

Materia Medica Categories

Categories of the Materia Medica (following Gamble/Bensky MM order)

解表

1. **Jiě Biǎo** = **Release/Relieve/Resolve Exterior/Surface** (diaphoretics/sudorifics)
辛溫 a. xīn wēn jie biao = acid, pungent, spicy, warm – exterior releasing (medicines)
辛涼 b. xīn liáng jie biao = acid, pungent, spicy, cool – surface relieving (medications)

清熱

2. **Qīng Rè** = **Clear Heat** (antipyretic, febrifugal, anti-inflammatory)
瀉火 a. qing re xiè huǒ = clear heat, disperse/drain fire
涼血 b. qing re liáng xuè = clear heat, cool blood
燥濕 c. qing re zào shī = clear heat dry damp
解毒 d. qing re jiě dú = clear heat, resolve toxins
解暑 e. qing re jiě shǔ = clear and relieve summer heat

瀉下

3. **Xiè Xià** = **Discharge Downward / Precipitate** (purgatives, laxatives, cathartics)
潤下 a. rùn xià = moistening & precipitating (lubricants, demulcents)
均下 b. jūn xià = (superlative/noble i.e. drastic) purgatives
逐水 c. zhú shuǐ = expel water (cathartics)

利水

4. **Lì Shuǐ** = **Disinhibit Water / Promote (the Flow of) Water** (diuretics)
滲濕 shèn shī = leak, percolate, leach dampness
利溺 lì niào zhú shuǐ = disinhibit urination, drive out/expel water

祛風濕

5. **Qū Fēng Shī** = **Dispel Wind & Damp / Expel Wind Damp** (anti rheumatics)

Materia Medica Categories

化痰

6. **Huà Tán** = **Transform Phlegm**
寒痰 a. wēn huà hán tán = warm & transform cold phlegm
熱痰 b. qīng huà rè tán = clear & transform hot phlegm
止咳 c. zhǐ ké = stop coughing (antitussives)
平喘 píng chuǎn = pacify wheezing (anti-asthmatics)

芳香化濕

7. **Fāng Xiāng Huà Shī** = **Fragrant Aromatics that Transform Dampness**

消導

8. **Xiāo Dǎo** = **Dissipate/eliminate & Lead out = Conduct**

消食

- Xiāo Shǐ** = **Dissipate/eliminate Food i.e. Food Stagnation**

理氣

9. **Lǐ Qì** = Regulate/Rectify Qi (carminatives)

理血

10. **Lǐ Xuè** = Regulate/Rectify Blood

止血 a. zhǐ xuè = stop/stanch bleeding (hemostatics)

活血 b. huó xuè huà yū = invigorate/quicken blood transform stasis

溫里祛寒

11. **Wēn Lǐ Qū Hán** = **Warm Interior, Dispel Cold**

補養

12. **Bǔ-Yǎng** = **Supplement & Nourish = Tonify**

補益

[Bu-Yi = Supplement & Boost]

補氣 a. bǔ qì = tonify/supplement qi

補血 b. bǔ xuè = tonify/supplement blood

補陰 c. bǔ yīn = tonify/supplement yin

補陽 d. bǔ yáng = tonify/supplement yang

Materia Medica Categories

- 固澀
13. Gù Sè = **make firm/strengthen = Secure & Astringe** (astringents)
- 安神
14. Ān Shén = **Calm/Quiet Spirit** (tranquilizers & sedatives)
重鎮 a. zhòng zhèn = **heavy settlers** (anchor & settle)
養心 b. yǎng xīn ān shén = **nourish the heart & calm spirit**
- 芳香開竅
15. Fāng Xiāng Kāi Qiào = **Fragrant Aromatics that Open Portals/Orifices**
- 平肝熄風
16. Píng Gān Xī Fēng = **Pacify/Calm Liver & Extinguish Wind**
止癇 Zhǐ Jīng = **stop, check, allay, Suppress Tremors/tetany** (anti convulsants)
- 驅蟲
17. Qū Chóng = **Expel Worms/Parasites** (vermifuges)
- 外用
18. Wài Yòng = **External Use/Applications** (topicals)