

Resolve Exterior

Hb. *Ephedrae*

氣 Temp: warm
味 Taste: acrid/pungent, sl. bitter
經 Chan: Lu, BL
Category: Acrid & Warming

Rx. *Saposhnikoviae*

氣 Temp: sl. warm
味 Taste: acrid/pungent, sweet
經 Chan: BL, Lr, Sp
Category: Acrid & Warming

Rx. *Angelicae dahuricae*

氣 Temp: warm
味 Taste: acrid/pungent • aromatic
經 Chan: Lu, ST, Sp
Category: Acrid & Warming

Fl. *Magnoliae liliflorae*

氣 Temp: warm
味 Taste: acrid/pungent • aromatic
經 Chan: Lu, ST
Category: Acrid & Warming

Acrid & Warming

Rm. *Cinnamomi*

氣 Temp: warm
味 Taste: acrid/pungent, sweet
經 Chan: Lu, BL, Ht
Category: Acrid & Warming

Rz. *Notopterygii*

氣 Temp: warm • aromatic
味 Taste: acrid/pungent, bitter
經 Chan: BL, Kd
Category: Acrid & Warming

Hb. *Asari*

氣 Temp: hot • sl. toxic
味 Taste: acrid/pungent • aromatic
經 Chan: Lu, Ht, Kd
Category: Acrid & Warming / Warm Interior

Acrid & Cooling

Hb. Menthae

氣 Temp: cool
 味 Taste: acrid/pungent
 經 Chan: Lu, Lr
 Category: Acrid Coolers

Fl. Chrysanthemi

氣 Temp: cool
 味 Taste: acrid/pungent, sweet, bitter
 經 Chan: Lu, Lr
 Category: Acrid Coolers

Rx. Puerariae

氣 Temp: cool
 味 Taste: acrid/pungent, sweet
 經 Chan: Sp, ST
 Category: Acrid Coolers

Rx. Bupleuri

氣 Temp: cool
 味 Taste: acrid/pungent, bitter
 經 Chan: Lr, GB
 Category: Acrid Coolers

Rz. Cimicifugae

氣 Temp: cool
 味 Taste: acrid/pungent, sweet
 經 Chan: Lu, Sp, ST, LI
 Category: Acrid Coolers

Clear Heat**Drain Fire****Gypsum fibrosum**

氣 Temp: very cold
 味 Taste: acrid/pungent, sweet
 經 Chan: Lu, ST
 Category: Drain Fire

Rx. Anemarrhenae

氣 Temp: cold
 味 Taste: bitter, sweet
 經 Chan: Lu, ST, Kd
 Category: Drain Fire

Fr. Gardeniae

氣 Temp: cold
 味 Taste: bitter
 經 Chan: Lu, ST, Ht, TB
 Category: Drain Fire

Cool Blood

氣 Temp: cold
味 Taste: bitter, sweet, salty
經 Chan: Lu, ST, Kd
Category: Cool Blood

Rx. *Scrophulariae*

Rx. *Rehmanniae* (unprocessed)

氣 Temp: cold
味 Taste: sweet, bitter
經 Chan: Ht, Lr, Kd
Category: Cool Blood

Cx. *Moutan* (*Paeoniae suffruticosae*)

氣 Temp: cool
味 Taste: bitter, acrid
經 Chan: Ht, Lr, Kd
Category: Cool Blood

Dry Dampness

氣 Temp: cold
味 Taste: bitter
經 Chan: Ht, Lr, ST, LI
Category: Dry Dampness

Rz. *Coptidis*

Rx. *Scutellariae baicalensis*

氣 Temp: cold
味 Taste: bitter
經 Chan: Lu, GB, ST, LI
Category: Dry Dampness

Cx. *Phellodendri*

氣 Temp: cold
味 Taste: bitter
經 Chan: Kd, BL, LI
Category: Dry Dampness

Rx. *Gentianae*

氣 Temp: cold
味 Taste: bitter
經 Chan: Lr, GB, ST
Category: Dry Dampness

Rx. *Sophorae flavescens*

氣 Temp: cold
味 Taste: bitter
經 Chan: Ht, Lr, GB, ST, LI, BL
Category: Dry Dampness

Resolve Toxins

氣 Temp: cool
味 Taste: bitter
經 Chan: Lu, Ht, GB
Category: Resolve Toxins

Fr. *Forsythiae*

Cx. *Dictamni*

氣 Temp: cold
味 Taste: bitter
經 Chan: Sp, ST
Category: Resolve Toxins

Resolve Summer-heat

Drain Downward

Fl. *Lonicerae*

氣 Temp: cold
味 Taste: sweet
經 Chan: Lu, ST, LI
Category: Resolve Toxins

Rx. *Isatidis*

氣 Temp: cold
味 Taste: bitter
經 Chan: Ht, ST
Category: Resolve Toxins

Rz. *Smilacis (glabrae)*

氣 Temp: neutral
味 Taste: sweet, bland
經 Chan: Lr, ST
Category: Resolve Toxins

Hb. *Artemisiae annuae*

氣 Temp: cold
味 Taste: bitter, acrid
經 Chan: Lr, GB, ST
Category: Resolve Summer-heat

Purge Downward

Rx./Rz. Rhei

氣 Temp: cold
味 Taste: bitter
經 Chan: Sp, ST, LI, Lr, Ht
Category: Purge Downward

Moisten Downward

**Leach Dampness &
Promote Water, i.e. Urination**

Rz. Alismatis

氣 Temp: cold
味 Taste: sweet, bland
經 Chan: Kd, BL
Category: Promote Urination

Sem. Plantaginis

氣 Temp: cold
味 Taste: sweet
經 Chan: Kd, BL, Lr, Lu
Category: Promote Urination

Natrii sulfas Mirabilitum (old)

氣 Temp: cold
味 Taste: salty, bitter
經 Chan: Lu, ST, LI
Category: Purge Downward

Fr. Cannabis

氣 Temp: neutral
味 Taste: sweet
經 Chan: Sp, ST, LI
Category: Moisten Downward

Poria

氣 Temp: neutral
味 Taste: sweet, bland
經 Chan: Ht, Sp, Kd
Category: Promote Urination

Sem. Coicis

氣 Temp: cool
味 Taste: sweet, bland
經 Chan: Sp, ST, Lu
Category: Promote Urination

Talcum

氣 Temp: cold
味 Taste: sweet, bland
經 Chan: ST, BL
Category: Promote Urination

Caulis **Clematidis armandi** (*Akebia*) sub.

氣 Temp: cold
味 Taste: bitter
經 Chan: BL, Ht, SI

Category: Promote Urination

Hb. **Artemisiae scopariae / capillaris**

氣 Temp: cool
味 Taste: bitter
經 Chan: Lr, Sp, GB, ST

Category: Promote Urination

Rx. **Stephaniae tetandrae**

氣 Temp: cold
味 Taste: bitter, acrid
經 Chan: BL, Lu, Kd

Category: Promote Urination
Dispel Wind-Damp

Dispel Wind & Dampness

Rx. **Angelicae pubescentis**

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: Lr, Kd, BL
Category: Dispel Wind & Dampness

Fr. **Chaenomelis**

氣 Temp: warm
味 Taste: sour
經 Chan: Lr, Sp
Category: Dispel Wind & Dampness

Hb. **Taxilli** (*Loranthus*) old

氣 Temp: neutral
味 Taste: bitter
經 Chan: Lr, Kd
Category: Dispel Wind & Dampness

Transform Phlegm

Hot Phlegm

Rx. **Peucedani**

氣 Temp: cool
味 Taste: bitter, acrid
經 Chan: Lu
Category: Transform Hot Phlegm

Bu. *Fritillariae cirrhosae*

氣 Temp: cool
味 Taste: bitter, sweet
經 Chan: Ht, Lu
Category: Transform Hot Phlegm

Bu. *Fritillariae thunbergii*

氣 Temp: cold
味 Taste: bitter
經 Chan: Ht, Lu
Category: Transform Hot Phlegm

Fr. *Trichosanthis*

氣 Temp: cold
味 Taste: sweet
經 Chan: LI, Lu, ST
Category: Transform Hot Phlegm

Caulis *Bambusae*

氣 Temp: cool
味 Taste: sweet
經 Chan: Lu, ST, GB
Category: Transform Hot Phlegm

Cold Phlegm

Rz. *Pinelliae*

氣 Temp: warm
味 Taste: acrid
經 Chan: Sp, ST, Lu
Category: Transform Cold Phlegm

Rx. *Platycodonis*

氣 Temp: neutral
味 Taste: bitter, acrid
經 Chan: Lu
Category: Transform Cold Phlegm

Stop/Allay Coughing

Sem. *Armeniaca*

氣 Temp: sl. warm
味 Taste: bitter
經 Chan: Lu, LI
Category: Stop/Allay Coughing

Fr. *Perillae*

氣 Temp: warm
味 Taste: acrid
經 Chan: Lu, LI
Category: Stop/Allay Coughing

Transform Dampness Aromatics

氣 Temp: warm
味 Taste: bitter, acrid *aromatic*
經 Chan: Sp, ST, Lu, LI
Category: Transform Dampness Aromatics

Cx. *Magnoliae officinalis*

Rz. *Atractylodis rubra*

氣 Temp: warm
味 Taste: acrid, bitter *aromatic*
經 Chan: Sp, ST
Category: Transform Dampness Aromatics

Hb. *Agastache* / *Pogostemonis* (sub.)

氣 Temp: sl. warm
味 Taste: acrid *aromatic*
經 Chan: Sp, ST, Lu
Category: Transform Dampness Aromatics

Fr. *Amomi*

氣 Temp: warm
味 Taste: acrid *aromatic*
經 Chan: Sp, ST
Category: Transform Dampness Aromatics

Fr. *Amomi rotundus*

氣 Temp: warm
味 Taste: acrid *aromatic*
經 Chan: Sp, ST, Lu
Category: Transform Dampness Aromatics

Disperse Food (Stasis)

Massa Fermentata

氣 Temp: warm
味 Taste: sweet, acrid
經 Chan: Sp, ST
Category: Disperse Food

Fr. *Crataegi*

氣 Temp: sl. warm
味 Taste: sweet, sour
經 Chan: Lr, Sp, ST
Category: Disperse Food

Fr. *Hordei* (*germinatum*)

氣 Temp: neutral
味 Taste: sweet
經 Chan: Lr, Sp, ST
Category: Disperse Food

Sem. **Raphani**

氣 Temp: neutral
味 Taste: acrid, sweet
經 Chan: Sp, ST, Lu
Category: Disperse Food

Rectify Qi

Pc. *Citri reticulata*

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: Lu, Sp
Category: Rectify Qi

Fr. *Aurantii immaturus*

氣 Temp: cool
味 Taste: bitter, acrid
經 Chan: LI, Sp, ST
Category: Rectify Qi

Rz. **Cyperi**

氣 Temp: neutral
味 Taste: acrid, sl. bitter, sl. sweet
經 Chan: Lr, TB
Category: Rectify Qi

Rx. **Aucklandiae** / Saussurea (old)

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: GB, LI, Sp, ST, TB
Category: Rectify Qi

Fr. **Toosendan** (*Melia Toosendan* old)

氣 Temp: cold • *sl. toxic*
味 Taste: bitter
經 Chan: Lr, SI, ST, BL
Category: Rectify Qi

Rectify Blood

Stop Bleeding

Rx. **Notoginseng**

氣 Temp: warm
味 Taste: sweet, sl. bitter
經 Chan: Lr, ST
Category: Stop Bleeding

Rx. Rubiae

氣 Temp: cold
味 Taste: bitter
經 Chan: Lr
Category: Stop Bleeding

Fol. Artemisiae argyi / vulgaris

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: Sp, Lr, Kd
Category: Stop Bleeding

Vitalize/Invigorate Blood

Rz. Ligustici chuanxiong

氣 Temp: warm
味 Taste: acrid
經 Chan: Lr, GB, Pc
Category: Invigorate Blood

Rx. Salviae miltiorrhizae

氣 Temp: cool
味 Taste: bitter
經 Chan: Ht, Pc, Lr
Category: Invigorate Blood

Rz. Corydalis

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: Ht, Lr, Sp
Category: Invigorate Blood

Rx. Curcumae

氣 Temp: cold
味 Taste: acrid, bitter
經 Chan: Ht, Lr, GB
Category: Invigorate Blood

Hb. Leonuri

氣 Temp: cool
味 Taste: acrid, bitter
經 Chan: Ht, Lr, BL
Category: Invigorate Blood

Rx. Paeonia rubra

氣 Temp: cool
味 Taste: bitter
經 Chan: Lr
Category: Invigorate Blood / Cool Blood

Sem. Persicae

氣 Temp: neutral
味 Taste: bitter
經 Chan: Ht, Lr, Lu, LI
Category: Invigorate Blood

Fl. Carthami

氣 Temp: warm
味 Taste: acrid
經 Chan: Ht, Lr
Category: Invigorate Blood

Rx. Achyranthis *bidentatae*

氣 Temp: neutral
味 Taste: bitter, sour
經 Chan: Lr, Kd
Category: Invigorate Blood

Warm the Interior

Rx. Aconiti *lateralis carmichaeli* (old)

氣 Temp: hot • toxic
味 Taste: acrid
經 Chan: Ht, Kd, Sp
Category: Warm the Interior

Rz. Zingiberis

氣 Temp: hot
味 Taste: acrid/pungent
經 Chan: Ht, Lu, Sp, ST
Category: Warm the Interior

Cx. Cinnamomi

氣 Temp: hot
味 Taste: acrid, sweet
經 Chan: Ht, Kd, Lr, Sp
Category: Warm the Interior

Fr. Evodiae

氣 Temp: hot
味 Taste: acrid, bitter
經 Chan: Lr, Sp, ST
Category: Warm the Interior

Supplement & Boost

Supplement Qi

Rx. Ginseng

氣 Temp: sl. warm
味 Taste: sl. bitter
經 Chan: Lu, Sp
Category: Supplement Qi

Rx. Codonopsis

氣 Temp: neutral
 味 Taste: sweet
 經 Chan: Sp, Lu
 Category: Supplement Qi

Rx. Astragali

氣 Temp: sl. warm
 味 Taste: sweet
 經 Chan: Sp, Lu
 Category: Supplement Qi

Rz. Dioscoreae opposita

氣 Temp: neutral
 味 Taste: sweet
 經 Chan: Kd, Lu, Sp
 Category: Supplement Qi

Rz. Atractylodis macrocephalae

氣 Temp: warm
 味 Taste: bitter, sweet
 經 Chan: Sp, ST
 Category: Supplement Qi

Fr. Jujubae (*Zizyphus jujube* old)

氣 Temp: warm
 味 Taste: sweet
 經 Chan: Sp, ST
 Category: Supplement Qi

Rx. Glycyrrhizae

氣 Temp: neutral
 味 Taste: sweet
 經 Chan: Sp, ST, Lu, Ht
 Category: Supplement Qi

Supplement Blood**Rx. Rehmanniae preparata**

氣 Temp: sl. warm
 味 Taste: sweet
 經 Chan: Lr, Kd
 Category: Supplement Blood

Rx. Polygoni multiflori

氣 Temp: sl. warm
 味 Taste: sweet, bitter • astringent
 經 Chan: Kd, Lr
 Category: Supplement Blood

Rx. Angelicae sinensis

氣 Temp: warm
 味 Taste: sweet, acrid
 經 Chan: Ht, Lr, Sp
 Category: Supplement Blood

Rx. *Paeoniae alba*

氣 Temp: cool
味 Taste: bitter, sour
經 Chan: Lr, Sp
Category: Supplement Blood

Fr. *Lycii*

氣 Temp: neutral
味 Taste: sweet
經 Chan: Lr, Kd, Lu
Category: Supplement Blood / Tonify Yin

Supplement Yang

Hb. *Cistanches*

氣 Temp: warm
味 Taste: sweet, salty
經 Chan: Kd, LI
Category: Supplement Yang

Hb. *Epimedii*

氣 Temp: warm
味 Taste: acrid, sweet
經 Chan: Kd, Lr
Category: Supplement Yang

Rx. *Morindae officinalis*

氣 Temp: sl. warm
味 Taste: acrid, sweet
經 Chan: Kd
Category: Supplement Yang

Fr. *Psoraleae*

氣 Temp: very warm
味 Taste: bitter, acrid
經 Chan: Kd, Sp
Category: Supplement Yang

Cx. *Eucommiae*

氣 Temp: warm
味 Taste: sweet
經 Chan: Kd, Lr
Category: Supplement Yang

Rx. *Dipsaci*

氣 Temp: sl. warm
味 Taste: bitter, sweet, acrid
經 Chan: Lr, Kd
Category: Supplement Yang

Sem. *Cuscutae*

氣 Temp: neutral
味 Taste: acrid, sweet
經 Chan: Lr, Kd
Category: Supplement Yang

Supplement Yin

氣 Temp: cool
味 Taste: sl. bitter
經 Chan: Sp, ST, Ht
Category: Supplement Yin

Rx. Ophiopogonis

Bulbus Lili

氣 Temp: cool
味 Taste: sweet
經 Chan: Lu, Ht
Category: Supplement Yin

Fr. Corni

氣 Temp: sl. warm
味 Taste: sour
經 Chan: Kd, Lr
Category: Secure & Astringe

Fr. Mume

氣 Temp: neutral
味 Taste: sour
經 Chan: Lr, Sp, Lu, LI
Category: Secure & Astringe

Rx. Glehniae

氣 Temp: cool
味 Taste: sweet
經 Chan: Lu, ST
Category: Supplement Yin

Rx. Asparagi

氣 Temp: very cold
味 Taste: sweet, bitter
經 Chan: Lu, Kd
Category: Supplement Yin

Secure & Astringe

Fr. Schisandrae

氣 Temp: warm
味 Taste: sour
經 Chan: Kd, Lu, Ht
Category: Secure & Astringe

Sem. Nelumbinis

氣 Temp: neutral
味 Taste: sweet • astringent
經 Chan: Ht, Kd, Sp
Category: Secure & Astringe

Calm Spirit

Fossilia Ossis **Mastodi** (Os Draconis old)

氣 Temp: cool
味 Taste: sweet • astringent
經 Chan: Ht, Lr
Category: Heavy Settlers

Heavy Settlers

Concha **Ostrea**

氣 Temp: cool
味 Taste: salty • astringent
經 Chan: Lr, Kd
Category: Heavy Settlers
Calm Liver, Extinguish Wind

Nourish Heart

Sem. **Zizyphi spinosae**

氣 Temp: neutral
味 Taste: sweet
經 Chan: Ht, Lr
Category: Nourish Heart

Rx. Polygalae

氣 Temp: sl. warm
味 Taste: acrid, bitter
經 Chan: Lu, Ht
Category: Nourish Heart

Open Portals/Orifices

Borneolum

氣 Temp: cool
味 Taste: acrid, bitter
經 Chan: Ht, Sp, Lu
Category: Open Orifices

Rz. **Acori**

氣 Temp: warm
味 Taste: acrid
經 Chan: Ht, ST
Category: Open Orifices

Extinguish Wind

氣 Temp: neutral
味 Taste: sweet
經 Chan: Lr
Category: Extinguish Wind

Expel Worms/Parasites

Rz. Dryopteridis
氣 Temp: cool • sl. toxic
味 Taste: bitter
經 Chan: Lr, Sp
Category: Expel Parasites

Fr. Cnidii
氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: Kd
Category: External Application

Rm. *Uncariae* cum uncis

氣 Temp: cool
味 Taste: sweet
經 Chan: Lr, Pc
Category: Extinguish Wind

Pheretima (Lumbricus old)

氣 Temp: cold
味 Taste: salty
經 Chan: Lr, Sp / BL, Lu
Category: Extinguish Wind

Sem. *Arecae*

氣 Temp: warm
味 Taste: acrid, bitter
經 Chan: LI, ST
Category: Expel Parasites

External Application

Rz. Zingiberis recens
氣 Temp: sl. warm
味 Taste: acrid/pungent
經 Chan: Lu, Sp, ST
Category: Resolve the Exterior – Acrid-Warm

