

COLOR
REFERENCE
CHARTS
for
HERBS /
MATERIA-MEDICA

by

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TABLE OF CONTENTS

Yào – Chinese Medicinal Substances: Basic Materia Medica

• Plant Taxonomy Table I – parts grouped		1
• Plant Taxonomy Table II – Alphabetical by Pinyin		2
• Materia Medica I: 121 Herbs Grouped by Therapeutic Category	[3 pages]	3
• Materia Medica II: 121 Herbs Organized Alphabetically by Pinyin	[3 pages]	6

Plant Taxonomy – I

These Terms are Key Components in Chinese Herb Names

Plant Part Words in Chinese, English & Latin

traditional	Pinyin	simplified	English	Latin	Examples
花	huā	花	flower	flos	ju hua (chrysanthemum)
蕊	ruǐ	蕊	stamen / pistil		hua rui shi (ophiocalcite)
鬚	xū	須	beard / rootlets	stamen	lian xu (lotus stamen)
蒂	dì		stalk / pedicel	pedicellus calyx	gua di (melon stalk) shi di (persimmon pip)
梗	gěng		stalk / stem	ramulus	jie geng (balloon flower) lian geng (lotus stem)
枝	zhī		branch / twig	ramus / ramulus	gui zhi (cinnamon twig)
子	zǐ		seed	semen	wu wei zi (schisandra)
實	shí	实	seed / fruit	semen / fructus	qian shi (euryales)
仁	rén		kernel (nut meat)	semen / fructus	hu tao ren (walnut meat)
核	hé		kernel (nut meat)	semen / fructus	li zhi he (leechee)
肉	ròu		flesh (fruit meat)	fructus	long yan rou (longhan)
果	guǒ		fruit / seed	fructus / semen	bai guo (ginkgo seed/nut)
瓜	guā		melon / gourd	fructus	gua lou (trichosanthis)
葉	yè	叶	leaves	folium	(zi) su ye (purple) perilla leaf
草	cǎo		grass (stems & leaves)	herba	yu xing cao (houttuynia)
藤	téng		vine	caulis	ji xue teng (milletia)
皮	pí		skin / peel	pericarpium	chen pi (tangerine peel)
			bark	cortex	qin pi (fraxini bark)
			root bark	cortex radices	di gu pi (lycii bark)
殼	ké	壳	husk	pericarpium	ying su ke (poppy receptacles)
節	jié	节	knot/joint/section	nodus	ou jie (lotus nodes)
根	gēn		root / rhizome / tuber	radix/rhizoma	ge gen (pueraria/kudzu root)
本	běn		root or rhizome	radix / rhizoma	gao ben (ligusticum)
參	shēn	参	ginseng root	radix	ren shen (ginseng)
骨	gǔ		bone	os	long gu /chi (fossilized bones/teeth)
膠	jiāo	胶	glue/gelatin/collagen	colla	e jiao (donkey hide glue)
角	jiǎo		horn	cornu	xi jiao (rhino horn)
刺	cì		thorn	spina	zao jiao ci (gleditsia thorn)
石	shí		stone / mineral		shi gao (gypsum)
砂	shā		sand (sand like)	excrementum	sha ren (amomum)
			granular / powdery		hai jin sha (lygodium spores)
			feces		ye ming sha (bat dung)
蛻	tuì		moulted skin	periostracum exuvia	chan tui (cicada exoskeleton) she tui (snake skin)
汁	zhī		juice		jiang zhi (ginger juice)

* **Bold** = most important/common terms

Plant Taxonomy – II

Plant Part Words in Chinese, English & Latin – Alphabetical by Pin Yin

<i>traditional</i>	<i>Pinyin</i>	<i>simplified</i>	English	Latin	Examples
本	běn		root or rhizome	radix / rhizoma	gao ben (ligusticum)
草	cǎo		grass (stems & leaves)	herba	yu xing cao (houத்துynia)
刺	cì		thorn	spina	zao jiao ci (gleditsea thorn)
蒂	dì		stalk / pedicel	pedicellus calyx	gua di (melon stalk) shi di (persimmon pip)
根	gēn		root / rhizome / tuber	radix / rhizoma	ge gen (pueraria/kudzu root)
梗	gěng		stalk / stem	ramulus	jie geng (balloon flower) lian geng (lotus stem)
骨	gǔ		bone	os	long gu /chi (fossilized bones/teeth)
瓜	guā		melon / gourd	fructus	gua lou (trichosanthis)
果	guǒ		fruit / seed	fructus / semen	bai guo (ginkgo seed/nut)
核	hé		kernel (nut meat)	semen / fructus	li zhi he (leechee)
花	huā	花	flower	flos	ju hua (chrysanthemum)
角	jiǎo		horn	cornu	xi jiao (rhino horn)
膠	jiāo	胶	glue/gelatin/collagen	colla	e jiao (donkey hide glue)
節	jié	节	knot/joint/section	nodus	ou jie (lotus nodes)
殼	ké	壳	husk	pericarpium	ying su ke (poppy receptacles)
皮	pí		skin / peel bark root bark	pericarpium cortex cortex radiceis	chen pi (tangerine peel) qin pi (fraxini bark) di gu pi (lycii bark)
仁	rén		kernel (nut meat)	semen / fructus	hu tao ren (walnut meat)
肉	ròu		flesh (fruit meat)	fructus	long yan rou (longhan)
蕊	ruǐ	蕊	stamen / pistil		hua rui shi (ophiocalcite)
砂	shā		sand (sand like) granular/powdery feces	excrementum	sha ren (amomum) hai jin sha (lygodium spores) ye ming sha (bat dung)
參	shēn	参	ginseng root	radix	ren shen (ginseng)
實	shí	实	seed / fruit	semen / fructus	qian shi (euryales)
石	shí		stone / mineral		shi gao (gypsum)
藤	téng		vine	caulis	ji xue teng (milletia)
蛻	tuì		moulted skin	periostacum exuvia	chan tui (cicada exoskeleton) she tui (snake skin)
鬚	xū	须	beard/rootlets	stamen	lian xu (lotus stamen)
葉	yè	叶	leaves	folium	zi su ye (purple perilla leaf)
枝	zhī		branch / twig	ramus / ramulus	gui zhi (cinnamon twig)
汁	zhī		juice		jiang zhi (ginger juice)
脂	zhī		resin		bu gu zhi (psoralea)
子	zǐ		seed	semen	wu wei zi (schisandra)

Materia Medica Review – 121 KEY HERBS – Organized by Category

#	Character	Pin-Yin Name	Latin Name	Category
1	麻黃	Má Huáng	Ephedra	Resolve Ext: Acrid, Warm-1
2	桂枝	Guì Zhī	Cinnamomum twig	Resolve Ext: Acrid, Warm-2
3	防風	Fáng Fēng	Saposhnikovia	Resolve Ext: Acrid, Warm-3
4	羌活	Qiāng Huó	Notopterygium	Resolve Ext: Acrid, Warm-4
5	白芷	Bái Zhǐ	Angelica dahurica	Resolve Ext: Acrid, Warm-5
6	細辛	Xì Xīn	Asarum	Resolve Ext: Acrid, Warm-6
7	辛夷花	Xīn Yí Huā	Magnolia liliflora	Resolve Ext: Acrid, Warm-7
8	薄荷	Bò Hé	Mentha	Resolve Ext: Acrid, Cool-1
9	菊花	Jú Huā	Chrysanthemum	Resolve Ext: Acrid, Cool-2
10	葛根	Gé Gēn	Pueraria	Resolve Ext: Acrid, Cool-3
11	柴胡	Chái Hú	Bupleurum	Resolve Ext: Acrid, Cool-4
12	升麻	Shēng Má	Cimicifuga	Resolve Ext: Acrid, Cool-5
13	石膏	Shí Gāo	Gypsum	Clear Heat: Drain Fire-1
14	知母	Zhī Mǔ	Anemarrhena	Clear Heat: Drain Fire-2
15	山梔子	(Shān) Zhī Zǐ	Gardenia	Clear Heat: Drain Fire-3
16	生地黃	Shēng Dì Huáng	unprocessed Rehmannia	Clear Heat: Cool Blood-1
17	玄參	Xuán Shēn	Scrophularia	Clear Heat: Cool Blood-2
18	牡丹皮	Mǔ Dān Pí	Moutan	Clear Heat: Cool Blood-3
19	黃芩	Huáng Qín	Scutellaria baicalensis	Clear Heat: Dry Damp-1
20	黃連	Huáng Lián	Coptidis	Clear Heat: Dry Damp-2
21	黃柏	Huáng Bǎi	Phellodendron	Clear Heat: Dry Damp-3
22	龍膽草	Lóng Dǎn Cǎo	Gentiana longdancao	Clear Heat: Dry Damp-4
23	苦參	Kǔ Shēn	Sophora flavescens	Clear Heat: Dry Damp-5
24	金銀花	Jīn Yín Huā	Lonicera	Clear Heat: Resolve Toxins-1
25	連翹	Lián Qiào	Forsythia	Clear Heat: Resolve Toxins-2
26	板藍根	Bǎn Lán Gēn	Isatidis	Clear Heat: Resolve Toxins-3
27	白鮮皮	Bái Xiān Pí	Dictamnus	Clear Heat: Resolve Toxins-4
28	土茯苓	Tǔ Fú Líng	Smilacis	Clear Heat: Resolve Toxins-5
29	青蒿	Qīng Hāo	Artemisia annua	Clear Heat: Resolve Toxins-6
30	大黃	Dà Huáng	Rheum	Drain Down: Purgative-1
31	芒硝	Máng Xiāo	Natrum sulfas	Drain Down: Purgative-2
32	火麻仁	Huǒ Má Rén	Cannabis	Drain Down: Moistener-1
33	茯苓	Fú Líng	Poria	Leach Dampness-1
34	澤瀉	Zé Xiè	Alismatis	Leach Dampness-2
35	薏苡仁	Yì Yǐ Rén	Coicis	Leach Dampness-3
36	車前子	Chē Qián Zǐ	Plantaginis	Leach Dampness-4
37	滑石	Huá Shí	Talcum	Leach Dampness-5
38	木通	Mù Tōng	Mutong	Leach Dampness-6
39	茵陳蒿	Yīn Chén Hāo	Artemisia scoparia/capillaris	Leach Dampness-7
40	漢防己	Hàn Fáng Jǐ	Stephania	Leach Dampness-8

Materia Medica Review – 121 KEY HERBS – Organized by Category

#	Character	Pin-Yin Name	Latin Name	Category
41	獨活	Dú Huó	<i>Angelica pubescentis</i>	Dispel Wind & Dampness-1
42	木瓜	Mù Guā	<i>Chaenomelis</i>	Dispel Wind & Dampness-2
43	桑寄生	Sāng Jì Shēng	<i>Loranthus</i>	Dispel Wind & Dampness-3
44	前胡	Qián Hú	<i>Peucedanum</i>	Transform Hot Phlegm-1
45	川貝母	Chuān Bèi Mǔ	<i>Fritillaria cirrhosa</i>	Transform Hot Phlegm-2
46	浙貝母	Zhè Bèi Mǔ	<i>Fritillaria thunbergum</i>	Transform Hot Phlegm-3
47	瓜蒌實	Guā Lóu (Shí)	<i>Trichosanthis</i>	Transform Hot Phlegm-4
48	竹茹	Zhú Rú	<i>Bambusa</i>	Transform Hot Phlegm-5
49	半夏	Bàn Xià	<i>Pinellia</i>	Transform Cold Phlegm-1
50	桔梗	Jié Gěng	<i>Platycodon</i>	Transform Cold Phlegm-2
51	杏仁	Xīng Rén	<i>prunus Armeniaca</i>	Transform Cold Phlegm-3
52	紫蘇子	(Zǐ) Sū Zǐ	<i>Perilla seed</i>	Transform Cold Phlegm-4
53	蒼朮	Cāng Zhú	<i>Atractylodes rubra</i>	Aromatic Transform Damp-1
54	厚朴	Hòu Pò	<i>Magnolia officinalis</i>	Aromatic Transform Damp-2
55	藿香	Huò Xiāng	<i>Agastache / Pogostemum</i>	Aromatic Transform Damp-3
56	砂仁	Shā Rén	<i>Amomum</i>	Aromatic Transform Damp-4
57	白豆蔻	Bái Dòu Kòu	<i>Amomum rotundis</i>	Aromatic Transform Damp-5
58	山楂	Shān Zhā	<i>Crataegus</i>	Disperse Food Stasis-1
59	神麴	Shén Qū	<i>Medicata Fermentata</i>	Disperse Food Stasis-2
60	麥芽	Mài Yá	<i>Hordeum (germinatum)</i>	Disperse Food Stasis-3
61	萊菔子	Lái Fú Zǐ	<i>Raphanus</i>	Disperse Food Stasis-4
62	陳皮	Chén Pí	<i>Citrus reticulata</i>	Rectify Qi-1
63	枳實	Zhǐ Shí	<i>Aurantium immaturus</i>	Rectify Qi-2
64	香附	Xiāng Fù	<i>Cyperus</i>	Rectify Qi-3
65	木香	Mù Xiāng	<i>Aucklandia</i>	Rectify Qi-4
66	川楝子	Chuān Liàn Zǐ	<i>Toosendan</i>	Rectify Qi-5
67	三七	Sān Qī	<i>Notoginseng</i>	Stop Bleeding-1
68	茜草根	Qiàn Cǎo Gēn	<i>Rubia</i>	Stop Bleeding-2
69	艾葉	Ài Yè	<i>Artemisia argyi/vulgaris</i>	Stop Bleeding-3
70	川芎	Chuān Xiōng	<i>Chuanxiong</i>	Vitalize Blood-1
71	丹參	Dān Shēn	<i>Salvia</i>	Vitalize Blood-2
72	延胡索	Yán Hú Suǒ	<i>Corydalis</i>	Vitalize Blood-3
73	鬱金	Yù Jīn	<i>Curcuma</i>	Vitalize Blood-4
74	益母草	Yì Mǔ Cǎo	<i>Leonurus</i>	Vitalize Blood-5
75	赤芍	Chì Sháo	<i>Paeonia rubra</i>	Vitalize Blood-6
76	桃仁	Táo Rén	<i>prunus Persica</i>	Vitalize Blood-7
77	紅花	Hóng Huā	<i>Carthamus</i>	Vitalize Blood-8
78	牛膝	Niú Xī	<i>Achyranthis</i>	Vitalize Blood-9
79	附子	Fù Zǐ	<i>Aconitum lateralis</i>	Warm Interior-1
80	乾薑	Gān Jiāng	<i>Zingiberis</i>	Warm Interior-2
81	肉桂	Ròu Guì	<i>Cinnamomum</i>	Warm Interior-3
82	吳茱萸	Wú Zhū Yú	<i>Evodia</i>	Warm Interior-4

Materia Medica Review – 121 KEY HERBS – Organized by Category

#	Character	Pin-Yin Name	Latin Name	Category
83	人參	Rén Shēn	panax Ginseng	Supplement Qi-1
84	黨參	Dǎng Shēn	Codonopsis	Supplement Qi-2
85	黃耆	Huáng Qí	Astragalus	Supplement Qi-3
86	山藥	Shān Yào	Dioscorea <i>opposita/nipponica</i>	Supplement Qi-4
87	白朮	Bái Zhú	Atractylodes <i>alba</i>	Supplement Qi-5
88	大棗	Dà Zǎo	Jujube	Supplement Qi-6
89	甘草	Gān Cǎo	Glycyrrhiza	Supplement Qi-7
90	熟地黃	Shú Dì Huáng	<i>prepared</i> Rehmannia	Supplement Blood-1
91	何首烏	Hé Shǒu Wū	Polygonum <i>multiflorum</i>	Supplement Blood-2
92	當歸	Dāng Guī	Angelica <i>sinensis</i>	Supplement Blood-3
93	白芍	Bái Sháo	Paeonia <i>alba</i>	Supplement Blood-4
94	枸杞子	Gǒu Qǐ Zǐ	Lycium	Supplement Blood-5
95	肉蓯蓉	Ròu Cōng Róng	Cistanches	Supplement Yang-1
96	淫羊藿	Yín Yáng Huò	Epimedium	Supplement Yang-2
97	巴戟天	Bā Jǐ Tiān	Morinda	Supplement Yang-3
98	補骨脂	Bǔ Gǔ Zhī	Psoralea	Supplement Yang-4
99	杜仲	Dù Zhòng	Eucommia	Supplement Yang-5
100	續斷	Xù Duàn	Dipsacus	Supplement Yang-6
101	菟絲子	Tù Sī Zǐ	Cuscuta	Supplement Yang-7
102	北沙參	Běi Shā Shēn	Glehnia	Supplement Yin-1
103	麥門冬	Mài Mén Dōng	Ophiopogon	Supplement Yin-2
104	天門冬	Tiān Mén Dōng	Asparagus	Supplement Yin-3
105	百合	Bǎi Hé	Lilia	Supplement Yin-4
106	山茱萸	Shān Zhū Yú	Cornus	Secure & Astringe-1
107	五味子	Wǔ Wèi Zǐ	Schisandra	Secure & Astringe-2
108	烏梅	Wū Méi	Mume	Secure & Astringe-3
109	蓮子	Lián Zǐ	Nelumbinis	Secure & Astringe-4
110	龍骨	Lóng Gǔ	Fossilia Osis Mastodi	Calm Spirit: Heavy Settler-1
111	牡蠣	Mǔ Lì	Ostrea	Calm Spirit: Heavy Settler-2
112	酸棗仁	Suān Zǎo Rén	Zizyphus <i>spinosa</i>	Calm Spirit: Nourish Heart-1
113	遠志	Yuǎn Zhì	Polygala	Calm Spirit: Nourish Heart-2
114	冰片	Bīng Piàn	Borneol	Open Portals-1
115	石菖蒲	Shí Chāng Pú	Acorus	Open Portals-2
116	鉤藤	Gōu Téng	Uncaria	Extinguish Wind-1
117	天麻	Tiān Má	Gastrodia	Extinguish Wind-2
118	地龍	Dì Lóng	Pheretima	Extinguish Wind-3
119	檳榔	Bīng Láng	Areca	Expel Parasites-1
120	貫眾	Guàn Zhòng	Dryopteris	Expel Parasites-2
121	蛇床子	Shé Chuáng Zǐ	Cnidium	External Application-1

Materia Medica – 121 KEY HERBS – Organized Alphabetically by Pin-Yin

#	Characters	PinYin Name	Latin Name	Category & Herb #
69	艾葉	Ài Yè	<i>Artemisia argyi/vulgaris</i>	Stop Bleeding-3
97	巴戟天	Bā Jǐ Tiān	Morinda	Supplement Yang-3
57	白豆蔻	Bái Dòu Kòu	<i>Amomum rotundis</i>	Aromatic Transform Damp-5
105	百合	Bǎi Hé	Lilia	Supplement Yin-4
93	白芍	Bái Sháo	<i>Paeonia alba</i>	Supplement Blood-4
27	白鮮皮	Bái Xiān Pí	Dictamnus	Clear Heat: Resolve Toxins-4
5	白芷	Bái Zhǐ	<i>Angelica dahurica</i>	Resolve Ext: Acrid, Warm-5
87	白朮	Bái Zhú	<i>Atractylodes alba</i>	Supplement Qi-5
26	板藍根	Bǎn Lán Gēn	Isatidis	Clear Heat: Resolve Toxins-3
49	半夏	Bàn Xià	Pinellia	Transform Cold Phlegm-1
102	北沙參	Běi Shā Shēn	Glehnia	Supplement Yin-1
119	檳榔	Bīng Láng	Areca	Expel Parasites-1
114	冰片	Bīng Piàn	Borneol	Open Portals-1
8	薄荷	Bò Hé	Mentha	Resolve Ext: Acrid, Cool-1
98	補骨脂	Bǔ Gǔ Zhī	Psoralea	Supplement Yang-4
53	蒼朮	Cāng Zhú	<i>Atractylodes rubra</i>	Aromatic Transform Damp-1
11	柴胡	Chái Hú	Bupleurum	Resolve Ext: Acrid, Cool-4
36	車前子	Chē Qián Zǐ	Plantaginis	Leach Dampness-4
62	陳皮	Chén Pí	<i>Citrus reticulata</i>	Rectify Qi-1
75	赤芍	Chì Sháo	<i>Paeonia rubra</i>	Vitalize Blood-6
45	川貝母	Chuān Bèi Mǔ	<i>Fritillaria cirrhosa</i>	Transform Hot Phlegm-2
66	川楝子	Chuān Liàn Zǐ	Toosendan	Rectify Qi-5
70	川芎	Chuān Xiōng	Chuanxiong	Vitalize Blood-1
30	大黃	Dà Huáng	Rheum	Drain Down: Purgative-1
88	大棗	Dà Zǎo	Jujube	Supplement Qi-6
71	丹參	Dān Shēn	Salvia	Vitalize Blood-2
92	當歸	Dāng Guī	<i>Angelica sinensis</i>	Supplement Blood-3
84	黨參	Dǎng Shēn	Codonopsis	Supplement Qi-2
118	地龍	Dì Lóng	Pheretima	Extinguish Wind-3
41	獨活	Dú Huó	<i>Angelica pubescentis</i>	Dispel Wind & Dampness-1
99	杜仲	Dù Zhòng	Eucommia	Supplement Yang-5
3	防風	Fáng Fēng	Saposhnikovia	Resolve Ext: Acrid, Warm-3
33	茯苓	Fú Líng	Poria	Leach Dampness-1
79	附子	Fù Zǐ	<i>Aconitum lateralis</i>	Warm Interior-1
89	甘草	Gān Cǎo	Glycyrrhiza	Supplement Qi-7
80	乾薑	Gān Jiāng	Zingiberis	Warm Interior-2
10	葛根	Gé Gēn	Pueraria	Resolve Ext: Acrid, Cool-3
94	枸杞子	Gǒu Qǐ Zǐ	Lycium	Supplement Blood-5
116	鉤藤	Gōu Téng	Uncaria	Extinguish Wind-1
47	瓜蒌實	Guā Lóu (Shí)	Trichosanthis	Transform Hot Phlegm-4

Materia Medica – 121 KEY HERBS – Organized Alphabetically by Pin-Yin

#	Characters	PinYin Name	Latin Name	Category & Herb #
120	貫眾	Guàn Zhòng	Dryopteris	Expel Parasites-2
2	桂枝	Guì Zhī	Cinnamomum twig	Resolve Ext: Acrid, Warm-2
40	漢防己	Hàn Fáng Jǐ	Stephania	Leach Dampness-8
91	何首烏	Hé Shǒu Wū	Polygonum multiflorum	Supplement Blood-2
77	紅花	Hóng Huā	Carthamus	Vitalize Blood-8
54	厚朴	Hòu Pò	Magnolia officinalis	Aromatic Transform Damp-2
37	滑石	Huá Shí	Talcum	Leach Dampness-5
21	黃柏	Huáng Bǎi	Phellodendron	Clear Heat: Dry Damp-3
20	黃連	Huáng Lián	Coptidis	Clear Heat: Dry Damp-2
85	黃耆	Huáng Qí	Astragalus	Supplement Qi-3
19	黃芩	Huáng Qín	Scutellaria baicalensis	Clear Heat: Dry Damp-1
32	火麻仁	Huǒ Má Rén	Cannabis	Drain Down: Moistener-1
55	藿香	Huò Xiāng	Agastache / Pogostemum	Aromatic Transform Damp-3
50	桔梗	Jié Gěng	Platycodon	Transform Cold Phlegm-2
24	金銀花	Jīn Yín Huā	Lonicera	Clear Heat: Resolve Toxins-1
9	菊花	Jú Huā	Chrysanthemum	Resolve Ext: Acrid, Cool-2
23	苦參	Kǔ Shēn	Sophora flavescens	Clear Heat: Dry Damp-5
61	萊菔子	Lái Fú Zǐ	Raphanus	Disperse Food Stasis-4
25	連翹	Lián Qiáo	Forsythia	Clear Heat: Resolve Toxins-2
109	蓮子	Lián Zǐ	Nelumbinis	Secure & Astringe-4
22	龍膽草	Lóng Dǎn Cǎo	Gentiana longdancao	Clear Heat: Dry Damp-4
110	龍骨	Lóng Gǔ	Fossilia Ossis Mastodi	Calm Spirit: Heavy Settler-1
1	麻黃	Má Huáng	Ephedra	Resolve Ext: Acrid, Warm-1
103	麥門冬	Mài Mén Dōng	Ophiopogon	Supplement Yin-2
60	麥芽	Mài Yá	Hordeum (germinatum)	Disperse Food Stasis-3
31	芒硝	Máng Xiāo	Natrum sulfas	Drain Down: Purgative-2
18	牡丹皮	Mǔ Dān Pí	Moutan	Clear Heat: Cool Blood-3
42	木瓜	Mù Guā	Chaenomelis	Dispel Wind & Dampness-2
111	牡蠣	Mǔ Lì	Ostrea	Calm Spirit: Heavy Settler-2
38	木通	Mù Tōng	Mutong	Leach Dampness-6
65	木香	Mù Xiāng	Aucklandia	Rectify Qi-4
78	牛膝	Niú Xī	Achyranthis	Vitalize Blood-9
68	茜草根	Qiàn Cǎo Gēn	Rubia	Stop Bleeding-2
44	前胡	Qián Hú	Peucedanum	Transform Hot Phlegm-1
4	羌活	Qiāng Huó	Notopterygium	Resolve Ext: Acrid, Warm-4
29	青蒿	Qīng Hāo	Artemisia annua	Clear Heat: Resolve Toxins-6
83	人參	Rén Shēn	panax Ginseng	Supplement Qi-1
95	肉蓯蓉	Ròu Cōng Róng	Cistanches	Supplement Yang-1
81	肉桂	Ròu Guì	Cinnamomum	Warm Interior-3
67	三七	Sān Qī	Notoginseng	Stop Bleeding-1

Materia Medica – 121 KEY HERBS – Organized Alphabetically by Pin-Yin

#	Characters	PinYin Name	Latin Name	Category & Herb #
43	桑寄生	Sāng Jì Shēng	Loranthus	Dispel Wind & Dampness-3
56	砂仁	Shā Rén	Amomum	Aromatic Transform Damp-4
86	山藥	Shān Yào	Dioscorea <i>opposita/nipponica</i>	Supplement Qi-4
58	山楂	Shān Zhā	Crataegus	Disperse Food Stasis-1
106	山茱萸	Shān Zhū Yú	Cornus	Secure & Astringe-1
121	蛇床子	Shé Chuáng Zǐ	Cnidium	External Application-1
59	神麴	Shén Qū	<i>Medicata Fermentata</i>	Disperse Food Stasis-2
16	生地黃	Shēng Dì Huáng	<i>unprocessed</i> Rehmannia	Clear Heat: Cool Blood-1
12	升麻	Shēng Má	Cimicifuga	Resolve Ext: Acrid, Cool-5
115	石菖蒲	Shí Chāng Pú	Acorus	Open Portals-2
13	石膏	Shí Gāo	Gypsum	Clear Heat: Drain Fire-1
90	熟地黃	Shú Dì Huáng	<i>prepared</i> Rehmannia	Supplement Blood-1
52	紫蘇子	Sū Zǐ / (Zǐ Sū Zǐ)	Perilla seed	Transform Cold Phlegm-4
112	酸棗仁	Suān Zǎo Rén	Zizyphus <i>spinosa</i>	Calm Spirit: Nourish Heart-1
76	桃仁	Táo Rén	<i>prunus</i> Persica	Vitalize Blood-7
117	天麻	Tiān Má	Gastrodia	Extinguish Wind-2
104	天門冬	Tiān Mén Dōng	Asparagus	Supplement Yin-3
28	土茯苓	Tǔ Fú Líng	Smilacis	Clear Heat: Resolve Toxins-5
101	菟絲子	Tù Sī Zǐ	Cuscuta	Supplement Yang-7
108	烏梅	Wū Méi	Mume	Secure & Astringe-3
107	五味子	Wǔ Wèi Zǐ	Schisandra	Secure & Astringe-2
82	吳茱萸	Wú Zhū Yú	Evodia	Warm Interior-4
6	細辛	Xì Xīn	Asarum	Resolve Ext: Acrid, Warm-6
64	香附	Xiāng Fù	Cyperus	Rectify Qi-3
7	辛夷花	Xīn Yí Huā	Magnolia <i>liliflora</i>	Resolve Ext: Acrid, Warm-7
51	杏仁	Xīng Rén	<i>prunus</i> Armeniaca	Transform Cold Phlegm-3
100	續斷	Xù Duàn	Dipsacus	Supplement Yang-6
17	玄參	Xuán Shēn	Scrophularia	Clear Heat: Cool Blood-2
72	延胡索	Yán Hú Suǒ	Corydalis	Vitalize Blood-3
74	益母草	Yì Mǔ Cǎo	Leonurus	Vitalize Blood-5
35	薏苡仁	Yì Yǐ Rén	Coicis	Leach Dampness-3
39	茵陳蒿	Yīn Chén Hāo	Artemisia <i>scoparia/capillaris</i>	Leach Dampness-7
96	淫羊藿	Yín Yáng Huò	Epimedium	Supplement Yang-2
73	鬱金	Yù Jīn	Curcuma	Vitalize Blood-4
113	遠志	Yuǎn Zhì	Polygala	Calm Spirit: Nourish Heart-2
34	澤瀉	Zé Xiè	Alismatis	Leach Dampness-2
46	浙貝母	Zhè Bèi Mǔ	Fritillaria <i>thunbergum</i>	Transform Hot Phlegm-3
14	知母	Zhī Mǔ	Anemarrhena	Clear Heat: Drain Fire-2
63	枳實	Zhǐ Shí	Aurantium immaturus	Rectify Qi-2
15	山梔子	Zhī Zǐ	Gardenia	Clear Heat: Drain Fire-3
48	竹茹	Zhú Rú	Bambusa	Transform Hot Phlegm-5

About the Author

About the Author

Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, having held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using this book, students, teachers, and practitioners will benefit from his depth of experience in clinic and classroom.

As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career.

These cover a wide range of topics related to Chinese Medicine, the Yi-Jing, and Chinese philosophical classics.

Jim also maintains a private practice and a Qi-Gong & Tai-Ji class begun in 1991.

