

<p style="text-align: center;"><b>Resolve Exterior</b></p>	<p style="text-align: center;"><b>Acrid &amp; Warming</b></p>
<ol style="list-style-type: none"> <li>1. Induce Sweating to Release the Exterior</li> <li>2. Relieve Wheezing &amp; Dyspnea, Stop Coughing</li> <li>3. Promote Urination &amp; Relieve Edema</li> <li>4. Warm &amp; Disperse Cold Bi</li> </ol>	<ol style="list-style-type: none"> <li>1. Induce Sweating, Resolve the Exterior</li> <li>2. Warm &amp; Open Channels &amp; Collaterals</li> <li>3. Warm Yang to Transform Phlegm &amp; Edema</li> <li>4. Warm Chest Yang (<i>Xiong Bi</i>)</li> <li>5. Warm Ren &amp; Chong to Regulate Menses</li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Wind to Resolve Exterior &amp; Stop Itching</li> <li>2. Dispel Wind, Cold &amp; Damp to Relieve Bi Pain</li> <li>3. Dispel Internal Wind to Stop Muscle Spasms</li> <li>4. Relieve Diarrhea and Stop Bleeding</li> </ol>	<ol style="list-style-type: none"> <li>1. Dispel Cold to Resolve the Exterior</li> <li>2. Dispel Wind, Cold &amp; Damp to Relieve Bi Pain</li> <li>3. <i>key/guide herb for Taiyang/occipital headache</i></li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Wind, Resolve Exterior, Open Sinuses</li> <li>2. Dispel Cold &amp; Stop Pain (<i>frontal head or tooth-ache</i>)</li> <li>3. Reduce Swelling, Expel Pus, Eliminate Toxins</li> <li>4. Dispel Damp in LJiao (<i>vaginal discharge or diarrhea</i>)</li> </ol> <p><i>Cx: very drying</i></p>	<ol style="list-style-type: none"> <li>1. Dispel Wind, Disperse Cold, Relieve Pain</li> <li>2. Dispel Wind-Cold from Exterior</li> <li>3. Warm Lung &amp; Resolve Phlegm</li> <li>4. Open Orifices (<i>LOC or nasal obstruction</i>)</li> <li>5. Relieve Toothache, Heal Mouth Sores</li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Wind &amp; Cold</li> <li>2. Open Nose &amp; Sinuses</li> </ol>	<p style="text-align: center;"><b>Acrid &amp; Cooling</b></p>

<ol style="list-style-type: none"> <li>1. Dispel Wind-Heat, Resolve Exterior</li> <li>2. Clear the Head, Brighten the Eyes, Benefit the Throat</li> <li>3. Express Rashes</li> <li>4. Soothe Liver Qi Constraint</li> <li>5. Expel Turbidity (Summer-heat vomiting &amp; diarrhea)</li> </ol>	<ol style="list-style-type: none"> <li>1. Dispel Wind-Heat</li> <li>2. Clear Heat, Benefit the Eyes</li> <li>3. Calm Liver &amp; Extinguish Wind</li> <li>4. Clear Heat &amp; Eliminate Toxins</li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Wind from Surface &amp; Release Muscle Layer</li> <li>2. Express Rashes</li> <li>3. Clear Heat, Generate Fluids</li> <li>4. Raise Yang, Stop Diarrhea</li> <li>5. <i>Treat Hypertension</i></li> </ol>	<ol style="list-style-type: none"> <li>1. Reduce Fever, Harmonize Shaoyang (Ext &amp; Int)</li> <li>2. Course Lr, Relieve Liver Qi Constraint</li> <li>3. Raise the Yang, Lift the Clear</li> </ol>
<ol style="list-style-type: none"> <li>1. Release Exterior, Express Rashes</li> <li>2. Clear heat, Eliminate Toxins</li> <li>3. Raise the Yang</li> </ol>	<h2>Clear Heat</h2>
<h2>Drain Fire</h2>	<ol style="list-style-type: none"> <li>1. Clear Heat, Quell Fire, Alleviate Thirst</li> <li>2. Clear Lung Heat</li> <li>3. Clear Stomach Heat</li> <li>4. Heal Sores, Burns, &amp; Eczema</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Heat, Quell Fire (Lu &amp; ST, Qi level)</li> <li>2. Nourish Yin, Moisten Dryness (cough)</li> <li>3. Nourish Yin, Clear Empty Fire (Lr &amp; Kd yin xu)</li> <li>4. Generate Fluids, Quench Thirst (Xiao Ke)</li> <li>5. Ameliorates Drying Effects of warm/hot herbs</li> </ol>	<ol style="list-style-type: none"> <li>1. Drain Fire to Calm Irritability</li> <li>2. Drain Damp-Heat Downward (from Lr/GB)</li> <li>3. Clear Heat, Cool Blood, Stop Bleeding</li> <li>4. Reduce Swelling &amp; Stop Pain</li> </ol>

<p style="text-align: center;"><b>Cool Blood</b></p>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Cool Blood (heat in Ying &amp; Xue levels)</li> <li>2. Nourish Yin &amp; Generate Body Fluids</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Heat, Nourish Yin (aftermath of febrile dz)</li> <li>2. Soften Hardness, Disperse Nodules</li> <li>3. Eliminate Toxins</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Cool Blood</li> <li>2. Clear Liver Fire</li> <li>3. Invigorate Blood, Disperse Blood Stasis</li> <li>4. Drain Pus &amp; Reduce Swelling</li> </ol>
<p style="text-align: center;"><b>Dry Dampness</b></p>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dry Dampness (Middle &amp; Lower Jiao)</li> <li>2. Clear Heat &amp; Quell Fire (Upper Jiao)</li> <li>3. Clear Heat &amp; Eliminate Toxic Lesions</li> <li>4. Cool Blood &amp; Stop Bleeding (Upper &amp; Lower Jiao)</li> <li>5. Calm &amp; Stabilize Fetus</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dry Dampness (all three Jiao)</li> <li>2. Drain Fire (esp. Ht &amp; Lr)</li> <li>3. Clear Fire Toxins (dermatological disorders)</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dry Dampness (esp. Lower Jiao)</li> <li>2. Drain Fire &amp; Eliminate Toxins</li> <li>3. Drains Kidney Fire (Yin Xu Heat)</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dry Dampness (Lr/GB)</li> <li>2. Quell Liver Fire</li> <li>3. Subdue Liver Wind/Yang Rising</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dry Dampness (esp. Lower Jiao)</li> <li>2. Dispel Wind, Kill Parasites, Stop Itching</li> <li>3. Clear Heat &amp; Promote Urination (dysuria)</li> </ol>

<p style="text-align: center;"><b>Resolve Toxins</b></p>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Resolve Toxin (febrile disorders)</li> <li>2. Disperse Exogenous Wind-Heat (sore throat)</li> <li>3. Clear Damp-Heat from LJiao (diarrhea/dysentery)</li> </ol>
<ol style="list-style-type: none"> <li>1. Disperse Exogenous Wind-Heat (sore throat)</li> <li>2. Clear Heat &amp; Resolve Toxin (sores &amp; abscesses)</li> <li>3. Clear Heat &amp; Promote Urination (lin zheng)</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Eliminate Toxins</li> <li>2. Cool Blood</li> <li>3. Benefit the Throat</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Heat, Elim. Toxin, Stop Itching</li> <li>2. Clear Damp-Heat (jaundice)</li> <li>3. Hot/Painful Bi</li> </ol>	<ol style="list-style-type: none"> <li>1. Eliminate Toxic Heat (syphilis)</li> <li>2. Dispel Toxic Heat from Skin</li> <li>3. Clear Heat &amp; Promote Urination (lin zheng)</li> </ol>
<p style="text-align: center;"><b>Resolve Summer-heat</b></p>	<ol style="list-style-type: none"> <li>1. Clear Summer-Heat / Damp-Heat</li> <li>2. Treat ShaoYang fevers (malaria)</li> <li>3. Clear Liver Heat (jaundice)</li> <li>4. Clear Heat from the Eyes</li> <li>5. Cool Blood (late stage febrile dz) &amp; Stop Bleeding</li> <li>6. Clear Yin Xu Heat (steaming bone)</li> </ol>
<p style="text-align: center;"><b>Drain Downward</b></p>	<p style="text-align: center;"><b>Harshly Downward</b>  <b>Drastic Precipitators / Harsh Expellants</b>  <b>(Purgatives)</b></p>

<ol style="list-style-type: none"> <li>1. Purge Accumulations of Heat &amp; Dryness (constipation) 1a. or Damp-Heat (dysentery)</li> <li>2. Purge Fire (with or without constipation)</li> <li>3. Clear Heat &amp; Toxins (intestinal abscess)</li> <li>4. Invigorate Blood &amp; Eliminate Stasis (masses)</li> <li>5. Clear Damp-Heat &amp; Promote Urination (edema; jaundice)</li> </ol>	<ol style="list-style-type: none"> <li>1. Purge Accumulations</li> <li>2. Clear Heat &amp; Drain Fire</li> <li>3. Soften Hardness &amp; Reduce Swelling</li> </ol>
<p style="text-align: center;"><b>Moisten Downward</b> (Gentle Laxatives)</p>	<ol style="list-style-type: none"> <li>1. Nourish &amp; Lubricate Intestines</li> <li>2. Nourish Yin &amp; Moisten Dryness</li> <li>3. Benefit the Hair (hair loss d/t dryness or blood xu)</li> </ol>
<p style="text-align: center;"><b>Percolate/Leach Dampness &amp; Disinhibit Water / Promote Urination</b> (Diuretics)</p>	<ol style="list-style-type: none"> <li>1. Promote Urination, Leach out Dampness</li> <li>2. Strengthen the Spleen</li> <li>3. Calm the Shen</li> <li>4. Transform Phlegm</li> </ol>
<ol style="list-style-type: none"> <li>1. Promote Urination, Leach out Dampness</li> <li>2. Clear Xu-type Fire from Kd &amp; LJiao</li> </ol>	<ol style="list-style-type: none"> <li>1. Strengthen the Spleen to Resolve Dampness</li> <li>2. Resolve Dampness &amp; Relieve Pain (Bi)</li> <li>3. Clear Heat &amp; Dispel Pus</li> <li>4. Clear Damp-Heat</li> </ol>
<ol style="list-style-type: none"> <li>1. Clear Damp-Heat &amp; Resolve Dampness (Lin)</li> <li>2. Resolve Dampness &amp; Stop Diarrhea</li> <li>3. Clear Heat from Liver &amp; Benefit the Eyes</li> <li>4. Dissolve Phlegm &amp; Stop Coughing</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Damp-Heat &amp; Resolve Dampness (Lin)</li> <li>2. Clear Summer-Heat</li> <li>3. Topical to Clear Heat &amp; Absorb Dampness</li> </ol>

<ol style="list-style-type: none"> <li>1. Promote Urination (Lin)</li> <li>2. Drain Fire from Ht &amp; Sm. Int.</li> <li>3. Open Channels to Stop Pain</li> <li>4. Open Vessels to Promote Lactation</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Dampness to Treat Jaundice</li> <li>2. Clear Damp-Heat to Treat Febrile disorders</li> <li>3. Topical to Clear Damp-Heat from Skin &amp; Exterior</li> </ol>
<ol style="list-style-type: none"> <li>1. Promote Urination to Reduce Edema (esp. lower body)</li> <li>2. Dispel Wind &amp; Damp &amp; Alleviate Pain (Bi)</li> </ol>	<p><b>Dispel Wind &amp; Dampness</b></p>
<ol style="list-style-type: none"> <li>1. Dispel Wind &amp; Damp &amp; Stop Pain (Bi)</li> <li>2. Resolve the Exterior (Wind-Cold w/ Dampness)</li> <li>3. Resolve Shao-Yin stage headache or toothache</li> </ol>	<ol style="list-style-type: none"> <li>1. Relax the Sinews, Unblock the Channels (Bi)</li> <li>2. Harmonize the Stomach &amp; Transform Damp</li> <li>3. Promote Digestion to Reduce Food Stagnation</li> </ol>
<ol style="list-style-type: none"> <li>1. Supplement Lr &amp; Kd to Strengthen Sinews &amp; Bones</li> <li>2. Nourish the Blood to Benefit the Skin</li> <li>3. Nourish the Blood to Calm the Womb &amp; Fetus</li> </ol>	<p><b>Transform Phlegm</b></p>
<p><b>Hot Phlegm</b></p>	<ol style="list-style-type: none"> <li>1. Direct Qi Downward &amp; Dispel Phlegm</li> <li>2. Disperse Wind-Heat</li> </ol>

<ol style="list-style-type: none"> <li>1. Dissolve Phlegm &amp; Stop Cough</li> <li>1a. Moisten the Lungs (dry &amp;/or chronic cough)</li> <li>2. Clear Heat &amp; Disperse Nodules</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Disperse Nodules</li> <li>2. Dissolve Phlegm &amp; Stop Cough (acute, exogenous coughs, with thick yellow sputum)</li> </ol>
<ol style="list-style-type: none"> <li>1. Dissolve Phlegm-Heat</li> <li>2. Moisten Dryness, Clear Lu Heat</li> <li>3. Rectify Qi to Unfetter the Chest (chest Bi)</li> <li>4. Dissipate Nodules &amp; Eliminate Pus</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Transform Phlegm to Stop Cough</li> <li>2. Relieve Nausea &amp; Vomiting</li> <li>2a. <i>d/t</i> ST Fire</li> <li>2b. <i>d/t</i> GB Fire with Phlegm</li> </ol>
<h2>Cold Phlegm</h2>	<ol style="list-style-type: none"> <li>1. Dry Damp, Dissolve Phlegm, Descend Lu Qi</li> <li>2. Descend Counterflow ST Qi (N &amp; V)</li> <li>3. Disperse Stagnation &amp; Dissipate Nodules</li> </ol>
<ol style="list-style-type: none"> <li>1. Disperse Phlegm, Ventilate the Chest, &amp; Benefit the Throat</li> <li>2. Expel Pus (lung abscess)</li> <li>3. Raise Qi: (diarrhea, tenesmus)</li> <li>3a. guide herb to upper Jiao</li> </ol>	<h2>Stop/Alley Coughing</h2>
<ol style="list-style-type: none"> <li>1. Stop Cough &amp; Calm Wheezing (all types)</li> <li>1a. Moisten Lungs (dry cough)</li> <li>2. Moisten &amp; Lubricate the Intestines</li> </ol>	<ol style="list-style-type: none"> <li>1. Stop Cough &amp; Calm Wheezing</li> <li>1a. Descend Qi &amp; Dissolve Phlegm (copious wet sputum)</li> <li>2. Moisten &amp; Lubricate the Intestines</li> </ol>

<p style="text-align: center;"><b>Transform Dampness Aromatics</b></p>	<ol style="list-style-type: none"> <li>1. Dry Damp, Strengthen Sp</li> <li>2. Induce Sweating, Dispel Wind-Damp</li> <li>3. Clear Dampness from the Lower Jiao</li> <li>4. Benefit the Eyes</li> </ol>
<ol style="list-style-type: none"> <li>1. Regulate Qi &amp; Relieve Stagnation (chest &amp; MJiao)</li> <li>2. Descend Qi, Dry Dampness</li> <li>3. Descend Qi &amp; Transform Phlegm to Calm Wheezing</li> </ol>	<ol style="list-style-type: none"> <li>1. Transform Damp, Resolve Exterior to Relieve Sum-Heat</li> <li>2. Harmonize MJ to Relieve Nausea &amp; Vomiting</li> <li>3. Topical for fungal infections (esp. hands &amp; feet)</li> </ol>
<ol style="list-style-type: none"> <li>1. Circulate Qi, Transform Damp, Strengthen Sp</li> <li>2. Warm the Middle Jiao, Stop Diarrhea</li> <li>3. Stabilize Pregnancy</li> <li>4. Prevent Stagnation</li> </ol>	<ol style="list-style-type: none"> <li>1. Invigorate Qi, Transform Damp, Strengthen ST</li> <li>2. Warm the ST, Relieve Abdominal pain, N &amp; V</li> </ol>
<p style="text-align: center;"><b>Disperse Food (Stasis)</b></p>	<ol style="list-style-type: none"> <li>1. Promote Digestion, Reduce Stagnation, (meat/grease) &amp; Transform Accumulations</li> <li>2. Invigorate Blood &amp; Transform Blood Stasis</li> <li>3. charred will Stop Diarrhea</li> <li>4. Lower cholesterol, treat hypertension &amp; CAD</li> </ol>
<ol style="list-style-type: none"> <li>1. Dissolve Food Stagnation, Promote Digestion (esp. starches &amp; carbs) &amp; Harmonize the ST</li> <li>2. Facilitate absorption of mineral ingredients esp. Ci Shi (magnetite) &amp; Dai Zhe Shi (hematite)</li> </ol>	<ol style="list-style-type: none"> <li>1. Dissolve Food Stagnation, Promote Digestion (esp. starches &amp; milk) &amp; Strengthen the MJiao</li> <li>2. Restrain Lactation</li> <li>3. Course &amp; Regulate Liver Qi (Lr over Sp/ST)</li> </ol>



<ol style="list-style-type: none"> <li>1. Dissolve Food Stagnation, Promote Digestion &amp; Reduce Distention</li> <li>2. Descend Qi, Dissolve Phlegm (cough &amp; wheeze)</li> <li>3. <i>useful for hypertension</i></li> <li>4. <i>Cx with Ren Shen</i></li> </ol>	<h2 style="text-align: center;">Rectify Qi</h2>
<ol style="list-style-type: none"> <li>1. Regulate Qi, Adjust MJiao, Relax Diaphragm</li> <li>2. Strengthen Sp &amp; ST</li> <li>3. Dry Dampness, Dissolve Phlegm</li> <li>4. Stop Cough</li> <li>5. Prevent stagnation from tonifying herbs</li> </ol>	<ol style="list-style-type: none"> <li>1. Breaks up Stag Qi &amp; Resolves Accumulations</li> <li>2. Dissolve Phlegm &amp; Relieve Focal Distention</li> <li>3. effective for cholecystitis</li> </ol>
<ol style="list-style-type: none"> <li>1. Reg Qi, Course Liver Qi</li> <li>2. Regulate Menses (irreg, dysmenorr. breast dist.)</li> <li>3. Dispel Cold from Lr Channel (hernia)</li> </ol>	<ol style="list-style-type: none"> <li>1. Unblock Qi, Regulate MJiao, Alleviate Pain</li> <li>2. Dispel Damp-Heat, Harmonize Lr &amp; Sp</li> <li>3. Regulate the Intestines (diarr/dysentery)</li> <li>4. Circulate Qi, Prevent Satagnation (Sp xu bloating)</li> </ol>
<ol style="list-style-type: none"> <li>1. Dredge Lr, Course Qi, Stop Pain</li> <li>2. Conducts Heat down &amp; out</li> <li>3. Stop Pain d/t Parasites (esp. round &amp; tape worms)</li> <li>4. Topical for fungal infections of scalp</li> <li>5. useful for acute mastitis</li> </ol>	<h2 style="text-align: center;">Rectify Blood</h2>
<h2 style="text-align: center;">Stop Bleeding</h2>	<ol style="list-style-type: none"> <li>1. Disperse Blood Stasis to Stop Bleeding (int or ext)</li> <li>2. Invigorate Blood &amp; Stop Pain (bruising)</li> <li>3. Reduce Pain &amp; Swelling (traumatic injuries)</li> </ol>

<ol style="list-style-type: none"> <li>1. Cool the Blood &amp; Stop Bleeding</li> <li>2. Invigorate Blood &amp; Dispel Blood Stasis</li> </ol>	<ol style="list-style-type: none"> <li>1. Warm Channels (esp. Womb) &amp; Stop Bleeding</li> <li>2. Dispel Cold &amp; Alleviate Pain (M &amp; L Jiao)</li> <li>3. Dispel Dampness, Relieve Itch (eczema)</li> </ol>
<h2>Vitalize/Invigorate Blood</h2>	<ol style="list-style-type: none"> <li>1. Vitalize Qi &amp; Blood (esp. GYN &amp; OB)</li> <li>2. Dispel Wind &amp; Stop Pain (headache &amp; Bi)</li> <li>3. <i>forte is menstrual headaches</i></li> </ol>
<ol style="list-style-type: none"> <li>1. Invigorate Blood, Dispel Blood Stasis (GYN, chest epigastric/abd pain, masses, traumatic injury)</li> <li>2. Cool Blood (Ying &amp; Xue level) Reduce Swelling of Toxic Sores &amp; Abscesses</li> <li>3. Clear Heat &amp; Soothe Irritability (restlessness)</li> <li>4. Nourish Blood &amp; Calm Spirit (palps, insomnia)</li> </ol>	<ol style="list-style-type: none"> <li>1. Invigorate Blood &amp; Qi to Relieve Pain (pain in chest, epigastrium, abdomen, LJiao, limbs)</li> <li>2. Dissipate Masses</li> </ol>
<ol style="list-style-type: none"> <li>1. Activate Qi &amp; Blood, Alleviate Pain</li> <li>2. Clear Heat &amp; Cool Blood (bleeding, esp. nose)</li> <li>3. Clear Heart &amp; Open Orifices (hot phlegm) anxiety</li> <li>4. Clear Damp-Heat (jaundice) &amp; Benefit the GB</li> </ol>	<ol style="list-style-type: none"> <li>1. Invigorate Blood, Dispel Blood Stasis (esp. GYN)</li> <li>2. Promote Urination, Reduce Swelling &amp; Edema</li> <li>3. Clear Heat &amp; Resolve Toxins (sores, rashes)</li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Blood Stasis &amp; Stop Pain (GYN, bruising)</li> <li>2. Clear Heat &amp; Cool Blood (alt. category) bleeding</li> <li>3. Reduce Swelling from Sores &amp; Abscesses</li> <li>4. Clear Heat (dysuria &amp; hematuria) &amp; Relieve Eye Pain (Lr) (red, swollen, painful eyes)</li> </ol>	<ol style="list-style-type: none"> <li>1. Increase Circulation &amp; Break-up Stasis</li> <li>2. Drain Abscesses (Lu &amp; LI yong)</li> <li>3. Moistens Intestines, Relieve Constipation</li> </ol>

<ol style="list-style-type: none"> <li>1. Activate Blood &amp; Dissolve Stasis</li> <li>1a. Open Channels &amp; Regulate Menses</li> </ol>	<ol style="list-style-type: none"> <li>1. Tonify Lr &amp; Kd to Strengthen Sinews &amp; Bones (low back &amp; knee sore, weak &amp; painful)</li> <li>2. Vitalize Blood &amp; Dispel Blood Stasis (GYN) (general musculoskeletal pain, sport injuries)</li> <li>3. Promote Urination (dysuria, hematuria)</li> <li>4. Direct Fire &amp; Blood Downward (bleeding)</li> </ol>
<h2>Warm the Interior</h2>	<ol style="list-style-type: none"> <li>1. Rescue Yang (Yang Collapse)</li> <li>2. Tonify Yang &amp; Supplement Fire (Kd Yang Xu, Sp Yang Xu)</li> <li>3. Dispel Cold, Warm the Channels, Stop Pain (Cold Bi)</li> </ol>
<ol style="list-style-type: none"> <li>1. Warm the MJiao (Cold Sp &amp; ST)</li> <li>2. Restore Depleted Yang (Yang Collapse)</li> <li>3. Warm the Lungs &amp; Dispel Phlegm</li> <li>4. Warm the Channels &amp; Stop Bleeding</li> <li>5. Dispel Cold and Damp (low back &amp; lower body)</li> </ol>	<ol style="list-style-type: none"> <li>1. Fortify Kd, Sp, &amp; Ht Yang</li> <li>2. Dispel Cold, Warm the Sp &amp; Alleviate Pain</li> <li>3. Dispel Cold, Warm Channels &amp; Stop Pain</li> <li>4. Lead Fire back to its Source (floating yang)</li> </ol>
<ol style="list-style-type: none"> <li>1. Dispel Cold, Dry Damp, Activate Qi &amp; Stop Pain</li> <li>2. Course &amp; Descend Lr &amp; ST Qi (reflux &amp; vomiting)</li> <li>3. Warm the Sp &amp; Stop Diarrhea</li> <li>4. Lead Fire Downward (mouth &amp; tongue sores, hypertension)</li> </ol>	<h2>Supplement &amp; Boost</h2>
<h2>Supplement Qi</h2>	<ol style="list-style-type: none"> <li>1. Supplement Qi esp. Source Qi (weak pulse)</li> <li>2. Supplement Sp &amp; Lu Qi</li> <li>3. Generate Fluids &amp; Relieve Thirst (Xiao-ke)</li> <li>4. Calm Spirit &amp; Improve Mental Function</li> <li>5. Tonify Qi to Build Blood</li> <li>6. Supplement Qi to Strengthen the Exterior</li> </ol>

<ol style="list-style-type: none"> <li>1. Supplement Qi, esp. Zhong Qi</li> <li>2. Supplement Lung Qi</li> <li>3. Tonify Qi to Nourish Blood &amp; Generate Fluids</li> <li>4. Supplement Qi to Strengthen the Exterior</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Qi &amp; Lift/Raise Qi esp. Sp Qi</li> <li>2. Supplement Lu &amp; Wei Qi, Consolidate the Exterior</li> <li>3. Discharge Pus &amp; Generate New Flesh</li> <li>4. Regulate Water Circulation &amp; Reduce Edema</li> <li>5. Relieve Numbness &amp; Pain</li> <li>6. Generate Fluids &amp; Relieve Thirst (Xiao-ke)</li> </ol>
<ol style="list-style-type: none"> <li>1. Supplement Qi &amp; Nourish Sp &amp; ST</li> <li>2. Supplement Lung Qi &amp; Yin, also ST Yin</li> <li>3. Supplement Kd Yin</li> <li>4. Treat Xiao-ke</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Qi &amp; Strengthen Sp</li> <li>2. Dry Dampness &amp; Promote Water Metabolism</li> <li>3. Stabilize the Exterior &amp; Stop Sweating (Qi Xu)</li> <li>4. Calm the Fetus</li> </ol>
<ol style="list-style-type: none"> <li>1. Supplement Sp &amp; ST to Nourish Qi</li> <li>2. Supplement Blood</li> <li>3. Calm the Spirit (dry organs)</li> <li>4. Harmonize (other herbs)</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Sp &amp; Benefit Qi</li> <li>2. Moisten the Lu &amp; Stop Cough</li> <li>3. Relieve Pain</li> <li>4. Clear Heat &amp; Eliminate Toxins (sores &amp; swellings)</li> <li>5. Benefit the Throat</li> <li>6. Antidote Poisons &amp; Harmonize other herbs</li> </ol>
<h2>Supplement Blood</h2>	<ol style="list-style-type: none"> <li>1. Nourish Blood (anemia, GYN, OB, &amp; post-partum)</li> <li>2. Nourish Yin esp. Liver &amp; Kidney</li> <li>3. specific for Xiao-ke (esp. LJiao pattern)</li> <li>4. Replenish Jing &amp; Marrow</li> <li>5. Stop Cough &amp; Wheezing</li> </ol>
<ol style="list-style-type: none"> <li>1. Replenish Jing &amp; Supplement Blood</li> <li>2. Nourish Kd &amp; Lr Yin &amp; Blood</li> <li>3. Nourish Blood to Expel Wind (rashes)</li> <li>4. Moisten Intestines</li> <li>5. <i>unprocessed: treats malaria, toxic sores, &amp; lowers cholesterol</i></li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Blood &amp; Regulate Menses</li> <li>2. Invigorate Blood Circulation &amp; Stop Pain</li> <li>3. Moisten the Intestines (constip. d/t blood xu)</li> <li>4. Alleviate Cough &amp; Dyspnea</li> </ol>

<ol style="list-style-type: none"> <li>1. Supplement Blood (esp. Lr) &amp; Regulate Menses</li> <li>2. Nourish Lr to Quell Yang Rising &amp; Internal Wind</li> <li>3. Soothe Liver to Stop Pain &amp; Spasms incl: PMS; Lr invading Sp, abd pain, borborygmus, tenesmus; Bi</li> <li>4. Preserve Yin, Adjust &amp; Harmonize Ying &amp; Wei</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Blood &amp; Yin (Lr &amp; Kd) <ol style="list-style-type: none"> <li>1a. and Benefit Jing to Brighten the Eyes</li> </ol> </li> <li>3. Moisten the Lungs (Lu Yin Xu)</li> </ol>
<h2>Supplement Yang</h2>	<ol style="list-style-type: none"> <li>1. Supplement Kd Yang (low back, knee &amp; joint pain) decreased libido, impotence) <ol style="list-style-type: none"> <li>1a. Nourish Jing &amp; Blood (infertility)</li> </ol> </li> <li>2. Moisten the Intestines</li> </ol>
<ol style="list-style-type: none"> <li>1. Tonify Kd &amp; Fortify Yang to Increase Libido</li> <li>2. Warm &amp; Unleash Yang to Dispel Wind-Damp (Bi)</li> </ol>	<ol style="list-style-type: none"> <li>1. Nourish Kd &amp; Fortify the Yang</li> <li>2. Strengthen Sinews &amp; Bones <ol style="list-style-type: none"> <li>2a. Disperse Wind-Damp</li> </ol> </li> </ol>
<ol style="list-style-type: none"> <li>1. Supplement Kd &amp; Fortify Yang <ol style="list-style-type: none"> <li>1a. Secure Jing &amp; Urine</li> </ol> </li> <li>2. Warm the Sp &amp; Stop Diarrhea</li> <li>3. Topical for vitiligo</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Kd &amp; Lr to Strengthen Sinews &amp; Bones <ol style="list-style-type: none"> <li>1a. Circulate Qi &amp; Blood to Sinews &amp; Bones</li> </ol> </li> <li>2. Supplement Kd Yang</li> <li>3. Calm the Fetus &amp; Prevent Miscarriage</li> <li>4. Quell Lr Yang &amp; Lower Blood Pressure</li> </ol>
<ol style="list-style-type: none"> <li>1. Tonify Lr &amp; Kd (musculo-skeletal &amp; UG disorders)</li> <li>2. Calm Fetus &amp; Stop Uterine Bleeding</li> <li>3. Invigorate Blood, Strengthen Sinews &amp; Bones, Stop Pain &amp; Mend tears &amp; fractures</li> <li>4. Reduce Swelling, Abscesses &amp; Sores</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Yang &amp; Augment Yin <ol style="list-style-type: none"> <li>1a. Secure Jing &amp; Urine</li> </ol> </li> <li>2. Tonify Lr &amp; Kd to Brighten the Eyes</li> <li>3. Benefit Sp &amp; Kd to Stop Diarrhea</li> <li>4. Calm the Fetus &amp; Prevent Miscarriage</li> <li>5. Treat Xiao-ke</li> </ol>

<p style="text-align: center;"><b>Supplement Yin</b></p>	<ol style="list-style-type: none"> <li>1. Nourish Lung Yin &amp; Clear Lung Heat</li> <li>2. Nourish ST Yin &amp; Generate Fluids</li> <li>3. Supplement Lr &amp; Kd Yin</li> </ol>
<ol style="list-style-type: none"> <li>1. Nourish Lung Yin &amp; Moisten the Lungs</li> <li>2. Nourish ST &amp; Generate Fluids</li> <li>3. Moisten the Intestines</li> <li>4. Clear the Heart &amp; Calm Irritability</li> </ol>	<ol style="list-style-type: none"> <li>1. Nourish Kd Yin &amp; Clear Lung Heat</li> <li>2. Nourish the Yin &amp; Moisten Dryness</li> <li>3. important herb for Steaming Bone &amp; Xiao-ke patterns</li> <li>4. Moisten the Intestines</li> </ol>
<ol style="list-style-type: none"> <li>1. Moisten the Lungs, Clear Lu Heat &amp; Stop Cough</li> <li>2. Calm the Shen</li> <li>3. Nourish ST Yin &amp; Harmonize MJiao</li> </ol>	<p style="text-align: center;"><b>Secure &amp; Astringe</b></p>
<ol style="list-style-type: none"> <li>1. Stabilize Kidneys, Secure Jing &amp; Body Fluids (polyuria, seminal incontinence, vaginal discharge)</li> <li>2. Stop Sweating</li> <li>3. Tonify Lr &amp; Kd (dizziness, tinnitus)</li> <li>4. Stabilize Menses &amp; Stop Uterine Bleeding</li> </ol>	<ol style="list-style-type: none"> <li>1. Contain Lung Qi &amp; Nourish Kidney <ol style="list-style-type: none"> <li>1a. Stop Cough &amp; Wheezing</li> <li>1b. Stop Sweating</li> </ol> </li> <li>2. Generate Fluids &amp; Stop Thirst (Moisten the Throat)</li> <li>3. Secure Kd &amp; Stop Incontinence (urinary, seminal, fecal)</li> <li>4. Calm the Shen (d/t Yin &amp; Blood Xu patterns)</li> </ol>
<ol style="list-style-type: none"> <li>1. Contain Lung Qi &amp; Stop Sweating</li> <li>2. Bind the Intestines &amp; Stop Diarrhea</li> <li>3. Generate Body Fluids &amp; Stop Thirst</li> <li>4. Expel Parasites (abd pain &amp; vomiting)</li> <li>5. Stop Bleeding (LJiao: uterus, urine, stool)</li> <li>6. topical for warts &amp; corns</li> </ol>	<ol style="list-style-type: none"> <li>1. Supplement Spleen &amp; Stop Diarrhea</li> <li>2. Tonify Kd &amp; Secure Jing (vaginal disch., seminal incont.)</li> <li>3. Nourish Ht &amp; Calm Shen (anxiety, palps, insomnia)</li> </ol>

<p style="text-align: center;"><b>Calm Spirit</b></p>	<p style="text-align: center;"><b>Heavy Settlers</b></p>
<ol style="list-style-type: none"> <li>1. Settle Anxiety &amp; Calm Shen</li> <li>2. Anchor Rising Yang</li> <li>3. Prevent Leakage of Fluids</li> <li>4. Generate Flesh &amp; Promote Healing</li> </ol>	<ol style="list-style-type: none"> <li>1. Settle &amp; Calm Shen</li> <li>2. Soothe the Liver, Benefit Yin &amp; Anchor Yang</li> <li>3. Soften Hardness &amp; Dissipate Nodules</li> <li>4. Prevent Leakage of Body Fluids</li> <li>5. Neutralize ST Acid</li> </ol>
<p style="text-align: center;"><b>Nourish Heart</b></p>	<ol style="list-style-type: none"> <li>1. Nourish Heart &amp; Calm Shen (Ht, Sp, Kd)</li> <li>2. Nourish Lr Blood &amp; Yin</li> <li>3. Prevent Sweating (d/t qi or yin xu)</li> </ol>
<ol style="list-style-type: none"> <li>1. Pacify Heart &amp; Calm Shen</li> <li>2. Expel Phlegm, Clear Ht Orifices</li> <li>2a. Expel Phlegm, Clear Lung &amp; Stop Cough</li> <li>3. Dissipate Swellings &amp; Reduce Abscesses</li> </ol>	<p style="text-align: center;"><b>Open Portals/Orifices</b></p>
<ol style="list-style-type: none"> <li>1. Open Orifices &amp; Awaken the Spirit</li> <li>2. Clear Heat</li> <li>3. Stop Pain &amp; Itching</li> </ol>	<ol style="list-style-type: none"> <li>1. Open Orifices, Vaporize Phlegm &amp; Turbidity</li> <li>2. Open Orifices &amp; Pacify the Spirit</li> <li>3. Transform Turbid Phlegm &amp; Harmonize MJiao</li> <li>4. Benefit the Throat (laryngitis, hoarseness)</li> <li>5. Vitalize Blood &amp; Reduce Swellings (int or ext applic)</li> </ol>

<p style="text-align: center;"><b>Extinguish Wind</b></p>	<ol style="list-style-type: none"> <li>1. Extinguish Wind &amp; Alleviate Spasms</li> <li>2. Clear Fire &amp; Pacify Lr Yang</li> <li>3. Resolve Exterior (Exogenous Wind-Heat) &amp; Express Rashes</li> </ol>
<ol style="list-style-type: none"> <li>1. Extinguish Wind, Stop Spasms &amp; Tremors</li> <li>2. Pacify Liver &amp; Anchor Rising Yang (headaches)</li> <li>3. Extinguish Wind to Alleviate Pain (Bi)</li> </ol>	<ol style="list-style-type: none"> <li>1. Clear Heat &amp; Extinguish Wind (high fever)</li> <li>2. Stop Wheezing (bronchial spasms)</li> <li>3. Unblock the Channels (Hot Bi)</li> <li>4. Promote Urination (Hot Lin dysuria, stones, edema)</li> <li>5. Subdue Lr Yang (hypertension)</li> </ol>
<p style="text-align: center;"><b>Expel Worms/Parasites</b></p>	<ol style="list-style-type: none"> <li>1. Kill Parasites (intestinal parasites, esp. tapeworms)</li> <li>2. Dissipate Stagnation (Qi &amp; Food) &amp; Open the Bowels</li> <li>3. Promote Urination (edema, Leg Qi)</li> <li>4. Relieve Nausea caused by anti-malarial Chang Shan</li> </ol>
<ol style="list-style-type: none"> <li>1. Kill Parasites (variety of intestinal parasites)</li> <li>2. Clear Heat &amp; Remove Toxins (bacterial infections)</li> <li>3. <i>charred will</i> Cool Blood &amp; Stop Bleeding (esp. uterine)</li> </ol>	<p style="text-align: center;"><b>External Application</b></p>
<ol style="list-style-type: none"> <li>1. Dry Dampness, Kill Parasites, Stop Itching (genital, hemorrhoidal, scabies)</li> <li>2. Disperse Cold, Dispel Wind, &amp; Dry Damp (vaginal discharge)</li> <li>3. Warm Kidney &amp; Strengthen the Yang (impotence &amp; infertility; lumbago)</li> </ol>	<ol style="list-style-type: none"> <li>1. Release Exterior &amp; Disperse Cold</li> <li>2. Warm the MJiao &amp; Stop Vomiting (Cold ST)</li> <li>3. Warm the Lung &amp; Stop Cough (Wind-Cold Invasion)</li> <li>4. Detoxify Poisons (esp. seafood &amp; other herbs)</li> </ol>



