathy** Abscess and Chronic Ulcers, **Nephritis**, with Edema and Proteinuria, Night Sweats, Promotes wound Healing



A great Qi tonic that I don't get to prescribe much because by the time there's room for tonics the bugs are mostly gone, along with the complaints that brought them in. So they don't come back. Most people don't consider the action of Qi tonic to request it. The boost to the immune system is as variable as the gas pedal. It's up to us to find the appropriate balance within the formula. They're reflected in the symptoms of the patient. That's when the ratios can be adjusted to accentuate or minimize the effect.

Gut Herbs

Gastrointestinal herbs deal with the whole digestive tract. The average gastrointestinal tract is over 20 feet long. That's a lot of real estate. Because of that, a lot can go wrong in there. That's probably why this is the largest category of herbs. About half of most of my formulas deal with the gut. There are 20 herbs in this category. These first five are the ingredients of my traveler's stomach diarrhea formula. I make it out of equal parts of the powdered crude herbs. I wouldn't travel without it.

1. Cardamon - Sha Ren
2. Fennel – Hui Xiang
3. Clove – Chuan Xiong
4. Licorice – Gan Cao
5. Fresh Ginger – Gan Jiang

Cardamon – Sha Ren

Antiemetic, *Antitubercular,* **Increases HCL & Peristalsis, Decreases Vomiting**
Carminative, Diarrhea, Prevents Miscarriage



Cardamon is a digestive, it increases your hydrochloric acid production to help you digest if you've overeaten or for some reason weren't making enough H.C.L., like in geriatric patients. Or patients on a high acid diet (mostly protein and starch). It also increases the peristalsis of your intestines to help move the offenders out of your body. It helps with the symptoms associated with a bacterial infection in the G.I. tract like nausea. I would use other herbs as well to help clear any infection, and that's how they would work together in the formula, as part of a team as opposed to solo.



You could use fewer herbs for a condition by just increasing the ratio of the one herb in the prescription. I usually formulate with equal parts and vary the ratios by increasing the number of herbs for the conditions. I see cardamon as a digestive carminative rather than a major bug killer like Phellodendron. Cardamon is another widely available herb that can help with a traveler's stomach while they're still traveling, because you can get it almost anywhere. It was traditionally used to treat miscarriage as well. I included a picture of local cardamon as well as Chinese.

Fennel – Hui Xiang

Antibacterial, *Carminative*, Expectorant, Stomachic, increases White Blood Cells, *Alleviates pain,* **Increases Peristalsis, Inhibits Hydrochloric Acid secretion, May regenerate Liver tissue**



Fennel seed is a carminative and digestive. This is accomplished in a couple of different ways. It increases peristalsis in the intestines and inhibits HCL secretion. As opposed to cardamon that increases it. That would make it helpful in acid reflux and heartburn conditions. It's also antibacterial which could address a bacterial infection that might be impeding digestion. And, it is so widely available that it is an excellent in the field remedy for gastrointestinal problems when a patient can't get in to see you as soon as they might like to.

Clove – Chuan Xiong

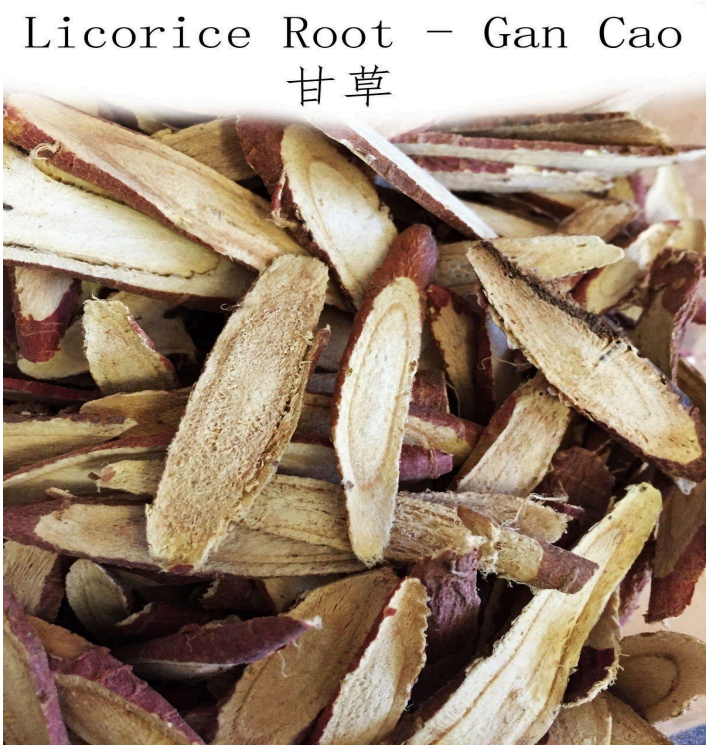
Antiemetic, *Antiviral,* ***Antifungal,*** **Antibacterial**, *Antiparasitic*, Anti Inflammatory, Stomachic, Carminative, **Analgesic**, Preservative, **Antiasthmatic, Antitoxin, Increases Bile and Hydrochloric Acid**



Clove is a truly unique gut herb. It kills almost anything because it is antifungal antibacterial and antiviral. That's the trifecta as far as herbs go. But as well as being able to deal with most bugs, it is also a pain reliever. It is so effective as an analgesic it is used in modern dentistry for the pain of dry socket where the bone is exposed following a tooth extraction causing severe pain. Because this herb is so commonly available, it's a great first aid in the field remedy for digestive disturbances particularly diarrhea and abdominal pain. It increases bile and HCL to help digestion. It will help address many different kinds of infections and because it's analgesic, the discomfort associated with them. Topically it can anesthetize the pain of a sore throat. I would recommend this ground herb for traveler's diarrhea because it is so widely available. A quarter to a half a teaspoon after every episode of diarrhea and it should stop it.

Licorice – Gan Cao

Antibacterial, Anti inflammatory, **Antiulcer, Antitoxin**, *Antihistamine*, Anti Neoplastic, *Adrenocortical*, ***Antispasmodic,*** **Analgesic, Hepatoprotective, Antitussive and Expectorant, Antiarrhythmic**, **Under stress it boosts the immune system, normally it suppresses, Enhances the duration & effect of cortisone.**
Sore throat, Cough, *Tuberculosis, Asthma, Ulcer, lowers cholesterol, and blood pressure only in the hypertensive*



I use Licorice to alleviate abdominal pain from tissue damage or to alleviate inflammation or muscle spasms. It can also help take the bite out of a nasty tasting formula because it tastes great. Because it neutralizes toxins, it was traditionally used to detox the patient. But sometimes it was used to counteract the toxins in the other herbs in the formulas. Those are mostly not included in my pharmacy, thanks to my teacher. Licorice is

adrenocortical which means it enhances the effect of cortisone. It normally suppresses the immune system unless you're under stress. Then it boosts your immune system. That way in autoimmune diseases it can help with inflammatory processes when they happen. Instead of depressing the immune system all the time.

This capability astounds me, the flip flop on demand when you need it is an amazing property of this herb. It also protects the liver which means it helps it withstand more of the things that you do that stress it. It also helps with respiratory infections by suppressing cough and helping you bring up phlegm. That's why it was traditionally used to treat tuberculosis and asthma. Of course, that tradition predates those names of those conditions by centuries. It also helps with irregular heartbeats, as if it wasn't diverse enough already.

Fresh Ginger – Sheng Jiang

Diaphoretic, Stomachic, Carminative, Antiemetic, Antifungal, Expectorant, **Increases the production of Stomach Mucus Membranes, Hydrochloric Acid and Peristalsis, Increases Heart rate, Respiration and Blood Pressure, Antibacterial,**
Chronic lung disorders where there is phlegm, Vomiting, Diarrhea, *With brown sugar for Bacillary Dysentery, Chewing fresh ginger raises blood pressure without increasing pulse rate*



This is another widely available gut herb for first aid in the field. In cases of vomiting from eating foods tainted with bacteria, this herb can help control the vomiting, while fighting a bacterial infection that may be causing it. And by increasing hydrochloric acid and peristalsis, it can help to process those pathogenic substances. In that way, it can act as an antiemetic, by stopping the process from backing up. It will also help you sweat out an infection and raise your blood pressure, which is likely to drop from the dehydration of diarrhea or vomiting. It's more than just a digestive.

These next six herbs are the ones I use to deal with Candida or Fungal Dysbiosis from antibiotic use. They will also address bacterial infections in the gut. I use these all the time, because one good round of antibiotics can be a game changer for better or worse, and sometimes it's both. The yeast infection that many women get following antibiotics demonstrates that on the one hand your original complaint is gone and on the other, what did you do to your immune system? Your intestinal tract is around twenty feet long and contains a kilo and a half of friendly bacteria, that justifies the length of time needed to adequately deal with the problem.

My experience is that with the chronically ill, it usually takes about a year to fix a bad gut. Your immune system is based on the nutrients you digest from foods. You have to put adequate nutrition into your body and you have to process it appropriately. Nutrition is essential. The appropriate ratios of fat, protein and carbohydrate are as important as the right herbs. It's like the gas and oxygen mixture in the carburetor of your car, it works best with the right balance. Equally important is eliminating the imbalances in the intestinal flora inhibiting the absorption of nutrients from the foods eaten. That's what these herbs are for.

My patients have taught me to view gut herbs as immune boosters because the gut is responsible for supplying adequate nutrients to do the job of maintaining a healthy human. That includes intestinal microbial balance. Sadly, probiotics aren't known or studied enough to know how beneficial they could be therapeutically. But the appropriate gastrointestinal herbs can help reset the balance.

1. Magnolia bark – Hou Po
2. Agastache – Huo Xiang
3. Anemarrhena – Zhi Mu
4. Saussurea – Mu Xiang
5. Rehmannia Raw – Sheng Di Huang
6. Moutan - Mu Dan Pi

Magnolia bark – Hou Po

Antibacterial, *Antifungal*, Anti flatulent, Lowers Blood Pressure, **Inhibits Hydrochloric Acid and Duodenal Peristalsis, Mildly Anticoagulant**
Diarrhea, Amoebic Dysentery, Cough & Asthma with profuse phlegm & *a sense* of *constriction in the chest*
CONTRA - *CAUTIOUSLY IN* PREG

Magnollia Bark - Hou Po 厚朴



Magnolia bark is antibacterial and antifungal, those two qualities make it applicable for a wide range of gastrointestinal complaints. I often include this herb to treat Candida overgrowth resulting from antibiotics or eating way too much sugar. The typical American diet has a cup of sugar a day in it.

Because it inhibits hydrochloric acid production, it's indicated in acid reflux patients. It also slows down the peristalsis in the beginning of your small intestine to help with diarrhea and gas. It is traditionally used with caution during pregnancy.

Agastache – Huo Xiang

<u>Antibacterial</u>, <u>Antifungal</u>, Anti Spirochetes, Diaphoretic, Digestive, **Increases Hydrochloric Acid to Promote Digestion**, Common Cold, Nausea, Vomiting, Diarrhea



I think of Agastache primarily as a gut herb. It is the exception to Dr. Yeung's rule of - roots, barks and seeds for the lower part of the body, leaves and flowers for the upper. It is aromatic with some mint overtones which may be why it helps you sweat out an infection. But the antibacterial and antifungal properties are why it would help with digestion. I use it in cases of candida or stool disorders from bacterial infections that result in a loose, or unformed stool. It can tighten it up a bit, depending on the ratio in the formula and the dose. Another way that it can help with gastrointestinal issues is by increasing the hydrochloric acid in your gut. Which is important in geriatric patients whose HCL production is compromised. Or for patients on a high protein or high starch diet. Or high ratios of both. Those diets require lots of HCL to dissolve those foods. That’s what makes your diet acid as opposed to an alkaline diet that is mostly vegetables and requires less acid to digest.

Anemarrhena – Zhi Mu

Antibacterial, Antifungal, **Antipyretic, Antidiabetic, Antineoplastic,** Expectorant, Lowers blood sugar, High or low acute or chronic fevers



Just like the other herbs in this section Anemarrhena is antibacterial and antifungal, but it also lowers blood sugar and it's antineoplastic. Some patients with digestive issues have a tendency to overeat because they're not processing appropriately. And since simple sugars are easier to process and taste so wonderful, this can translate into weight gain and, or carbohydrate intolerance. Which is like a diabetes starter kit. I use this herb to help address bacterial or fungal impediments to the digestive process. It can help to alleviate the blood sugar swings that a bad diet can promote. It also inhibits cancer metastasis so patients with gastrointestinal polyps or a history of cancer may be helped by adding this to the mix.

Saussurea – Mu Xiang

Antibacterial, Antifungal, ***Antihypertensive,*** **Antispasmodic,** ***(Bronchial & Intestinal)*** Carminative, Abdominal Pain, **Ulcers**, **Flatulence, Small dose stimulates the heart & dilates blood vessels, Large does the opposite,** *Lack of appetite, Tenesmus, nausea & vomiting*

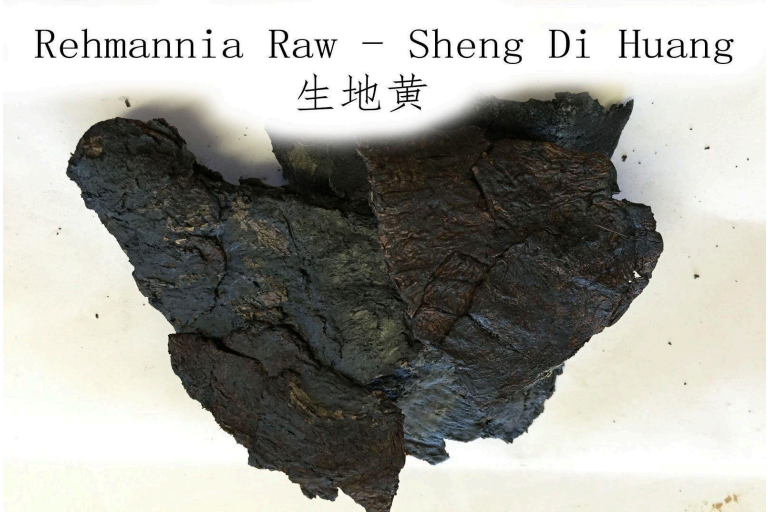


Saussurea is antibacterial and antifungal like the other herbs in this group. Consequently, it is very well indicated for bacterial and fungal imbalances in the intestines. It's anti-ulcer as well to help heal tissue damage in the intestines. Which can be from medications that are tough on the gut or gluten intolerant patients. It's also antispasmodic so it will help with the discomfort of cramping pain. Patients that have tissue damage in their intestines can be in terrible pain just from gas, or the movement of their food through their intestines. Saussurea actually addresses flatulence as well to help antidote the pain. It’s antispasmodic capabilities extend to the lungs as well because it can also help with bronchial spasms.

Rehmannia Raw –

Sheng Di Huang

Antibacterial, *Antifungal, Laxative,* **Diuretic, Hemostatic**, *Antiarthritic,* **Anti Inflammatory, Antihypertensive, Cardiotonic**, **Hepatoprotective, Increases adrenocortical hormone levels in the blood,** *All bleeding, Diabetes, Hepatitis, Rheumatoid Arthritis, Eczema, Increases blood pressure, Lowers blood sugar, protects the Liver's glycogen, Mouth & tongue sores, Insomnia, Low grade fevers, Malar flush, Throat pain*
CONTRA - *PREG*



Antibacterial and antifungal are the two main criteria for this category and raw rehmannia covers both of those. The secondary characteristics are a lot more diverse than the other herbs in this category. It loosens the stool. The intensity of this side effect varies greatly depending upon the ratio of this herb in the formula. And, the other herbs that you put in can counteract that effect like Agastache or Cloves. My old teacher used to complain about it's laxative effect.

It's also a hemostatic so it can address bleeding hemorrhoids due to a hard stool. And it's laxative effect will help soften the stool. It's also a diuretic so it will help lower your blood pressure. And it's a cardiotonic to protect the heart.

Moutan - Mu Dan Pi

Antibacterial, *Anti inflammatory*, *Sedative*, *Analgesic*, *Lowers Blood Pressure*, **Antiseizure, Immune enhancing**, *Drains pus, Reduces swelling*
High fevers, Irregular Menstruation, *Amenorrhea, lumps, tumors, Bruises due to trauma*
CONTRA - PREG



This is the only herb in this group that isn't antifungal. It is antibacterial but it is also an anti-inflammatory and lessens pain. That could apply to patients that have ulcers or tissue damage from medications or gluten intolerance.

I think of it as a harmonizer with the previous herbs. It's more than just a gut herb but that's mostly what I use it for. The other things it does are a bonus. For example, It enhances the immune system and combats seizures.

Six More Gut Herbs

These next six herbs are specialized in ways that the previous gut herbs are not. Some could be in other categories as well because they do such different things.

1. Atractylodes Alba - Bai Zhu
2. Phellodendron – Huang Bai
3. Mume – Wu Mei
4. Crataegus – Shan Zha
5. Massa Medicata Fermentata – Shen Chu
6. Gelatin- E Jiao

Atractylodes Alba – Bai Zhu

Antibacterial, **<u>Diuretic</u>, Increases peristalsis, and Blood Pressure without increasing Heart rate. Enhances microcirculation to the Heart, Brain & Kidney. Uterine prolapse.** Poor appetite, Abdominal distention, Chronic diarrhea, Edema



I use Atractylodes Alba as a gut herb for gastrointestinal problems and weight loss. Especially when the weight gain can be alleviated by eliminating a bacterial infection impeding normal absorption as opposed to losing water weight through diuresis, which it does as well. Improving the action of the gut is how it boosts the immune system and helps with diabetes. It is antineoplastic which means it inhibits tumor metastases. The anticancer action of this herb makes it a good add on for cancer patients with gut problems like digestive disturbances resulting from chemotherapy and radiation. I believe my teacher used to say it was indicated for incomplete stool.

Phellodendron – Huang Bai

Antibacterial, Antipyretic, Diuretic, *Lowers Blood Pressure*.
Antitussive and Expectorant
Diarrhea, *Bacillary Dysentery, Meningitis, Jaundice*, Urinary Tract Infections. *Abscesses*, Boils, *topically for Eczema. increases pancreatic secretions, externally for vaginitis and cervicitis due* to *Trichomonas*

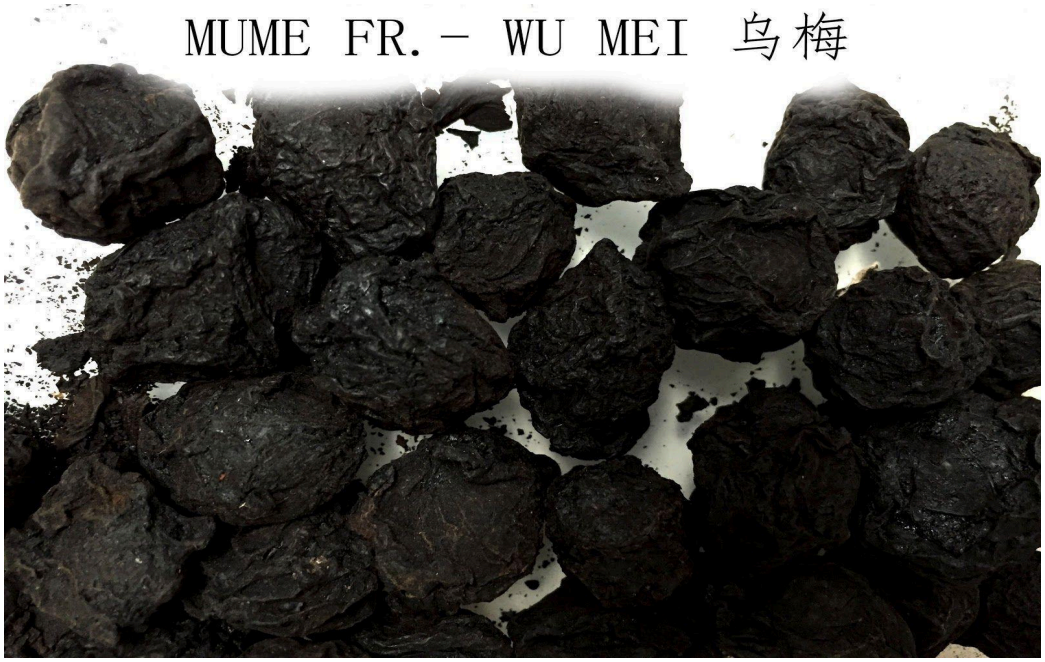


Phellodendron was traditionally used to treat bacillary dysentery which makes me think of it primarily as a heavy hitter for nasty bacterial gastrointestinal problems. It also helps you to bring up phlegm and lessens your cough. Those secondary characteristics of philodendron are what make this herb fall into more than one category. It's a gut lung herb. If taste is a consideration, it is bitter because it's yellow and high in berberine. Either warn the patient or add Licorice.

Mume – Wu Mei

Antibacterial, Antifungal, Antiparasitic, Anthelmintic, Anti Aging, Antihistamine,

Tinea, Psoriasis, Chronic Cough or Diarrhea, Incontinent Stool Due to Diarrhea, *Increases Bile Secretion*, Replenishes Body Fluids In Diabetes



Mume is antibacterial and antifungal like a lot of the other herbs in this category, but it's also antiparasitic. Patients that eat raw fish or meat are likely candidates, as are patients that let dogs lick their face. It would help with amoeba or protozoan infections like Giardia. It's surprisingly non toxic for being so antiparasitic. It assists in digestion by increasing the secretion of bile.

Crataegus – Shan Zha

Cardiotonic, Lowers Blood Pressure & Cholesterol, Antibacterial, Vasodilator, Lowers Triglycerides,

Increases Hydrochloric Acid, Digestive, Amenorrhea, **Nephritis, Nausea, Vocal polyps**, Hypertension, Heart Disease, ***Diarrhea, Bacillary Dysentery***.



Crataegus is an antibacterial digestive that increases your HCL to help you more efficiently digest. That's how it helps you to lower your cholesterol and triglycerides. It lowers your blood pressure by relaxing your vessels. I use it especially for irregular heartbeats. The common name is Hawthorn Berry and it is traditionally used for heart problems. Which would fit the patient profile of an older patient that needed an HCL boost as opposed to a hyper acid one. Or anyone on a high acid diet.

Massa Medicata Fermentata – Shen Chu

Digestive, **Contains many different enzymes to promote the digestion of starch and carbs**
Poor Appetite*, with diarrhea & fullness or distention.*
CONTRA - *CAUTIOUSLY IN* PREG



Massa is a digestive made from fermented grains including wheat. Contraindicated in celiac and gluten intolerant patients. I sometimes use this herb to help an overweight patient that got that way from eating too many complex carbohydrates or comfort foods. By helping them to digest those foods more effectively it can lessen their appetite for them. As you try and get them to lower the ratio of those foods in their diet, they can see the cause and effect in their weight loss. By varying the ratio of this herb in subsequent formulas, you can wean the patient's dependency on them while you address the need for them, whether that need is born from dietary indiscretions or dysbiosis in the gut.

Gelatin- E Jiao

Increases concentration of White Blood Cells and hemoglobin in the blood as well as the absorption and

retention of Calcium, Blood tonic in anemia, Hemostatic for all bleeding. Dry cough with bloody sputum, Tuberculosis



I use Gelatin in geriatric constipation, tendonitis, or arthritic conditions where blood deficiency is a contributing factor. My father used to tell me that in the “old days” if you had back pain they would give you oxtail soup probably because of the gelatin-like substance in the tail. It is hemostatic which makes sense in any patient with bleeding hemorrhoids and a tight stool. It was traditionally used to treat TB where a bloody cough was relatively common. It tonifies blood and stops bleeding and helps you absorb calcium, but I use it more often as a yin tonic emollient.

These last four herbs are the ones I use to heal the tissue damage and lessen the inflammation from gluten intolerance or medications that are tough on the gut.

These four herbs fall into a special category of gut herbs that I use to treat people that have abdominal pain associated with their gastrointestinal

complaints. Cloves could easily be included in this category as long as the patient doesn't have constipation. Most people, thankfully, don't experience abdominal pain. Gluten intolerant patients and the ones that have tissue damage in their intestines from taking medications that are tough on the gut fall into this category. They are the ones that think abdominal pain is normal. My patients have taught me how real gluten intolerance is. Previously diagnosed with irritable bowel syndrome, Crohn's disease, diverticulitis, diverticulosis, or spastic colon, they come in on medications that they hate, or with part of their intestines removed. My understanding of gluten intolerance is that it is genetically inherited from either or both of your parents. That's why there's shades of gray with the severity of the condition. It depends on how many errant genes you inherit that results in the large variation in the severity of the presenting symptoms. Some can eat enriched flour without a problem but whole wheat really messes them up. Others are so sensitive soy sauce bothers them because it's made from wheat. They are usually surprised that not everyone feels abdominal pain or their food going through their intestines the way they do, because they have all their lives. That's why they think it's normal. When you see the light bulb go off in their heads when they realize that they don't have to live that way it's a fine sight to behold.

1. Corydalis - Yan Hu Suo
2. Citrus peel – Chen Pi
3. Codonopsis – Dang Shen
4. Licorice - Gan Cao

Corydalis – Yan Hu Suo

Analgesic, Antibacterial, *Antispasmodic, Anti ulcer* Antiemetic, *Sedative & Hypnotic*, Lowers Hydrochloric Acid & its P.H. **Anti-inflammatory, Muscle Relaxant,**

Increases blood flow in the coronary arteries while lowering O2 consumption of the cardiac muscle and increasing the contractility of the Heart
Dysmenorrhea, Traumatic injury, Insomnia,
CONTRA – PREGO



I use Corydalis as a gut herb to help alleviate the spasms in the intestines causing, or associated with, pain and inflammation from digestive problems like celiac, IBS, and colitis. Usually gastrointestinal problems with pain are the main red flags that make me consider this herb because of its analgesic or pain relieving properties. The mechanism of its relief is probably tied to it's combination of muscle relaxant and anti inflammatory actions. It also lowers hydrochloric acid and its PH, which would make it particularly suited for hyperacid conditions. It is also contraindicated in pregnancy.

Citrus peel – Chen Pi

Stomachic, Expectorant, Anti Ulcer, ***Anti inflammatory,*** **Increases Peristalsis**, Lowers Cholesterol, Carminative, **Antiasthmatic**
Hiccup, Vomiting, Wet Cough



This is a gut herb that I use to help heal tissue damage and inflammation causing pain in the stomach and intestines either from wheat intolerance or drugs that are tough on the gut like NSAIDS (nonsteroidal anti inflammatory drugs) or take your pick of the others. Gas and bloating in a normal person makes them look fat but they don't hurt. When a patient has enough tissue damage to cause pain that's a huge red flag because the nerve endings in the G.I. tracts are recessed into the tissues far enough to not be burned by the HCL of the stomach after it dumps into the small intestine. If they've done enough damage to get to the nerves they hurt. And then if they take a pain reliever that is tough on the gut they can cause so much tissue damage they wind up having part of their intestines removed.

It also increases peristalsis and lowers cholesterol which makes it a very friendly digestive. And it has expectorant properties that make it helpful in asthma or respiratory infections as well.

Codonopsis – Dang Shen

Increases Blood Sugar, **Red Blood Cells** & *White Blood Cells*, Anti fatigue. **Temporarily Lowers Blood Pressure**. **Enhances hypoxia resistance & phagocytic activity, Antiulcer, decreases WBC's & lymphocytes,** promotes secretion of body fluids

Palpitations, Shortness of Breath, Weak limbs, Poor Appetite, Loose Bowel, Thirst, Anemia, Chronic Hemorrhage



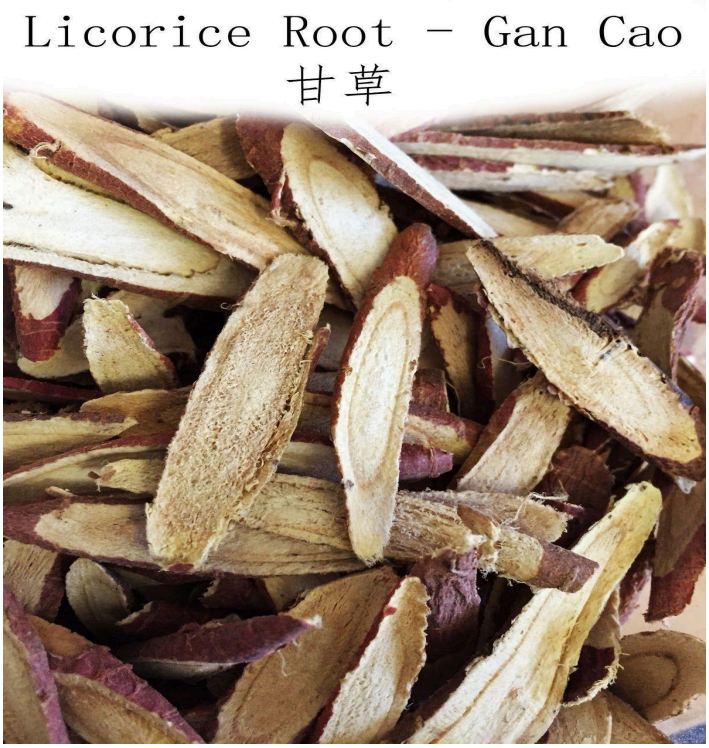
I use codonopsis like citrus peel, primarily to heal tissue damage in the intestinal tract causing abdominal pain. Since all of the herbs in this category share the same primary characteristics of healing tissue damage in the gut, the secondary properties carry more weight in the advisability of their selection for use in the formula. And that can be very diverse, for example, Citrus peel will help with respiratory infections. Which differs greatly with codonopsis which increases your production of red blood cells to boost that part of your immune system while it suppresses your production white blood cells and lymphocytes. The action of inhibiting some parts of the immune system while boosting others is how it deals with autoimmune conditions like colitis or crohn's disease or any of the other ones. My point is that the secondary actions of the herbs can sometimes be the difference between a good formula and a great one.

Licorice Root - Gan Cao

Antibacterial, Anti inflammatory, **Antiulcer, Antitoxin**, *Antihistamine*, Anti Neoplastic, *Adrenocortical*, ***Antispasmodic,*** **Analgesic, Hepatoprotective, Antitussive and Expectorant, Antiarrhythmic**, **Under stress it boosts the immune system, normally it**

suppresses, Enhances the duration & effect of cortisone.

Sore throat, Cough, *Tuberculosis, Asthma, Ulcer, lowers cholesterol, and blood pressure only in the hypertensive*



I use Licorice to alleviate abdominal pain from tissue damage or to alleviate inflammation or muscle spasms. It can also help take the bite out of a nasty tasting formula because it tastes great. Because it neutralizes toxins, it was traditionally used to detox the patient. But sometimes it was used to counteract the toxins in the other herbs in the formulas. Those are mostly not included in my pharmacy, thanks to my teacher. Licorice is adrenocortical which means it enhances the effect of cortisone. It normally suppresses the immune system unless you're under stress. Then it boosts your immune system. That way in autoimmune diseases it can help with inflammatory processes when they happen. Instead of depressing the immune system all the time.

This capability astounds me, the flip flop on demand when you need it is an amazing property of this herb. It also protects the liver which means it helps it withstand more of the things that you do that stress it. It also helps with respiratory infections by suppressing cough and helping you bring up phlegm. That's why it was traditionally used to treat tuberculosis and

asthma. Of course, the tradition predates the names of those conditions by centuries. It also helps with irregular heartbeats, as if it wasn't diverse enough already.

Antiarthritic Herbs

I use these herbs for arthritis as well as fibromyalgia or any other autoimmune condition causing pain in the muscles or joints. Their secondary characteristics are so diverse that you have a lot of leeway in dual benefits for the right prescription.

1. Acanthopanax - Wu Jia Pi
2. Achyranthes – Huai Niu Xi
3. Angelica - Du Huo
4. Curcuma Longa - Jiang Huang
5. Eucommia - Du Zhong
6. Salvia – Dan Shen
7. Gelatin - E Jiao
8. Loranthus – Sang Ji Sheng
9. Millettia – Ji Xue Teng
10. Siegesbeckia – Xi Xian Cao

Acanthopanax - Wu Jia Pi

Antirheumatic, Antibacterial, Antipyretic, Diuretic, *Antitumor,* **Anti Inflammatory**, **Analgesic**, **Antitussive, Asthmatic, Expectorant, Antineoplastic, Boosts Immune system, Increases White Blood Cells, Phagocytosis, and Interferon,**

Vasodilative to lower Blood Pressure.
Rheumatoid arthritis, Edema, Hyper or Hypoglycemia



I think of acanthopanax for any joint pain because it's an analgesic, it relieves pain. It's an anti inflammatory as well and inflammation very often results in pain. That's why I would consider it for any pain caused by arthritis or trauma. Arthritis is an autoimmune disease, that means the immune system is attacking the joints. This herb boosts the immune system to help ease the overreaction. It also inhibits the spread of cancer probably because of the way it boosts the immune system. An arthritis patient with a history of cancer would fit the patient profile. It also suppresses cough and helps with asthma. I don't consider it a lung herb primarily, but it has some diverse secondary characteristics beyond respiratory. It lowers blood pressure in two ways. It's a diuretic and it relaxes the vessels, similar to a couple of the ways conventional pharmaceuticals deal with high blood pressure. The pain of arthritis can raise your blood pressure.

Achyranthes – Huai Niu Xi

Anti Inflammatory, Analgesic, *Diuretic, Decreases peristalsis*
Amenorrhea, Hematuria, Hematemesis, Bleeding Gums, Hypertension, Low Back Pain, Painful Urinary Dysfunction with Stones

CONTRA - PREG



I use Achyranthes as an anti arthritic and anti inflammatory primarily. It's very similar to Acanthopanax so I would use it in all types of joint pain. The secondary characteristics of them is where they differ. For example, it also helps with bleeding so I would factor that in for an arthritic patient that had bleeding as an auxiliary complaint. Like hemorrhoids or tissue damage in the gut from gluten or meds. It's not a great hemostatic but as long as you have the option it would help the other hemostatics in the formula. It's also diuretic and that's how it helps to lower high blood pressure. As opposed to Acanthopanax which relaxes the vessels as well.

Angelica - Du Huo

Anti inflammatory, **Analgesic**, **Inhibits Clotting, Relieves Intestinal Spasms, Peptic Ulcers, Antibacterial, Lowers Blood Pressure** by dilating blood vessels, *(alcohol extract works better than tea),* Antirheumatic, Stimulates C.N.S. *Sedative, Hypnotic, Relieves Pain especially in the lower part of the body.*

Vitiligo topically W/ U.V. Psoriasis W/ U.V., Common cold with fever, headache & muscle ache, *Tuberculosis*



I think of Angelica Du Huo as an anti arthritic herb first because it decreases inflammation and pain just like Achyranthes and Acanthopanax. But it does a lot more. It inhibits clotting to help with menstrual cramps and clots. It helps with swelling from too much clotting in traumatic injuries. It is also sedative and hypnotic, which would help if the pain was causing insomnia. It helps with intestinal spasms and ulcers and lowers blood pressure through vasodilation. An arthritis patient with a leaky gut from wheat intolerance or tissue damage in the intestines from pain meds would be prime candidates for this herb because of its antiulcer and anti spasmodic properties. But I think of it as an antidote to joint pain first.

Curcuma Longa - Jiang Huang

Anti Inflammatory, Arthritis, **Inhibits Clotting, Lowers Cholesterol, & Triglycerides**
Dysmenorrhea, Trauma,
CONTRA – PREG



Curcuma Longa or Turmeric is traditionally used for shoulder pain but is very well suited to arthritic pain anywhere in the body because it is anti-inflammatory. Curcumin is a major constituent of turmeric and a lot of recent studies have shown promising results in treating cystic fibrosis probably because of its anti inflammatory properties. Additionally, it inhibits clotting, to help address menstrual blood clots or pain from stasis due to trauma. The fact that it lowers cholesterol and triglycerides is a bonus that ought to help a larger arthritic patient that got that way from too much fatty foods.

Eucommia - Du Zhong

Sedative, *Lowers blood pressure* and Cholesterol, *Diuretic,* **Boosts Immune system, Antibacterial,** *Prevents miscarriage*, Back and Knee pain, *Hypertension*



Back pain is my first reason for using Eucommia. But I'm more likely to use it in back pain when it's in the spine as opposed to the muscles. You can use it for both but I'd use herbs that were more anti inflammatory to address back pain in the muscles. It boosts the immune system which helps in autoimmune diseases like arthritis. A condition that traditionally occurs in an older patient. It's also antibacterial and lowers blood pressure and cholesterol. Hypothetically if you have a patient with back pain and a bacterial infection interfering with fat metabolism it should help alleviate those complaints.

Salvia – Dan Shen

Antiplatelet, Anticoagulant, Thrombolytic, Sedative, *Antibacterial*, Lowers Blood Pressure *sugar* & cholesterol, **Antineoplastic,** Promotes repair & regeneration of tissues, increases circulation*. Insomnia*,

Ulcers, Boils, *palpable masses, Angina pectoris, Palpitations, Dysmenorrhea, Amenorrhea, Tuberculosis*



I think of Salvia as an antiarthritic helper. It is traditionally used for the relief of pain caused by blood stagnation or clotting because it is an anticoagulant. It does this by lowering your platelet count. It addresses what would normally result in frozen joints if the pain inhibited movement. I use it with antiarthritics, anti inflammatory and analgesic herbs to round out the approach. It also lowers blood pressure and inhibits the spread of cancer probably because of its anticoagulant qualities. And it is sedative for insomnia.

Gelatin - E Jiao

Increases concentration of White Blood Cells & hemoglobin in the blood as well as the absorption and retention of Calcium, Blood tonic in anemia, Hemostatic for all bleeding

Dry cough with bloody sputum, *Tuberculosis*



This herb is a gut herb as well. I use Gelatin in geriatric constipation, tendonitis, or arthritic conditions where blood deficiency is a contributing factor. Although it is hemostatic I consider that as a secondary attribute but one that makes sense in an older patient with hemorrhoids and a tight stool.

Loranthus – Sang Ji Sheng

Anticoagulant, Anti rheumatic, Sedative and Tranquilizer Cardiotonic, Antihypertensive, *Lowers Blood Pressure, Diuretic*, *Antiviral*, *Prevents Miscarriage*, Menorrhagia, *Dry*

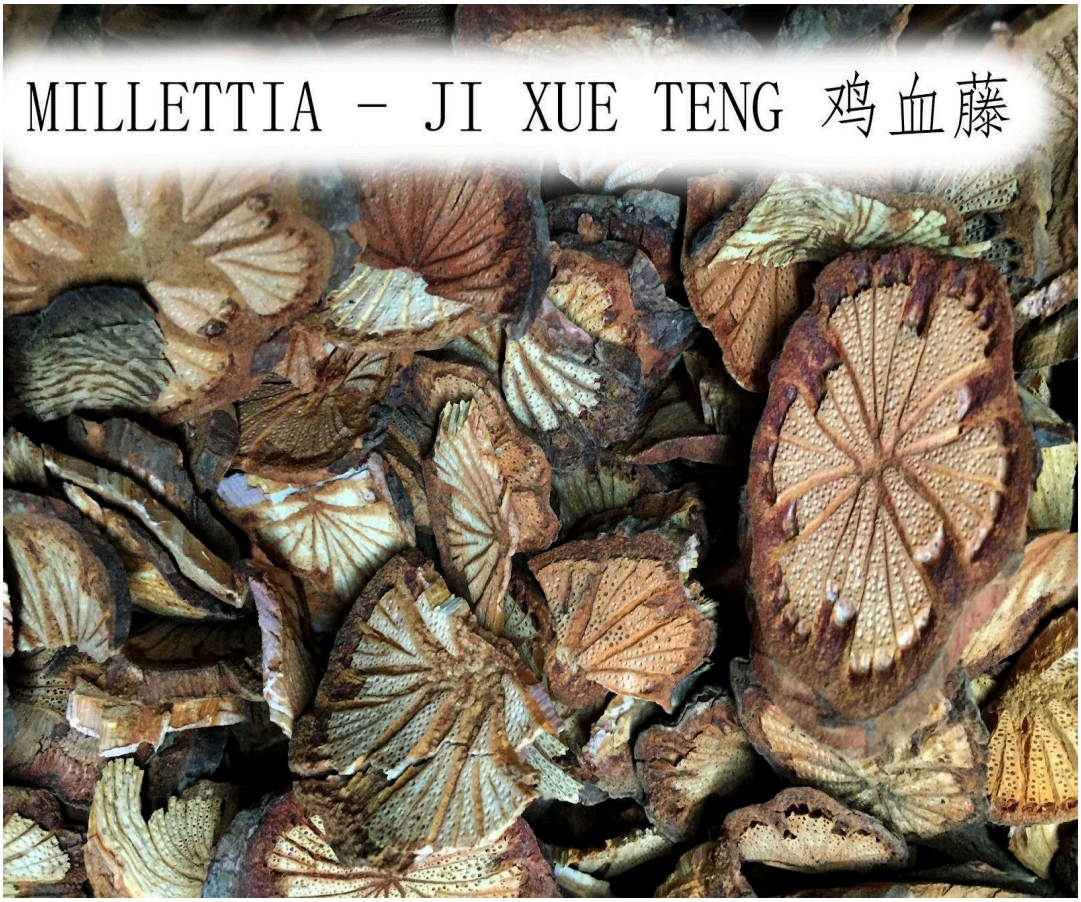
Skin



I mostly use loranthus for joint pain. Especially when there's a viral component exacerbating the pain or presenting concurrently in a patient, like an arthritis patient that breaks out in shingles. They need antiarthritics and antivirals, this addresses both. It's also an anticoagulant like gelatin and helps pain from blood stasis, not just from trauma. It's diuretic and lowers blood pressure, and sedative to help you sleep in spite of the pain so you can heal.

Millettia – Ji Xue Teng

Anti inflammatory, Sedative, Hypnotic, Tonifies Blood & Circulation, Lowers blood pressure, increases phosphate metabolism, **Uterine Stimulant***. Arthritic pain, Amenorrhea, Dysmenorrhea,* Anemic dizziness, *used for weakness of the extremities in the elderly*



I use millettia as an anti arthritic and anti inflammatory primarily. It also lowers blood pressure and is a uterine stimulant that sedates you. Because of its action on the uterus, I use this with other herbs to treat uterine fibroids.

Siegesbeckia – Xi Xian Cao

Antirheumatic, **Anti Inflammatory**, **Antihypertensive**, **Antibiotic,** Antipruritic, Antitoxic, **Immunosuppressant.** Measles, Eczema



I use Siegesbeckia for joint pain because it is anti rheumatic and anti inflammatory. My teacher said it was used primarily for joint pain of the hands but could be used for any joint pain. It also suppresses the immune system to deal with the overreaction of it in autoimmune diseases like arthritis or fibromyalgia. The secondary indications are quite diverse. It lowers blood pressure and is antibacterial. It also helps with itchy skin perhaps because of it's anti-inflammatory and antibacterial properties.

Muscle and Joint Pain from Colds and Flu

These last two herbs you can use for arthritis but are in this category because they both deal with the pain of achy muscles from infections during cold and flu season; the ones that lay you out and make you miserable. Arthritis is an autoimmune disease, the previous herbs are well indicated for that. I use these two to deal with pain from an acute cold or flu infection.

1. Siler – Fang Feng
2. Pueraria – Ge Gen

Siler – Fang Feng

Antibacterial Antifungal, Antitoxin, **Antipyretic**, *Antiviral, Analgesic*
Migraine Headache, Body ache, Neck ache, *Used as an*

auxiliary herb for trembling of the hands & feet, Painful diarrhea with bright blood in the stool.



You can get achy from bacterial infections as well as viral ones, and many times they travel together. Siler deals with either because it's antiviral and antibacterial. It also lowers fever and is antitoxin. That's why it's more of an antidote for pain from an infection as opposed to an autoimmune disease. Anyone with a sinus or respiratory infection that is achy and doesn't have arthritis is a prime candidate for having this herb added to their formula.

Pueraria – Ge Gen

Antispasmodic in *the intestines,* **Dilates Brain & Coronary Blood Vessels relieving spasms,** *Antipyretic,* **Anti clotting, Anti Hypertensive, Mildly Antidiabetic,** Estrogenic, *Antiangina*

Migraines, *Neck stiffness* & *pain from hypertension, Increases cerebral blood flow in atherosclerosis, incomplete* Measles, Thirst or Muscle Ache in Febrile conditions, *Diarrhea*



Although Pueraria is not the bug killer Siler is, it addresses pain in two ways. It is an antispasmodic to deal with pain from tight muscles that occur from the reaction of the body to an infection. It also dilates the vessels in the upper part of the body to lower blood pressure and inhibit clotting. It also lowers fever. It was traditionally used to treat measles to help them erupt.

Urogenital Herbs

Most patients are female because guys don't care as much, unless something is wrong in their privates. Epididymitis, or prostatitis symptoms will generally prompt a male visit especially if the antibiotics or flomax don't provide satisfactory results. Women with chronic bladder infections or mystery discharges or swollen glands in that area are also prime candidates. Couples wanting to conceive with infections in their nether regions also benefit by making conception easier and safer for the kid. The next nine herbs are the major bug killers for this kind of work.

1. Smilax – Tu Fu Ling
2. Gentiana Scabra – Long Dan Cao
3. Oldenlandia – Bai Hua She She Gao
4. Curcuma Zed – E Zhu
5. Thlaspi – Bai Jiang

Smilax – Tu Fu Ling

Antibacterial, Anti Arthritic, Antitoxin, **Anti Cancer**, *U.T.I. Syphilis*, *Boils*, *Rheumatoid Arthritis*



Smilax is traditionally used to treat urogenital problems because it's antibacterial and antitoxin. That way it can help with the infection causing the exudate. Like in cases of boils. I use it for prostatitis, epididymitis, urinary tract infections or swollen lymph nodes, or lesions in that area. Supposedly all men over the age of fifty are working on prostate cancer. Smilax is anti-cancer. As long as I'm treating the prostatitis why wouldn't I include this in the mix to help push that diagnosis further down the road? It's also anti-arthritic which I rarely think of because it is such a potent bug killer. Most of the other antiarthritics are analgesic or antiinflammatory. Maybe it deals with the bug causing the autoimmune cascade making the immune system attack itself. If a bug flies under the radar long enough because the immune system is depressed for whatever reason, that can set the stage for an autoimmune disease. Especially if you treat an infection as an allergy or get an infection when you're using allergy medications. Then the antiallergic medications can promote the infection by shutting down the signalling pathways of the immune system like histamine and inflammation. If you mess with the immune system shouldn't that contribute or cause an autoimmune disease? But I digress.

Gentiana Scabra – Long Dan Cao

Antibacterial, Anti-inflammatory, Antihistamine,

Antiarthritic, *Antimalarial,* increases blood sugar by decreasing glycogen in the liver, *Small doses before a meal increases gastric juices, after a meal decreases them*, Stomachic, **Hepatoprotective,**
Increases bile and gastric juice, Diuretic
Jaundice, *Leukorrhea*, *eczema*, conjunctivitis, *earache*, acute UTI's, High Blood Pressure w/ dizziness and tinnitus, *sore throat and eyes*, *Encephalitis B*.



I use Gentiana in genitourinary complaints primarily, like epididymitis, prostatitis, UTI's or any bacterial infection that would cause sore lymph nodes in the inguinal groove. It is indicated for intermittent oozings and swellings in that area. It doesn't taste very nice because it's such a potent killer, which is a warning I give to my patients. But they usually are down for whatever it takes by the time I have to break this one out. Usually the more bitter the herb is, the more effective it is at killing more kinds of bugs because of its high Berberine content. Berberine is usually in yellow herbs like Phellodendron or orange ones like Coptis. It's like a warning sign. Gentiana also increases hydrochloric acid and bile to help digestion. Boosting fat metabolism like that is probably how it protects the liver. It's also diuretic to help with hypertension.

Oldenlandia –
Bai Hua She She Gao

Antibacterial, Antiasthmatic, Anti Inflammatory, Antitumor, **Anti Neoplastic,** Increases White Blood Cells, Analgesic, Neutralizes Toxin, Diuretic, Sedative and Hypnotic *Leukemia,* **Anti Venom,** *Snake Bite*, *Urinary Tract Infections*, *Appendicitis*, Tonsillitis, Jaundice, Hepatitis CONTRA. *CAUTION* IN PREG.



I use Oldenlandia primarily in urogenital complaints especially where the “C” word is involved. Oldenlandia is antineoplastic, which means it inhibits abnormal cell growth. Prostate cancer prophylaxis or HPV infections are a couple of great reasons to add this to the mix. I also use it in pre cancerous conditions such as benign tumors to help ensure that they remain benign. It’s also antibacterial and increases your white blood

cells which justifies using it for noncancerous genitourinary complaints. It sedates pain and is anti inflammatory. It was traditionally used to treat snakebite because it's antivenom. This antitoxin ability could be used for other toxins your patient may have.
Use with caution in pregnancy.

Curcuma Zed – E Zhu

Anti Cancer, Antineoplastic, Antibacterial,
Inhibits Clotting
Digestive, Carminative, Food Stagnation
CONTRA - PREG



Curcuma Zedoaria is like Oldenlandia in so far as their antibacterial and anticancer effects are similar. I use this herb to treat prostatitis symptoms, to try to alleviate the hypertrophy and help make sure the condition stays benign. You can use them together or rotate them to guard against resistance. The indications are the same, prostatitis, urinary tract infections, and or swollen lymph nodes in the inguinal groove. The secondary actions are where they differ. Zed is a digestive where

Oldenlandia is antivenom and antitoxin. It is traditionally prescribed as an antidote to food stagnation. It also inhibits clotting which is considered in Chinese medicine to be blood stagnation.

Thlaspi – Bai Jiang

Anti bacterial, Anti Inflammatory, Antitoxin, **Promotes the Generation of and Prevents the Degeneration of Liver cells, Sedative and Hypnotic,** Abscess, Acute Appendicitis, Endometriosis, and Dysmenorrhea, Postpartum Pain



Thlaspi is similar to the others in this category in it's antibacterial, anti inflammatory, and antitoxin abilities. Which makes it a good choice for prostatitis, UTI's and any infections in that area. It also sedates you and promotes the regeneration of the liver and prevents its degeneration. A patient taking meds tough on the liver or self medicating with alcohol would be helped with the inclusion of this in their formulation.

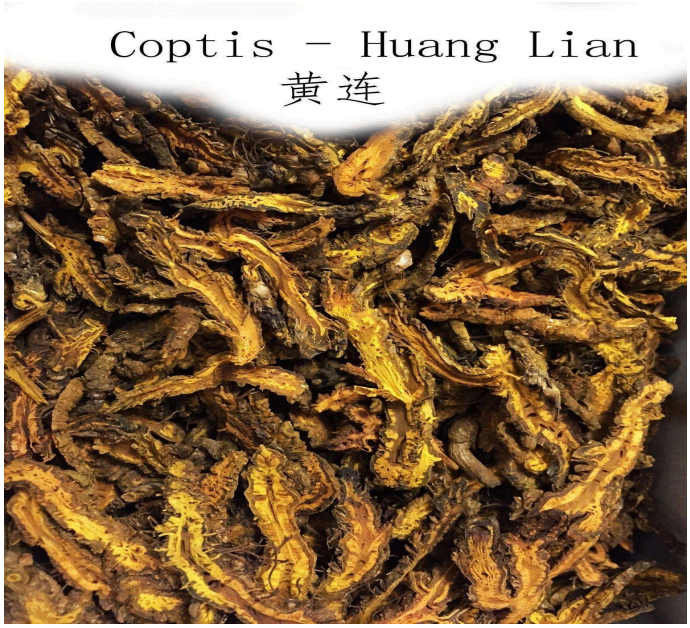
These next four are so diverse in their indications that they could easily be in a couple of different categories. But because they are all very potent bug killers is why they are in this category. Because if you have a urogenital problem everyone agrees it's a good time to bring out the big guns.

1. Coptis – Huang Lian
2. Scute – Huang Qin
3. Gardenia – Zhi Zi
4. Sophora Flavescens – Ku Shen

Coptis – Huang Lian

Antibacterial, Antitoxin, **Antipyretic**, **Anti inflammatory**, ***Antiviral, Antifungal,*** **Anesthetic, Broad spectrum antibiotic, Antidiarrheal, *Lowers cholesterol****, Increases*

bile formation, Sedative, Antidiuretic, *Antihypertensive*, *Hemostatic*
Diarrhea, Colitis, Topically for Trichomonas & Otitis Media, Anal Fissures, Inflamation of Mouth, Eyes, *Ears*



Coptis tastes like a nasty killer because it is. It has a high Berberine content as most yellow herbs do, and that's why it tastes so bitter. But that's also why it is a broad spectrum antibacterial. But coptis is one of those rare killers that is effective against viral, bacterial or fungal infections. It's taste does make me think twice about prescribing it to my patients because most of them aren't putting their herbs in capsules and neither am I. Depending on the need I will prescribe coptis but I always warn them about the taste. Usually though, the reasons that make me consider this herb are severe enough that the patient is willing to deal with it. It lowers fever and inflammation and sedates pain. The other two wild card indications are that it lowers cholesterol and fights diarrhea.

Scute – Huang Qin

Broad spectrum Antibiotic, Anti-Inflammatory, *Antibacterial*, Antiviral, Antifungal, Antitoxin, *Antiasthmatic*, Antispasmodic, **Antipyretic**, **Cholagogue**, **Sedative,**

<u>Diuretic</u>, ***<u>Lowers blood</u>*** ***<u>pressure</u>***, **Hepatoprotective,** *inhibits Intestinal movement*
<u>Diarrhea</u> *Bronchodilator, <u>Jaundice</u>, <u>U.T.I.</u>, <u>Dysentery</u>,* Hemostatic, Threatened Miscarriage, *Headache, Red eyes, Calms fetus restlessness due to Heat*



Like coptis and forsythia, Scute is a broad spectrum antibacterial. I think of them as the heavy hitters I can rely on to help deal with nasty infections either together or in rotation. Because in some cases, it's more important to be able to send in a fresh team. It's nice to have a few options and Scute is a great heavy hitter. It lowers fever and blood pressure, through diuresis. It is also anti-inflammatory. Fever, high blood pressure and inflammation are all possible side effects of an infection. It's also antiviral and antifungal. Scute is in this category but is so effective and diverse that it could easily fit into most of the others. It makes the gallbladder secrete more bile to assist in fat digestion which is probably another way it protects the liver. It was traditionally used to treat jaundice, asthma, dysentery and threatened miscarriage.

Gardenia – Zhi Zi

Antibacterial, *Antifungal,* Antiparasitic, *Antipyretic, Lowers Blood Pressure*, Sedative, Increases Bile Secretion & Healing of Tissue, **Mildly Analgesic, Protects Liver** Hepatitis, Eye Inflammation, High fever, Vomiting With Blood, *stops bleeding, Hemostatic*



Gardenia is antibacterial and protects the liver but it's not as broad spectrum an antibacterial as some of the others in this category. It makes up for that by being antifungal and lowering fever and blood pressure. It can help in addressing mold issues where the sensitivity to it impedes the healing process. It also stops bleeding and protects the liver. Which is why it was traditionally used to treat vomiting with blood.

Sophora Flavescens – Ku Shen

Antibacterial, *Antifungal*, *Antipruritic*, **Parasiticide**, *Diuretic*, **Anti Arrhythmic, Antiasthmatic, Antineoplastic, Increases White Blood Cells, Lowers Blood Pressure by dilating Blood Vessels**. **Lowers cholesterol,**
Jaundice, *Dysentery*, *Vaginitis*, *U.T.I.*, *Eczema*, *Ringworm*



A very diverse bug killer, Sophora Flav. is antibacterial, and antifungal. It also inhibits abnormal cell growth and increases white blood cell production. That makes it well indicated for most urogenital complaints including HPV even though it's not antiviral. You can use other antivirals with it to cover that because this herb travels well in those circles. It also lowers blood pressure through diuresis and by dilating blood vessels. And it lowers cholesterol. It is similar to Smilax in that it deals with Genitourinary issues, but it also addresses irregular heart beats and asthma. It's not very tasty, not as bad as Coptis but it's in the neighborhood. To prove it's diversity it is also antiparasitic and helps with itchy skin in eczema.

Diuretics

This little category is just for urinary tract infections or edema.

1. Alisma –Ze Xie
2. Dianthus – Qu Mai
3. Plantago Seed - Che Qian Zi
4. Polyporus – Zhu Ling

Alisma – Ze Xie

Antihypertensive, Diuretic, Edema, Antibacterial, **Anti Hyperlipidemic,** Fatty Liver *Lowers Blood Sugar* & **Cholesterol & Triglycerides**



Alisma to me is a diuretic first, so it's indicated for high blood pressure and water retention, but it's not what I think of first for a urinary tract infection even though it's antibacterial. I would include it, but not my first choice. For a UTI, I break out the killers quickly and use Alisma to round out the formula.

Alisma helps the liver and the digestive tract by lowering cholesterol, triglycerides and blood sugar. That's why it's more than just a bladder infection herb. Since a fair portion of high blood pressure can be the result of years of too much animal fat and empty calories, Alisma's relationship with the liver helps to alleviate hypertension in ways that deal with the cause of it. That's why it treats fatty liver. I would use it for mild urinary tract complaints especially if they worsened with dietary indiscretions of the fat and sugar variety.

Dianthus – Qu Mai

Diuretic, *Antibacterial*, *Antiparasitic*, *Kills Blood Flukes*
Urinary Tract Infections, *Lowers Blood Pressure*, *Increases Intestinal Peristalsis*, **Uterine & G.I. Stimulant**
Constipation, Hematuria
CONTRA – PREG



Dianthus is an antibacterial diuretic that I use for bladder infections. This is my first choice in a UTI. I'll use others as well but this is top of the list. Because it's a diuretic, it also lowers blood pressure. It's a uterine and gastrointestinal stimulant. The stimulation of the gastrointestinal tract would be helpful in sluggish stool. The uterine stimulation effect is probably why it's contraindicated in pregnancy. Energetically it makes sense because the herb is designed to purge an infection from the area. And it's antiparasitic and kills blood flukes.

Plantago Seed - Che Qian Zi

Diuretic, Lowers Blood Pressure, **No Diuretic effect found in studies with healthy patients,**
Edema, U.T.I., **Infantile diarrhea**, *Indigestion, Diarrhea, lung Heat, Cough W/Profuse phlegm, Lung Heat,*

Malposition of the fetus, clears the eyes, clears Heat
CONTRA - *PREG*



Plantago seed is another diuretic that I use for urinary tract infections that does not have a diuretic effect in healthy people. Which can mean it kicks in when needed like licorice, rather than always being on. Clinically that could mean it's use in a formula for a patient with chronic cystitis that gets a bladder infection after sex can be helped when the need arises. As opposed to dealing with diuresis 24 seven.

Although it was traditionally used to treat diarrhea in infants, that would not be my first choice for that condition. It also suppresses cough and helps you bring up phlegm. Here again is a secondary characteristic where diuresis would dry up the phlegm making it harder to bring up. On the other side of the coin, less fluid, less phlegm, less cough. Balance.

It is contraindicated in pregnancy.

Polyporus – Zhu Ling

Increases H2O, Sodium, Chloride, and Potassium excretion, Diuretic, *Antibacterial*, **Antineoplastic**, **Increases T-Cell counts and activity,** Antitumor, **Hepatoprotective,** Lowers Blood Sugar, Inhibits reabsorption of Water, *Promotes Urination*



I mostly use polyporus as a diuretic for urinary tract infections because it is antibacterial to deal with the bugs causing the symptoms. But it also boosts the immune system by increasing your T-cell counts. And, it protects the liver and is antineoplastic or antitumor. A patient with chronic prostatitis or HPV could get some long range benefit from taking something that inhibits the spread of neoplasms. Polyporus is also known as Grifola and is not contraindicated in pregnancy because it doesn't stimulate the uterus like Dianthus.

Special Forces

This category is full of nasty bug killers that can easily fit into several categories because of their prowess and lethality. Coptis belongs in this category but it's already in the urogenital one so as to not be redundant I didn't include it here as well.

1. Paeony Red – Chi Shao Yao
2. Isatis Root - Ban Lang Gen
3. Forsythia – Lian Qiao
4. Bupleurum – Chai Hu
5. Coix – Yi Yi Ren

Paeony Red – Chi Shao Yao

Antibacterial, *Anti Inflammatory*, *Antispasmodic*, *Anticonvulsant*, *Anti Ulcer*, *Antipyretic*, *Antiviral, Antifungal, Antihypertensive*, Febrifuge, Analgesic, Diuretic, **Anticlotting (Inhibits Platelet Aggregation), Lowers Blood Pressure without changing Heart rate**

Amenorrhea, *Dysmenorrhea*, rash, red swelling, *pain from external or internal trauma*





I use either White or Red Paeony interchangeably because they're different parts of the same plant and their indications are more often identical than not. And there's a lot of them. Antiviral, antibacterial, antifungal cover the bug killing part. The feel good attributes are anti inflammatory, analgesic, anticoagulant, antispasmodic, antiulcer. And lastly they are diuretic, to lower blood pressure and are anti seizure because they are sedative. They will also lower a fever. These are a lot of good reasons to add these herbs to most formulas.

Isatis Root - Ban Lang Gen

Antibacterial, **Antiviral**, *Encephalitis,* **Inhibits Clotting** *Jaundice,* Flu, Fever, Swollen lymph nodes, Meningitis

Isatis Root - Ban Lang Gen 板兰根



I use isatis root for the same reasons as the leaf, primarily antiviral and antibacterial applications. The exception is dictated by the location of the infection. I use the root for infections lower in the body. And the leaves or lighter herbs for infections in the upper. You can combine them with that in mind as well if you have problems to address in a couple of different areas of the body simultaneously. Or, if you want to vary that ratio to target the different areas more effectively, you can use more of either one. It inhibits clotting which makes sense coupled with its antiviral abilities, that it was traditionally used to treat encephalitis and meningitis because it's an anticoagulant antiviral.

Forsythia – Lian Qiao

Broad Spectrum Antibacterial, *Antibacterial*, Antipyretic, Anti Inflammatory, *Antiemetic,* **Protects Liver**
Colds, Flu, Urinary Tract Infections, *Fever, NODULES*



This is one of those herbs that works so well for so many kinds of bacterial infections that the reasons to include it in the formula are usually more numerous than those to leave it out. When they test an herb to see if it is antibacterial they test it against different kinds of bacteria. The more different kinds of bacteria it provides immunity from, the sooner it earns the title broad spectrum antibacterial. That's what makes it a heavy hitter in the bug killing department. I use forsythia for infections anywhere in the body as I would with all of the herbs in the special forces category. It's not antiviral but is still used to treat colds and flu because it lowers fever and inflammation. Also, many times bacterial and viral infections travel together. This usually happens when a patient who initially improved on antibiotics is still sick, because the viral infection remains. Forsythia also helps to protect the liver.

Bupleurum – Chai Hu

Antibacterial, Antiviral, *Antipyretic*, Anti Malarial, Anti Inflammatory, Analgesic & *Sedative*, **Boosts Immune System, Liver Protectant, Lowers Cholesterol, Increases Bile Production & Secretion,** Intermittent Fever



Primarily I think of this herb when I hear a patient reporting chills and fever with an infection. Most infections are bacterial or viral and Bupleurum covers both making it a very effective killer. Secondarily it's very liver friendly. It lowers cholesterol by increasing bile production and boosts the immune system while protecting the liver. Bupleurum also has some pain relieving and sedative qualities that make sense in fighting infections. Because you usually hurt when that's going on, especially if you have the flu. The body needs more rest when it's sick and out of sense of duty most of us don't stay in bed and heal. To drive the point home I routinely ask what a dog does when it's sick. Nothing. Most of us don't do that. We take something to suppress the symptoms and carry on like we're not sick. That's one way that infections can become chronic conditions. Especially if an infection is misdiagnosed as an allergy or you get an infection while you're on an immunosuppressive allergy drug.

Coix – Yi Yi Ren

Antiviral, **Antineoplastic,** Antitumor, *Anticancer,*
Analgesic, Anti Inflammatory, Antiarthritic, Sedative,
Mildly Sedative, Antipyretic, Diuretic,
Anti Diarrheal Edema
CONTRA -PREG



I think of Coix as an antiviral herb first and an anticancer herb second. I think the two indications are tied together like the human papillomavirus and cervical cancer, where one begets the other. If you use appropriate antivirals to inhibit the growth of the wart it doesn't have a chance to morph into cancer. Colds and flu are great reasons to include this herb in the mix. Because those conditions can be helped by lowering fever and inflammation and sedating pain. It's also antineoplastic, which means it inhibits the spread of abnormal cells or neoplasms. That should help any cancer patients, and that includes most of us, since that's the second leading cause of death. It is also contraindicated in pregnancy.

Sedatives

Although not nearly as strong as pharmaceuticals they can and do help sedate patients that want to use something gentler. I don't prescribe sedatives often but they can definitely help address insomnia or stressful situations in the appropriate dose for the right patient. The need can range from an emergency room physician needing to take the edge off and not be overwhelmed. Or, going home for the holidays with lots of family issues or getting married. I've seen it help address those circumstances very efficiently.

1. Albizzia – He Huan Pi
2. Biota seed – Bai Zi Ren
3. Zizyphus Seed – Suan Zao Ren
4. Polygala – Yuan Zhi

Albizzia Cortex – He Huan Pi

Hypnotic, Sedative and Analgesic, Diuretic, Uterine Stimulant
Abscesses, Carbuncles and Furuncles



I use Albizzia primarily for insomnia, because it is a sedative or hypnotic. But because of its analgesic property it could help alleviate insomnia where pain is a derivative or contributing factor. I also use it to help calm down patients that feel they are inappropriately overreacting or feel overwhelmed by emotional or social situations or both. To achieve the desired effect, the ratio of this herb in the formula is of the same critical importance as the dosage of the overall prescription. And that can vary dramatically depending on where the patient is in their healing process. Too little is better than too much. Start with a little then increase till a therapeutic effect is obtained.

Biota seed – Bai Zi Ren

Sedative, Emollient
Insomnia, *Palpitations*, *Anxiety, Geriatric Constipation*, *Night Sweats*



This is a shen disturbance herb, or sedative, that can help take the edge off patients that feel they are too excitable. Because they know they are going to have a hard time dealing with something and need a little help calming down. Sedatives in this category are mild and therefore more effective in a conservative patient as opposed to one that overdoes it. For example, someone abusing Xanax and alcohol is less likely to appreciate the subtle effects rather than someone that's been clean and sober for decades. And because it's a seed the oils in it can help in constipation.

Zizyphus Seed – Suan Zao Ren

Hypnotic, <u>Sedative</u>, <u>Analgesic</u> *tolerance develops but after a week's interruption it is again effective,* **Anti**

Arrhythmic, Antipyretic, *Lowers Body Temperature and Blood Pressure and has an inhibitory effect on the Heart,*
Uterine Stimulant
Palpitations, Insomnia, Anxiety, Night Sweats, and spontaneous sweating.



This sedative hypnotic has all the calming properties of the others in this category. What sets it apart are the secondary characteristics. It lowers fever, blood pressure and addresses irregular heart beats. It sedates pain and is a uterine stimulant. Pain, fever, high blood pressure and irregular heart beats are some pretty good reasons to have a hard time calming down and falling asleep.

Polygala – Yuan Zhi

Sedative, Hypnotic, Hemolytic, Expectorant, Antibacterial, Lowers B.P., **Diuretic, *Uterine Stimulant***
Insomnia, Palpitations, Bronchitis, Ulcer, Boils,
Mental Disorientation or Seizures



Like Zizyphus, Polygala is a sedative, hypnotic, diuretic and a uterine stimulant. Patients with insomnia and those having a hard time coping with stressful situations are instances where I would consider the addition of this herb to their formula. But I would do that after we have a long talk about any stimulants they may be introducing to the clinical picture. It's also antibacterial which is why it is used to treat bronchitis.

DIAGNOSIS

Asking the Right Questions

The most important part of identifying a problem is being able to accurately hypothesize it's probable cause. Since the patient has the most

intimate relationship with their problems, I routinely ask them to pretend I have a magic wand and I can make anything go away and I can make anything better, but not unless they tell me. I tell them to give me these complaints in the order of how much they bother them. Because I respect their first hand understanding of what their problems are and I believe you get the best info from the horse's mouth. And that's when the tricky business starts. Symptomatic complaints take priority over previous diagnoses because the diagnosis could be wrong. If the previous diagnosis is incorrect that could result in medications that mask the symptoms but miss dealing with the cause of the problem. That's why when a patient comes in and gives me a lot of previous diagnoses I generally ask them questions that verify the validity of that diagnosis to make sure that the diagnosis is correct. It's much less likely that the patient is going to be wrong about their perception of their symptoms. Expressing that in an understandable way can sometimes be problematic. That can happen if there’s a language barrier where their symptoms get lost in the translation. Those symptoms are key to diagnosing the probable cause of those complaints. They usually come with a friend or family member that is the interpreter. The questions you ask can narrow the possibilities of misinterpretation in those cases. The most important diagnostic tool is communication with the patient. Here are the generic intake questions.

Head Complaints

For the purposes of this discussion let's just make up a patient zero that has no complaints. I usually start from the top and work my way down. question number 1 would be, “Do you get headaches?” Which is kind of a trick question because everybody's had a headache in their lifetime. How often that happens and how severe the headache is, sometimes has to be coaxed out of the patient. For example, if they say they do get headaches I asked them how often. If they're struggling to remember how often that happens, I ask. Once a day? Once a week? Or once a year? That differentiation of frequency puts the patients into a couple of different

categories. If they rarely get headaches, they're less likely to self medicate for them. The patients that get headaches all the time know how often they come and know what the triggers are. Any medications they may take for their headaches are more of a concern. As opposed to someone that gets a headache once or twice every blue moon. And there are shades of grey in between both kinds of headache. But the herbs to address the cause of the headache should be accompanied with herbs to deal with the negative side effects of the meds they're on. Like adding anti ulcer herbs to the formula to help heal the tissue damage caused by the overuse of nonsteroidal anti-inflammatory drugs.

The location is also very important, occipital headaches are usually musculoskeletal in origin. Frontal headaches are usually due to sinus problems. The ones in the middle are usually overlapping from the front towards the back or the back towards the front. Differentiating the type of headache for my purposes has very little to do with whether or not it's a cluster headache, a migraine, or an ocular migraine. An important differentiation for me is to know if the headache is excess or deficient. An excess headache is one that feels worse if you push on it. A deficiency headache feels better when you push on it. An excess headache would usually be one that results from an infection. And a deficiency headache is caused by blood deficiency. A condition in Chinese medicine similar to anemia. I use different herbs to treat an excess headache as opposed to a deficient one. A deficient headache is more likely to occur in an anemic patient somewhere around menstruation as opposed to an excess headache that would accompany fever in colds or flu. In one case the herbs would fight the infection causing the pounding head, in the other case blood tonic herbs would make the anemic patient's bone marrow pump out more red blood cells white blood cells and T-cells to help alleviate the blood deficiency headache. To eventually alleviate the condition, you have to build blood in the patient long enough so they no longer get the deficiency headaches. If tissue damage in the intestines is the cause of the deficiency, that has to be addressed. Then they eventually don't need herbs anymore.

After headaches my next question is "do you blow your nose?" Mucus production in the sinuses is a very important diagnostic criteria. How often this happens and to what degree is different for most people. Some people never blow their nose because they don't need to. And some people blow their nose every morning in the shower and they think that's normal. That's because for them it is. And that's the example I use to tell my patients about how something that is normal to them may not be optimal. Especially if they're diagnosing and treating themselves for an allergy when they actually have an infection, or vice versa. Fortunately the herbs are very similar for

both conditions. Sinus herbs deal with allergies, infections, or inflammation in the head. That's because sinus herbs can be antibacterial, antiviral, antifungal or anti inflammatory. And some sinus herbs lower fever and suppress coughs as well. That's what makes sinus herbs so effective in treating so many problems in the head.

Another thing I find clinically significant is whether or not their sinuses are more runny or congested. Runny usually indicates early onset of an infection. Sneezing usually accompanies a runny nose more than a congested one. Sinus herbs deal with either runny or congested conditions, it's the secondary herbs that I would add that would deal with sneezing indirectly. The first herb that I think of for that, along with sinus herbs, would be cinnamon twig. It's warming so in cold and flu conditions where they have predominantly chills, I think of cinnamon twig.

And, how long has this been going on? Chronic infections usually take longer to deal with. If you have a chronic low-level infection in your sinuses it usually doesn't stay confined to the sinuses. With plenty of post nasal drip any infection in the sinuses is perfectly free to attack the lungs or the thyroid. If someone has a post nasal drip that they swallow during the day when they are conscious, they are less likely to swallow as often when they are unconscious or sleeping. Especially if they're breathing through their mouth because their sinuses are congested, that mucus can drip directly into the lungs causing AM phlegm or asthma. It can also sometimes be complicit in chronic UTIs or prostatitis problems. If you have an infection that you are post nasally sending to the bladder 24/7, eventually it can conquer new territory. This can cause slight bladder infection symptoms without having a full-blown bladder infection or slight prostatitis symptoms without having a shutdown of your urethra. For example, nocturnal urination is one of those complaints that starts out with once a night and then gradually progresses if it's not dealt with. I've had patients tell me they wake up 4 times a night to pee. When they start gradually decreasing that frequency until they actually sleep through the night, that's a homerun. That has to slow prostatitis from becoming prostate cancer. Those are some examples of how a simple sinus problem can sometimes be the hidden culprit for more than one complaint. I've seen chronic cystitis and chronic prostatitis conditions finally become not so chronic because the sinus infection that was kicking everything off was finally addressed.

Respiratory

Next are the lungs, or the respiratory system. I was taught that the progression of infections usually goes this way. The first stage is the sinuses, usually presenting with signs of an infection or an allergy. If it progresses to stage 2 it goes into the lungs. If it progresses to stage 3 it makes it to the gut. In order to determine the extent of their respiratory symptoms I simply ask “do you cough?” Then I go through the same questions about how often, and is it a wet or dry cough? There are different herbs for a wet cough than for a dry one. Do you smoke? Did you use to smoke? Also very important because if someone used to smoke or currently smokes I like to give them lung herbs that are antineoplastic just to help them hedge their bets against the big C. All of the antineoplastic lung herbs are also antiviral or antibacterial or both. Dietarily the biggest sticking point for sinus and respiratory complaints is the consumption of dairy products. If I don't get the patient to connect the dots and see cause and effect with phlegm production and dairy products I haven't finished doing my job and I need to explain it in a way that the patient can understand. Especially in cases of asthma, COPD or emphysema. As long as they have lung symptoms they should have lung herbs in their formula. The severity of the problem dictates the size of the ratio of lung herbs to the rest of the formula. One of the more important secondary characteristics of lung herbs is that some of them can loosen the stool.

Gastrointestinal

The gastrointestinal tract is next, and that's a lot of real estate. The average intestinal tract is about 20 feet long and it contains a kilo and a half of friendly bacteria. That's your immune system. You have to feed it well so that it helps you remain healthy. You also have to process that food effectively in order for you to metabolize that nutrition. Problems in either one of those circumstances can have a profound impact on the health of the patient. That appreciation can only be fully realized by the patient when those conditions are gone. Then they do the victory dance.

In my experience, simply asking whether or not the patient has a

normal stool is not as efficient as defining a normal stool for the patient and then asking them if that's the kind of stool they have. The consistency of the stool can give you clues about the processing in the intestine. For example, some people are used to not having a bowel movement for 24 to 48 hours. That is normal for them. If you ask them if they have a normal stool, a large percentage of them will say yes. After explaining to them that a day without a good bowel movement is like a day without sunshine, a discussion on the probable causes of constipation then ensues. Dietary considerations like the ratios of complex carbohydrates and proteins with vegetables can sometimes be the only adjustment necessary to reverse years of constipation. Patients with viral infections like HPV, CMV, EBV and mono promote viral replication with a high acid diet. By explaining to them the components of a high acid diet, the confusion about what an alkaline diet is can make all the difference in their health. Sometimes those are the patients on proton pump inhibitors, and when I ask them about their diet, it's mostly starch and protein. If your diet is making you produce too much HCL. And you treat it by taking a drug that stops you from making as much, without changing your diet. You compromise your digestion. Likewise with most of my constipation patients. Vegetables are alkaline and they are a plentiful source of vitamins and fiber and water. The problem is most of us don't eat a large enough ratio of vegetables to starch and protein. The depth of this discussion varies depending upon the needs of the patient. Some rarely eat vegetables. Sometimes I tell those patients about pellagra and they get blown away and understand the connection between nutrition and health. Whatever it takes. Sometimes getting a patient with chronic constipation to understand the connection between their diet and their problem can cure it. The tough part is that I can't tell my patients to eat vegetables for breakfast and not do it myself.

Dairy products are another mitigating factor in constipation and diarrhea. If you're not lactose intolerant, dairy products usually tighten the stool. But the more lactose intolerant we become as we age, the more likely we are to have gastrointestinal distress trying to digest dairy products. That’s because of our deficiency of lactase production, which is the digestive enzyme that helps you digest lactose, the sugar in milk. It's the body's way of saying you shouldn't put that inside of it anymore. It's literally rejecting the processing of it.

Aside from dietary considerations the effects of medications have to be ruled in or out. Painkillers normally tighten the stool, antibiotics usually loosen it if they have any effect at all. Nonsteroidal anti-inflammatory drugs like acetaminophen, ibuprofen and naproxen are all notoriously tough on the gut. Consequently the amount of tissue damage caused by those anti-inflammatories can be addressed by using herbs that treat ulcers. I

can roughly determine the amount of tissue damage by an assessment of the amount and location of abdominal pain that the patient has. Some people are more annoyed with gas and bloating than others. Those are the patients with so much tissue damage in their intestines that the gas and bloating causes discomfort or pain. They usually are not aware that you can have gas and bloating and no pain. I explain to them that they hurt because they have done so much tissue damage that they've gotten down to the nerves, which are generally recessed to avoid getting burnt by the hydrochloric acid of the stomach. Cause and effect becomes a little more clear to them. Tissue damage from acid reflux usually occurs in the middle of the trunk anywhere from just below the sternum and usually not as far down as the navel. Usually about half way there. Gluten intolerant patients with severe tissue damage usually report pain on the left side right where the transverse colon makes the last right turn to become the descending colon. It seems to cause tissue damage by impacting that wall, which would make sense more in a person with chronic constipation rather than in people with a loose stool. I've seen both constipation and diarrhea either alternating or one after the other. But they almost always have pain. That's a big red flag when they have abdominal pain. It's probably genetic because another big red flag, when a patient tells me they have abdominal pain and alternating constipation and diarrhea, is whether or not their mother or father has similar problems or their siblings. That's what made me think it must be genetic. Because of how often the condition "ran in the family".

Genitourinary

In my experience the patient will usually tell you if they have any urinary problems or symptoms that are notable. Urinary frequency, urgency and flow are all notable. Depending on the age of the patient I will ask whether or not they wake up to pee, or how many times they have to get up every night. Prostatitis symptoms like weak stream urination and stop-and-start urination may occur because the prostate encircles the urethra and if it swells it clamps down on the hose. The stop & start urination or weak stream can be the result. As opposed to bladder infection

symptoms like burning and frequent urination or blood in the urine. Differentiating these two circumstances changes the herbs you use to treat the conditions. And both conditions can occur simultaneously to varying degrees. If you can use herbs to take a patient that is used to getting up 4 to 5 times a night to pee and drop that down to one or none I suspect you will improve their quality of life no matter who they are.

Joint and Muscle Pain Autoimmune Diseases

After gastrointestinal and genitourinary I move on to muscle pain or joint pain. Arthritis or Fibromyalgia, doesn't matter what you call it as long as the symptoms are the same as the ones that come out of the patient's mouth. If a patient tells me they have joint pain I believe them, I don't need a confirmation document that says they have arthritis. “Itis” means inflammation “Arth” means joints, if you have inflammation of the joints you usually have pain. That's why we conventionally use anti-inflammatories for arthritis, or any other kind of pain. Arthritis is an autoimmune disease, that means the immune system is actually attacking the joints. I've had too many patients tell me that all their arthritis went away only to return the next day after having one piece of pizza or one piece of cheesecake. If you hear that often enough you would eventually connect the dots and see some sort of cause and effect going on. The connection between arthritis and dairy products was taught to me by my patients. It makes sense when you take into consideration that calcium deposits on the outsides of the bones are what a radiologist sees to diagnose arthritis in an x-ray. Where could that calcium possibly come from? A diet high in dairy products. A cow’s stomach is roughly 10 times the size of our stomach and that cow doesn't eat cheese, which is much harder to digest than milk. But that's not the only piece of the puzzle, the same radiologist can look at two identical x-rays with the same amount of calcium deposits on both. One patient can be in terrible pain while the other has none at all. It's because of inflammation; that's the, “Itis” in the, “arth”. In my experience what usually sets off that autoimmune inflammatory process is a chronic infection somewhere in the body that has been allowed to stay due to a discrepancy in the immune system's ability to eliminate that infection. The formula to treat both of those circumstances should have appropriate ratios of, for lack of a better phrase Bug Killers. Meaning herbs that are very antiviral or antibacterial or antifungal to deal with the bugs that have been allowed to

reside. The other portion of the formula should address the discrepancy in the patient's immune system which would be their GI tract. It's the organ system responsible for providing nutrition to the body to fight the chronic infection and is obviously not doing an adequate job. Patients that have been on antibiotics for years for acne should have a gastrointestinal biome that is quite different from someone who only had antibiotics once every couple of years or so. Stomach herbs or gut herbs are not traditionally thought of as immune boosters. I think of immune boosters as the ones that fix the dysbiosis in the intestines. The stomach herbs. The severity of the infection responsible for the autoimmune reaction can vary greatly. This infectious process can definitely be Shades of Grey. It doesn't have to be a massive infection. It could be a low-level chronic one that's been around for a long time. Low-grade infections can mimic, or exacerbate the symptoms of allergies. That possible misdiagnosis could lead to treatments that are ineffective or perpetuate symptoms you may be trying to eliminate. Any medication, that the patient self-prescribes for allergies, that comes with a warning not to take it if you have an infection, has the potential to negatively impact the immune system because of the misdiagnosis. Asthma is an allergic reaction. If it's treated with a steroid inhaler that says not to take it if you have an infection, what happens if you get an infection? Or, what if the patient misdiagnosis their pneumonia for asthma and uses the wrong medication? It can block the natural feedback mechanism of the human body to know that there is a problem. That's how a pathogen can fly under the radar. We sometimes take medications based on a misdiagnosis. And if that medication manipulates our immune system for a long enough period of time, it can sometimes be the tipping point that starts off the autoimmune disease or syndrome of your choice. The inflammatory process can be a life-or-death situation for the immune system, that's why it's such an important part of the immune system's response. Chemically manipulating this response may be the best thing you can do in certain situations, but if it's based on a misdiagnosis, you can depress the immune system's ability to fight an infection.

Viruses

Next I ask if there are any viral infections we need to deal with. If I get a confused look on the face of the patient, I tell them “cold sores, herpes, mono, HPV, Epstein-Barr virus”. And they immediately understand and tell me yes or no. One of the more amazing things about Chinese herbs as

opposed to Western medicine, Is that there are a fair number of antiviral herbs in the pharmacy. And they've been used for thousands of years. In order to stand the test of that much time they have to be effective or they wouldn't be used. My teacher used to say that in the old days the biggest attack on the effectiveness of Chinese medicine was that there was no scientific evidence to prove that it had any effectiveness pharmacologically. He said that wasn't true, that there was lots of it. It was just written in Chinese. He was in the process of translating that pharmacological research and could get an idea of what was killing the viral infections centuries ago in the ancient formulas. When treating viral infections I like to change the antiviral herbs about once a month to guard against resistance. That's the advantage of having several antiviral herbs to choose from, you can rotate them.

Insomnia

If I didn't ask them how they slept when I was asking them about symptoms in their head, I would ask them if they slept okay right about now. Insomnia is a very broad topic because of the mental component. It can be similar to high blood pressure in so far as the patient can be creating it by not being able to be at peace or whatever they feel that justifies their negative emotions. It's likely to occur more often in insomnia than in high blood pressure, but I've seen it in both circumstances. The level of self-awareness of course varies greatly from patient to patient. The first level is recognizing that there is a problem, for example if I ask a patient if they have insomnia they may say no. Then I ask if they have any problems falling asleep or staying asleep and sometimes they say that it takes a half hour for them to fall asleep, or they wake up once or twice a night but go right back to sleep. Because that's normal for them they think they have no problem. If you explain to them that their sleep pattern is consistent with the definition of insomnia they may at least recognize that there is a problem.

Level two is figuring out what's causing the problem. Is it negative programming that the patient hasn't figured out how to let go of? Are stimulants involved? Is it hormonal? Three different causes, 3 different remedies. Most sleep medications are worthless according to the patients I talk to. By the time I see them they've been on those medications long enough to know that they are not helping them really sleep. That's why figuring out the cause of the problem is so important. Gastrointestinal patients are notorious for having emotional issues leading to insomnia. 90% of the serotonin used and manufactured in the body happens from the neck

down, most of it in the gut. Thus the term “my gut feeling.” It's important to weigh in the physiological component of a trashed gut in an insomnia patient when you decide the ratios of sedatives to gastrointestinal herbs in the formula. And that should change during the healing process. That change would be reflected in the varying ratios of the herbs in the formula designed to deal with the problem. For example, as they improve and start to make enough melatonin to sleep normally, the ratio of sedatives should lessen.

I ask if they have any skin rashes. The answer could range from eczema, or allergic dermatitis to psoriasis. In my experience most skin rashes are the result of toxins from the gut coming out of the largest eliminating organ on the body. Antibiotics disrupting the normal ratio of friendly bacteria in the intestinal tract are to me the major culprit in most skin rash problems. And that includes psoriasis which is an autoimmune disease, because your immune system is your gut.

Those questions cover most of what comes in the door and of course there are exceptions to every rule, but most patients are aware of those exceptions and those are the first complaints out of their mouths usually.

Mental and Emotional Complaints

Mental and emotional complaints may have a physiological origin or the result of negative, abusive or traumatic programming. It can also be varying amounts of both of these. Differentiating how much of each circumstance is contributing to the mental and emotional complaints makes the treatment of those conditions much more likely to be successful. For example some menstruating women have a tendency to mood swings based on hormonal fluctuations that come monthly. These mood swings can be inconsequential or very dramatic depending on the efficiency of the patient's body to make the appropriate amounts of estrogen and progesterone. The usual pharmaceutical fix is birth control pills, because they flood your body with enough estrogen to make it think it's pregnant. This acts as a mood stabilizer for menstrual mood swings that are based on an estrogen deficiency. But it doesn't address the cause of the problem which, in my experience, is usually a digestive problem.

Hormones are made from the product of fat metabolism. If you don't metabolize fats appropriately, you're not synthesizing the basic ingredients that allow you to make the optimal amounts of estrogen and progesterone. And you have to eat fat as well. I had a patient call and tell me that she was going through perimenopausal symptoms of hot flashes and night

sweats because she was eating 0 fat to lose weight for a high school reunion. One of the main contributing factors to gastrointestinal dysbiosis that results in poor metabolism, is a fungal overgrowth or candida imbalance that results from the ingestion of oral antibiotics. There's a kilo and a half of friendly bacteria in the average gut. When you put a broad-spectrum chemical antibiotic into that microbial soup it can sometimes change the balance in a negative way. Righting that wrong with the appropriate gastrointestinal herbs over a long period of time can change the metabolism of the patient so they can make the right amount of estrogen and progesterone and have a normal period for the first time in their lives. The look on the patient's face is a wonderful sight to behold. Especially if they've been suffering monthly since they started menstruating. Or, if they want to get off birth control pills to conceive a child and they're afraid because their periods used to be hell. When they have an uneventful period and see the correlation between a normal menstrual flow and conception they understand and have hope. And they go into the process with much less emotional trepidation. Hormonally fueled mood swings can be dramatic enough for the patient to be medicated with antidepressants or tranquilizers, or both. If that's the case, balancing the hormones in the patient could make them not need the medications.

Two other possible contributing factors to gastrointestinal complaints causing emotional problems are parasites from pets or raw fish. They're lower on the list of probability, but not to be ignored or taken lightly. I once asked a patient of mine if she ate sushi. She looked at me angrily and proceeded to tell me that she was a marine biologist and that she used to dissect those animals and there was no way in hell she would ever put any of them into her body raw. I tell that story to all my Sushi loving patients, and then explain that Sushi is a high acid meal because it's mostly starch and protein. Similarly, if I have a dog owner that allows the dog to lick the face of the owner or family members, I ask them if they lick the dog's ass. Of course they say they don't, and I tell them that the dog does, so if the dog licks its ass and then your face….well. Then their expression changes and they get it. And, if you have a cat in the house that walks on surfaces where food is prepared or consumed you may be ingesting cat box particulate matter. That could give you toxoplasmosis. Toxoplasmosis is an infection from a parasite that can change your personality to make you engage in more risky behavior. It does that to the mouse. It makes the mouse not fear the cat. So the cat will eat the mouse and continue the life cycle of the toxo bug. If a kid that suddenly starts acting out, which is risky behavior because you get in trouble as a child when you do that. If that kid is misdiagnosed as being hyperactive and put on medication for the wrong diagnosis they might be put on speed when he actually needs the toxo bug

to be eradicated. That’s how a bug can change you mentally and emotionally. I wouldn't want my pilot to have toxoplasmosis.

If the mental and emotional complaints are based on physical abuse or emotional trauma the resolution is more in the patient's hands. Therapy and counseling can help a great deal or not at all depending on the therapist or counselor. The best that I can offer is guidance to appropriate therapies or therapists. And this is true of medications as well. The side effects of medications may not be apparent for years, because they might not develop for years. Selective serotonin reuptake Inhibitors can sometimes make you feel much better at first and then after a few years, or decades, make you angry and suicidal. They have a tendency to take the top and the bottom out of the emotional spectrum. Which makes some patients report that they can't laugh or cry anymore and that neuter feeling makes them feel like their life has no passion. Explaining to them that that is a side effect of the medication, very often comes as a surprise to them. At an appropriate time in their healing process, they may be able to very gradually titrate down the dosage of the drug they're taking. That appropriate time usually happens when their mental state has improved to the point where they forget to take their medications. Which is different from the norm, where they start feeling negative symptoms because they forgot to take their medication. When they get to that point they're less likely to have negative symptoms if they cut down the dosage of their prescription by a very small amount. Patients ask me all the time about their medications and if they should stop them or increase them and I tell them all the same thing. “It's against the law for me to tell you to take or not to take any prescription drug.” Then tell them to talk to their pharmacist and their doctor about how to lower their dosage. This usually happens when they feel they no longer need as much of it as they are taking. They can come to this understanding easier if they know the side effects of their drugs. I explain these side effects to all my patients so that when they don't need as much of their meds anymore, they can see what side effects were caused by them.

Possible Complicating Factors

Diet

The diet of the patient can be a make-or-break situation in that patient's health. For example, an arthritis or an asthma patient that won't stop eating dairy. I have heard for decades from my patients about how all of their asthma or arthritis symptoms disappeared only to return the day after having one piece of pizza or one piece of cheesecake. The same is true for any sinus issues, or headaches. Similar to the use of stimulants and insomnia or anxiety, the cause and effect is hard to deny if the patient sees it themselves. Some will say they can have an espresso and go right to sleep but the quality of their rest may be compromised, or not, the only way to know is to eliminate it and see if there's an appreciable change. Sometimes that's a hard sell, depending on how much they love their speed. But if they don't eliminate it, you can't tell if it's a problem, and more importantly, they can’t tell if it's a problem.

A high ratio of complex carbohydrates and protein in the diet of a patient that wants to lose weight, is a great reason to have a long discussion about an alkaline diet and weight loss. Another good reason for an alkaline diet is that it inhibits viral replication. So any hepatitis C, chronic fatigue, HPV patients or even the ones that have a simple cold or flu, can all be helped by eating an alkaline diet. A high acid diet is one that has high ratios of starch and protein in it. An alkaline diet is mostly vegetables and a little bit of protein and a little bit of starch. The reason it's called a high acid diet is because protein and starch are the two most difficult substances to digest. Consequently you make a lot of hydrochloric acid to dissolve those substances. And when all that acid dumps from your stomach into your small intestine your brain says we have to neutralize all that hydrochloric acid that we made to dissolve those hard to dissolve substances, and the way the body does this is by taking calcium carbonate from the bones. That's how you can become osteoporotic even though you're eating lots of dairy products, it can happen if your diet is too highly acidic. Which is the normal American diet that most of us grew up eating. A possible quandary for the practitioner is telling your patients to exercise, eat an alkaline diet with no dairy and not be a hypocrite and do all the things you tell your patients not to do.

Medications

Prescription and over the counter medications can influence a patient's diagnosis and presenting symptoms to varying degrees depending on how many medications they're taking, how long they've been on them, and how old they are. If they're abusing pharmaceuticals or over-the-counter medications or a combination of the two, that can make it very difficult for some patients to understand how some of their medications can be causing the symptoms that they're complaining of. If you don't get them to connect the dots and understand the connection between the two circumstances it'll be harder for them to make that change. When that message becomes clear that's when the patient can take an active role in their own health so they can eventually see the cause and effect in a positive way.

Most people don't want to be on medications. The way to get them not to take them anymore is by getting rid of what's causing their need for those medications. The medications usually take away the symptoms completely but don't address the cause of the symptoms. Especially if that cause is a viral infection. Or, If they're using medications to treat an infection that they have misdiagnosed as an allergy. If they're using corticosteroids for an infection, that medication is not indicated for that. It says right on it, don't take this medication if you have an infection. What happens if you get an infection while you're taking the medication? If you take a medication that stops the inflammatory process, which is how the body talks to your immune system to know there's a problem, then how can it know? It's not inconceivable that an infectious circumstance may sneak in while you're taking that medication. If it flies under the radar long enough to promote symptoms of a low level chronic infection misdiagnosed as an allergy, shouldn't that set the stage for an autoimmune disease? It's like using nonsteroidal anti-inflammatory drugs for joint pain for years until you develop full blown arthritis and have to graduate to opiates. NSAIDS cause tissue damage in the intestines that you can address with antiulcer gut herbs.They're also tough enough on the liver for Tylenol to be the leading cause of acute liver failure in the US. And they give that drug to children. If you look it up, you may be as shocked as I was to learn that they don't know how those drugs work. They know that they suppress a portion of the immune system's inflammatory process. But the mechanism of action is unknown. It may effectively relieve pain by stopping the inflammatory process or a portion of it. But if the patient is self-prescribing and over-medicating or drinking too much alcohol, it can make their liver go belly-up.

The age of the patient in that case is critical to the possible outcome of their recovery. The older they are the harder it is for them to rebound. They also don't metabolize their meds as well as they did 30 years ago

and the dose is the same for everybody. That's where a higher ratio of tonics makes sense.

Trauma is another cause of pain that a patient might take a NSAID for, but the trauma doesn't heal as fast. Pain and inflammation go hand in hand. Yes, it can get out of hand and sometimes you have to take steroids to stop it from killing you. Finding the source of the inflammation and addressing that can help them not to need to take anti-inflammatories. And hopefully keep steroids out of their future. Turmeric is an anti-inflammatory that has been used for centuries. It's pretty non toxic. If you ate too much of it you might poop orange. But an equal amount of any NSAIDS would probably put you in an ER. Someone with seasonal allergies or someone with a nasty sinus infection respond equally well to sinus herbs.

Another example of the wrong med for the job would be if someone has high blood pressure and they're overweight and they want to take stimulants to lose weight. Because they're self-prescribing, they could be taking an over-the-counter weight-loss medication that has pseudoephedrine in it. Too much of that stimulant could make their blood pressure go through the roof. Depending on the age of this patient, that could be a bump in the road or a fatal accident. Someone in their thirties or forties would just stress their coronary system to varying degrees depending on their health. Somebody in their sixties and seventies with a heart problem, it just might take them right out. This is an example of a probable cause and effect red flag that I'd have to convey in a way that makes sense to the recipient. Do no harm has an interesting twist when the patient is doing the harm to themselves. Getting them to see that is the difference between having them on board or not.

To summarize, diet and medications can dramatically affect the outcome of the treatment in a positive or negative way. It's important to know the effects of the medications to be able to take this into consideration. This includes dietary supplements, herbs, over the counter medications, vitamins, as well as Pharmaceuticals. That's usually the last question I ask, "what medications do you take?" Then I expand that to supplements and vitamins.

Vitamins and Supplements

When a patient asks me what I think about vitamin supplements I tell them that I don't recommend them to anyone. Vitamins are substances that we as human beings do not make. Protein and starch or complex

carbohydrates have very little vitamin content, in comparison to vegetables. That's where the vitamins are in their natural state and in their natural concentrations. And they're fresh, they're not processed like vitamin supplements. Vitamins A, C, D and E are made by the plants to protect themselves from the errant properties of photosynthesis. It's a nuclear reaction that can cause free radical damage. The plant makes those vitamins to protect itself from that damage. We don't. The natural healthy way that we get vitamin supplementation is by eating cooked vegetables. Yes, that's right I said it. Cooked vegetables not raw ones. Cooked vegetables are healthier than raw vegetables because the cell wall of the vegetable is primarily made of cellulose which is basically wood. In order to get to the vitamins on the other side of that cell wall if you slightly cook them to soften that wall and not destroy the vitamins on the other side, you've cooked them properly. The other possible problem with eating raw vegetables is bacterial contamination. The last time you heard on the news that somebody died of food poisoning, was because they ate a salad. The other problem with raw vegetables like salads is there is very little nutritional density in a salad. Think about it. They give you a salad before they give you dinner. If it had any nutritional density it would be dinner. This concept makes a lot of sense eventually to the patients that want to lose weight. You don't get fat by eating too many vegetables. You get fat by eating too much starch or eating too much protein or too much of both. Mostly the culprit is complex carbohydrates, which I consider to be the gas pedal of the waistline.

Another problem with vitamin supplementation is the amounts of those vitamins. Depending on the amount, it's just as likely to cause a problem as it is to fix one. How can someone that manufactures a vitamin supplement have any idea of what vitamins you need, or in what quantity? Most of the studies done on vitamin supplementation have shown them to be a problem. Not many studies have been done because those are mostly done by drug companies to prove how well their drugs work. One of the ones I read was done on lung cancer patients. They gave them beta carotene to see if the vitamin A precursor lessened their chances of dying and they had to stop the study because the ones that took the beta carotene died sooner. Another study was a meta-analysis which means they looked at lots of studies and combined the information from them to draw a conclusion. The data said that if you take a calcium supplement you're more likely to die of a heart attack. Another study I read said that if you take vitamin C and an iron supplement together it causes tissue damage in the intestines. It all boils down to the fact that it's not natural, and there's no quick fix. Another insightful YouTube video about the connection between eating lots of nutritious food and reversing incurable

diseases is a TED Talk by Dr. Terry Wahls. She was a former Taekwondo champion, with a crappy American diet. She got MS and because she was a doctor she received the best medical care available and went straight downhill. She decided to try taking vitamins and felt better and then worse and then better and then worse. She had an aha moment when she realized she should eat the foods that the vitamins come from and reversed her MS just with her diet.

Random herbal supplementation can be almost as problematic as turning a sick person loose in a pharmacy and expecting them to select the appropriate medication. Some supplements have animal organs in them like the thymus gland from a cow or the liver or spleen and the patients are taking it and they have no idea because they never read the ingredients. Or, they read the ingredients and didn't know that bovine meant cow. I see people self-medicating and doing a terrible job all the time. They'll come in with shopping bags full of supplements that cost a fortune and are just as likely to cause a problem as fix one. When I explain to them the concepts I just presented they understand how what they're doing is probably misguided and usually they're relieved.

A Formula That Makes Sense

When you put together a formula it's better to have a balance between the Bug Killers for the infections, along with the gut herbs to address the intestines. Like antifungals to help rebalance intestinal flora that has been upset by too many rounds of antibiotics. Specialized gut herbs would be included to address gastrointestinal complaints like irritable bowel syndrome, Crohn's disease, diverticulitis, diverticulosis, spastic colon those sorts of conditions. Your intestines are your immune system, a problem there, has to manifest in other places as well. Depending on how trashed their gut is, gives you a gauge to measure how high a concentration of those herbs needs to be in the formula. That's why it's not uncommon to have half of my formulas deal with the person's gut. Those ratios are part of the balance.

The last portion of the formula would be the secondary complaints which very often give you a clue to the underlying cause of the problems. Like insomnia causing high blood pressure, or the other way around. Or, migraine headaches alleviated by blood tonics for menstrual irregularities. Those secondary complaints are usually addressed with a smaller ratio in the balance of the formula. My teacher once paid me a very high

compliment when he told me that my formulas made sense.

Creating a Balanced Formula

The majority of the formulas that I make have a similar structure. Sinus herbs, lung herbs, gut herbs. Sinus and lung herbs are usually included in the formula to deal with the symptoms that made the patient come in in the first place. Especially during cold and flu season. Which coincides with the holidays where everyone eats a lot more of the wrong things than they usually would. Chronologically that would be Halloween, Thanksgiving, Christmas and New Year's. Those trick or treaters can sometimes put down a pound of candy in that one night. That has to negatively impact their immune system to varying degrees. The ones that get affected most adversely get sick and expose it to all their friends, who in turn pass it to Grandma and Grandpa and their aunts and uncles. A very sick patient would have a higher ratio of sinus and lung herbs in the formula than someone with slight symptoms of allergic rhinitis or allergies. The ratios of them vary depending on the severity of the condition. I usually have 15 - 20 herbs in a prescription and reformulate once a month.

Take a hypothetical cold or flu season patient, I would probably give them four herbs for their sinuses and four herbs for their lungs. Their gastrointestinal herbs would number anywhere from six to ten depending on how many things are going on in that area. The remaining herbs to be selected would deal with any of the secondary complaints. This ratio can be accomplished with fewer herbs by changing the ratio of the individual herbs in the formula. I usually construct my formulas out of equal parts of the herbs. You can maintain the same ratios by using fewer herbs for each problem and increasing the proportion of the individual herbs, but I usually prefer to add more herbs of the same category. That allows me to use their secondary characteristics to either promote or diminish some of the actions of the other ones in the formula. For example, using herbs that promote loose stool secondary to their respiratory action in a patient that has constipation and dry cough.

My rationale for building a formula in these proportions goes like this. Sinus and lung herbs are pretty self-evident in terms of their need in the formula because that's usually a large part of the complaint list. The gastrointestinal herbs take up a large ratio of the formula because they take up a large ratio of us. If someone takes a round of antibiotics every couple of years for the flu, they're less likely to have as large a problem as someone that took antibiotics for acne for 3 years. Those differences I believe have to

be reflected in the formula in order to help rebuild that person's immune system. And colds and flu are viral infections that don’t respond to antibacterials.

Dosage

The dosage of the formula is critical for the patient to get well. The science of medicine is figuring out the appropriate remedy. The art of medicine is getting the patient to take the remedy. The simplest way is to start with a little and work your way up to a therapeutic dose. That minimizes the adverse reactions. They are more likely to occur from taking too much too soon. The concept of a healing crisis where they believe they should feel worse before they feel better is avoided by starting small and working their way up. A worsening of any of their presenting complaints does not mean that they are having an allergic reaction to the herbs. In many cases, like sinus infections, it is not uncommon for there to be more mucus production after taking the herbs. It’s the natural way the body rids itself of an infection. Kill the offenders, create some mucus, stick the dead offenders to the mucus and send them out the nose. Or down the throat to the HCL of the stomach. Whether you take and prescribe your herbs spray dried, ground crude, in tinctures or in tea the dosage is relative to the symptomatic relief of the complaints. Sometimes more is better sometimes less is better. Usually in chronic conditions you start slowly. Acute stuff you beat the hell out of it.

My Database

All Pharmacologic actions in my database are all from Yeung, Bensky, and Chen.

Quotes from Him Che Yeung are normal type like this

Quotes from Dan Bensky are Italicized.

John Chen is in Bold.

Quotes shared by Yeung and Bensky are underlined and Italicized.

Bensky and Chen are bold and italicized.

And this type is all three.

Acanthopanax – Anti-(Bacterial, Rheumatic, **Inflam**, Pyretic, *Tumor*)

Wu Jia Pi **Analgesic**, Diuretic, *Hyper or Hypoglycemia*
Rheumatoid arthritis. Edema
Anti-(Tussive, Asthmatic, Neoplastic) Expectorant,
Boosts-(Immune, W.B.C Phagocytosis, Interferon),
Vasodilative to lower B.P.

Achyranthes - **Analgesic**, **Anti-inflammatory,** *Diuretic, Decreases peristalsis*.

Huai Niu Xi *Amenorrhea, Hematuria, Hematemesis,bleeding Gums*
Hypertension, Low Back Pain,
Painful Urinary Dysfunction with Stones

CONTRA - PREG

Agastache – **Anti-(<u>Bacterial, Fungal</u>**, Spirochetes), Diaphoretic,
Huo Xiang Digestive, Common Cold, Nausea, Vomiting, Diarrhea
Increases HCL to Promote Digestion

Agrimonia – **Hemostatic Anti-(Bacterial, Parasitic**, Inflam),
Xian Astringent, Detoxicant, Analgesic, Boils, Carbuncles,
He Cao Trichomonas Vaginitis, Malaria, Dysentery
Antineoplastic H2O Extract Lowers B.P.
Vitamin K content may counteract anticoagulant drugs

Ailanthus Bark – Febrifugal, Astringent, Desiccant
Chun Pi Leucorrhea, Menorrhagia, Hemorrhoids
Diarrhea, Chronic Dysentery, Bloody Stool
Anti-(Parasitic, Fungal, Neoplastic)

Albizzia – Sedative & Analgesic, Diuretic, Uterine Stim.
He Huan *<u>Invigorates Blood to Relieve Pain & Swelling</u>*
Pi *Abscesses,* Carbuncles & Furuncles, **Hypnotic**

Alisma – Anti-(Bacterial, **<u>Hypertensive)</u> , Diuretic**,
ZE XIE **<u>Lowers</u>** *<u>Blood Sugar</u>* & **Cholesterol**, Fatty Liver
Hyperlipidemic, Lowers Triglycerides

Anemarrhena – **Anti-(<u>Bacterial</u>**, Fungal, **<u>Pyretic</u>**) Expectorant,
ZHI MU lowers blood sugar, High or low acute or chronic
fevers, **Anti-(Diabetic, Neoplastic)**

Angelica – **Anti-(Bacterial**, Toxin), Diaphoretic, Analgesic
Dahurica Wind Cold, Headache, Sinusitis, Skin Diseases,
Bai Zhi Toothache, Leucorrhea
Anti-(Inflam, Pyretic, Spasmodic) Analgesic,
Lowers B.P. by decreasing Ht. rate, Mildly Hemostatic

Angelica Du Huo – Anti-(Rheumatic, *Tuberculosis,* **Inflam**),
Du Huo **<u>Analgesic</u>**, *<u>Sedative</u>, <u>Hypnotic</u>*, Stimulates C.N.S.
Lowers B.P. by dilating blood vessels,
<u>Relieves Pain i.e.in the lower part of the body</u>.
Common cold with fever, headache & muscle ache

Antibacterial, Inhibits Clotting,
Relieves Intestinal Spasms, Peptic Ulcers,
Vitiligo topically W/ U.V. Psoriasis W/ U.V.

Angelica Sinensis – **Anti-(<u>Bacterial</u>, Inflam**), *<u>Sedative</u>*, **Analgesic**,
Dang Gui Lowers cholesterol, Tonify Blood & Circ. Angina,
Amen Dysmen, Arthritis, Constipation, Trauma
Anti-(Coagulant, Bronchial Spasm)
Hepatoprotective, Immunostimulant

Apricot Seed -(See Prunus Armeniaca)

Arctium – **Anti-(<u>Bacterial</u>**, Fungal, **Pyretic**, Toxin), Diuretic, Purgative
Niu Wind Heat, Measles, Sore throat Abscess
Bang Zi **Anti-(Inflam, Diabetic) Hepatoprotective,**
Decreases Proteinuria

Artemisia Ap. – **Anti-(Bacterial**, Fungal, **Malarial**, Febrile) Hemostatic,
Ching Hao Heat Stroke, Yin or Blood Xu
Anti-(Hypertensive, Viral, Pyretic)
Increases production and secretion of bile

Asparagus – **Anti-(Bacterial**, Tussive, Tumor, Asthmatic),
Tian Men Night sweats, Excessive thirst, Dry throat,
Dong Cough W/ sticky phlegm or *<u>bloody sputum</u>*,
Muscular atrophy, Constipation, Promotes secretion of
fluids, **Antineoplastic**

Aster – Anti-(*<u>Bacterial</u>*, Fungal, *<u>Tussive</u>*, Cancer)
Zi Wan **<u>Expectorant</u>**, Cough W/ Thick Phlegm, Bronchitis, T.B.
Anti-(Neoplastic, Viral)
Astragalus - **Antibacterial**, *<u>Diuretic</u>*. **<u>Lowers B. P.</u>** & Sugar
Huang Qi Antitoxin, Abscess and Chronic Ulcers, Cardiatonic,
Nephritis W/Edema, *<u>Decreases Protein in Urine</u>*
Night Sweats, Promotes wound Healing
Boosts Immune, R.& W.B.C. Production,
Protects Liver & Kidney, Sedative, Analgesic,
Psoriasis, Prostatic Hypertrophy, Neuropathy

Atractylodes Alba - **Diuretic** Antibacterial, Ab distention, Bai Zhu Poor appetite, Edema, Chronic diarrhea,
Boosts Immune Sys.
Anti-(Diabetic, Coagulant, Neoplastic)
Const. in high dose, Diarrhea in low dose

Aurantium Immaturus - Anti-(Shock, Histamine), Carminative, Zhi Shi G.I. Excitatory**, Diuretic**, Increases BP,
Increases B.P. w/out increasing Heart rate
Enhances microcirculation to Ht. Brain & Kidneys, Increases peristalsis, Uterine prolapse
CONTRA – *Preg.*

Bamboo Skin - *Stops Bleeding*
Zhu Ye Clears Heat, Diuretic, Increases Fluid Secretion

Belamcandia – Anti-(Bacterial, *Fungal,* ***Viral,*** Pyretic, Inflam),
She Gan Cough with profuse sputum, analgesic
Acute tonsillitis, laryngitis,
CONTRA - PREG

Biota Seed – Sedative *Palps*. *Insom*. *Anxiety, Yin Xu Night Sweats*
Bai Zi Ren Emollient, *Geriatric Constipation*

Bupleurum – Anti-(*Bacterial*.Viral, *Pyretic,* Malarial, Inflam),
Chai Hu Analgesic & *Sedative* Intermittent Fever,
Boosts Immune, Liver Protectant, Increases Bile Production, & Secretion, Lowers Cholesterol, Antiviral

Capillaris – **Anti-(Pyretic, Fungal**) Hepatitis, Gall stones, Jaundice,
(Artemisia) **Anti-(Bacterial, Lipidemic, Hypertensive**)
Yin Chen Hao **Liver Protectant, Lowers Cholesterol, Increases Bile**

Cardamon – Anti-(Emetic, *Tubercular)* Carminative, Diarrhea,
Sha Ren Prevents Miscarriage
Increases HCL & Peristalsis, Decreases Vomiting

Carthamus - *Lowers Blood Pressure & Cholesterol*, Analgesic, *Trauma*
Hong Hua Hepatomegaly & Splenomegaly, Ab Pain & Tumor

Promotes Blood Circulation Amen, Dysmen,
Heart & Uterine Stim. Inhibits Clotting, Suppresses CNS,
Low Dose Tonifies Blood, High Dose for Blood Stag.
CONTRA - PREGO

Chaenomelis – Antiarthritic, **Protects Liver, Antineoplastic**
Mu Gua **Acute Bacterial Dysentery**, mildly digestive

Ching Hao - see Artemisia Ap.

Chrysanthemum – **Anti-(<u>Bacterial</u>** Fungal Viral Toxin *<u>Pyretic</u>* & Inflam)
Ju Hua **Antiviral,** *<u>Hypertension</u>, <u>Headache</u>,*
Brightens eyes,
Lowers B.P. & temp. by vasodilation

Cinnamon Bark - **<u>Antibacterial</u>, <u>Sedative,</u>** *<u>Dilates blood vessels</u>,*
Gui Pi . Promotes blood Circulation, Improves Digestion,
Elim. G.!. Gas & Spasms, *Diuretic,* Anemia
CONTRA - PREG
Antifungal, Lowers B.P. Raises W.B.C.
Analgesic, Enhances Digestion

Cinnamon Twig – Anti-*(<u>Bacterial, Viral</u>, Pyretic*), *<u>Diuretic</u>*
Gui Zhi **Analgesic, Sedative, Hypnotic,**
Antitussive, Antiviral
CONTRA - PREG

Citrus Peel – Stomachic, Expectorant, Anti-(Ulcer **Asthmatic, *Inflam*)**.
(Chen Pi) Lowers Cholesterol, Carminative, Wet Cough, Hiccup,
Vomiting, **Increases Peristalsis, Antiviral**

Cloves - Anti-(Emetic, *Viral, **Fungal**,* **<u>Bacterial</u>**, *<u>Parasitic</u>*, Inflam.),
Ding Stomachic, Carminative, **Analgesic**, Preservative
Xiang Hiccup Nausea & Vomiting
Anti-(Asthmatic, Toxin) Increases Bile & H.C.L.

Cnidium – Anti-(*<u>Bacterial, Hypertensive</u>*, Convulsive), **<u>Sedative</u>**
Chuan *<u>Abnormal Menst.</u>* Cerebral Embolism, Coronary Ht. Disease
Xiong *<u>Head</u>* & Body Ache, *Skin problem* CONTRA - PREG,
Dilates Blood Vessels to lower B.P. Angina
Protects against Radiation, Anti-(Platelet, Coagulant)

Codonopsis - **Increases**-(*Blood Sugar*, **RBC's** & *WBC's*), Antifatigue
Dang **Temporarily Lowers Blood Pressure**, Palps, S.O.B.
Shen promotes secretion of body fluids, Thirst, Anemia, Weak limbs, Poor appetite, Loose Bowel, Chronic Hemorrhage
Enhances hypoxia resistance & phagocytic activity, Antiulcer, decreases W.B.C. & lymphocytes

Coix - Anti-(Diuretic, **Pyretic**), *Anticancer,* **Analgesic**, Sedative,
Yi Yi Edema, *Anti-(Inflam. Diarrhea, Arthritis*),
Ren **Antineoplastic, Mildly Sedative, Antiviral**
CONTRA -PREG

Coptis Root – Anti-(**Bacterial, *Viral, Fungal,*** Toxin, **Pyretic**, **Inflam**,*),*
Huang Anti-(Diuretic, *Hypertensive*). *Hemostatic, diarrhea*
Lian *Colitis, Topically for Trichomonas & Otitis Media, Anal Fissures,* Inflam of Mouth, Eyes, *Ears*
Broad spectrum antibiotic, Lowers cholesterol, Anesthetic, Antidiarrheal

Cordyceps **- Anti-(Bact, Neoplastic, Arrhythmic, Hypertensive)**
Dong Chong **Sedative, Immunostimulant, Adrenal stimulant,**
Xia Cao **Bronchodilator, increases Sperm count, Antihyperlipidemic**

Corydalis – *Analgesic Sedative & Hypnotic*, Anti-(*Spasmodic, Ulcer*)
Yan Hu Anti-(Bacterial, Emetic) Dysmenorrhea, Traumatic injury,
Suo Insomnia, Lowers H.C.L. & its P.H.
Anti-inflammatory, Muscle Relaxant, Increases blood flow in the coronary arteries while lowering O2 consumption of the Cardiac Muscle and increasing the contractility of the Ht.
CONTRA – PREG

Crataegus - **Cardiotonic**, **Lowers B.P & Cholesterol, Antibacterial**
Shan Zha Digestive, Amenorrhea, Hypertension, Heart Disease,

Diarrhea, Bacillary Dysentery, **Vasodilator. Increases H.C.L. Lowers Triglycerides**
Nephritis, Nausea, Vocal polyps

Curcuma Longa – *Anti-(Bacterial, Fungal, Hypertensive) Analgesic*
Jiang Huang *Arthritis, Dysmenorrhea,* Trauma, Gall Stones, Sand
Lowers Cholesterol, & Triglycerides, Anti-Inflam. Inhibits Clotting, Antiviral
CONTRA - PREGO

Curcuma Zed – Anti-(Cancer, Neoplastic, Bacterial), Digestive, Carminative
E Zhu Moves Qi & Stagnant Blood to relieve pain, **Inhibits Clotting**

Cyathula – *Anti-(Arthritic,Spasmodic*) **Amenorrhea, Hematuria**,
Chuan **Menstrual irregularity and or pain. Musculoskeletal pain,**
Niu Xi **Ulcerations of the mouth. Similar to Achyranthes but more for blood stasis pain than blood xu pain**
CONTRA IN PREG.

Cynanchum - Antitussive, Expectorant, **cough, SOB, wind cold with**
(Stautonii) **profuse sputum, wheezing.**
Bai Qian CAUTION GI irritant not w/ulcers

Cyperus - Antibacterial, *Analgesic,* Carminative, *Estrogenic*
Xiang Fu Relaxes Intestines, Abnormal Menstruation, Diarrhea,
Sedative, Antipyretic, Antibacterial for Staff

Desmodium – *U.B. & Gallstones*, Hepatitis, Jaundice, *Abscesses*, Mastitis
Jin Qian Febrifuge, *Diuretic*, *Clears Heat & Swelling*
Cao **Antibacterial, Alcohol extract is Antifungal, Hemorrhoids**

Dianthus – Diuretic, Antibacterial, Lowers B.P. Kills Blood Flukes U.T.I.
Qu Mai Contra - PREG
Uterine & G.I. Stimulant

Dictamnus (Fraxinella) – Anti-(Bacterial, Fungal, Pyretic)

Sai Xian Pi Jaundice, *Skin Diseases*

Dioscorea - Low Appetite, Chronic Diarrhea, Dry Cough, Asthma, Diabetes
Shan Yao **Antiviral**

Drynaria – **Anti- (Arthritic, Trauma)** *corns,* **warts**. *Topically for alopecia*
Gu Sui Bu **Increases bone absorption of calcium**

Epimedium – Anti-(*Viral, Bacterial.* Rheumatic, Asthma, T.B,*Tussive)*,
Yin Yang *Expectorant,* lowers Blood, Pressure & Sugar,
Huo *Impotence,* Hypertension, Chronic Bronchitis
Increases sex drive & secretion of semen,
action similar to male sex hormone
Anti-(Inflam. Viral), Lowers Cholesterol

Eriobotrya – Anti-(Bacterial, Viral, Asthmatic, Tussive) Bronchitis,
Pi Pa Ye Expectorant, Cough, Thirst & Vomiting, Gastritis, Expels Phlegm, Nausea

Eucommia - Back & Knee pain, *Lowers blood pressure* & Cholesterol,
Du Zhong *Diuretic Hypertension, Prevents miscarriage*
Sedative, Boosts Immune, Antibacterial

Evodia - *Anti –* **(Bacterial**, *Parasitic)* **Analgesic**, *mildly stimulates temp, respiration and BP*. **Stimulates the uterus**, *Eczema,* ***Mouth Sores, Anti - (Viral, Ulcer, Emetic, Diarrheal, Hypertensive)***
Wu Zhu Yu

Fennel - *Antibacterial, Carminative*, Expectorant, Stomachic,
Hui Increase WBC, Analgesic
Xiang **Increases Peristalsis, Inhibits H.C.L. secretion, may regenerate Liver tissue**

Forsythia – Anti-(*Bacterial*, Pyretic, Inflam, *Emetic*)
Lian Qiao Eliminates Heat & Toxin in the blood, Colds, Flu, UTI,
Broad Spectrum Antibacterial, Protects Liver, Antiviral

Fritillaria - *Resolves phlegm. Relieves chiefly chronic cough, Clears Heat*
Zhe Bei Cough with thick sputum, Acute bronchitis, Pneumonia
Mu **Antitussive**

Gardenia - Anti-(Bacterial, *Fungal*, Parasitic, *Pyretic), Lowers B.P,*
Zhi Zi Sedative, Increases Bile Secretion & Healing of Tissue,
Hemostatic Hep. Eye Inflam. High fever, Vomiting W \
Blood.
Mildly Analgesic, Protects Liver

Gelatin - *Anemia.Hemostatic for all bleeding, Increases W.B.C. &*
E Jiao *hemoglobin & the absorption and retention of Calcium.*
Yin tonic.Tuberculosis, Dry cough W/Bloody sputum.
Increases R.B.C.

Gentiana Macro – Anti-(Bacterial, Fungal, Inflam, Pyretic, Histamine,
Qin Jiao Hypertensive, Rheumatic, Constipatory), Analgesic,
Sedative. Low grade fever in Chronic diseases
Meningitis. Hepatitis & Jaundice
Lowers B.P. Raises Blood Sugar

Gentiana Scabra – Antibacterial, Anti-inflammatory, Antihistamine, Antiarthritic,
Long Dan Cao *Antimalarial,* increases blood sugar by decreasing glycogen
in the liver. *Small doses before a meal increases gastric juices after a meal decreases them* Stomachic *Jaundice, Leukorrhea, eczema,* conjunctivitis, *earache*, bitter taste, acute UTI, HBP w/dizziness and tinnitus, *sore throat and eyes, Encephalitis B*
Hepatoprotective, Diuretic, Increases bile and gastric juices. *Eliminates heat and damp in the liver and GB*
CONTRA – in a person without true heat fire or damp sxs.
Spleen or Stomach Xu with diarrhea

Ginger, Dry - Nausea, Diarrhea, Bacillary Dysentery, *Cough,*
Gan Jiang Chronic Cold Bronchitis, raises B.P. Tonify Yang,
Reduces the poisonous effect of other herbs,
CONTRA - PREGO
Mildly Increases Peristalsis, Antiemetic,
Stimulant, Warming

Ginger, Fresh - Diaphoretic, Stomachic, Carminative, Anti-(Emetic, Fungal),
Sheng Jiang Expectorant, *Vomiting,* Diarrhea, *Cold with cough*
Increases the production of Stomach Mucus Membranes,

H.C.L. and Peristalsis, Increases Ht. & Respiration & B.P.
Antibacterial

Ginkgo Seed – Anti-(Bacterial, Mycobacterial, Asthmatic, T.B. Fungal)
Bai Guo Freq. Urination, U.T,I. Leucorrhea, Expels Phlegm
Yin Guo **Bronchodilator and Expectorant, Uterine Stimulant**

Glehnia - Expectorant, Analgesic, *generates Fluids* & *clears Heat*
Bei Sha Yin Xu-(Constipation, Cough, Skin, throat)
Shen **lowers Temperature**

Hawthorn Berry - Tonifies heart qi and blood, restores coronary circulation,
(crataegus) nourishes and strengthens the heart. Stimulates the heart, diuretic for cardiac edema, dissolves deposits in athero and arteriosclerosis, hyperlipidemia. Promotes digestion, weight loss, digestive enzyme deficiency, diarrhea

Houttuynia - Anti-(*Bacterial, Viral,* Fungal, Microbial, *Tussive*),
Yu Xing Diuretic *U.T.I* Pulmonary infections, *abscesses, Colitis,*
Cao *topically for many skin problems especially herpes*
simplex. Increases phagocytosis of W.B.C.
Broad Spectrum Antibiotic, Anti-Inflam,
Analgesic, Hemostatic

Hu Jiang – Anti-(Bacterial, Tussive, Arthritic) Purgative, Cardiatonic
Hu Zhang Lowers Cholesterol & Triglycerides, Hepatitis, Amen & Dysmen
Pneumonia, Bronchitis, Trauma, Snake Bite, Gall & U.B. stones
Anti-(Asthmatic, Tussive, Inflam, Diabetic, Neoplastic)
Lowers B.P. & Ht. rate, Hemostatic, Analgesic
CONTRA - PREGO

Hypericum - Anti-**(Bacterial,depressant,tussive) Analgesic. Swelling &**
Guan Ye. **Inflammation, snake & insect bites, UTI, Stops bleeding,**
Lian Qiao. **Inhibits serotonin reuptake, may lower plasma levels of**
Other drugs

Isatis Leaf - Anti-(*Bacterial, Viral)*, *Encephalitis,* Meningitis, Pneumonia, Flu,
Da Qing Ye Swollen lymph nodes, *any febrile or epidemic disease*
Broad Spectrum Antibacterial, Anti-(Fungal
Viral, Neoplastic) Mildly Anti-(Inflam, Pyretic)

Isatis Root - Anti-(*Bacterial, Viral), Encephalitis ,* Flu, Fever,
Ban Lang Meningitis, *Jaundice,* Swollen lymph nodes,
Gen **Inhibits Clotting, Antiviral**

Jujube - *Blood tonic, Sedative. Lack of appetite, Malaise, Diarrhea, Anemia*
Da Zao *Palpitations, Increases body weight and endurance, protects and strengthens the Liver*
Antineoplastic, Increases Physical Strength

Kochia – **U.T.I**. Diuretic, **Antifungal**, **Eczema**,
Di Fi Zi **Antibacterial**

Licorice - **Anti-(Bacterial, Viral, Inflam**, Ulcer, **Toxin**, *Hist.* Neoplastic),
Gan *Adrenocortical* Cough, *Tuberculosis, Asthma*, **Ulcer**,
Cao Sore throat, ***Antispasmodic**, lowers cholesterol and blood pressure only in the hypertensive,*
Analgesic, Antitussive & Expectorant, Hepatoprotective
Under stress it boost immune, normally it suppresses
Antiarrhythmic, Enhances the duration & effect of cortison

Ligustrum Fr. – Anti-(Bacterial, Tumor), *Cardiatonic. Diuretic,*
Nu Zhen Zi Increases W.B.C. *dizziness, low back pain*
Premature grey hair
Anti-(Diabetic, Inflam.) Protects Liver,
Lowers Cholesterol & Triglycerides
Stimulates Blood Production
Antidotes Neutropenia caused by radiation

Lily Bulb – *Anti-(Tussive, Asthmatic),* Expectorant
Bai He Insom. *Palpitations,* cough with blood, *sore throat*
Increases resistance to Hypoxia
Linum Seed – Laxative, Lowers B.P.
Huo Ma Aperient, Emollient, Geriatric Const.
Ren **Increases G.I. Peristalsis & Lowers Cholesterol**

Lithospermum – Anti-(*Bacterial, Viral, Cancer*, Pyretic), Contraceptive,
Zi Cao *Stimulant,* Measles *that have not erupted, encourages rashes to surface. Topically for skin lesions or vaginal itching. Constipation*
Anti-(Neoplastic, Viral, Inflam)
Stimulates G.I. Psoriasis

Longan - *Blood tonic, Sedative, ANTIFUNGAL*
Long *Palps. Insom. Dizziness*
Yan Rou

Lonicera - Anti-(**Bacterial**, *Viral, Toxin, Inflam, Pyretic*), *Lowers Cholesterol.*
Jin Yin Upper resp. inf. Boils *or swellings of the breast throat* or *eyes*
Hua Dysentery, *appendicitis, mastitis, intestinal abscess, U.T.I.* & *chronic conjunctivitis*, **Broad Spectrum Antibiotic – Antiviral**
Mild Stimulant, Increases G.I. motility in large doses

Loranthus – Anti-(Rheumatic, Hypertensive, *Viral*) Sedative & Tranquilizing
Sang Ji *Diuretic*, Cardiotonic, *Lowers B.P.* Menorrhagia,
Sheng *Prevents Miscarriage,* **Anticoagulant**

Lycium Bark – Anti-(Bacterial, Malarial, Pyretic), Lowers B.P. & Sugar. Di
Gu Pi Chronic febrile disease, T.B. night sweats, coughing, wheezing, spitting or urinating blood
Inhibits Shigella

Lycium Fruit - Lowers Cholesterol, Blood Sugar & *Pressure*
Gou Qi Zi *Inhibits fat deposition in Liver* *Vertigo,* Impotence,
Antineoplastic – Uterine Stimulant – Immune Booster
Increases W.B.C. & R.B.C. & T cells

Magnolia Bark – Anti-(*Bacterial, Fungal,* Flatulent), *Amoebic Dysentery,*
Hou Po *Food Stag. Diarrhea,* Lowers B.P. *Cough & Asthma*
Inhibits H.C.L. & Duodenal Peristalsis,
Mildly Anticoagulant

Magnolia Flowers – *Antifungal, Stuffy or runny nose* Wind Cold,
Xin Yi & *related headaches*
Antihypertensive (except in renal) Analgesic -
Inhibits Bacteria & Fungus – Uterine Stimulant

Massa Medicata - Digestive
Fermentata Poor Appetite*, with diarrhea & fullness or distention*
Shen Chu **Contains many different enzymes to promote the digestion of starch and carbs**

CONTRA - *CAUTIOUSLY IN* PREG

Mastic – *Antitubercular, Analgesic for Trauma, promotes wound healing*
Ru Amen, Dysmen, Ab. Pain & Swelling,
Xiang CONTRA – PREGO
Topically W/ Myrrh for sprains

Melia Toosendan – Anti-(Parasitic, Bacterial, Fungal),
(Fructus) Anthelmintic, Carminative *Ab. pain,*
Chuan Lian Zi *Topically for Scalp Tinea*
Antitoxin, I.V. or I.M. causes Dyspnea
due to C.N.S. inhibition

Mentha - *Anti-(bacterial, Viral ,*Inflam, Spasmodic),
Analgesic, Bo He Stomachic, Itching, *fever, headache* &
cough, *early stages of Measles.*
Antipyretic, Diaphoretic, Antiviral

Millettia - *Arthritic pain Lowers B.P. Anti- inflammatory Sedative,*
Ji Xue *Hypnotic, Amen, Dysmen*. Anemic dizziness,
Teng **Uterine Stimulant**

Morus Bark - *Antitussive. Asthmatic,* Expectorant, *Sedative, Diuretic*
Sang Bai *Pi* *Lowers Blood Pressure*
Analgesic, Alcohol Extract I.V. Increases Peristalsis
Inhibits Bacteria, Antipyretic, Hypnotic

Morus Leaf – Anti-(Bacterial, Diabetic)
Sang Ye fever, headache & coughing, Sore throat, *Conjunctivitis*
Bactericidal, Lowers B.S. & Cholesterol in rats

Moutan - *Anti-(Bacterial, Inflam. Pyretic) Sedative. Analgesic, Lowers B.P.*
Mu Dan rreg. Menst. *Amen. lumps, tumors, drains pus reduces swelling*
Pi **Antiseizure, Immune enhancing**
CONTRA - *PREG*

Mume – **Anti-(Bacterial**, Hist. **Fungal**, **Parasitic**), **Anthelmintic**,
Wu Tinea, Psoriasis, Chronic Cough or Diarrhea
Mei *Increases Bile Secretion* Replenishes Body Fluids In Diabetes
Antiaging

Myrrh - *Antibacterial, Fungal, Increases peristalsis of the intestines,*
Mo **Lowers Cholesterol**, ***Analgesic,*** Astringent mouthwash,
Yao *Reduces swelling,* ***Topically*** **Promotes wound healing**.
Amenorrhea
CONTRA -PREG

Notopterygium – Anti-(Fungal, Rheumatic, Spasmodic), Analgesic
Qiang Huo **Antipyretic, Increases Blood Circ.**
Antidotes Aconite induced arrhythmias

Oldenlandia – Anti-(Tumor, *Bacterial,* Asthma, Inflam. Toxin) Diuretic,
Bai Hua She Analgesic, Sedative and Hypnotic, Increases W.B.C,
She Gao *Leukemia,* G.I. Cancer, Hepatitis *Appendicitis,* Tonsillitis,
U.T.I., Snake Bite Lung Heat, **Anti-(Neoplastic, Venom)**
CONTRA – PREG *W/CAUTION*

Ophiopogon – Anti-(*Bacterial Topically,* Tussive, Diabetic), Sedative,
Mai Men Ht. Disease, *Palps, Insom, Lowers Blood Sugar,* Excess Thirst,
Dong *Dry Throat, Cough, Stool,* Prevents Scar Tissue Formation in Vessels,
Increases Neg. O2 Tolerance **Short acting Antiarrhythmic**
Cardiac output inversely correlates to dosage.
Small – Stimulates. Large - Inhibits

Paeony Red – *Anti-(Bacterial, Viral, Fungal, Inflam, Spasmodic, Convulsive,*
Chi Shao *Ulcer, Pyretic Hypertensive*), Febrifuge, Analgesic, Diuretic
Yao *Amen, Dysmen,* rash, *pain from Ext. or Int. trauma ,*
Anticlotting (Inhibits Platelet Aggregation)
Lowers B.P. W/out changing Ht. rate

Paeony White – *Anti-(Bacterial,* Spasmodic, *Inflam, Convulsive,*
Ulcer Bai Shao Yao *Lowers B.P.* Analgesic, Diuretic, Sedative,
Menst. Probs. leucorrhea Night Sweats
Hypertensive headache.
Anti-(Pyretic, Clotting, Seizure),
Inhibits G.I. muscles & H.C.L

Pau d'Arco - Anti-(Bacterial, Viral, Fungal, Parasitic, Ulcer, Arthritic, Tumor)
Bark. UTI & GI problems, Prostatitis, Hemostatic, promotes tissue

repair, promotes expectoration, resolves phlegm, relieves coughing & wheezing

Perilla Leaf – Anti-(*Bacterial*, Tussive, Pyretic, Spasmodic), Expectorant
Zi Su Ye *Bronchitis,* Stomachic, *Diaphoretic*, Raises Blood Sugar
Seafood Poisoning Morning Sickness, Ab. Pain, Vomiting,
Promotes bronchodilation & relieves bronchospasm
Reduces bronchial secretions,
Increases peristalsis & H.C.L.

Peach Seed -See Prunus Persica

Phragmites – Anti-(Tussive, Asthmatic, Pyretic, Emetic, Toxin, Biotic),
Lu Gen *Diuretic* U.T.I. Sedative, Analgesic, Gallstones, Pulmonary Abscess, **Mildly inhibits peristalsis. Mildly sedative**.

Phellodendron – Anti-(Bacterial, Pyretic), Diuretic, *Lowers B.P.*
Huang Bai *Diarrhea, Bacillary Dysentery, Meningitis,* Jaundice, U.T.I. *Abscesses,* Eczema, Boils, *externally for vaginitis & cervicitis due to Trichomonas*
Antitussive & Expectorant. The leaves (Huang Bai Ye) are antiherpes virus

Plantago Seed - *Diuretic, Antitussive, Expectorant,* Lowers Blood Pressure
Che Qian Zi U.T.I., *diarrhea, indigestion,*
No Diuretic effect found in studies with healthy patients,
Infantile diarrhea
CONTRA -*PREG*

Platycodon – *Anti-(Bacterial, Fungal,* **Tussive, Inflam, Pyretic**) *Expectorant,*
Jie Geng *Lowers BL. Sugar &* **Pressure &** *Cholesterol*
Cough w/profuse phlegm, *Sore throat*, *Laryngitis, expels pus in lung or throat abscess*
Lowers H.C.L. Analgesic, Sedative

Polygala - Antibacterial, *Sedative, Hypnotic, Hemolytic, Expectorant,*
Yuan Zhi Lowers B.P. *Insom. Palps. Bronchitis*, Ulcer, Boils,
Mental Disorientation or Seizures

Diuretic, Uterine Stim.

Polygonum Multiflorum – *Anti-(Bacterial*, Spasmodic, ***malarial**, tubercular*),
(Ho Shou Wu) Laxative, Cardiotonic, Diuretic, *Anemia, **Insom***.
*Lowers B.P. & **Cholesterol*** & **Triglycerides**,
Constipation, Boils, Abscesses. Premature Graying,
raises blood sugar **Lowers Ht. rate, Anti Aging, Raises H.D.L. Increases peristalsis, Adrenal, Thyroid secretions, T-Lymphocytes, W.B.C., Macrophage activity**

Polygonatum Roots – *Anti-(**bacterial**, Fungal,) Lowers B.P.* (Sibiricum)
Prevents Atherosclerosis, Fatty Liver Huang Jing *Dry Cough in Bronchitis, & T.B.*
Dilates blood vessels to lower Blood Pressure without changing heart rate, Antidiabetic

Polyporus – Diuretic, *Antibacterial*, Lowers Blood Sugar, **Antineoplastic**
Zhu Ling Inhibits reabsorption of Water, **Increases H2O, sodium, chloride, and potassium excretion, T-Cell counts and activity, Hepatoprotective**

Poria - Diuretic, *Sedative, Lowers blood Sugar,*
Fu *Edema. Diarrhea. Insomnia. Palps.* Epigastric distention
Ling **Alcohol extract was diuretic water wasn't. Mild sedative. Antibacterial**

Poria Center - *Sedative, Diuretic*
Fu Shen *Palps, Insom. Difficult Urination*
Same as Fu Ling

Prunella – *Anti-*(**Bacterial**, **Inflam**, **Hypertensive**), Diuretic, Uterine stim.
Xia Ku *Hypertension, Acute conjunctivitis, Headache,* **G.I. Muscle Stim.**
Cao **T.B**. *Vertigo,* goiter, lipoma, swollen glands

Prunus Armeniaca – *Anti-(Tussive, Asthmatic,* Bacterial, Parasitic), Analgesic
Xing Ren Dry *Cough, Asthma, Acute or Chronic Bronchitis, Constipation*
Antihypertensive Antineoplastic

Prunus Persica – *Anti-(Tussive, Asthmatic, tubercular*, **Inflam, Allergic,**
Tao Ren **Parascitic**), *Emollient, Weak Anticoagulant, Analgesic, Constipation,* Cough, *Amen. Dysmen. Trauma,*

Lung and or Intestinal Abscess
Prevents and helps dissolve clots
CONTRA -PREGO

Pueraria – *Anti-(Pyretic, Angina, Spasmodic)* Estrogenic,
Ge Gen *Neck stiffness* & *pain from H.B.P,* or Febrile conditions.
Wind cold or heat, Thirst, *incomplete* Measles, *Diarrhea*
Dilates Brain & Coronary Blood Vessels relieving spasms
Anti-(Hypertensive, Clotting) Mildly Antidiabetic, Migraine

Rehmannia Raw – Anti-(**Bacterial**, *Fungal)*, *Laxative,* **Diuretic**, **Hemostatic**,
Sheng Di *Antiarthritic, Hepatitis, Eczema, Diabetes, lowers blood*
Huang *sugar, increases blood pressure, mouth* & *tongue sores, insomnia, low grade fevers*
Anti-(Inflammatory, Hypertensive), Cardiatonic
Increases adrenocortical hormone levels in the blood,
Hepatoprotective,

Rehmannia Cooked - Diuretic, Cardiotonic, Lowers *B.P.* & *Cholesterol*
Shu Di Huang *Anemia, Irreg.Menst, Postpartum bleeding, Night Sweats, Diabetes*
Same as raw

Rhubarb - *Anti-(Bacterial. Fungal. Tumor, Parasitic). Purgative,*
Da **Hemostatic**, **Lowers Blood Pressure** *& Cholesterol*,
Huang **Increases Bile** & *Gastric* **Juices,** *Diuretic, Constipation with fever. Dysmen.& Amen. Acute Jaundice or* Appendicitis
Externally for burns. carbuncles or suppurative skin diseases
Laxative, Hepatoprotective, broad spectrum antibiotic, Ativiral
Reduces BUN & creatinine levels, antipyretic, analgesic, anti-inflammatory
CONTRA - PREG

Rosa Chinensis – Anti-inflammatory, Irreg. Menst. Amen.
Yue Ji Hua Ab. & Chest Dist.
CONTRA – PREG

Salvia – **Anti-(Bacterial**, *Tubercular), Sedative Lowers B.S.* & Cholesterol,
Dan *Angina pectoris, Insom. Palps. Dysmen. Amen*
Shen Ulcers, Boils, *palpable masses*
Lowers Blood Pressure, Anti-(Platelet, Coagulant, Neoplastic)
Thrombolytic, Sedative

Sanguisorba – **Hemostatic**, Astringent, **Anti-(Bacterial**, **Emetic, Inflam)**
Di Yu *Diarrhea, Hemorrhoids, Burns,* Increases Protein Digestion,
Topically *for sores, Ulcers,* **Burns,** Lowers B.P.
Stops oozing & promotes flesh generation

Sargassum – Anti-(*Hypertensive*, Parasitic.*Fungal*, Asthmatic, Tussive)
Hai Zao *Hyper & Hypothyroid, Goiter, Hemostatic & Anticoagulant*
Expectorant, Bronchitis. Diuretic, Weight Loss
Detoxes radioactivity, *Lowers Cholesterol*
Softens lumps, Reduces Nodules & Swelling
High Iodine content treats thyroid,
Increases phagocytic activity

Saussurea – Anti-(**Bacterial**, Fungal, *Hypertensive,* **Spasmodic**) ,
Mu Xiang *(**Bronchial & Intestinal**)* Carminative, Ab.Pain, **Ulcers**
lack of appetite, nausea & *vomiting,* **Flatulence**
Small dose stimulates the heart & dilates blood vessels
Large does the opposite

Saw Palmetto - Tonifies reproductive qi, regulates menstruation & relieves
Berry. Impotence, strengthens & nourishes reproductive organs,
Increases hormones & promotes sex organ development,
Conception & lactation, strengthens UB & prostate, &
Reduces swelling & inflammation, moistens lungs,
Promotes expectoration & relieves coughing

Schizandra – **Anti-(Bacterial**, *Tussive)*. Expectorant, **Cardiatonic**
Wu Wei Zi *Astringent*. Lowers B.P. *Dry cough, asthma, Night sweats*.
Palps, Insom, Diabetes, *Hepatitis, Regulates pH of Stomach,*
CNS stimulant, Hepatoprotective, Lowers HCL
Cardiotonic & vasodilating, Gonadotropic
stimulates rate & depth of respiration

Schizonepeta – **Anti-(Bacterial**, **Pyretic**, Inflam, Tussive), Expectorant,
Jing Jie **Diaphoretic** **Hemostatic**, Wind cold *or Heat,* Headache,

Sore throat, Measles Abscesses
Analgesic, Bronchial dilating, Wheezing & S.O.B.

Scrophularia – **Anti-(Bacterial**, Fungal*, **Hypertensive**),*
Xuan Shen Dry cough, *Hemoptysis, Sore throat,* Boils, *renal hypertension, Yin xu constipation, Neck lumps due to Phlegm Fire,* **Antipyretic, Sedative, Lowers blood sugar**

Scute - *Anti-(Bacterial,* Viral, Fungal, Toxin, *Asthma,* Spasmodic, **Pyretic**) ,
Huang **Cholagogue**, **Sedative, Diuretic**, Hemostatic, **Hypertension**,
Qin, *Diarrhea. Jaundice. U.T.I. Dysentery, Bronchial dilator*
Headache, bitter taste, red eyes
Broad spectrum Antibiotic, Anti-Inflammatory, Hepatoprotective

Siegesbeckia – *Anti-(Rheumatic*, **Inflam**, **Hypertensive**, *Pruritic*, Toxic)
Xi Xian Cao Measles, *Eczema, Calms the Spirit*
Antibiotic, Immunosuppressant

Senna Leaf - *Purgative*, **Antibacterial,** Abdominal fullness,
Fan Xie Ye Acute or Chronic Const. Better for Acute
Laxative, Hemostatic
CONTRA – *PREG*

Siler - *Anti-*(**Bacterial**. Fungal, Toxin, **Pyretic,** *Viral), Analgesic,*
Fang *Migraine Headache. Body ache.* Neck ache, *Wind cold & Damp*
Feng

Smilax - Anti-(Bacterial, Arthritic, Toxin), *U.T.I. Syphilis, Boils*
Tu Fu *Rheumatoid Arthritis*, *Clears Damp Heat Poison*
Ling **Anticancer**

Sophora Flavescens – **Anti-(Bacterial**, *Fungal, Pruritic*), **Parasiticide**,
Ku Shen *Dysentery, Vaginitis. U.T.I. Diuretic*
Eczema. Ringworm Jaundice,
Anti-(Arrhythmic, Asthmatic, Neoplastic),
Lowers B.P. by dilating B. vessels
Lowers cholesterol, Increases W.B.C.

Sophora Flower – Anti-(Bacterial Fungal, **Inflam**, **Spasmodic, Ulcer**
Huai Hua **Hypertensive**), **Dilates blood vessels Hemostatic**.
Lowers Cholesterol, *Hemorrhoids. Bloody Dysentery*

Maintains capillary integrity by decreasing permeability and increasing flexibility.
Increases cardiac output while decreasing heart rate.
Protects from radiation damage

Stemona - **Anti-(Bacterial,viral**, Fungal), **Insecticide** raw, **H2O or alcohol**
Bai Bu *Acute & Chronic* Dry cough, *Pertussis,* **Lice** & Enterobiasis
Suppresses cough through the brain

Stephania – Anti- (**Rheumatic,** Bacterial, **Pyretic, Inflam,Hypertensive,**
Fang Ji **Amebic, Tumor, Arrhythmic,** Hist,**) Analgesic, Diuretic,**
Muscle relaxant.

Stercula - Analgesic, Diuretic, *Mild* Purgative, Lowers B.P.
Pang **Moistens *the Intestines*** & Lung Clears the Throat,
Da Hai constipation *Acute tonsillitis,* **Increases peristalsis**

Taraxicum – **Anti-(Bacterial,** *Viral),* **Diuretic**, **Cholagogue**
Pu Gong UTI, Hepatitis, *Boils*. *Breast* & *Intestinal abscesses*
Ying *Promotes Lactation*
Hepatoprotective & Immune booster

Thlaspi – **Anti-(Bacterial**, Inflam, Toxin) Pain Due to Blood Stag. Abscess
Bai Acute Appendicitis, Dysmen, & Endo, **Promotes the Generation**
Jiang **of, and Prevents the Degeneration of Liver cells**
Sedative & Hypnotic

Tribulus – Anti-(Bacterial, Hypertensive) **Diuretic**, **Lowers B.P. by Inhibiting**
Ci Ji Li **the Heart muscle,** Mastitis, *Conjunctivitis, H/A,Dizziness*
Chest Fullness, Hives. Skin lesions W/ itching also
Vitiligo & warts
CONTRA – *CAUTION* PREG

Trichosanthes Root – Anti-(Genic, Inflam), *Diabetes,* Dry Cough *or w/thick*
Tian Hua Fen *or blood streaked sputum Clears heat* & *Generates*
fluids, especially appropriate for breast Abscess

Anti-(Neoplastic, Bacterial, Viral) Raises Blood Sugar
CONTRA – *PREG*

Uncaria – Anti- (**Convulsant,Epileptic**,Pyretic **Hypertensive**)
Gou Teng **Convulsions** with high fever, vertigo, **Hypertensive headache**. *Sedative,* but not Hypnotic, **Calms the shen but not tranquilizing for insomnia,** renal hypertension

Valerian Root - calms the mind, relieves anxiety, relieves pain, stimulates the heart and relieves depression, stimulates digestion, promotes urination, strengthens the eyes and enhances vision, antidotes poison, reduces infection, eliminates parasites and promotes tissue repair, stimulates immunity

Viola - **Anti-(Bacterial, Inflam**, Toxin, *Tubercular) Boils. Abscesses,*
ZI *red, swollen eyes; swollen painful throat and ears; or mumps.*
Hua *internally & topically for sores and abscesses of*
Di. *the head and back*
Ding **Antipyretic**

Vitex - **Analgesic, Antipyretic, Sedative** *Arthritis used* as *an*
Man *auxiliary herb for Wind Damp in the limbs*
Jing *Wind Heat especially with eye pain or headache,*
Zi *Liver channel Wind Heat with excessive tearing; red, painful eyes.*
Antibiotic Antiviral

Xanthium – *Anti-(Bacterial,* Fungal, Rheumatic, Spasmodic), Analgesic
Cang *Rhinitis Wind damp, Pruritic Expels Exterior Wind with H/A*
Er Zi *that radiates to the back of the neck*
Antitussive, Lowers Blood Sugar

Zizyphus Seed – **Sedative, Analgesic** *Lowers B.P. & Body Temp.*
Suan Zao Ren *For Blood Xu or Yin Xu causing Palps. Insom.*
Anxiety Night Sweats, and spontaneous sweating
Hypnotic, Anti-(Arrhythmic, Pyretic) Analgesic, Uterine Stimulant

PHARM CATEGORIES

ANALGESIC

Acanthopanax – Wu Jia Pi
Achyranthes – Huai Niu Xi
Albizzia – He Huan Pi
Angelica Dahuricae – Bai Zhi
Angelica - Du Huo
Angelica Sinensis – Dang Gui

Astragalus – Huang Qi
Glehnia – Bei Sha Shen
Bupleurum – Chai Hu
Carthamus – Hong Hua
Cinnamon Bark – Rou Gui
Cinnamon Twig – Gui Zhi
Codonopsis – Dang Shen
Corydalis – Yan Hu Suo
Cyperus – Xiang Fu
Eucommia – Du Zhong
Fennel Seed – Xiao Hui Xiang
Ginger, Dried – Gan Jiang
Ginger, Fresh – Sheng Jiang
Morus Bark – Sang Bai Pi
Moutan – Mu Dan Pi
Notopterygium – Quang Huo
Paeony, Red – Chi Shao
Paeony, White – Bai Shao
Schizonepeta – Jing Jie
Stemona – Bai Bu
Vitex – Man Jing Zi
Zizyphus Seed – Suan Zao Ren

ANTIASTHMATIC

Acanthopanax – Wu Jia Pi
Angelica Sinensis – Dang Gui
Asparagus – Tian Men Dong
Citrus Peel – Chen Pi Eriobotrya – Pi Pa Ye
Lily – Bai He
Perilla Leaf – Zi Su Ye
Plantago Seed – Che Quian Zi
Prunus Armeniacae – Xing Ren
Schizonepeta – Jing Jie
Stemona – Bai Bu

ANTIBACTERIAL

Acanthopanax - Wu Jia Pi
Agastache – Huo Xiang
Agrimonia – Xian He Cao
Alisma – Ze Xie

Anemarrhena – Zhi Mu
Angelica Dahurica – Bai Zhi
Angelica - Du Huo
Angelica Sinensis – Dang Gui
Arctium – Niu Bang Zi
Artemesia Ap. – Ching Hao
Asparagus – Tian Men Dong
Aster – Zi Wan
Astragalus – Huang Qi
Attractylodes Alba – Bai Zhu
Belamcandia – She Gan Bupleurum – Chai Hu
Chaenomelas – Mu Gua
Chrysanthemum – Ju Hua
Cinnamon Twig – Gui Zhi
Clove – Chuan Xiong
Cnidium – Chuan Xiong
Codonopsis – Dang Shen
Coptis – Huang Lian
Corydallis – Yan Hu Suo
Crataegus – Shan Zha
Curcuma Longa – Jiang Huang
Curcuma Zed – E Zhu
Cyperus – Xiang Fu
Desmodium – Jin Qian Cao Dianthus – Qu Mai
Dictamus – Bai Xian Pi
Dioscorea – Huang Yao Zi
Epimedium – Yin Yang Huo
Eriobotrya – Pi Pa Ye Fennel – Hui Xiang
Forsythia – Lian Qiao
Fritillaria – Chuan Bei Mu Gardenia – Zhi Zi Gentiana Scabra – Long Dan Cao
Ginger, fresh – Gan Jiang
Ginko Seed – Bai Guo
Hottunia – Yu Shing Cao
Hu Jiang – Polygoni Cuspidatii
Isatis leaf – Da Qing Ye
Isatis Root – Ban Lan Gen
Kochia – Di Fu Zi
Licorice – Gan Cao
Ligustrum – Nu Zhen Zi
Lithospermum – Zi Cao
Longan – Long Yan Rou

Lonicera – Jin Yin Hua
Lycium bark – Di Gu Pi
Magnollia bark – Hou Po
Magnollia Flowers – Xin Ye Hua
Melia Toosendan – Chuan Lian Zi
Mentha – Bo He
Morus Leaf – Sang Ye
Moutan - Mu Dan Pi
Mume – Wu Mei
Myrrh – Mo Yao
Oldenlandia – Bai Hua She She Gao
Ophiopogen – Mai Men Dong
Paeony Red – Chi Shao Yao
Paeony White – Bai Shao Yao
Perilla Leaf – Zi Su Ye
Phellodendron – Huang Bai
Platycodon – Jie Geng
Polygala – Yuan Zhi
Polygonatum roots –Huang Jing
Polygonum Multiflorum–Ho Shou Wu
Polyporus – Zhu Ling
Poria – Fu Ling
Prunella –Xia Ku Cao
Prunis Armeniaca – Xing Ren
Rehmannia Raw – Sheng Di Huang
Rhubarb - Da Huang
Salvia – Dan Shen
Sanguisorba – Di Yu
Sargassum – Hai Zao
Saussurea – Mu Xiang
Schizandra – Wu Wei Zi
Schizonenepeta – Jing Jie
Scrophularia – Xuan Shen
Scute – Huang Qin
Seigesbeckia – Xi Xian Cao
Senna leaf – Fan Xie Ye
Siler – Fang Feng
Smilax – Tu Fu Ling
Sophora Flavescens – Ku Shen
Sophora Flower – Huai Hua
Stemona – Bai Bu
Taraxicum – Pu Gong Ying

Thilaspi – Bai Jiang
Trichosanthes Root – Tian Hua Fen
Viola – Zi Hua Di Ding
Vitex – Man Jing Zi
Xanthium – Cang Er Zi

ANTICOAGULANT

Angelica - Du Huo
Angelica Sinensis – Dang Gui
Carthamus – Hong Hua
Cinnamon Twig – Gui Zhi
Codonopsis – Dang Shen
Curcuma Zed – E Zhu
Fennel Seed – Xian Hui Xiang
Ginger, Dry – Gan Jiang Moutan – Mu Dan Pi
Paeony Red – Chi Shao
Salvia – Dan Shen
Sargassum – Hai Zao
Saussurea - Mu Xiang
Seigesbeckia – Xi Xian Cao
Vitex – Man Jing Zi

ANTIFUNGAL

Agastache – Huo Xiang
Ailanthus Bark – Chun Pi
Anemarrhena – Zhi Mu
Arctium – Niu Bang Zi
Artemesia Ap. – Ching Hao
Aster – Zi Wan
Melia Toosendan – Chuan Lian Zi

ANTI-INFLAMMATORY

Acanthopanax – Wu Jia Pi
Achyranthes – Huai Niu Xi
Agrimonia – Xian He Cao
Alisma
Angelica Dahurica – Bai Zhi Angelica - Du Huo
Angelica Sinensis – Dang Gui
Arctium – Niu Bang Zi
Astragalus

Belamcandia
Bupleurum
Carthamus
Codonopsis
Coptis
Curcuma Longa
Cyperus
Desmodium
Drynaria
Epimedium
Eriobotrya
Eucommia
Forsythia Gardenia
Gentiana Macro
Ginger
Hottynia
Isatis leaf
Ligustrum
Lithospermum
Lonicera
Moutan
Notoptyrgium Paeonia Red
Paeonia White
Persica Semen Platycodon Polygoni Cuspidati - Hu Zhang
Prunella
Salvia
Sanguisorba
Scute
Seigesbeckia
Sophora Flower - Sophora Flav. Stephania
Vitex Xanthium

ANTI MRSA

Angelica Dahurica
Curcuma Longa
Licorice
Lycium bark
Magnollia bark Morus bark Polygonum Multi.
Salvia
Scute
Sophora root
Xanthium

ANTINEOPLASTIC

Acanthopanax – Wu Jia Pi Agrimonia – Xian He Cao Ailanthus Bark – Chun Pi
Anemarrhena – Zhi Mu
Angelica sinensis - dang gui Armeniaca semen - xing ren
Asparagus – Tian Men Dong
Aster – Zi Wan
Attractylodes Alba – Bai Zhu
Buplerum - chai hu
Chaenomelas – Mu Gua
Codonopsis - dang Shen
Coix – Yi Yi Ren
Cordyceps - dong shong xia cao Curcuma Zed – E Zhu
Curcuma Longa - jiang huang
Dictamus - Bai xian pi Eryoibotrya - pi pa ye
Fennel - xiao hui xiang
Hottynia - yu xing cao
Hu Jiang - polygoni cuspidati
Isatis Leaf – Da Qing Ye
Ju Ju Be – Da Zao
Licorice – Gan Cao
Ligustrum - nu zhen zi
Lithospermum – Zi Cao Longan - long yan rou
Lycium Fruit – Gou Qi Zi
Oldenlandia – Bai Hua She She Gao
Paeony red - chi shao
Prunis Persica - Tao ren
Polyporus – Zhu Ling
Poria - fu ling
Rhubarb - da huang
Salvia – Dan Shen
Sanguisorba - di yu
Sophora Flav. – Ku Shen gen Stephannia - fen fang ji
Trichosanthes Root – Tian Hua Fen

ANTIPYRETIC

Anemarrhena – Zhi Mu
Angelica Dahurica – Bai Zhi
Arctium – Niu Bang Zi

Artemesia Ap. – Ching Hao
Bamboo Skin – Zhu Yu
Cyperus - Xiang Fu
Mentha - Bo He
Morus Bark – Sang Bai Pi
Notopterygium – Qiang Huo
Rhubarb –Da Huang
Viola – Zi Hua Di Ding
Vitex – Man Jing Zi

ANTITUSSIVE

Acanthopanax – Wu Jia Pi
Asparagus – Tian Men Dong Aster – Zi Wan
Cinnamon Twig – Gui Zhi
Epimedium – Yin Yang Huo
Eriobotrya – Pi Pa Ye
Frittillaria – Bei Mu
Hottunia – Yu Ying Cao
Hu Jiang – Hu Zhang
Licorice – Gan Cao
Lily – Bai He
Morus Bark – Sang Bai Pi
Ophiopogen – Mai Men Dong
Perilla Leaf – Zi Su Ye
Phellodendron – Huang Bai
Phragmites – Lu Gen
Plantago Seed – Che Qian Zi
Platycodon – Jie Geng
Prunis Armeniaca – Xing Ren
Prunis Persica – Tao Ren
Sargassum – Hai Zao
Schizandra – Wu Wei Zi
Schizonepeta – Jing Jie
Xanthium – Can Er Zi

ANTIPARASITIC

Agrimonia – Xian He Cao
Rhubarb – Da Huang
Ailanthus Bark – Chun Pi

Cloves – Ding Xiang
Gardenia – Zhi Zi
Melia Toosendan – Chuan Lian Zi
Mume – Wu Mei
Pueraria – Ge Gen
Sargassum – Hai Zao
Saussurea – Mu Xiang
Scute – Huang Qin
Sophora Flav. – Ku Shen
Sophora Flower – Huai Hua
Xanthium – Cang Er Z

ANTISPASMODIC

Angelica Dahurica – Bai Zhi
Angelica - Du Huo (Intestinal)
Angelica Sinensis – Dang Gui (Bronchial)
Corydalis – Yan Hu Suo
Licorice – Gan Cao
Mentha – Bo He
Notopterygium – Qiang Huo
Red Paeony – Chi Shao Yao
White Paeony – Bai Shao Yao
Perilla Leaf – Zi Su Ye
Polygonum Multiflorum – Ho Sho Wu

ANTIULCER

Angelica Du Huo – Du Huo
Citrus Peel – Chen Pi
Codonopsis – Dang Shen
Corydalis – Yan Hu Suo
Licorice – Gan Cao
Paeony Red – Chi Shao Yao
Paeony White – Bai Shao Yao
Sanguisorba – Di Yu
Saussurea – Mu Xiang
Sophora Flower – Huai Hua

ANTIVIRAL

Artemesia Ap. – Qing Hao Aster – Zi Wan
Belamcandia – She Gan
Bupleurum – Chai Hu
Chrysanthemum – Ju Hua
Cinnamon Twig – Gui Zhi
Citrus Peel - Chen Pi
Cloves
Coix – Yi Yi Ren
Coptis – Huang Lian
Curcuma Longa – Jiang Huang
Dioscorea
Epimedium – Yin Yang Huo
Eriobotrya
Evodia
Forsythia – Lian Qiao
Hottunia – Yu Shing Cao
Isatis Leaf – Da Qing Ye
Isatis Root – Ban Lan Gen
Licorice Root – Gan Cao
Lithospermum – Zi Cao
Lonicera – Jin Yin Hua
Loranthus – Sang Ji Sheng Mentha – Bo He
Paeony Red – Chi Shao Yao
Rheubarb – Da Huang
Scute
Siler – Fang Feng
Stemona – Bai Bu
Taraxicum – Pu Gong Ying
Trichosanthes Root – Tian Hua Fen
Vitex – Man Jing Zi

BILE SECRETION INCREASES

Artemesia Ap. – Ching Hao
Bupleurum – Chai Hu
Capillaris (Artemisia)– Yin Chen Hao
Cloves – Ding Xiangi
Gardenia – Zhi Zi
Mume – Wu Mei
Rhubarb – Da Huang

BLOOD SUGAR LOWERING (HYPOGLYCEMIC)

Alisma – Ze Xie
Anemarrhena – Zhi Mu
Arctium – Niu Bang Zi
Astragalus – Huang Qi
Ophiopogen – Mai Men Dong
Polygonatum Roots - Huang Jing
Polyporus – Zhu Ling Poria – Fu Ling
Pueraria – Ge Gen
Rehmannia Raw – Sheng Di Huang
Scrophularia - Xuan Shen
Xanthium – Can Er Zi

BLOOD PRESSURE LOWERING

Acanthopanax – Wu Jia Pi
Achyranthes – Huai Niu Xi
Agrimonia – Xian He Cao
Alisma – Ze Xie
Angelica Dahurica – Bai Zhi
Angelica - Du Huo
Astragalus – Huang Qi
Carthamus – Hong Hua
Codonopsis – Dang Shen
Chrysanthemum – Ju Hua
Cinnamon Bark – Gui Pi
Crataegus – Shan Zha
Dianthus – Qi Mai
Eucommia – Du Zhong
Gentiana Macro – Qin Jiao
Linum Seed – Huo Ma Ren Loranthus – Sang Ji Sheng
Lycium Bark – Di Gu Pi
Magnolia Bark – Hou Po
Millettia – Ji Xue Teng
Morus Bark – Sang Bai Pi
Moutan – Mu Dan Pi
Paeony Red – Chi Shao Yao
Paeony White – Bai Shao Yao
Phellodendron – Huang Bai
Plantago Seed – Che Qian Zi
Polygonatum Roots – Huang Jing
Polygonum Cuspidatum – Hu Jiang
Polygonum Multiflorum–Ho Shou Wu

Polygala – Yuan Zhi
Rhubarb p– Da Huang
Salvia – Dan Shen
Sanguisorba – Di Yu
Schizandra – Wu Wei Zi
Sophora Flav. – Ku Shenm
Stercula – Pang Da Hai Tibullus – Ci Ji Li
Zizyphus – Suan Zao Ren

CARDIATONIC

Astragalus – Huang Qi
Crataegus – Shan Zha
Polygonum Cuspidatum – Hu Jiang
Polygonum Multiflorum - Ho Shou Wu
Ligustrum – Nu Zhen Zi
Rehmannia Raw – Sheng Di Huang
Rehmannia Cooked – Shu Di Huang
Schizandra – Wu Wei Zi

CHOLESTEROL LOWERING

Alisma – Ze Xie
Angelica Sinensis – Dang Gui Bupleurum – Chai Hu
Capillaris (Artemesia)–Yin Chen Hao
Carthamus – Hong Hua
Citrus – Chen Pi
Coptis – Huang Lian
Crataegus – Shan Zha
Curcuma Longa – Jiang Huang
Epimedium – Yin Yang Huo
Eucommia – Du Zhong
Licorice – Gan Cao
Ligustrum – Nu Zhen Zi
Linum – Huo Ma Ren
Lonicera – Jin Yin Hua
Lycium Fruit - Gou Qi Zi Morus Leaf – Sang Ye
Myrrh – Mo Yao
Platycodon – Jie Geng
Polygonum Multiflorum–Ho Shou Wu
Polygonum Cuspidatum – Hu Jiang
Rhubarb – Da Huang

Salvia – Dan Shen
Sargassum – Hai Zao
Sophora Flav. – Ku She
Sophora Flower – Huai Hua

DIGESTIVE

Agastache – Huo Xiang
Chaenomelas – Mu Gua Crataegus – Shan Zha
Curcuma Zed – E Zhu
Massa Medicata Fermentata – Shen Chu

DIURETIC

Acanthopanax - Wu Jia Pi
Achyranthes – Huai Niu Xi
Albizzia – He Huan Pi
Arctium – Niu Bang Zi
Astragalus – Huang Qi
Attractylodes Alba – Bai Zhu
Aurantium Immaturus – Zhi Shi Bamboo Skin – Zhu ye
Cinnamon Bark – Gui Pi
Cinnamon Twig – Gui Zhi
Coix – Yi Yi Ren
Coptis – Huang Lian
Desmodium – Jin Qian Cao
Dianthus- Qi Mai
Eucommia – Du Zhong
Hottunia – Yu Xing Cao Kochia - Di Fi Zi
Ligustrum – Nu Zhen Zi
Loranthus - Sang Ji Sheng
Morus Bark – Sang Bai Pi
Oldenlandia – Bai Hua She She Gao
Paeony Red – Chi Shao Yao
Paeony White – Bai Shao Yao
Phragmites – Lu Gen
Phellodendron – Huang Bai
Plantago Seed - Che Qian Zi
Polygala - Yuan Zhi
Polygonum multiflorum - Ho Sho wu Polyporus - Zhu Ling
Poria – Fu Ling
Poria Center – Fu Shen

Prunella – Xia Ku Cao
Rehmannia Raw – Sheng Di Huang
Rehmannia Cooked – Shu Di Huang Reubarb – Da Huang
Sargassum – Hai Zao
Scute – Huang Qin
Sophora Flav. – Ku Shen
Stercula – Pang Da Hai
Taraxacum – Pu Gong Ying
Tribulus – Ci Ji

EXPECTORANT

Acanthopanax – Wu Jia Pi
Anemarrhena – Zhi Mu
Aster – Zi Wan
Citrus Peel – Chen Pi
Epimedium – Yin Yang Huo
Eriobotrya – Pi Pa Ye
Fennel – Hui Xiang
Ginger, Fresh – Sheng Jiang
Ginko – Bai Guo or Yin Guo
Glehnia – Bei Sha Shen
Licorice – Gan Cao
Lily – Bai He
Morus Bark – Sang Bai Pi
Perilla Leaf – Zi Su Ye

H.C.L. INCREASES

Cloves – Ding Xiang
Crataegus – Shan Zha
Ginger Fresh – Sheng Jiang
Perilla Leaf – Zi Su Yi

H.C.L. DECREASES

Corydalis – Yan Hu Suo
Fennel – Hui Xiang
Magnolia Bark – Hou Po
Platycodon – Jie Jiang

HEMOSTATIC

Agrimonia – Xian He Cao
Angelica Dahurica – Bai Zhi

Artemesia Ap. – Ching Hao
Coptis – Huang Lian
Epimedium - Yin Yang Huo Gelatin – E Jiao
Hottunia – Yu Xing Cao
Lithospermum - Zi Cao Gen
Lonicera - Jin Yin Hua
Polygonum Cuspidatum – Hu Jiang
Rehmania Raw – Shen Di Huang
Rhubarb – Da Huang
Sanguisorba – Di Yu
Sargassum – Hai Zao
Schizonepeta – Jing Jie
Scute – Huang Qin
Senna – Fan Xie Yi
Sophora Flower – Huai Hua

HEPATOPROTECTIVE

Alisma
Angelica Sinensis – Dang Gui
Arctium – Niu Bang Zi
Astragalus – Huang Qi
Belamcandia Bupleurum
Capillaris
Forsythia Gardenia
Gentiana Scabra
Hu Jiang
Licorice – Gan Cao
Lycium Fruit
Magnolia bark Mentha
Moutan
Polyporus – Zhu Ling
Poria
Pueria
Rehmannia Raw – Sheng Di Huang
Rhubarb – Da Huang
Schizandra – Wu Wei Zi
Scute – Huang Qin
Taraxicum – Pu Gong Ying
Thilaspi

REGENERATION

Ginseng Schizandra

Thlaspi

IMMUNOSTIMULANT LIVER

Angelica Sinensis – Dang Gui Astragalus – Huang Qi
Attractylodes Alba – Bai Zhu
Bupleurum – Chai Hu
Eucommia – Du Zhong
Licorice – Gan Cao
Lycium Fruit - Gou Qi Zi
Moutan – Mu Dan Pi
Taraxicum – Pu Gong Ying

R.B.C. INCREASES

Astragalus – Huang
Gelatin – E Jiao
Lycium Fruit – Gou Qi Zi

W.B.C. INCREASES

Astragalus – Huang Qi
Cinnamon Bark – Gui Pi
Codonopsis – Dang Shen
Gelatin – E Jiao
Ligustrum – Nu Zhen Zi
Lycium Fruit – Gou Qi Zi
Polygonum Multiflorum – Ho Shou Wu
Sophora Flav. – Ku Shen

W.B.C.PHAGOCYTOSIS INCREASE

Acanthopanax – Wu Jia Pi
Hottunia – Yu Xing Cao

TRIGLYCERIDES LOWERING

Alisma – Ze Xie
Crataegus – Shan Zha
Curcuma Longa – Jiang Huang
Ligustrum – Nu Zhen Zi
Polygonum Cuspidatum – Hu Jiang

Polygonum Multiflorum – Ho Shou Wu

SEDATIVE

Albizzia – He Huan Pi
Angelica - Du Huo
Angelica Sinensis – Dang Gui
Astragalus – Huang Qi
Biota Seed – Bai Zi Ren Bupleurum – Chai Hu
Cinnamon Bark – Gui Pi
Cinnamon Twig – Gui Zhi
Cnidium – Chuan Xiong
Coix – Yi Yi Ren
Corydallis – Yan Hu Suo
Cyperus – Xiang Fu
Eucommia – Du Zhong
Gardenia – Zhi Zi
Gentiana Macro – Qin Jiao
Jujube – Da Zao
Lily – Bai He
Longan – Long Yan Rou
Loranthus – Sang Ji Shen
Millettia – Ji Xue Teng
Morus Bark – Sang Bai Pi
Moutan – Mu Dan Pi
Oldenlandia – Bai Hua She She Gao
Ophiopogen – Mai Men Dong
Paeony White – Bai Shao Yao
Phragmites – Lu Gen
Platycodon – Jie Geng
Polygala – Yuan Zhi
Poria – Fu Ling
Poria Center – Fu Shen
Salvia – Dan Shen
Scrophularia – Xuan Shen
Scute – Huang Qin
Thilaspi – Bai Jiang Vitex – Man Jing Zi Zizyphus – Suan Zao Ren

Pressor

Angelica Dahurica
Carthamus
Citrus peel
CrataegusEphedra
Ginger fresh

ANTI MRSA

Angelica Dahurica - Bai Zhi
Curcuma Longa
Grape seed
Hibiscus
Licorice root
Lycium fruit
Magnolia bark
Morus leaf
Polygonum Multiflorum
Salvia
Scute
Sophora root
Xanthium

ANTIMERCURY

Coptis
Desmodium
Drynaria
Ginkgo leaf
Polygala
Smilax
Tribulus

Anti Allergic

Lily
Jujube
Stephannia
Schizonepeta

Ganoderma
Forsythia
Notopterygium
Dictamus
Persica
Mume
Mag. Flos.

Immune stimulant

Angelica sinensis
Astragalus
Codonopsis
Coptis
Cordyceps
Crataegus
Dandelion
Dioscorea
Epimedium
Eucommia
Ganoderma
Garlic
Gelatin
Gentiana
Hoelen
Hottyunia
Isatis root
Licorice
ligustrum
Longan
Lonicera flower
Lycium fruit
Mume
Ophiopogen
Paeony
Polygonatum roots
Polygonum multiflorum
Polyporus

Siler
Sophora sub & root
Schizandra
Scute
Seigesbekia
Trichosanthes root

Immunosuppressant

Acanthopanax
Alisma
Angel sin
Asparagus
Bupleurum
Carthamus
Chaenomelas
Cinnamon twig
Cordyceps
Dipscorea
Gentiana scab
Glehnia
Licorice
Phellodendron
Prunella
Rehmannia
Rhubarb

Database Herbs Contraindicated In Pregnancy

Achyranthes
Aurantium Immaturus Bellamcandia

Carthamus
Cinnamon Twig Or Bark
Cnidium
Coix
Curcuma Longa
Curcuma Zed
Dianthus
Dry Ginger
Hu Jiang
Ligustici Wallichi (Cnidium)
Magnollia Bark (Caution)
Massa (Caution) Mastic
Moutan
Myrrh
Oldenlandia(Caution)
Plantago
Prunis Persica
Rehmannia Raw
Rosa Chinensis
Trichosanthes Root
Rhubarb
Senna Leaf
Tribulus
Zedoria

Database with TCM Indications

This is my database that has TCM info in it in case that helps anyone. Cut and paste to process as best suits you.

My Old Database with TCM Info

Acanthopanax - Wu Jia Pi

Anti-(Bacterial, Rheumatic, **Inflammatory**, Pyretic, *Tumor*)
Analgesic, Diuretic, *Hyper or Hypoglycemia*
Anti-(Tussive, Asthmatic, Neoplastic) Expectorant,
Boosts-(Immune, W.B.C Phagocytosis, Interferon),
Vasodilatve to lower B.P.
Liver, Kidney - Pungent, Warm
Dispels Wind Damp, strengthens bones & sinews,
Rheumatoid arthritis. Edema
CONTRA - KID. YIN XU WITH FIRE SXS.

Agastache – Huo Xiang

Anti-(Bacterial, Fungal, Spirochetes), Diaphoretic, Digestive
Increases HCL to Promote Digestion
Lung Spleen Stomach - Pungent SL / Warm
Common Cold & Interior Damp, Nausea, Vomiting, diarrhea
CONTRA -INTERIOR HEAT OR FEBRILE DISEASES, *YIN* XU HEAT

Agrimonia-Xian He Cao–

Astringent **Hemostatic** Detoxicant
Anti-(**Parasitic** Inflam **Bacterial)** Analgesic
Antineoplastic H2O Extract Lowers B.P.
Vitamin K content may counteract anticoagulant drugs
Lung Sp. Liv. – Bitter Astringent Neutral

Stops Bleeding, Boils, Carbuncles
Trichomonas Vaginitis, Malaria, Dysentery
CONTRA – PATHOGENIC HEAT AND EXCESS FIRE,
CAN CAUSE NAUSEA AND VOMITING

Ailanthus Bark –Chun Pi

Febrifugal, Astringent, Desiccant, Leucorrhea, Menorrhagia
Anti-(Parasitic, Fungal, Neoplastic)
Liver Large Int. – Bitter Astringent and Cold
Diarrhea Chronic Dysentery, Bloody Stool, Hemorrhoids
CONTRA – SP. & St. Cold Xu

Albizzia – He Huan Pi

Sedative & Analgesic, Diuretic, Uterine Stim. **Hypnotic**
Heart & Liver – Sweet & Neutral
Invigorates Blood to Relieve Pain & Swelling
Abscesses, Carbuncles & Furuncles
CONTRA – WITH NO QI & BLOOD STAG.

Alisma –Ze Xie

Anti-(Bacterial, **Hypertensive), Diuretic**, **Hyperlipidemic,**
Lowers Blood Sugar & **Cholesterol & Triglycerides**
Kidney U.B. -Sweet Cold
Eliminates Heat & Damp in the Lower Burner, Edema, Fatty Liver
CONTRA - KIDNEY YANG OR QI XU, *Damp Cold*

Anemarrhena – Zhi Mu

Anti-(Bacterial, Fungal, **Pyretic)** Expectorant,
lowers blood sugar **Anti-(Diabetic, Neoplastic)**
Lung Stomach Kidney - Bitter & Cold (Sweet Neutral)
High or low acute or chronic fevers,
Heat in the Lung & Stomach
CONTRA -IN *Spleen Xu* DIARRHEA

Angelica Dahurica – Ze Xie

Anti-(Bacterial, Toxin), Diaphoretic, **Analgesic, Anti-(Inflam, Pyretic, Spasmodic) Lowers B.P. by decreasing Ht. rate, Mildly Hemostatic**
Spleen Stomach – Sweet Bitter Warm
Wind Cold, Head Ache, Sinusitis, Skin Diseases, Toothache, Leucorrhea from Damp Cold in the Lower Burner
CONTRA -YIN *or Blood* XU HEAT OR FIRE

Angelica - Du Huo

Anti-(Rheumatic, *Tuberculosis,* **Inflam**), **Analgesic**
Sedative, Hypnotic, **Lowers Blood Pressure** by dilating blood vessels *(alcohol extract works better than tea),*
Stimulates C.N.S. **Anti-Bacterial, Inhibits Clotting, Relieves Intestinal Spasms, Peptic Ulcers, Vitiligo topically W/ U.V. Psoriasis W/ U.V.**
Kidney & U.B. - Pungent Bitter Slightly Warm
Dispels Wind & Damp & Relieves Pain especially in the lower part of the body. Common cold with fever, head ache & muscle ache
CONTRA -YIN XU & EXCESS FIRE SXS *BLOOD XU W/OBSTRUCTION*

Angelica Sinensis – Dang Gui

Anti-(Bacterial, Inflam), Sedative, **Analgesic,**
Lowers cholesterol **Anti-(Coagulant, Bronchial Spasm) Hepatoprotective, Immunostimulant**
Liver Heart Spleen - Sweet Pungent Warm
Tonify Blood & Circ. Amen Dysmen, Arthritis, Constipation, Traumatic injury, Angina,
CONTRA - *Ab*. *Dist. due* to *Damp Obstruction*

DIARRHEA,

Apricot Seed -(See Prunis Armeniaca)

Arctium – Niu Bang Zi

Anti-(**Bacterial,** Fungal, **Pyretic,** Toxin), Diuretic, Purgative
Anti-(Inflam, Diabetic) Hepatoprotective,
Decreases Protienurea
Lung Stomach – Pungent Bitter Cold
Wind Heat, Measles, Sore throat Abscess
CONTRA - *Qi xu with* DIARRHEA

Artemesia Ap. - Ching Hao

Anti-(**Bacterial,** Fungal, Malarial, Febrile)
Hemostatic,Heat Stroke, **Anti-(Hypertensive,Pyretic)**
Increases production and secretion of bile
Liver G.B. – Bitter, Pungent & Cold
Yin or Blood Xu or Summer Heat
CONTRA – DIARRHEA, YIN XU,
NOT W/ GENTIANA SCAB.

Asparagus – Tian Men Dong

Anti-(**Bacterial,** Tussive, Tumor, Asthmatic), **Antineoplastic**
Tidal fever, Night sweats, Seminal emission, Excessive thirst,
Dry throat, Cough W/ sticky phlegm or bloody sputum,
Muscular atrophy, Constipation
Lung and Kidney – Sweet Bitter Cold
Restores Vital Essence, Promotes secretion of bodily fluids
Expectorant Nourishes Yin and Kidneys, clears heat

CONTRA – COLD XU DIARRHEA,
COUGH FROM COMMON COLD

Aster – Zi Wan

Anti-(Bacterial, Fungal, Tussive, Cancer)
Expectorant, Cough W/ Thick Phlegm, Bronchitis, T.B.
Expectorant, Anti-(Neoplastic, Viral)
Lung – Sweet/Bitter, Slightly Warm
CONTRA – *YIN XU COUGHS* & EXCESSIVE HEAT COND.

Astragalus – Huang Qi

Antibacterial, Cardiatonic, Diuretic. **Lowers Blood Pressure**,
& Sugar Detoxification, Decreases Protein in Urine
Boosts Immune, R.&W.B.C. Production,
Protects Liver & Kidney, Sedative, Analgesic,
Psoriasis, Prostatic Hypertrophy, Neuropathy
Spleen Lung -Sweet Sl/Warm
Wei Qi Xu, Abscess and Chronic Ulcers, **Nephritis**, W/Edema &
Protein urea, Night Sweats, Promotes wound Healing,
Spleen Qi or Yang Qi Xu , *Blood Xu*
CONTRA - YIN XU OR EXCESS Symptoms *With Heat*

Attractylodes Alba – Bai Zhu

Diuretic Antibacterial, **Increases peristalsis,**
Increases B.P. w/out increasing Heart rate
Enhances microcirculation to Ht. Brain & Kid.
Uterine prolapse
Spleen Stomach -Sweet Bitter Warm
Tonify Spleen Dispels Damp
Poor appetite, Ab distention, Chronic diarrhea, Edema

CONTRA -YIN XU *With Heat*

Aurantium Immaturus - Zhi Shi

Increases Blood Pressure, Anti-Shock, G.I. Excitatory,
Diuretic, Boosts Immune Sys. Anti-(Diabetic, Coagulant, Neoplastic)
Const. in high dose, Diarrhea in low dose
Spleen Stomach - Sour Bitter SL*I* Cold
Carminative, Constipation
CONTRA - *Prego,* WEAK *or Cold* SP. & ST.

Bamboo Skin - Zhu Ye

Antipyretic *Clears* & *transforms Hot Phlegm,*
Stops Bleeding
Heart Lung Stomach G.B. - Sweet Cold
Clears Heat, Diuretic, Increases Fluid Secretion
CONTRA - DIARRHEA, *Nausea* & *Vomiting due* to
Cold in the Stomach or Food Stagnation

Belamcandia – She Gan

Anti-(Bacterial, Fungal, ***Viral,*** Pyretic, Inflam), Analgesic
Lung - Bitter Cold
Acute tonsillitis, laryngitis, Cough with profuse sputum
due to heat in the lung
CONTRA - PREGO, *Spleen* Qi *Xu with .*DIARRHEA

Biota seed – Bai Zi Ren

Palps. Insom. Due to Blood Xu. *Anxiety from Ht. Blood Xu*
Geriatric Constipation, *Yin Xu Night Sweats*
Ht. Liv. Kid. L.I. – Sweet & Neutral
Emollient, Sedative Insom., *Nourishes Ht. calms the spirit*
Soothes nerves
CONTRA – DIARRHEA & CHEST PHLEGM STAGNATION

Bupleurum – Chai Hu

Anti-(Bacterial. Viral, Pyretic, Malarial, Inflam),
Analgesic & Sedative
Boosts Immune, Liver Protectant, Increases Bile Production, & Secretion, Lowers Cholesterol
Liver G.B. Pericardium, T.H – Bitter Slightly Cold
Intermittent Fever, Liver Qi Stag.
CONTRA -EXCESS LIVER FIRE WITH OR WITHOUT YIN XU

Capillaris (Artemisia) - Yin Chen Hao

Hepatitis, Gall stones, Jaundice, **Anti-(Pyretic, Fungal**)
Anti-(Bacterial, Lipidemic, Hypertensive)
Liver Protectant, Lowers Cholesterol, Increases Bile
Sp. Liv. G.B. U.B. – Bitter Slightly Cold
Liver & G.B. Damp Heat or Cold Jaundice
CONTRA – JAUNDICE WITHOUT DAMP HEAT
OR FROM MID BURNER QI XU

Cardamon – Sha Ren

Anti-(Emetic, *Tubercular) Warms Middle Burner, Transforms Stag.*
Increases HCL & Peristalsis, Decreases Vomiting
Spleen Stomach Kidney - Pungent Warm
Carminative, Resolves Damp, Diarrhea, Prevents Miscarriage
CONTRA - *Blood Xu or* YIN XU HEAT

Carthamus – Hong Hua

Lowers Blood Pressure & Cholesterol,
Promotes Blood Circulation
Heart & Uterine Stim. Inhibits Clotting, Suppresses CNS,
Low Dose Tonifies Blood, High Dose for Blood Stag.
Liver Heart - Pungent Warm
Amen, Dysmen, Abdominal Pain & Tumor, Analgesic, Hepatomegaly & Spleenomegaty,
Traumatic injury, removes Blood Stasis
CONTRA - PREG, MENORRHAGIA

Chaenomelis – Mu Gua

Antiarthritic, Mildly Digestive, **Protects Liver,**
Antineoplastic, Acute Bacterial Dysentery
Liver Spleen – Sour, SL/ Warm, Aromatic
Damp Pain, Comforts the Sinews Harmonizes the St.
to Transform Dampness.

Chrysanthemum – Ju Hua

Anti-(**Bacterial** Fungal Viral Toxin Pyretic & Inflam)
Lowers B.P. & temp. by vasodilation,
Lung Liver - Pungent Sweet Bitter Cool
Wind Heat, Liver heat,
Brightens eyes Hypertension, Headache
CONTRA - DIARRHEA & QI XU

Cinnamon Bark - Gui Pi

Antibacterial, Sedative, Dilates blood vessels,
Promotes blood Circulation, Improves Digestion,
Elim. G.!. Gas & Spasms, *Diuretic*, Anemia
Antifungal, Lowers B.P. Raises W.B.C.
Analgesic, Enhances Digestion
Ht. Liv. Sp. Kid. - Pungent Warm

Warms Sp. & St. for G.I. & low back pain due to Cold,
CONTRA - PREG, YIN XU, EXCESS FIRE & HEAT SXS

Cinnamon Twig – Gui Zhi

Anti-(Bacterial, Viral, *Pyretic*), Diuretic
Analgesic, Sedative, Hypnotic, Antitussive
Heart Lung UB – Pungent Sweet Warm
Wind Cold, Circ Yang in Chest
CONTRA - PREG, FEBRILE DISEASES, FIRE & HEAT SXS

Citrus peel – Chen Pi

Stomachic, Expectorant, Anti-(Ulcer **Asthmatic *INFLAM*).**
Lowers Cholesterol *Spleen Qi tonic* **Increases Peristalsis**
Lung Spleen *Stomach* - Pungent Bitter Warm
Carminative, Wet Cough, Hiccup, Vomiting
CONTRA - SPITING BLOOD, OR SPASMODIC AB. PAIN WITHOUT DAMP PHLEGM STAG. SXS.
YIN OR QI XU DRY COUGH

Clove – Chuan Xiong

Anti-(Emetic, *Viral, **Fungal,*** **Bacterial**, Parasitic, Inflammatory), Stomachic, Carminative, **Analgesic**, Preservative
Anti-(Asthmatic, Toxin) Increases Bile & H.C.L.
Spleen Stomach Kidney - Pungent Warm
Warms Sp. St. & Kid. Hiccup Nausea & Vomiting due to cold
CONTRA - YIN XU, & WITH HEAT SXS.

Cnidium – Chuan Xiong

Anti-(Bacterial, Hypertensive, Convulsive), **Sedative**
Dilates Blood Vessels to lower B.P. Angina
Protects against Radiation, Anti-(Platelet, Coagulant)
Liv. P.C. G.B. - Pungent Warm
Tonify Blood & Qi Circ. Wind Cold Head & Body Ache,
Abnormal Menstruation, Cerebral Embolism, Coronary Ht. Disease
Skin problems caused by Wind
CONTRA - PREGO, YIN XU H/A OR *LIVER YANG H/A,*
MENORRHAGIA, ABNORMAL BLEEDING

Codonopsis – Dang Shen

Increases-(Blood Sugar, **RBC's** & WBC's), Antifatigue
Temporarily Lowers Blood Pressure
Enhances hypoxia resistance & phagocytic activity,
Antiulcer, decreases W.B.C. & lymphocytes
Spleen Lung - Sweet Neutral
Tonify Sp. Lu. & St.& Qi, promotes secretion of body fluids
Palps, S.O.B. Weak limbs, Poor appetite, Loose Bowel, Thirst,
Anemia, Chronic Hemorrhage
CONTRA -TRUE EVIL SXS.

Coix – Yi Yi Ren

Anti-(Diuretic, **Pyretic**), *Anticancer,* **Analgesic**, Sedative,
Antineoplastic, Mildly Sedative, Antiviral
Sp. St. Lu. L.I. *Kidney* - Sweet SL/ Cold
Resolves *Wind* Damp Heat*,* Edema, Anti-(Inflam. Diarrhea, Arthritis),
CONTRA -PREG

Coptis – Huang Lian

Anti-(**Bacterial**, Toxin, **Pyretic**, **Inflam**, ***Viral, Fungal***),
Lowers Cholesterol, Increases bile formation, Anesthetic, Sedative,
Anti-(Diuretic, Hypertensive). *Hemostatic*
Broad spectrum antibiotic, Lowers cholesterol,
Anesthetic, Antidiarrheal
Heart, Liver, Stomach, Large Intestine, - Bitter Cold
Heat and damp *Diarrhea, Colitis, Topically for Trichomonas & Otitis Media, Anal Fissures,* Inflam of Mouth, Eyes, *Ears, Fire Poison, Ht.* & *St. Fire*
CONTRA - DIARRHEA, BLOOD *OR YIN* XU, OR JING XU HEAT
NAUSEA OR VOMITING FROM COLD XU STOMACH
DIARRHEA FROM SP. OR KID. XU

Corydallis – Yan Hu Suo

Analgesic, Anti-(Bacterial, Spasmodic, Ulcer, Emetic)
Lowers H.C.L. & its P.H. Sedative & Hypnotic, Dysmenorrhea
Anti-inflammatory, Muscle Relaxant, Increases blood flow in the coronary arteries while lowering O2 consumption of the Cardiac Muscle and increasing the contractility of the Ht.
Liver Spleen *Stomach Lung*– Pungent Bitter Warm
Invigorates Blood to remove Stasis to relieve pain
Traumatic injury, Insomnia
CONTRA – PREGO

Crataegus – Shan Zha

Cardiatonic, Lowers Blood Pressure & Cholesterol.
Antibacterial Vasodilator. Increases H.C.L.
Lowers Triglycerides, **Nephritis, Nausea, Vocal polyps**
Spleen Stomach Liver - Sour Sweet SL/ Warm
Digestive, Amenorrhea, Hypertension, Heart Disease,
Diarrhea, Bacillary Dysentery*, Transforms Congealed Blood*
CONTRA - SPLEEN & STOMACH *XU W/OUT FOOD STAG.*

USE WITH CAUTION IN PATIENTS WITH ACID REGURGITATION

Curcuma Longa – Jiang Huang

Arthritis, Dysmenorrhea, Trauma,
Lowers Cholesterol, & Triglycerides, Anti-Inflam.
Inhibits Clotting
Liver Spleen – Pungent, Acrid, Bitter and Warm
Resolves Blood Stag. And Pain, Moves the Qi
CONTRA – PREGO, ANEMIA, OR WITHOUT QI & BLOOD STAG.

Curcuma Zed – E Zhu

Anti-(Cancer, Neoplastic, Bacterial), Digestive, Carminative, **Inhibits Clotting**
Liver, Spleen – Pungent Bitter, Acrid Warm
Moves Qi & Stagnant Blood to relieve pain , Food Stag.
CONTRA – XU OF QI & BLOOD SP. ST.
PREG & W/CAUTION IN XU COND.

Cyperus – Xiang Fu

Antibacterial, Analgesic, Relaxes Intestines, *Estrogenic*
Sedative, Antipyretic, Antibacterial for Staff
Liver Stomach - Pungent SL/ Bitter Neutral
Carminative, Diarrhea, Abnormal Menstruation, *Liv. Qi Stag.*
CONTRA - YIN XU *HEAT, QI XU W/OUT STAG,*
HEAT IN THE BLOOD

Desmodium – Jin Qian Cao

U.B. & Gallstones, Hepatitis, Jaundice, Abscesses, Mastitis
Febrifuge, *Diuretic*, Clears Heat & Swelling
Antibacterial, Alcohol extract is Antifungal, Hemorrhoids
Liv. G.B. U.B. Kid. *Lu.* – Slightly Salty, Neutral
Clears Damp Heat,
CONTRA – JAUNDICE W/OUT HEAT & DAMP

Dianthus – Qu Mai

Diuretic, Anti-(Bacterial, Parasitic) U.T.I. Lowers B.P.
Hematurea, Increases Intestinal Peristalsis.*Constipation*
Kills Blood Flukes **Uterine & G.I. Stimulant**
Heart S.I. U.B. *Kidney* – Bitter Cold
Eliminates Damp Heat
CONTRA – PREGO. *SP. OR KID. XU*

Dictamus – Sai Xian Pi

Anti-(Bacterial, Fungal, Pyretic)
Spleen Stomach - Bitter Cold
Wind Damp. Pathogenic Heat, Jaundice, Skin Diseases
CONTRA - QI XU COLD SXS. IN THE ABDOMEN

Dioscorea - Shan Yao

Tonify Spleen Stomach. Reinforce Lung & Kidney.
Astringe Essence
Lung Spleen Kidney - Sweet Neutral
Low Appetite, Chronic Diarrhea, Dry Cough, Asthma, Diabetes
CONTRA - TRUE HEAT & DAMP *SXS.*
EXCESS CONDITIONS

Epimedium – Yin Yang Huo

Anti-(Viral, Bacterial. Rheumatic, Asthma,
Tuberculosis, Tussive), Expectorant, lowers Blood, Pressure & Sugar,
Increases sex drive & secretion of semen, action similar to male sex hormone
Anti-Inflam. Lowers Cholesterol
Liver & Kidney - Pungent & Warm
Tonifies *Yin* & *Yang* Kidney, Bones & Sinews, Wind *Cold* Damp, Impotence,
Hypertension, Chronic Bronchitis
CONTRA - HYPERACTIVE FIRE DUE TO YIN XU
HYPERACTIVE SEX DRIVE, NOT RECCOMMENDED FOR PROLONGED USE AS A DECOCTION

Eriobotrya – Pi Pa Ye

Anti-(Bacterial, Viral, Asthmatic, Tussive) Bronchitis, Expectorant
Lung, Stomach – Bitter and Cool
Wind heat cough, Thirst & Vomiting due to Heat in the Stomach
Gastritis, Expels Phlegm, clears Lung Heat, Nausea
CONTRA – VOMITING FROM COLD STOMACH, Cough from Lung Cold

Eucommia - Du Zhong

Back & Knee pain, Lowers blood pressure &
Cholesterol, *Tonifies Liv.* & *Kid. Diuretic*
Sedative, Boosts Immune, Antibacterial
Liver Kidney - Sweet Warm
Kid. Yang Xu Sxs. Hypertension, Prevents miscarriage
CONTRA - HYPERACTIVE FIRE SXS. *YIN XU WITH HEAT*

Fennel – Hui Xiang

Antibacterial, Carminative, Expectorant, Stomachic, Increase WBC,
Regulates Qi & *alleviates pain, warms the Mid. Burner* & *opens. the St.*
Increases Peristalsis, Inhibits H.C.L. secretion, may regenerate Liver tissue
Sp, St, Liv, Kid. - Pungent Warm
Analgesic by Elim. Cold in Ab. & Testes
CONTRA - EXCESS FIRE & YIN XU SXS.

Forsythia – Lian Qiao

Anti-(Bacterial, Pyretic, Inflam, Emetic)
Broad Spectrum Antibacterial, Protects Liver
Lung Heart Gall Bladder - Bitter Slightly Cold
Eliminates Heat & Toxin in the blood, Colds, Flu, UTI,
Fever, NODULES, External Wind Heat
CONTRA - DIARRHEA WITH YIN XU HEAT OR
ABCESS, SPLEEN & STOMACH XU
WITH DIARRHEA, QI XU FEVERS, COLD ULCERS

Frittillaria – Zhe Bei Mu

Resolves phlegm. Relieves *chiefly chronic* cough,
Antitussive Clears Heat
Lung Heart - Bitter Cold
Cough with thick sputum, Acute bronchitis, Pneumonia
CONTRA - *SPLEEN OR STOMACH XU.* COLD &
DAMP PHLEGM IN THE SPLEEN & STOMACH

Gardenia – Zhi Zi

Anti-(Bacterial, Fungal, Parasitic, Pyretic), Lowers Blood Pressure, Sedative, Increases Bile Secretion & Healing of Tissue, *Hemostatic*
Mildly Analgesic, Protects Liver
Ht. lu. Liv. G.B. Stomach T.H. - Bitter Cold
Heat & Damp *in any* of *the Three Burners* Hep. Eye Inflam.High fever Vomiting W\ Blood. *Cools Blood stops bleeding*
CONTRA -*COLD XU DIARRHEA,* SP. & ST. XU

Gelatin - E Jiao

Increases concentration of W.B.C. & hemoglobin in the blood as well as the absorption and retention of Calcium.
Lung Liver Kidney - Sweet Neutral
Blood tonic in anemia. Hemostatic for all bleeding, Yin tonic. soothes the Lung,
dry cough W/Bloody sputum. tuberculosis
CONTRA - *EXTERIOR CONDITIONS,*
SPLEEN & OR STOMACH XU

Gentiana Macro – Qin Jiao

Anti-(Bacterial, Inflam, Pyretic, Histamine, Hypertensive), Analgesic, Sedative Antifungal, Anticonstipatory
Lowers B.P. Raises Blood Sugar
St. Liv. G.B. - Pungent Bitter Neutral
Antirheumatic for Wind & Damp, Especially in the Extremities. Heat & Damp Jaundice & Hep. Allergic Inflam. Low grade fever in Chronic diseases. Meningitis. Yin Xu fevers. Moistens the Intestines & moves the stool, counteracts the drying tendency of other herbs that expel Wind Damp.
CONTRA - POLYUREA.SPLEEN XU DIARRHEA, WEAK CONSTITUTION, CHRONIC PAIN WITH EMACIATION

Gentiana Scabra – Long Dan Cao

Antibacterial, Anti-inflammatory, Antihistamine, Antiarthritic, *Antimalarial,* increases blood sugar by decreasing glycogen in the liver.
Small doses before a meal increases gastric juices after a meal decreases them. Stomachic Jaundice, Leukorrhea, eczema, conjunctivitis, earache, bitter taste,
acute UTI, HBP w/dizziness and tinnitus, sore throat and eyes, *Encephalitis B*
Hepatoprotective, Diuretic, Increases bile and gastric juice.
Liver G.B. Stomach – Bitter and Cold
Eliminates heat and damp in the liver *and GB*
CONTRA – in a person without true heat fire or damp sxs.
Spleen or Stomach Xu with diarrhea

Ginger, Dry - Gan Jiang

Nausea, Diarrhea, Bacillary Dysentery,Cough, Chronic Cold Bronchitis, raises blood pressure, Reduces the poisonous effect of other herbs,
Mildly Increases Peristalsis, Antiemetic, Stimulant, Warming
Heart, Lung, Spleen, Stomach - Pungent Warm
Tonify Yang, Spleen, & Stomach, Exterior Cold conditions,
Cold in the Stomach, Tonifies Wei Qi
CONTRA – PREG

Ginger, fresh – Gan Jiang

Diaphoretic, Stomachic, Carminative, Anti-(Emetic, Fungal), Expectorant.
Increases the production of Stomach Mucus Membranes, H.C.L. and Peristalsis, Increases Ht. & Respiration & B.P. Antibacterial
Lung, Spleen, Stomach -Pungent, *Warm, Acrid,*
Hot Exterior Wind Cold with cough *and chronic lung disorders where there is phlegm, Cold in the Stomach especially when there is* Vomiting, Diarrhea, *Reduces toxicity of other herbs (Aconite, Pinellia). With brown sugar for Bacillary Dysentery, Chewing fresh ginger raises blood pressure without increasing pulse rate*

CONTRA -YIN XU HEAT SXS *LUNG HEAT OR STOMACH HEAT WITH VOMITING*

Ginko Seed– Bai Guo Yin Guo

Anti-(Bacterial, Mycobacterial, Asthmatic, T.B. Fungal)
Bronchodilator and Expectorant, Uterine Stimulant
Lu. Kid. – Sweet Bitter Astringent Neutral, SL/ Toxic
Freq. Urination, U.B. Inf. Leucorrhea, Consolidates Lu. Qi, Expels Phlegm
CONTRA – COLD & DAMP, EXCESS COND. NOT IN LARGE QUANTITIES FOR LONG PERIODS OF TIME

Glehnia -Bei Sha Shen

Expectorant, Analgesic, *Moistens the Lung* & *alleviates cough.*
lowers Temperature
Lung Stomach - Sweet Slightly Cold .
Dry throat & Cough *due* to *Lung Yin Xu, hoarseness' from chronic cough, Nourishes the Stomach, generates fluids* & *clears Heat, for dryness of the mouth and throat* & *skin*
Constipation due to Yin Xu
CONTRA - WIND COLD COUGH, COLD XU LUNG & STOMACH *COLD SPLEEN XU*

Hottunia – Yu Shing Cao

Anti-(Bacterial, Viral, *Tussive,* Fungal, Microbial), Diuretic
increases phagocytosis of W.B.C.
Clears Heat & *Poison* & *Damp Heat in the Large Intestine or Lower Burner*
Broad Spectrum Antibiotic, Anti-Inflam, Analgesic, Hemostatic
Lung - Pungent Slightly Cold
Pulmonary infections, *Lung Heat cough with thick sputum,* & *or abscesses,* Colitis, *U.T.I. used topically for many skin problems especially herpes simplex.*I

CONTRA - COLD & XU CONDITIONS

Hu Jiang

Ant-(Bacterial, Tussive, Arthritic) Purgative, Cardiatonic Lowers Cholesterol & Triglycerides, Hepatitis, Amen & Dysmen
Pneumonia, Bronchitis, Trauma, Snake Bite, Gall & U.B. stones
Anti-(Asthmatic, Tussive, Inflam, Diabetic, Neoplastic)
Lowers B.P. & Ht. rate, Hemostatic, Analgesic,
Lung Liver G.B. – Bitter and Cold
Eliminates Heat, Toxin and Dampness, Blood Stag.
CONTRA – PREG

Isatis leaf – Da Qing Ye

Anti-(Bacterial, Viral), *Encephalitis*
Broad Spectrum Antibacterial, Anti-(Fungal, Neoplastic)
Mildly Anti-(Inflam, Pyretic)
Heart Lung Stomach - Bitter, Very Cold
Pathogenic Heat & Toxin in the blood Flu, Pneumonia, Meningitis, Swollen lymph nodes, *any febrile or epidemic disease.*
CONTRA - XU COLD SPLEEN & STOMACH

Isatis Root - Ban Lang Gen

Anti-(Bacterial, Viral), *Encephalitis,* **Inhibits Clotting**
Heart Lung Stomach - Bitter Cold
Pathogenic Heat in the blood, *Damp Heat Jaundice,*
Flu, Fever, Meningitis, Swollen lymph nodes,
benefits the throat
CONTRA - XU COLD SPLEEN & STOMACH, *IN WEAK CONDITIONS, OR WITHOUT FIRE POISON*

Ju Jube - Da Zao

Increases body weight and endurance, protects and strengthens the Liver
Antineoplastic, Increases Physical Strength
Spleen, Stomach - Sweet. Warm *Neutral*
Spleen & Stomach Qi tonic. Blood tonic, Sedative.
Lack of appetite, Malaise, Diarrhea, Anemia, Palpitations
CONTRA - FOOD STAG, DAMP PHLEGM, PARASITES, DENTAL DISEASES

Kochia– Di Fi Zi

U.T.I. Diuretic, **Antifungal, Eczema, Antibacterial**
Kidney U.B. – Bitter and Cold
Elim. Damp Heat & Itching
CONTRA – W/OUT DAMP HEAT SXS

Licorice – Gan Cao

Anti-(**Bacterial, Inflam**, **Ulcer, Toxin**, Histamine, Neoplastic), Adrenocortical **Analgesic, Antitussive & Expectorant, Hepatoprotective**. **Under stress it boost immune, normally it suppresses**. **Antiarrhythmic, Enhances the duration & effect of cortisone**
Heart Lung Spleen & Stomach – Sweet Neutral
Spleen & Qi tonic, *Blood Xu,* Clears heat, Sore throat, *moistens the Lung in Heat or Cold conditions,* Cough, *Tuberculosis,* Asthma, Ulcer, ***Antispasmodic**,Topically for Fire Poison, lowers cholesterol and blood pressure only in the hypertensive, moderates the action of other herbs.*
CONTRA - ABDOMINAL FULLNESS EXCESS CONDITIONS, *EXCESS DAMPNESS, NAUSEA OR VOMITING*

Ligustrum – Nu Zhen Zi

Anti-(Bacterial, Tumor), Cardiatonic. Diuretic, Increases W.B.C.
Anti-(Diabetic, Inflam.) Protects Liver, Lowers Cholesterol & Triglycerides, **Stimulates Blood Production Antidotes Neutropenia caused by radiation**
Liver Kidney - Sweet Bitter Neutral
Premature grey hair, K. & Liv. Yin Xu Sx. *dizziness, low back pain*
CONTRA - YANG XU DIARRHEA, *SPLEEN XU COLD DIARRHEA*

Lily – Bai He

Anti-(Tussive, Asthmatic),Expectorant, Sedative for Pathogenic Heat
Increases resistance to Hypoxia
Ht. Lu. -Sweet *Sl/Cold*
Yin Xu cough with blood, *sore throat,* Insom. in Febrile Diseases,
Palpitations due to *Qi* & *Yin Xu.*
CONTRA - DIARRHEA *FROM SPLEEN OR STOMACH XU,*
WIND COLD COUGH WITH PHLEGM

Linum seed – Huo Ma Ren

Laxative, Lowers B.P.
Increases G.I. Peristalsis & Lowers Cholesterol
Sp. St. L.I. – Sweet and Neutral
Aperient, Emollient, Geriatric Const.
CONTRA – DIARRHEA

Lithospermum – Zi Cao

Anti-(Bacterial, Viral, Cancer, Pyretic), Contraceptive,
Anti-(Neoplastic, Inflam) Stimulates G.I. Psoriasis *Stimulant*
Heart Liver - Sweet Cold
Clears Pathogenic Heat & Toxin from the blood,
Measles *that have not erupted, encourages rashes to surface. Topically for Damp Heat skin lesions or vaginal itching. Moistens the Intestines & moves stool for heat in the Blood with Constipation*
CONTRA -DIARRHEA DUE TO ST. & INTESTINAL XU
CAUTIOUSLY IN CASES OF SPLEEN OR STOMACH XU

Longan – Long Yan Rou

Blood tonic, Sedative, Tonify Ht. & Sp. *ANTIFUNGAL*
Ht. Sp. - Sweet Warm .
Palps. Insom. Dizziness, *from Heart & Spleen Xu*
CONTRA -FIRE & DAMP PHLEGM STAG. SXS.

Lonicera – Jin Yin Hua

Anti-(**Bacterial**, Viral, Toxin, Inflam, Pyretic), *Lowers cholesterol*
Broad Spectrum Antibiotic – Mild Stimulant - 1/6th of Caffeine
Increases G.I. motility in large doses
Lung Stomach Large Int. - Sweet Cold
Wind heat, Upper resp. inf. Boils *or swellings of the breast throat or eyes*, Dysentery, appendicitis, mastitis, intestinal abscess.
Damp *Heat in the Lower Burner - U. T.I. & chronic conjunctivitis.*
CONTRA - COLD XU SXS. *DIARRHEA FROM COLD XU OF THE SPLEEN & STOMACH, ALSO YIN ULCERS OR QI XU SORES (CLEAR EXUDATE)*

Loranthus – Sang Ji Sheng

Anti-(Rheumatic, Hypertensive, Viral) Sedative & Tranquilizing
Diuretic, Cardio-tonic, *Lowers B.P.* Menorrhagia, Prevents Miscarriage
Anticoagulant
Liver & Kidney – Bitter Neutral
Strengthens Sinews and Bones , Dispels Wind and *Damp* Cold, Replenishes Liv. & Kid. Qi, Nourishes Blood *Yin Xu Dry Skin*
CONTRA – HEAT & DAMP

Lycium bark – Di Gu Pi

Anti-(Bacterial, *Malarial,* Pyretic), Lowers **B.P. & Sugar**.
Inhibits Shigella and typhoid
Lung Kidney -Sweet Cold
Cools internal Yin Xu Heat, & in the Lung,
Chronic febrile disease, night sweats, *coughing, wheezing,* spitting or urinating blood, T.B.
CONTRA - COLD XU SPLEEN & STOMACH, *Exterior Conditions*

Lycium Fruit – Gou Qi Zi

Lowers Cholesterol, Blood sugar & *pressure,* Inhibits fat deposition in Liver & *protects the Liver*
Antineoplastic – Uterine Stimulant – Immune Booster
Increases W.B.C. & R.B.C. & T cells
Liver Kidney -Sweet Neutral
Tonify Liv. & Kid. Yin & Blood, Diabetes, Vertigo, Impotence,
benefits Essence and brightens the eyes
CONTRA -TRUE *(EXCESS)* HEAT, DIARRHEA, SPLEEN *XU WITH DAMP, CAUTIOUSLY IN INTERIOR HEAT*

Magnolia bark – Hou Po

Anti-(Bacterial, Fungal, Flatulent),
Amoebic Dysentery, Lowers Blood Pressure
Inhibits H.C.L. & Duodenal Peristalsis, Mildly Anticoagulant
Sp. St. Lu. L.I. - Pungent Bitter Warm
Food Stag. Dries Sp. *Damp, Diarrhea* Cough & Asthma
W/Profuse Phlegm & a *sense* of *constriction in the chest*
CONTRA - *CAUTIOUSLY IN* PREG, SPLEEN & STOMACH XU

Magnolia flowers – Xin Yi

Antifungal **Antihypertensive (except in renal)**
Analgesic - Inhibits Bacteria & Fungus – Uterine Stimulant
Lung Stomach -Pungent Warm
Wind Cold, Stuffy or runny nose & *related headaches*
CONTRA - YIN XU FIRE SXS.

Massa Medicata Fermentata – Shen Chu

Digestive **Contains many different enzymes to promote the digestion of starch and carbs**
SP. ST. Sweet Pungent Warm
Food Stag. *Harmonizes the (Cold) Stomach,* Poor Appetite*, with diarrhea & fullness or distention*
CONTRA - *CAUTIOUSLY IN* PREG, HYPER ST. FIRE DUE TO SP. XU

Mastic – Ru Xiang

Analgesic for Trauma, promotes wound healing
Amen, Dysmen, Ab. Pain,
Topically W/ Myrrh for sprains
Heart Liver Spleen – Pungent Bitter Warm Acrid
Invigorates blood and Qi circ. to relieve pain and swelling, sores
CONTRA – PREG

Mellia Toosendan – (Fructus) Chuan Lian Zi

Anti-(Parasitic, Bacterial, Fungal), Anthelmintic, Carminative
Antitoxin, I.V. or I.M. causes Dyspnea due to C.N.S. inhibition

Liver, Small Int. *St*. - Bitter and Cold, Poisonous
Regulates Qi Circ. and relieves Ab. Pain, Clears Heat, Dries Damp,
Topically for Scalp Tinea
CONTRA – SP. & ST. COLD XU

Mentha – Bo He

Anti-(bacterial, *Viral ,*Inflam, Spasmodic, Pruritic), Analgesic, Stomachic
Antipyretic, Diaphoretic
Lung Liver - Pungent Cool
Wind Heat, *fever headache* & *cough,* Clears head & eyes, & *Benefits the throat, early stages of* Measles. Liver Qi stag.
CONTRA - BLOOD XU CAUSED BY YIN XU, LIVER YANG RISING, YIN XU. *DEFICIENT EXTERIOR SYMPTOMS*

Millettia – Ji Xue Teng

Tonify Blood & Circulation, *Lowers blood pressure, Antiinflammatory Sedative, Hypnotic, increases phosphate metabolism,* **Uterine Stimulant**
Liver Spleen - Pungent Warm
Amen, Dysmen. Anemic dizziness, Arthritic pain *from Wind Damp with Blood Stag. or Xu,*
used for weakness of the extremities in the elderly

Morus bark – Sang Bai Pi

Antitussive. Asthmatic, Expectorant, Sedative, Diuretic *Lowers Blood Pressure*
Analgesic, Alcohol Extract I.V. Increases Peristalsis,
Inhibits Bacteria, Antipyretic, Hypnotic
Lung Spleen - Sweet Cold
Cough due to heat in the lungs. Asthma. Edema
CONTRA - *WIND* COLD COUGH, LUNG XU, *POLYUREA*

Morus Leaf – Sang Ye

Antibacterial, Diabetic
Bactericidal, Lowers B.S. & Cholesterol in rats
Lung Liver -Sweet Bitter Cold
Wind heat, fever, headache & coughing, Sore throat, Conjunctivitis
CONTRA -COLD XU LUNG, QI XU

Moutan - Mu Dan Pi

Antibacterial, Inflam. Sedative. Analgesic, Lowers Blood Pressure
Antiseizure, Immune enhancing
Ht. Liv. Kid. - Pungent Bitter SI/Cold
Pathogenic Blood Heat, *Yin xu without sweating* , High fevers, Blood Stag. Irreg. Menst. *Amenorrhea, lumps, tumors, bruises due* to *trauma, clears ascending Liver Fire, drains pus reduces swelling*
CONTRA - PREGO, DIARRHEA, *YIN XU, COLD COND.,MENORRHAGIA*

Mume – Wu Mei

Anti-(**Bacterial,**Hist.**Fungal,Parasitic), Anthelmintic**, Tinea, Psoriasis, Chronic Cough or Diarrhea, Incontinent Stool Due to Diarrhea, **Antiaging,** Increases Bile Secretion
Liv. Sp. Lu. & L. I. – Sour & Warm
Consolidates Lu. Qi , Replenishes Body Fluids In Diabetes
CONTRA – IN EXCESS COND.

Myrrh – Mo Yao

Antibacterial, Fungal, Increases peristalsis of the intestines,
Lowers blood cholesterol, *Analgesic*, Astringent mouth wash
Topically **Promotes wound healing**.
Heart Liver Spleen - Bitter Neutral
Analgesic for pain of Blood Stasis, *Amenorrhea, Reduces swelling,*
CONTRA -PREG & *EXCESS UTERINE BLEEDING*

Notopterygium - Qiang Huo

Antifungal, Rheumatic, Spasmodic, Analgesic
Antipyretic, Increases Blood Circ. Antidotes Aconite induced arrhythmias
Kidney U.B. -Pungent Bitter Warm
Wind cold damp, Pain in the upper body, *occipital pain, used to direct other herbs in an Rx to the area served by the Greater Yang & Governing Vessel meridians*
CONTRA -BLOOD XU ARTHRITIS, YIN XU HEAD ACHE,
& *EXTERIOR CONDITIONS*

Oldenlandia – Bai Hua She She Gao

Anti-(Tumor, Bacterial, Asthma, Inflam.) Leukemia, Diuretic, U.T.I., Appendicitis, Tonsillitis, Snake Bite, G.I. Cancer, Increases W.B.C, Hepatitis
Anti-(Neoplastic, Venom
Liv. and Sp. *St. L.I.* – Sweet Bitter and Cold
Clears Heat and Damp, Lung Heat, Neutralizes Toxin
Analgesic, Sedative and Hypnotic, Damp Heat Jaundice
CONTRA – PREGO *W/CAUTION*

Ophiopogon – Mai Men Dong

Anti-(Bacterial *Topically,* Tussive, Diabetic), Ht. Disease,
Lowers Blood Sugar, Excess Thirst, Dry Throat, Cough, Stool,
Prevents Scar Tissue Formation in Vessels, Sedative,
Palps, Insom, Increases Neg. O2 Tolerance
Short acting Antiarrhythmic Cardiac output inversely correlates to dosage. Small – Stimulates. Large – Inhibits
Heart Lung Stomach – Sweet SL/ Bitter SL/ Cold
Replenishes Essence, Nourishes St. & Ht. Soothes Lu.
CONTRA – DIARRHEA DUE TO COLD & XU OF SP. & ST.

OR WITH CONGESTED FLUIDS

Paeony Red – Chi Shao Yao

Anti-(Bacterial, Inflam, Spasmodic, Convulsive, Ulcer, Pyretic *Viral, Fungal, Hypertensive*), Febrifuge, Analgesic, Diuretic
Anticlotting (Inhibits Platelet Aggregation)
Lowers B.P. W/out changing Ht. rate
Liver Spleen -Sour Bitter SI/Cold
Amen, Dysmen, cools Blood Heat, rash, red swelling, pain from external or internal trauma, *clears Liver Fire & eyes*
CONTRA -ANEMIA

Paeony White – Bai Shao Yao

Anti-(Bacterial, Inflam, Convulsive, Ulcer, Spasmodic),
Lowers Blood Pressure Analgesic, Diuretic, Sedative,
Lowers temperature. Paradoxically it slightly raises the acidity of stomach secretions and improves appetite,
Anti-(Pyretic, Clotting, Seizure), Inhibits G.I. muscles & H.C.L
Liver Spleen - Bitter Sour Cool
Tonify Blood. ,Menstrual Probs. Consolidates *Yin for leucorrhea & spermatorrhea or Xu Exterior Wind Cold with sweating that does not resolve the problem,*
Night Sweats. Hypertensive headache. Soothes Liver *Qi and alleviates pain in the abdomen or hands and feet*
CONTRA - *WITH CAUTION IN COLD XU* DIARRHEA & ABDOMINAL COLD

Perilla Leaf – Zi Su Ye

Anti-(Bacterial, Tussive, Pyretic, Spasmodic), Expectorant
Bronchitis, Stomachic, Diaphoretic, Raises Blood Sugar
Fever, Chills H/A Sinus Cong. or Cough, Seafood Poisoning
Morning Sickness, Calms restless fetus
Promotes bronchodilation & relieves bronchospasm
Reduces bronchosecretions, **Increases peristalsis & H.C.L.**
Lung and Spleen - Pungent and Warm, *Acrid, Aromatic*
Wind Cold W/out Sweating, Ab. Pain, Vomiting,
Circ. Qi & *Harmonizes Middle Burner*

CONTRA – COLD & XU *OR DAMP HEAT COND.*

Peach Seed -See Prunis Persica

Phragmites – Lu Gen

Anti-(Tussive, Asthmatic, Pyretic, Emetic, Toxin, Biotic)
Diuretic, U.T.I. Sedative, Analgesic, Gall Stones, Pulmonary Abscess
Mildly inhibits peristalsis. Mildly sedative.
Lung & Stomach – Sweet & Cold
Reduces Fever Promotes Secretion of Body Fluids
Lung or Stomach Heat, Encourages rashes to surface
CONTRA – COLD & XU SXS OF SP. & ST.

Phellodendron – Huang Bai

Anti-(Bacterial, Pyretic), Diuretic, Lowers B.P.
Antitussive & Expectorant
The leaves (Huang Bai Ye) are anti herpes virus
Kid. U.B. L.I. - Bitter Cold
Heat & *Damp in the Lower Burner,* Diarrhea,
Bacillary Dysentery, Meningitis, Jaundice, U.T.I. Abscesses*,*
topically Eczema. Boils, *increases pancreatic secretions,*
externally for vaginitis & cervicitis due to *Trichomonas*
CONTRA - DIARRHEA OR WEAK STOMACH, *SPLEEN XU*

WITH OR WITHOUT DIARRHEA

Plantago Seed - Che Qian Zi

Diuretic, Antitussive, Expectorant.Lowers Blood Pressure
No Diuretic effect found in studies with healthy patients, Infantile diarrhea
Lung Liv. Kid. U.B. & S. I. - Sweet *SLICold*
Edema, U.T.I. *Lung Heat* Cough W/Profuse phlegm,
Malposition of the fetus, diarrhea, indigestion, clears the eyes, clears Heat
CONTRA - *PREG,* POLYUREA, CONSTIPATION,
OR W/OUT ANY HEAT AND DAMPNESS SYMPTOMS,
YANG XU, KIDNEY YIN XU, EXHAUSTION

Platycodon – Jie Geng

Antibacterial, Fungal, Expectorant, Lowers blood sugar & Cholesterol
Lowers H.C.L. Analgesic, Sedative
Lung - Pungent Bitter Neutral
Cough w/profuse phlegm from resp. inf. Sore throat, *Laryngitis, expel/s pus in lung or throat abscess, directs other herbs upward.*
CONTRA - TUBERCULOSIS, *HEMOPTYSIS*

Polygala – Yuan Zhi

Antibacterial, Sedative, Hypnotic, Hemolytic, Expectorant,
Lowers B.P. *stimulates the uterus*
Diuretic, Uterine Stim.
Lung Ht. Kid. - Pungent Bitter Warm
Insom. Palps. Bronchitis, Ulcer, Boils, *Mental Disorientation or Seizures*
CONTRA -YIN XU FIRE OR HEAT SXS.

Poly gonatum Roots –(Sibiricum)

Huang Jing

Anti-(Bacterial, Fungal,) Lowers B.P. Prevents Atherosclerosis, Fatty Liver
Dry Cough in Bronchitis, & T.B. Slowly raises then Lowers Blood Sugar
Inhibits High Blood Sugar caused by Adrenalin
Dilates blood vessels to lower B.P. W/out changing Ht. rate, Antidiabetic
Lung Spleen Kidney – Sweet and Neutral
Nourishes Vital Essence of the Lu. Replenishes Sp. & St.
CONTRA – DIARRHEA, QI STAG. OBSTR. OF DAMP PHLEGM
SPLEEN QI XU & DAMP

Polygonum Multiflorum – Ho Shou Wu

Anti-(Bacterial, Spasmodic), Laxative, Cardiatonic, Diuretic Lowers B.P. & Cholesterol, **& Triglycerides, Lowers Ht. rate, Antiaging Raises H.D.L. Increases peristalsis, Adrenal & Thyroid secretions, T-Lymphocytes, W.B.C., Macrophage activity**
*Anti-(**malarial**, tubercular), raises blood sugar*
Liv. Kid. - Sweet Bitter Astringent SL/Warm
Blood Tonic, Anemia, Insom. Constipation, Boils, Abscesses. Premature Graying,
retains the essence, spermatorrhea, leucorrhea, Yin Xu, Wind rash or constipation from Blood Xu, goiter, neck lumps
CONTRA - DIARRHEA, *SPLEEN XU OR PHLEGM*

Polyporus – Zhu Ling

Diuretic, Antibacterial, Lowers Blood Sugar, Antitumor
Inhibits reabsorption of Water, **Antineoplastic**,**Increases H2O, sodium, chloride, and potassium excretion, T-Cell counts and activity, Hepatoprotective**
Kidney U.B. – Sweet/No Taste, Neutral *Cool*
Promotes Urination, Leeches out Dampness
CONTRA – WITHOUT WATER ACCUMULATION OR DAMP

Poria – Fu Ling

Diuretic, Sedative, Lowers blood Sugar, *high potassium content*
Alcohol extract was diuretic water wasn't. Antibacterial, Mild sedative.
Lung Sp. Ht. U.B. - Sweet Neutral
Edema. Diarrhea. Insomnia. Palps. scanty urine due to Damp Heat, strengthens the Spleen & harmonizes the Middle Burner & transforms Phlegm, Epigastric distention
CONTRA - POLYUREA FROM COLD XU ,. SPERMATORRHEA, URO-GENITAL PROLAPSE

Poria Center - Fu Shen

Sedative, Diuretic
Ht. Sp. - Sweet Neutral
Palps, Insom. Difficult Urination
Same as Fu Ling
CONTRA - POLYUREA, W/OUT EXCESS HEAT SXS

Prunella –Xia Ku Cao

Anti-(**Bacterial, Inflam. Hypertensive**), Diuretic, Uterine stimulant
Liver Gall Bladder - Bitter Pungent Cold
Clears liver heat, Hypertension, Acute conjunctivitis, Headache, Vertigo, goiter, lipoma, swollen glands, **G.I. muscle stimulant, T.B.** Phlegm Fire.
CONTRA - WEAK STOMACH & SPLEEN

Prunis Armeniaca – Xing Ren

Anti-(Tussive, Asthmatic,. Bacterial, Parasitic), Analgesic
Prevents and helps dissolve clots, Antihypertensive Antineoplastic
Bitter, Slightly Warm, Slightly Toxic
Dry Cough, Asthma, Acute or Chronic Bronchitis, Constipation Crushed with water applied locally for Trichomonas or with sesame oil & morus leaf for vaginitis
CONTRA -Yin Xu cough with Diarrhea, Toxic in large doses 5O -60 pieces in adults 7 -10 pieces in children.

Prunis Persica – Tao Ren

Anti-(Tussive, Asthmatic ,**Inflam, Allergic, Parasitic**)
Analgesic, Emollient, Weak Anticoagulant, *Antitubercular*
Prevents and helps dissolve clots
Heart, Lung, Liver, Large Intestine - Sweet Bitter Neutral
Blood Stag. Amen. Dysmen. Trauma, Constipation,
Cough, Asthma, Lung and or Intestinal Abscess with immobile abdominal mass
CONTRA -PREG

Pueraria – Ge Gen

Antispasmodic on *the intestines,* Antipyretic, Estrogenic, *Antiangina, Neck stiffness & pain from hypertension, Increases cerebral blood flow in atherosclerosis*
Dilates Brain & Coronary Blood Vessels relieving spasms, Anti-(Hypertensive, Clotting) Mildly Antidiabetic, Migraines
Spleen Stomach - Sweet Pungent Cool
Wind cold or heat, *incomplete* Measles, Thirst or Muscle Ache in Febrile conditions. *Diarrhea*
CONTRA -STOMACH COLD & EXCESS SWEATING

Rehmannia Raw – Sheng Di Huang

Anti-(**Bacterial**, Fungal), Laxative, **Diuretic, Hemostatic**, *Antiarthritic,* **Anti-(Inflammatory, Hypertensive), Cardiatonic**, **Increases adrenocortical hormone levels in the blood, Hepatoprotective,**
Heart Liver Kidney -Sweet Bitter Cold
Cools Pathogenic Heat, Tonify Yin, all bleeding, Diabetes,
Hepatitis ,Rheumatoid Arthritis, Eczema, increases blood pressure, lowers blood sugar, protects the Livers glycogen, mouth & tongue sores, insomnia,

low grade fevers, malar flush, Yin Xu throat pain
CONTRA - DIARRHEA, NO APPETITE, *DAMP PHLEGM,SPLEEN XU WITH DAMPNESS, YANG XU, PREGO.WOMEN WITH BLOOD XU OR SPLEEN OR STOMACH XU*

Rehmannia Cooked - Shu Di Huang

Diuretic, Cardiatonic, Blood &Yin Tonic,
Lowers *Blood Pressure* & *Cholesterol* & *increases cerebral blood Flow*
Heart Liver Kidney - Sweet SL / Warm
Anemia, Irreg. *Menst, Postpartum bleeding, Night Sweats, Diabetes,* Yin Xu Sxs.
CONTRA - DIARRHEA OR INDIGESTION
WITH CAUTION IN SPLEEN & OR STOMACH XU, OR QI STAG.OR PHLEGM
Same as raw

Rhubarb - Da Huang

Anti-(Bacterial. Fungal. Tumor, Parasitic). **Lowers Blood Pressure** & Cholesterol, Purgative, Diuretic, **Hemostatic, Increases Bile** & Gastric Juices, **Laxative, Hepatoprotective, broad spectrum antibiotic**, **Reduces BUN & creatinine levels, antipyretic, analgesic, anti-inflammatory**
Liver Spleen Stomach Large Intestine - Bitter & Cold
Constipation with fever. Eliminates Pathogenic' Heat. Dysmen. & Amen. due to Blood Stag., Acute Jaundice or Appendicitis Externally for burns. carbuncles or suppurative skin diseases
CONTRA - PREGO *OR POSTPARTUM OR NURSING MOTHERS OR EXTERIOR CONDITIONS OR Qi OR BLOOD XU OR COLD DEFICIENT*

SPLEEN OR STOMACH OR W/OUT HEAT OR FIRE SXS.

Rosa Chinensis – Yue Ji Hua

Anti-inflammatory, Irreg. Menst. Amen. Ab. & Chest Dist.
Liver – Sweet SL/ Warm
Invigorates Blood Stag.
CONTRA – PREG, SP. & ST. XU W/ DIARRHEA

Salvia – Dan Shen

Anti-(**Bacterial**, *Tuberculosis),* Lowers blood sugar & cholesterol, increases circulation, Promotes repair & regeneration of tissues Angina pectoris, Sedative **Lowers Blood Pressure, Anti-(Platelet, Coagulant, Neoplastic, Thrombolytic, Sedative**
Heart Liver - Bitter SL/Cold
Blood Stag. Insom. Palps. Dysmen. Amen.Ulcers, Boils, *palpable masses*
CONTRA - *WITH CAUTION IN CASES* WITHOUT BLOOD STAG.

Sanguisorba – Di Yu

Hemostatic, Astringent, Anti-**(Bacterial, Emetic.Inflam)**
Diarrhea, Hemorrhoids, **Burns**, Increases Protein Digestion, Lowers B.P.
Liv. St. L.I. – Bitter Sour SL/ Cold
Elim. Blood Heat to stop *all* Bleeding. Topically for sores, Ulcers, Burns.
Stops oozing & promotes flesh generation
CONTRA – *COLD & XU* COND. *OR UTERINE BLEEDING CAUSED BY DESCENDING QI*

Sargassum – Hai Zao

Hyper & Hypothyroid, Goiter, Hemostatic & Anticoagulant
Anti-(Hypertensive, Parasitic. *Fungal*, Asthmatic, Tussive) Expectorant, Bronchitis. Diuretic, Weight Loss Detoxes radioactivity, *Lowers Cholesterol,* **High Iodine content treats thyroid, Increases phagocytic activity**
Lu. Sp. Kid. *Liv.* – Bitter Salty and Cold
Softens lumps, Reduces Phlegm Nodules & Swelling
CONTRA – SP. & ST. COLD XU

Saussurea – Mu Xiang

Anti-(**Bacterial,** Fungal, Hypertensive, **Spasmodic),**
*(**Bronchial & Intestinal**)* Carminative, Ab.Pain, **Ulcers**,
Small dose stimulates the heart & dilates blood vessels
Large does the opposite, Flatulence,
Sp. St. Liv. G.B. - Pungent Bitter Warm
Strengthens the SP., ameliorates the side effects of tonifying herbs, lack of appetite, tenesmus, nausea & *vomiting,*
Pain due to Stag. of G.I. tract or Heat & Damp
CONTRA - ANEMIA & DEHYDRATION, *YIN XU*

Schizandra – Wu Wei Zi

Anti-(**Bacterial**, Tussive). Expectorant, Lowers B.P. & **CNS stimulant, Hepatoprotective, Lowers HCL**, **Cardiotonic & vasodilating, Gonadotropic, stimulates rate & depth of respiration**
Lung Heart Kidney - Sour Warm
Qi tonic, Astringent. Dry cough, asthma, Night sweats. Replenish vital energy. Palps, Insom, Tonify Kidney & Heart, Diabetes, *Hepatitis, Regulates pH of Stomach, Improves vision, stimulates the uterus* & *promotes labor, mild stimulant, calms the spirit, Sp. Lu.* & *Kid. Xu*
CONTRA - EXTERNAL EVIL WITH INTERNAL TRUE HEAT

Schizonenepeta – Jing - Jie

Anti-(**Bacterial, Pyretic**, Inflam, Tussive), Expectorant, **Hemostatic**, **Analgesic, Bronchial dilating, Wheezing & S.O.B. Diaphoretic**
Lung Liver - Pungent Warm
Hemostatic, Wind cold *or Heat,* Headache, Sore throat, *Blood In the stool or uterine bleeding,* Measles *initial stages with itching,* Abscesses *when they are first erupting especially when accompanied by chills & fever*
CONTRA -YIN XU *HI*A, SPONTANEOUS SWEATING, *LIVER WIND, FULLY ERUPTED MEASLES OR OPEN SORES*

Scrophularia – Xuan Shen

Anti-(**Bacterial**, Fungal*,* **Pyretic, *Hypertensive****),***
especially in renal hypertension· **Sedative, Lowers B.S.**
Lung Stomach Kidney - Bitter Salty Cold
Dry cough, Hemoptysis, Sore throat, *Clears Heat Cools Blood*
Boils, *Neck lumps due to Phlegm Fire,* Yin xu *constipation, Swollen or red eyes*
CONTRA - *WITH CAUTION IN SPLEEN XU* DIARRHEA *OR SPLEEN OR STOMACH DAMP*

Scute – Huang Qin

Anti-(Bacterial, Viral, Fungal, Toxin, Asthma, Spasmodic, **Pyretic**), **Cholagogue, Sedative, Diuretic**, *inhibits Intestinal movement,* ***Lowers blood pressure****, Bronchial dilator* **Broad spectrum Antibiotic, Anti-Inflammatory, Hepatoprotective**
Lung Heart Stomach G.B. L.I. - Bitter & Cold
Heat & Damp, Diarrhea. Jaundice. U.T.I. Dysentery, Hemostatic, Threatened Miscarriage, Hypertension, *Liver Yang rising, Headache, bitter taste, red eyes calms fetus restlessness due to Heat*
CONTRA - WITHOUT TRUE HEAT & DAMP SXS. *XU HEAT OF THE LUNGS*
COLD DIARRHEA, OR ANY MIDDLE BURNER COLD CONDITION,

COLD BLOOD WITH RESTLESS FETUS

Seigesbeckia – Xi Xian Cao

Anti-(Rheumatic, **Inflam**, **Hypertensive**, Pruritic, Toxic)
Measles, Eczema, **Antibiotic, Immunosuppressant**
Liver & Heart *SP. Kid*. – Pungent Bitter SL/ Cold
Dispels Wind and Damp, *Calms the Spirit*, *Transforms Damp Heat*
CONTRA – BLOOD XU DUE TO YIN XU

Senna leaf – Fan Xie Ye

Purgative, **Antibacterial**, **Laxative, Hemostatic**
Elim. Excess Heat in the *(Intestines)* body
Large Intestine - Sweet Bitter Cold
Abdominal fullness, constipation especially habitual, although more suitable to acute constipation
CONTRA - PREGO OR WEAK PERSON. *DURING MENSES OR NURSING MOTHERS, NOT SUITABLE FOR CHRONIC CONSTIPATION*

Siler – Fang Feng

Anti-**(Bacterial**. Fungal, Toxin, **Pyretic**, *Viral), Analgesic,*
Lung Liver Spleen U. B. - Pungent Sweet Warm
Wind cold & Damp. *Migraine* Headache. Body ache. Neck ache, *Expels Wind used as an auxiliary herb for trembling of the hands & feet. Intestinal Wind from imbalance between the Spleen & Liver causing painful diarrhea with bright blood in the stool*
CONTRA - *BLOOD OR* YIN XU H/A, SPASMS DUE TO ANEMIA

Smilax – Tu Fu Ling

Anti-(Bacterial, Arthritic, Toxin, **Cancer**),

Liver Stomach - Sweet Neutral
U.T.I. Syphilis, Rheumatoid Arthritis,
Clears Damp Heat Poison, Boils
CONTRA - LIVER & KIDNEY YIN XU

Sophora Flavescens – Ku Shen

Anti-(**Bacterial,** Fungal, Pruritic), **Paraciticide**, Diuretic **Anti-(Arrhythmic, Asthmatic, Neoplastic), Lowers B.P. by dilating B. vessels**. **Lowers cholesterol, Increases W.B.C.**
Ht. Liv. St. L.I. U.B. - Bitter Cold
Elim. Heat & Damp Jaundice, Dysentery, Vaginitis. U.T.I. Eczema. Ringworm
CONTRA - COLD *XU SPLEEN OR* STOMACH

Sophora Flower – Huai Hua

Anti-(Bacterial Fungal, I**nflam, Spasmodic, Ulcer**,
Hypertensive), **Dilates blood vessels**, **Lowers Cholesterol**, **Hemostatic.**
Decreases permeability of capillaries, **Maintains capillary integrity by decreasing permeability and increasing flexibility. Increases cardiac output while decreasing heart rate. Protects from radiation damage**.
Decreases the tension in bronchial and intestinal smooth muscle
Liver, Large Intestine - Bitter. Cold, *Slightly Cool*
Eliminates Heat in the Blood (all bleeding) by cooling, Cools the Liver. red eyes, dizziness. Damp Heat in the Large Intestines with bleeding, Hemorrhoids.
Bloody Dysentery
CONTRA - USE CAUTIOUSLY IN COLD XU OF SPLEEN & STOMACH, *OR UTERINE BLEEDING DUE TO QI XU*

Stemona – Bai Bu

Antibacterial, Fungal, **Insecticide** (raw, **H2O or acohol**)
Suppresses cough through the brain
Lung - Pungent Bitter Neutral
Acute & Chronic Dry cough, *Pertussis,* **Lice** & Enterobiasis
CONTRA -SPLEEN & STOMACH XU WITH DIARRHEA

Stercula – Pang Da Hai

Analgesic, Diuretic, *Mild* Purgative, Lowers Blood Pressure
Stomach L.I. Lung - Slightly Sweet Cool
Elim. Heat & Toxin, **Moistens *the Intestines*** & Lung
clears the throat, constipation *Acute tonsillitis,*
Externally to *encourage rashes* to *come to the surface*
Increases Peristalsis

Taraxicum – Pu Gong Ying

Anti-(**Bacterial,** *Viral),* **Diuretic**, **Cholagogue**
Liver Stomach - Sweet Bitter Cold
Heat & Toxin in the blood. Boils. *Breast* & *Intestinal abscesses and sores particularly if they are firm and hard abscesses, Externally & Internally,* UTI, Hepatitis, *Promotes Lactation, used for any hot disease especially in Liver Heat with red, swollen, painful eye*
Hepatoprotective & Immune booster
CONTRA -HEAT & DAMP

Thilaspi – Bai Jiang

Anti-(**Bacterial,** Inflam, Toxin) Pain Due to Blood Stag. Abscess Acute Appendicitis, Endo, & Dysmyen, **Promotes the Generation of and**

Prevents the Degeneration of Liver cells, Sedative & Hypnotic
Liver St. & L.I. – Pungent Bitter SL/ Cold
CONTRA – SP. & ST. XU W/ DIARRHEA & LACK OF APPETITE

Tribulus – Ci Ji Li

Anti-(Bacterial, Hypertensive) **Diuretic, Lowers B.P. By Inhibiting the Heart Muscle**, Mastitis, Conjunctivitis, H/A & Dizziness, Chest Fullness Hives. Skin lesions W/ itching also **Vitiligo & warts**
Liver – Pungent, Bitter & Neutral
Restores Liver Yang, Dispels Wind and Clears the Eyes
CONTRA – *CAUTION* PREGO, *CAUTION* QI & BLOOD XU

Trichosanthes Root – Tian Hua Fen

Anti-(Genic, Inflam,**Bacterial, Viral, Neoplastic**), **Raises Blood Sugar**
water extractions raise serum glucose
Lung Stomach -Slightly Sweet/Bitter Sour Cold
Clears heat & *Generates fluids, Diabetes,* Dry Cough *or with thick or blood streaked sputum,* Thirst, *especially appropriate for breast* Abscess, Abortion
CONTRA - *PREGO,* DIARRHEA, WITHOUT TRUE HEAT,
WITH SPLEEN AND STOMACH COLD XU

Viola – Zi Hua Di Ding

Anti(bacterial, Pyretic, Inflam), Pyogenic, *Tubercular*
Heart Liver - Pungent Bitter Cold

Eliminates heat & toxin. Boils. Abscesses, *red, swollen eyes; swollen painful throat and ears; or mumps. internally and topically for sores and abscesses of the head and back*
CONTRA - XU AND COLD

Vitex – Man Jing Zi

Analgesic, Antipyretic, Sedative, Antibiotic
Liver Stomach U.B. - Pungent Bitter Cool
Wind Heat *especially with eye pain or headache, clears & benefits the head and eyes for Liver channel Wind Heat with excessive tearing; red, painful eyes.* Arthritis. *used* as *an auxiliary herb for Wind Damp in the limbs*
CONTRA - BLOOD XU H/A

Xanthium – Cang Er Zi

Anti-(Bacterial, Fungal, Rheumatic, Spasmodic), Analgesic
Antitussive, Lowers Blood Sugar
Lung - Pungent Bitter Warm Slightly toxic, Rhinitis *Local application in sesame oil was effective in 93% of cases,* Wind damp, *Expels Exterior Wind with headache that radiate to the back of the neck,* Pruritic
CONTRA – H/A OR ARTHRITIS DUE TO ANEMIA

Zizyphus Seed – Suan Zao Ren

Sedative, Analgesic *tolerance develops but after a weeks interruption it is again effective.* Lowers Blood Pressure & Body Temp. *and has an inhibitory effect on the Heart*
Hypnotic, Anti-(Arrhythmic, Pyretic) Analgesic, Uterine Stimulant

Liver Heart - Sweet Sour Neutral *For Blood Xu or Yin Xu causing* Palps. Insom. *Anxiety* Night Sweats, *and spontaneous sweating*
CONTRA - EVIL FIRE IN THE BODY