

中藥 zhōng Yào

Chinese Herb
Companion

Materia Medica Workbook

– Covering 121 Primary Herbs –

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五味 Wu Wei Books

Chinese Herb Companion

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Preface

How To Use This Book

Section One is devoted to the basic information necessary to help with the *pronunciation* of Chinese herb names, and to understand their *meaning* to native speakers.

Section Two, the core of this book, is comprised almost entirely of mostly blank tables.

They are designed to be filled in by the user, and to facilitate the assimilation of the large amount of data one must commit to memory concerning Chinese herbs. Toward that end, one needs to do a lot of reviewing. This book exists for that purpose.

When studying, I find it best to interact with the material. Rather than staring at data, actually rewriting things vastly improves retention. Of course one can write things out on a blank piece of paper, but the structure of a table helps. One could design ones own study guide, but organizing the data is a daunting and time consuming project. This book eliminates the prep work, so you can get down to the true task of learning.

I find it helps to organize the learning tasks in chunks. Therefore I have split the data into smaller areas of related material, the major sectors being *naming, clinical categories, energetic properties, clinical indications, and character writing*. Writing characters and practicing calligraphy are not essential for beginners. They might well be considered advanced studies, perhaps more appropriate for a doctoral program. That being said, character practice was, in fact, the original impetus for the book.

When writing, always say the word to yourself, both silently and out loud.

When studying herbs I recommend that you always do so with the herb present.

Look at it, smell it, taste it. Use all your senses to help you truly learn.

The process of memorizing is one that requires much repetition. Though I have made every attempt to keep this workbook affordable, I don't expect anyone to buy it more than once. Yet I believe these tables should be used multiple times. I therefore encourage you, the purchaser, to xerox the tables herein, so you may rehearse with them many times.

For all students of Chinese herbology, I sincerely hope this text is helpful.

I want to thank all my sources, but errors must be attributed to me alone.

Please inform me of any mistakes you may find, as well as ideas for improvements.

I may be contacted here:

Pinyin Pronunciation Guide

2-23-09 Version:

21+2 Initials – (Consonants)

- These tables indicate approximate English equivalents for each pinyin letter/sound.
- Only three are a bit awkward, until one gets used to them. ***Pay special attention to: c, q, & x***
- The WG column shows the spelling used in the Wade-Giles system. (pronunciation should be the same)
- *Note the use and importance of the apostrophe in the Wade system.*

WG	PY	Pronunciation	Comments & Notes
p	b	= b as in bog	unaspirated
ts'/tz'	c	= like the <i>ts</i> in its	(spit it out) never like the c in cat
ch'	ch	= ch as in church	with tongue curled back and up (retroflex) and aspirated [compare with q]
t	d	= d as in door	unaspirated
f	f	=f as in fun	
k	g	= g as in girl	never like the g in germ
h	h	= h as in her	strongly aspirated, more like the ch in chutzpah, or Bach
ch	j	=j as in jeep (say j+y+ee)	tongue is forward in mouth [compare with zh] (only followed by 'i' or 'ü')
k'	k	= k as in kite	but more strongly aspirated
l	l	= l as in like	
m	m	= m as in mother	
n	n	= n as in none	
p'	p	=p as in park	but more strongly aspirated
ch'	q	= like the <i>ch</i> in cheese or cheat (say ch+y+ee)	tongue is forward in mouth [compare with ch] never like k, as in the English q (only followed by 'i' or 'ü')
j	r	= r as in run	with tongue curled back and up (retroflex)
s, ss/sz	s	= s as in sister	but more strongly aspirated
sh	sh	= sh as in shirt or sure	with tongue curled back and up (retroflex)
t'	t	= t as in ton	but more strongly aspirated
w	w	= w as in won	<i>functions as an initial in syllables without an initial consonant that begin with u</i>
hs	x	= like <i>sh</i> in sheet	with the tip of the tongue against the lower teeth, hiss it out – (like hsss, but short)
i/y	y	= as in English, but softer	like the y in young never like why (<i>functions as an initial in syllables without an initial consonant that begin with i or ii</i>)
ts/tz	z	= z as in English	more like the <i>ds</i> in pads, or just try to say 'dz'
ch	zh	= like the <i>j</i> in jump	with tongue curled back and up (retroflex) [compare with j]

* 'w' and 'y' are the two extra initials

Pinyin Pronunciation Guide

37 Finals – (Vowels and Diphthongs)

- Among vowel sounds, the umlauted ‘*ü*’, and the 3 variations of ‘*i*’ require the most attention.

WG	PY	Pronunciation	Comments & Notes
a	a	= like the <i>a</i> in father	never like hay, never like yank
ai	ai	= like the <i>ai</i> in Thailand	or <i>ie</i> in tie, or the <i>ye</i> in rye
ao	ao	= like the <i>ow</i> in how, or cow	or the <i>ou</i> in ouch
an	an	= like the <i>ohn</i> in John	
ang	ang	= like the <i>ang</i> in angst	
ê / eh	e	= like the <i>a</i> in sofa	never like e in elongate, or the e in men
ei	ei	= like the <i>ay</i> in bay	
ên	en	= like the <i>un</i> in fun	
êng	eng	= like the <i>ung</i> in lung, or hung	
êrh	er	= like the <i>ar</i> in far	
i	i	= like the <i>ee</i> in bee	never like the i in high (follows b, d, j, l, m, n, p, q, t, x, y)
e / u	i	= short ‘i’ like the <i>i</i> in it	very clipped (only follows c, s, z, r)
ih	i	= like the <i>urr</i> in burr, or the <i>ir</i> in sir	when following an ‘h’ (only ch, sh, zh)
ia	ia	= <i>ee-ah</i> , but slurred like <i>ya</i>	
ien	ian	= <i>ee-an</i>	like the name Ian, but less of the long <i>e</i> sound slurred as in <i>yen</i>
iao	iao	= like the <i>eow</i> in meow	but more slurred like <i>yeow</i>
ieh	ie	= <i>ee-eh</i>	like the <i>ie</i> in experience, but more fused, like the <i>ye</i> in yet
in	in	= like the <i>een</i> in sheen	
ing	ing	= like the <i>ing</i> in ring	
iang	iang	= <i>ee-ang</i> or <i>yang</i>	
iung	iong	= <i>ee-ong</i> or <i>yong</i>	
iu	iu	= like the <i>yo</i> in yoyo, or yolk	
o	o	= like <i>aw</i> in paw	or <i>au</i> in maudlin, or <i>ou</i> in ought never like over or of
ung	ong	= like the <i>ong</i> in gong	
ou / o	ou	= like the <i>ou</i> in though	or <i>ow</i> in low, or the <i>oe</i> in toe
u	u	= like the <i>oo</i> in too or boo	never like unit with no other initial sound it becomes a ‘w’
ua	ua	= like <i>wa</i> , or the <i>ua</i> in guava	
uai	uai	= like the <i>ui</i> in quiet	or like <i>why</i>
uen	uan	= like the <i>uan</i> in quantify	or like <i>wan</i>
uang	uang	= as <i>uan</i> above	but with a <i>g</i> ending, like <i>wang</i>
ui	ui	= like <i>way</i>	sometimes like <i>whee</i> , but clipped
un	un	= like the <i>one</i> in done	or the <i>on</i> in won
o	uo	= <i>oo+aw</i>	but slurred like the <i>wa</i> in war
ü	ü	= like <i>u</i> in <i>unit</i> or <i>yew</i> (lips very pursed)	(only follows j, q, x, y, l, n) with no other initial sound it becomes a ‘y’
üeh	üe	= like <i>yew-eh</i> , slurred together	
üen	üan	= like <i>yew-an</i> , slurred together	
ün	ün	= like <i>yew-n</i> , slurred together	

* the umlaut is only necessary over ‘u’ following l or n (i.e. to differentiate lu from lü & nu from nü)

Pinyin Pronunciation Guide

Pinyin Practice – Using Herb Names as Examples

- The following list provides herb examples to match each pin-yin letter/sound.
- Examples are chosen primarily from the Exterior Resolving group. (usually the first category studied)

<i>Initial Sounds</i>				
<u>Initial</u>	<u>Herb Name</u>	<u>2nd Example</u>	<u>3rd Example</u>	<u>4th Example</u>
b	Bai Zhi	Gao Ben		
c	Cong Bai	Xia Ku Cao		
ch	Chai Hu	Chuan Bei Mu		
d	Dan Dou Chi			
f	Fang Feng	Fu Ling	Fu Zi	
g	Ge Gen			
h	Ma Huang	Bo He		
j	Jing Jie	Sheng Jiang	Ju Hua	
k	Xia Ku Cao			
l	Huang Lian			
m	Ma Huang	Man Jing zi	Mu Zei	Sheng Ma
n	Niu Bang Zi			
p	Fu Ping			
q	Qiang Huo			
r	Ren Shen	Xiang Ru		
s	Zi Su Ye	San Qi		
sh	Shi Gao	Sheng Di Huang		
t	Tao Ren	Tian Qi		
w	Wu Mei			
x	Xi Xin	Xiang Ru		
y	Xin Yi Hua	Sang Ye		
z	Niu Bang Zi			
zh	Gui Zhi	Zhi Zi	Zhe Bei Mu	

Pinyin Pronunciation Guide

<i>Final Sounds – Vowels, and Diphthongs</i>				
<u>Final</u>	<u>Herb Name</u>	<u>2nd Example</u>	<u>3rd Example</u>	<u>4th Example</u>
a	Ma Huang			
-ai	Bai Zhi	Chai Hu		
-ao	Gao Ben			
-an	Chan Tui		Man Jing Zi	
-ang	Sang Ye			
e	Zi Su Ye	Bo He		Ge Gen
-ei	Mu Zei	Bei Mu		Bai Wei
-en	Gao Ben			
-eng	Fang Feng			
er	Cang Er Zi			
-i (short i)	Zi Su Ye			
-i (long e)	Xi Xin		Xin Yi Hua	
-i (r)	Gui Zhi			
-ia	Wu Jia Pi			
-ian	Tian Ma			
-iao	Xi Jiao			
-ie	Jing Jie			
-in	Xi Xin		Xin Yi Hua	
-ing	Jing Jie			
-iang	Qiang Huo		Sheng Jiang	
-iong	Xiong Dan			
-iu	Niu Bang Zi			
-o	Bo He			
-ong	Cong Bai			
-ou	Dan Dou Chi			
-u	Xiang Ru	Fu Ping	Mu Zei	Chai Hu
-ua	Xin Yi Hua	Ju Hua	Gua Lou	
-uai	Huai Hua Mi			
-uan	Xuan Shen		Chuan Xiong	
-uang	Ma Huang			
-ui	Gui Zhi	Chan Tui		Han Shui Shi
-un	Kun Bu			
-uo	Qiang Huo			
-ü	Yü Xing Cao			
-üe	Xüe Yü Tan		Yüe Ji Hua	
-üan	Yüan Zhi			
-ün	Yün Ling (alt. name for Fu Ling)			

Plant Taxonomy

Plant Part Words in Chinese, English, and Latin				
<u>Mandarin</u>		<u>English</u>	<u>Latin</u>	<u>Example</u>
<i>traditional</i>	<i>simplified</i>			
花	hua	花	flower	ju hua (chrysanthemum)
蕊	ruǐ	蕊	stamen/pistil	hua rui shi (ophiocalcite)
鬚	xū	须	beard/rootlets	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 (balloonflower), 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	qian shi (euryales)
仁	rén		kernel (nut meat)	hu tao ren (walnut meat)
核	hé		kernel (nut meat)	li zhi he (leechee)
肉	ròu		flesh (fruit meat)	long yan rou (longhan)
果	guǒ		fruit/seed	bai guo (ginkgo seed/nut)
瓜	guā		melon/gourd	gua lou (trichosanthis)
葉	yè	叶	leaves	zi su ye (purple perilla leaf)
草	cǎo		grass (stems & leaves)	yu xing cao (houttuynia)
藤	téng		vine	ji xue teng (millettia)
皮	pí		skin / peel	chen pi (tangerine peel)
			bark	qin pi (fraxini bark)
			root bark	di gu pi (lycii bark)
殼	ké	壳	husk	ying su ke (poppy receptacles)
節	jié	节	knot/joint/section	ou jie (lotus nodes)
根	gēn		root/rhizome/tuber	ge gen (pueraria/kudzu root)
本	běn		root or rhizome	gao ben (ligusticum)
參	shēn	参	ginseng root	ren shen (ginseng)
骨	gǔ		bone	long gu /chi (fossilized bones/teeth)
膠	jiāo	胶	glue/gelatin/collagen	e jiao (donkey hide glue)
角	jiǎo		horn	xi jiao (rhino horn)
刺	cì		thorn	zao jiao ci (gleditsea thorn)
石	shí		stone/mineral	shi gao (gypsum)
砂	shā		sand/sand like	sha ren (amomum), hai jin sha (lygodium spores)
			feces	ye ming sha (bat dung)
蛻	tuì		moulted skin	chan tui (cicada exoskeleton)
汁	zhī		juice	jiang zhi (ginger juice)
脂	zhī		resin	bu gu zhi (psoralea)

Common Words/Characters in Herb Names – Grouped by Theme

Common Words – Organized by Theme		
<u>Theme</u>	<u>Translation</u>	<u>Examples</u>
Colors		
黃 huáng	= <u>yellow, brown</u>	huang lian (coptis) huang qian (scutellaria)
金 jīn	= <u>gold/golden (metal)</u>	da huang (rhubarb) huang qi (astragalus)
紫 zǐ	= <u>purple, violet</u>	jin yin hua (honeysuckle) yu jin (curcuma)
紅 hóng	= <u>red</u>	zi su ye (perilla) zi wan (aster)
赤 chì	= <u>red/crimson</u>	zi hua di ding (violet, lit. purple flower earth nail)
硃 zhū	= <u>vermilion/scarlet</u>	hong hua (carthamus-safflower)
赭 zhě	= <u>red-brown/rust/ochre</u>	chi shao (red peony) chi xiao dou (aduki)
白 bái	= <u>white</u>	zhu sha (cinnabar)
銀 yín	= <u>silver, white</u>	zhe shi (hematite)
黑 hēi	= <u>black (dull, like soot)</u>	bai shao (white peony) bai tou weng (pulsatilla)
烏 wū	= <u>black (shiny, like a crow)</u>	jin yin hua (lonicera-honeysuckle)
玄 xuán	= <u>dark/mysterious</u>	hei zhi ma (black sesame)
蒼 cāng	= <u>deep green/dark</u>	wu yao (lindera)
青 qīng	= <u>blue-green / teal</u>	xuan shen (scrophularia)
Size		
小 xiǎo	= <u>small</u>	cang zhu (red atracylodes) cang er zi (xanthium)
大 dà	= <u>big</u>	qing pi (immature citrus peel) (the Wood-element color)
太 tài	= <u>great</u>	xiao hui xiang (fennel) chi xiao dou (aduki)
		da zao (big date) da qing ye (isatis)
		da fu pi (areca)
		tai zi shen (pseudostellaria)

Common Words/Characters in Herb Names – Grouped by Theme

<u>Theme</u>	<u>Translation</u>	<u>Examples</u>
Numbers		
三 sān	= <u>3</u>	san qī (pseudoginseng)
五 wǔ	= <u>5</u>	wu wei zi (schisandra)
七 qī	= <u>7</u>	san qi (pseudoginseng)
百 bǎi	= <u>100</u>	bai bu (stemonae)
千 qiān	= <u>1,000</u>	qian nian jian (homalomena)
Animals		
魚 yú	= <u>fish</u>	yü xing cao (houttuynia)
vs. 玉 yù	= <u>jade</u>	yü zhu (polygonati odorati)
龍 lóng	= <u>dragon</u>	long dan cao (gentian)
蛇 shé	= <u>snake</u>	bai hua she she cao (oldenlandia, lit. white flower snake tongue herb)
虎 hǔ	= <u>tiger</u>	hu gu (tiger bone) hu zhang (polygoni)
鹿 lù	= <u>deer</u>	lu rong (deer antler)
熊 xióng	= <u>bear</u>	xiong dan (bear gall bladder)
犀 xī	= <u>rhinocerus</u>	xi jiao (rhino horn)
鶴 hè	= <u>crane, stork</u>	xian he cao (agrimony)

Common Words/Characters in Herb Names – Grouped by Theme

<u>Theme</u>	<u>Translation</u>	<u>Examples</u>	
Common Plants			
姜 jiāng	= <u>ginger</u> (or ginger-like)	zingiberis	sheng jiang (fresh ginger)
竹 zhú	= <u>bamboo</u>	bambusa	zhu li
莲 lián	= <u>lotus</u>	nelumbo	lian zi
桑 sāng	= <u>mulberry</u>	morus	sang ye
蒿 hāo	= <u>sage</u>	artemisia	qing hao
棗 zǎo	= <u>date/jujube</u>	zizyphus	da zao
豆 dòu	= <u>bean</u>	dan dou	chi xiao dou (aduki)
麻 má	= <u>hemp</u> (like)	dou juan (soy sprout)	
桂 guì	= <u>cinnamon</u>	ma huang (ephedra)	sheng ma (cimicifuga)
芥 jiè	= <u>mustard</u>	tian ma (gastrodia)	
椒 jiāo	= <u>pepper</u>	gui zhi (cinnamon twig)	rou gui (cinnamon flesh)
參 shēn	= <u>ginseng root</u>	bai jie zi (white mustard seed)	jing jie (schizonepeta)
	dan shen (salvia)	chuan jiao (Sichuan pepper)	hu jiao (foreign/black pepper)
	ku shen (sophora)		
	xuan shen (scrophularia)		
		& other special (ginseng-like) roots	ren shen (ginseng)
		dang shen (codonopsis)	xi yang shen (american ginseng)
		(bei) sha shen (= glehnia)	tai zi shen (pseudostellaria)
		(nan) sha shen (= adenophora)	

Taste & Smell

香 xiāng	= <u>fragrant/aromatic</u>	mu xiang (saussurea)	ding xiang (cloves)
味 wèi	= <u>taste or flavor</u>	ru xiang (olibanum-frankincense)	she xiang (musk)
甘 gān	= <u>sweet</u>	wu wei zi (schisandra, lit. 5 flavor seed)	
苦 kǔ	= <u>bitter</u>	gan cao (licorice, lit. sweet herb)	
酸 suān	= <u>sour</u>	ku shen (sophora, lit. bitter ginseng)	
淡 dàn	= <u>bland, tasteless</u>	suan zao ren (sour jujube kernel)	
麻 má	= <u>numbing taste</u>	dan dou-chi (glycine-soybean)	
		ma huang (ephedra)	sheng ma (cimicifuga)

Common Words/Characters in Herb Names – Grouped by Theme

<u>Theme</u>	<u>Translation</u>	<u>Examples</u>
Preparation		
生 shēng	= <u>raw or fresh (recens)</u>	sheng jiang (fresh ginger)
熟 shú	= <u>steamed/cooked</u>	shu/shou di (steamed rehmannia)
乾 gān	= <u>dried</u>	gan jiang (dried ginger)
炙 zhì	= <u>prepared</u>	zhi gan cao (honey-baked licorice)
饴 yí	= <u>syrup</u>	yí tang (maltose)
膠 jiāo	= <u>glue</u>	lu jiao jiao (deer antler glue) e jiao (donkey hide glue)
Geography/Habitat		
海 hǎi	= <u>sea</u>	hai zao (sargassum)
澤 zé	= <u>marsh</u>	hai ma (sea horse)
水 shuǐ	= <u>water</u>	ze xie (alismatis)
天 tiān	= <u>sky/heavenly</u>	han shui shi (calcitum)
田 tián	= <u>field</u>	tian men dong (asparagus rt)
山 shān	= <u>mountain</u>	tian qī (pseudoginseng)
仙 xiān	= <u>mt/immortal</u>	shan zha (crataegus)
地 dì	= <u>earth</u>	xian mao (curculingus)
		xian he cao (agrimony)
		di long (earthworm)
		di gu pi (dictamus)
		di yu (sanguisorbia)
Place of Origin		
土 tǔ	= <u>common/local (soil)</u>	tu fu ling (smilax)
野 yě	= <u>wild</u>	ye ju hua (wild chrysanthemum)
vs. 夜 yè	= <u>night/evening</u>	ye jiao teng (polygonum multiflori)
漢 hàn	= <u>Chinese</u>	han fang ji (stephania vs aristolochia)
蕃 fān	= <u>imported</u>	fan xie ye (senna)
鬚 hú	= <u>foreign/bearded</u>	yin chai hu (stellaria)
川 chuān	= <u>Sichuan (4 rivers)</u>	qian hu (peucedani)
廣 guǎng	= <u>Cantones</u>	hu tao ren (walnut)
北 běi	= <u>northern</u>	chuan xiong (cnidium)
南 nán	= <u>southern</u>	guang fang ji (aristolochia vs stephania)
		bei sha shen (glehnia vs adenophora)
		nan gua zi (pumpkin)

Vocabulary of Common Herb Name Words – Alphabetical by Pin Yin

Character	Pīn-Yīn	English Translation	Herbal Example
白	bái	white	bai shao (white peony) bai tou weng (pulsatilla)
百	bǎi	one hundred (100)	bai bu (stemonia)
北	běi	northern	bei sha shen (glehnia vs adenophora)
蒼	cāng	deep green, dark	cang zhu (red atractylodes) cang er zi (xanthium)
赤	chì	red, crimson	chi shao (red peony) chi xiao dou (aduki)
川	chuān	Sichuan (4 rivers)	chuan bei mu (fritillaria) chuan xiong (cnidium)
大	dà	big	da zao (big date) da qing ye (isatis) da fu pi (areca)
淡	dàn	bland, tasteless	dan dou-chi (glycine-soybean)
地	dì	earth	di long (earthworm) di gu pi (dictamus) di yu (sanguisorbia)
豆	dòu	bean	dan dou chi (soja) chi xiao dou (aduki) dou juan (soy sprout)
蕃	fān	imported	fan xie ye (senna)
甘	gān	sweet	gan cao (licorice, lit. sweet herb)
乾	gān	dried	gan jiang (dried ginger)
廣	guǎng	Cantonese	guang fang ji (aristolochia vs stephania)
桂	guì	cinnamon	gui zhi (cinnamon twig) rou gui (cinnamon flesh)
海	hǎi	sea	hai zao (sargassum) fu hai shi (pumice) hai ma (sea horse) hai long (sea dragon)
漢	hàn	Chinese (native)	han fang ji (stephania vs aristolochia)
蒿	hāo	sage (artemisia)	qing hao (artemisia annua) yin chen hao (artemisia scoparia) (capillaris)
鶴	hè	crane, stork	xian he cao (agrimony)
黑	hēi	black (dull, like soot)	hei zhi ma (black sesame)
紅	hóng	red	hong hua (carthamus-safflower)
鬚	hú	foreign, bearded	yin chai hu (stellaria) qian hu (peucedani) hu tao ren (walnut)
虎	hǔ	tiger	hu gu (tiger bone) hu zhang (polygoni)

Vocabulary of Common Herb Name Words – Alphabetical by Pin Yin

Character	Pīn-Yīn	English Translation	Herbal Example
黃	huáng	yellow, brown	huang lian (coptis) huang bai (phellodendron) huang qí (astragalus) huang qian (scutellaria) da huang (rhubarb) ma huang (ephedra)
姜	jiāng	ginger (ginger-like) (zingiberis)	sheng jiang (fresh ginger) gan jiang (dried ginger)
椒	jiāo	pepper	chuan jiao (Sichuan pepper) hu jiao (foreign/black pepper)
膠	jiāo	glue	lu jiao jiao (deer antler glue) e jiao (donkey hide glue)
芥	jiè	mustard	bai jie zi (white mustard seed) jing jie (schizonepeta)
金	jīn	golden, metal	jin yin hua (honeysuckle) yu jin (curcuma)
苦	kǔ	bitter	ku shen (sophora, lit. bitter ginseng)
蓮	lián	lotus (nelumbo)	lian zi
龍	lóng	dragon	long dan cao (gentian)
鹿	lù	deer	lu rong (deer antler)
麻	má	hemp (hemp-like)	ma huang (ephedra) sheng ma (cimicifuga) tian ma (gastrodia)
麻	má	numbing taste	ma huang (ephedra) sheng ma (cimicifuga)
南	nán	southern	nan gua zi (pumpkin)
七	qī	seven (7)	san qi (pseudoginseng)
千	qiān	a thousand (1,000)	qian nian jian (homalomena)
青	qīng	blue-green, teal (the wood-element color)	qing pi (immature citrus peel)
三	sān	three (3)	san qi (pseudoginseng)
桑	sāng	mulberry (morus)	sang ye (mulberry leaves)
山	shān	mountain	shan zha (crataegus) shan yao (dioscorea-yam)
蛇	shé	snake	bai hua she she cao (oldenlandia) (lit. white flower snake tongue herb)
參	shēn	ginseng root & other ginseng-like roots	ren shen (ginseng) dan shen (salvia) dang shen (codonopsis) xi yang shen (american ginseng) ku shen (sophora) xuan shen (scrophularia) tai zi shen (pseudostellaria) (bei) sha shen (= glehnia) (nan) sha shen (= adenophora)
生	shēng	raw or fresh (recens)	sheng jiang (fresh ginger) sheng di (uncooked rehmannia)
熟	shú	steamed, cooked	shu di (steamed rehmannia)

Vocabulary of Common Herb Name Words – Alphabetical by Pin Yin

Character	Pīn-Yīn	English Translation	Herbal Example
水	shuǐ	water	han shui shi (calcitum)
酸	suān	sour	suan zao ren (sour jujube kernel)
太	tài	great	tai zi shen (pseudostellaria)
天	tiān	sky, heavenly	tian men dong (asparagus rt) tian ma (gastrodia)
田	tián	field	tian qi (pseudoginseng)
土	tǔ	common, local (soil)	tu fu ling (smilax)
味	wèi	taste, flavor	wu wei zi (schisandra, lit. 5 flavor seed)
烏	wū	black (shiny, like a crow)	wu yao (lindera)
五	wǔ	five (5)	wu wei zi (schisandra)
犀	xī	rhinocerus	xi jiao (rhino horn)
仙	xiān	mt, immortal	xian mao (curculingus) wei ling xian (clematis) xian he cao (agrimony)
香	xiāng	fragrant, aromatic	ding xiang (cloves) mu xiang (saussurea) ru xiang (olibanum-frankincense) she xiang (musk)
小	xiǎo	small	xiao hui xiang (fennel) chi xiao dou (aduki)
熊	xióng	bear	xiong dan (bear gall bladder)
玄	xuán	dark, mysterious	xuan shen (scrophularia)
野	yě	wild	ye ju hua (wild chrysanthemum)
夜	yè	night, evening	ye jiao teng (polygonum multiflori)
飴	yí	syrup	yì tang (maltose)
銀	yín	silver, white	jin yin hua (lonicera-honeysuckle)
魚	yú	fish	yù xing cao (houttuynia)
玉	yù	jade	yü zhu (polygonati odorati)
棗	zǎo	date, jujube (zizyphus)	da zao (big date), hong zao (red date), suan zao (sour date)
澤	zé	marsh	ze xie (alismatis) ze lan (marsh orchid – lycopi)
赭	zhě	red-brown, rust	zhe shi (hematite)
炙	zhì	prepared	zhi gan cao (honey-baked licorice)
硃	zhū	vermillion, scarlet	zhu sha (cinnabar)
竹	zhú	bamboo (bambusa)	zhu li
紫	zǐ	purple, violet	zi su ye (perilla) zi wan (aster) zi hua di ding (violet, lit. purple flower earth nail)

Chinese
Herb Names
Analysis
and
Translation

Herb Name Analysis

Translating Herb Names

I approach the whole idea of translating herb names with some reservation. Unlike point names which are assigned with great intentionality, herb names are more colloquial, and their historical origins obscure. Although the individual characters have meaning, as does their combination (usu. two characters), it is just as often the case that it is just the herb's name, like my name is Jim.

Is the word 'oak' meaningful? It is a logical question, but in the end has no real utility. Its just a name we apply to certain trees. By contrast, identifying a tree as an oak has significance, but the name 'oak' or its latin name 'quercus' is not significant as far as I can tell. The Chinese often use colors and place names to identify herbs. Herb names often include the part of the plant, or substance being used.

See the plant taxonomy and common words list starting on page 8.

The name game is important. It's how we identify things, and know we are talking about the same thing. The name is critical from this perspective, and one of the primary hurdles for the beginning student. There are hundreds of herbs, each with two or three names. The primary naming occurs in two foreign languages: first in Chinese (usually 2 or 3 characters), secondly a Latin binomial, thirdly, an English 'common' name that we may or may not recognize. It is hard to remember much about what an herb does if the only identification is to call it "this herb" or "that plant". So naming and identification become the all important first steps in a journey of study that will continue throughout our lifetimes.

It is natural to want to know what a foreign word means. It is difficult to learn these names without some meaning elements attached. Especially when we are learning a large number of names, we need some associations to hang on to. Imagine you are new in town, invited to a large party, and being introduced to many people. The first information you get is a person's name. We don't usually ask what their name means. We then gather more information about what they do, where they're from etc.. The clustering of data helps you remember. When you go fishing for one piece, others tend to follow. I might learn to pronounce 'Da Qing Ye' fairly easily, but it's nice to know it means 'big green leaf'. Even if the dried plant material I'm referring to doesn't look anything like what its name suggests, I can understand that it may be an apt description of its original appearance. Qing/green rhymes with qing/to clear, helping one remember that it 'clears heat'. Heat clearing medicinals are usually bitter, and energetically cooling. The law of signatures suggests that leaves are rather like lungs, lobed and upward tending, respiratory in function, enabling one to associate this herb with toxic heat conditions of the lungs.

What follows is a analysis of definitions and explanations for the words comprising each herb's name.

I also encourage you to jot down a brief defining word in the character writing section.

Herb Name Analysis

Herb Names with Tones, Traditional Characters, and Definitions

The order of herbs is as presented in the Bensky Materia Medica (3rd edition, 2004)
Category order also follows Bensky.

Chinese characters are usually composed of two parts:

- a classification component, called a **radical**, and
- a sound component called a **phonetic**.

Many herb name characters contain radicals indicating that they refer to plants.

The two most common are:

1. the grass/herb radical 艹 abbreviated as + and always on top.
2. the tree/wood radical: 木 is usually on the left, 札 and a little squished, sometimes it is on the bottom, two examples are: 朵 & 杂

1. 解表 Jiě Biǎo = Release/Resolve Exterior

1A. 辛溫 Xīn Wēn = Pungent/Acid Warm (7 sample herbs)

1. Má Huáng Yellow Hemp	麻 huang	ma huang	= hemp, jute; numb, numbing taste; rough surface (hemp yellow) the best is a yellow-green color
2. Guì Zhī Cinnamon Twig	桂枝 zhi	gui zhi	= plant name: cinnamon (tree) = twig or branch <i>Cinnamomum</i>
3. Fáng Fēng Guard Wind (Wind Guard)	防風 feng	fang feng	= to guard, defend against = wind (Guard against Wind) <i>Saposhnikovia</i>
4. Qiāng Huó Qiang Life Savers (Life Savers of/from Qiang)	羌活 qiang huo	qiang huo	= plant name: = ancient tribal people of Sichuan region = alive, lively; save the life of (the plant that saves lives) <i>Notopterygium</i>
5. Bái Zhī White Zhi	白芷 zhi	bai zhi	= white = plant name (phonetic = halt, stop) <i>Angelica dahurica</i>
6. Xī Xīn Acrid Threads	細辛 xin	xi xin	= thin, thready; fine, delicate, soft = pungent/acrid (same as the sub-category) <i>Asarum</i>
7. Xīn Yí (Huā) Common Pungent Buds	辛夷花 huā	xin yi huā	= acrid/pungent = peaceful, at ease; common, or ordinary = ancient tribal people, the Yi homelands are in the east; foreign/foreigner = flower (in this case buds) <i>Magnolia liliiflora</i>

Herb Name Analysis

1.	解 表	Jiě Biǎo	= Release/Resolve Exterior (cont.)
1B.	辛 凉	Xīn Liáng	= Pungent/Acid Cool (5 sample herbs)
8.	Bò Hé Mint Lotus	薄 荷 bo he	= fieldmint/peppermint = lotus (minty lotus, lotus-like mint) <i>Mentha</i>
9.	Jú Huā Chrysanthemum Flowers	菊 phonetic jú 花 hua	= plant name: chrysanthemum = a handful (wrapper/bāo of rice/mǐ) = flower <i>Chrysanthemum</i>
10.	Gé Gēn Kudzu Root	葛 phonetic: hé 根 gen	= plant name: pueraria, kudzu = which, what, how, when, why, where ? = root <i>Pueraria</i>
11.	Chái Hú Bearded Bupleurum Imported Chai	柴 胡 chai hu	= firewood; plant name: = ancient tribes of the north & west; beard, whiskers; imported, introduced (Hu firewood) (see p.35) <i>Bupleurum</i>
12.	Shēng Má Ascending Hemp (Climbing Hemp)	升 麻 sheng ma	= lift, hoist, rise, ascend (rising, ascending); promote = hemp, numbing taste, rough [opposite of jiàng = descend] [fú = float, chén = sink] <i>Cimicifuga</i>
2.	清 热	Qīng Rè	= Clear Heat
2A.	瀉 火	Xiè Huǒ	= Drain Fire (3 sample herbs)
13.	Shí Gāo Rock Paste (plaster)	石 膏 shi gao	= stone, rock; mineral = fat, paste, glue (mineral paste, stone paste) <i>Gypsum</i>
14.	Zhī Mǔ Knowing Mother	知 母 zhi mu	= know, perceive = mother (a knowing/perceptive mother) <i>Anemarrhena</i>
15.	(Shān) Zhī Zǐ (Mt) Gardenia Seeds	山 柴 子 shan zhi zi	= mt = plant name: gardenia = seed <i>Gardenia seed</i>

Herb Name Analysis

2.	清熱	Qīng Rè	= Clear Heat (cont.)
2B.	涼血	Liáng Xuè	= Cool Blood (3 sample herbs)

16. Shēng Dì Huáng Unprocessed Earth Yellow	生地黃	sheng di huang	= fresh, raw, unprocessed earth yellow	(see #90 Shu Di)
				<i>Rehmannia</i>
17. Xuán Shēn Dark Ginseng	玄參	xuan shen	= dark, mysterious, profound ginseng-like roots	<i>Scrophularia</i> (mysterious ginseng)
18. Mǔ Dān Pí Male Elixir Bark	牡丹皮	mu dan pi	= male animals cinnabar, skin/peel (root bark) = cinnabar colored; elixir root bark	(see #111 Mu Li) <i>Moutan</i> (tree peony root bark)

2C.	燥 濕	Zào Shī	= Dry Damp (5 sample herbs)
19. Huáng Qín Yellow Scullcap	黃芩	huang qin	= yellow = plant name: scullcap (M:1104) <i>Scutellaria</i>
20. Huáng Lián Yellow Links	黃連	huang lian	= yellow = link, join, connect; in succession, continuous, repeated <i>Coptidis</i>
21. Huáng Bǎi Yellow Cork Tree	黃柏	huang bai	= yellow = plant name: cypress (cork tree) <i>Phellodendron</i>
22. Lóng Dǎn Cǎo Dragon GB Herb/grass	龍膽草	long dan cao	= dragon = gall bladder = grass, herb <i>Gentiana</i>
23. Kǔ Shēn Bitter Ginseng	苦參	ku shen	= bitter = roots (like ginseng) <i>Sophora flavescens</i>

Herb Name Analysis

2.	清熱	Qīng Rè	= Clear Heat (cont.)	
2D.	解毒	Jiě Dú	= Resolve Toxins (5 sample herbs)	
24.	Jīn Yín Huā Gold & Silver Flowers (yellow & white flowers)	金 jin 銀 yin 花 hua	= metal, gold = silver = flowers	<i>Lonicera</i> <i>Honeysuckle</i>
25.	Lián Qiáo Link & Lift Eminent/Outstanding Links	連 lian 翹 qiáo qiào	= link, join, connect; in succession, continuous, repeated = to raise (one's head) = to hold up, stick up, to bend or turn upwards = by extension: outstanding, eminent	(dictionaries use 2nd) (Bensky uses 4th)
				<i>Forsythia</i>
26.	Bǎn Lán Gēn Stiff Basket Root	板 ban 藍 lan 根 gen	= boardlike, stiff, rigid = basket = root	<i>Isatidis</i>
27.	Bái Xiān Pí White Fresh Bark	白 bai 鮮 xian 皮 pi	= white = fresh = skin/peel (root bark)	<i>Dictamnus</i>
28.	Tǔ Fú Líng Local/Common Fu-ling	土 tu 茯苓 fu-ling	= earth/soil = local, common, native = plant name: (see #33 Fu Ling, Poria)	<i>Smilacis</i>
2E.	解暑	Jiě Shǔ	= Relieve/Resolve Summer-Heat (1 sample herb)	
29.	Qīng Hāo Blue-green Sage	青 qing 蒿 hao	= blue-green, azure = plant name: sage (wormwood)	<i>Artemisia annua</i>

Herb Name Analysis

3.	瀉下	Xiè Xià	= Drain Down / Downward Draining
3A.	均下	Jùn Xià	= Even/Balanced Precipitators – Purgatives (2 sample herbs)

30. Dà Huáng Big Yellow	大黃	da huang	= big, large = yellow	<i>Rheum</i> <i>Rhubarb root</i>
31. Máng Xiāo Spikey Salt	芒硝	mang xiao	= awn, beard; bristles = mineral name: niter, saltpeter phonetic: Xiāo = a family surname; or xiāo = resemble, be like sodium sulfate	<i>Natrum sulfas</i> <i>mirabilite</i>

3B.	潤下	Rùn Xià	= Moist(ening) Precipitators i.e. Laxatives (1 sample herb)
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32. Huǒ Má Rén Fire Hemp Seeds	火麻仁	huo ma ren	= fire = hemp = kernel	<i>Cannabis</i>
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4.	利水滲濕 Lì Shuǐ Shèn Shī	= Disinhibit Water & Leach Dampness (8 herbs)
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33. Fú Líng Top-Quality Subterranean Plant	茯苓	fu-ling	= plant name: poria (pine root fungus)	<i>Poria</i>
		fú phonetic	= bent over, lie prostrate, hide, hidden (subterranean)	
		ling phonetic	= decree; make, cause; magistrate; season; good, excellent reputation; short lyric poem	

34. Zé Xiè Marsh Drain (Drain the Swamp)	澤瀉	ze xie	= marsh = drain	<i>Alismatis</i>
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35. Yì Yǐ Rén Coicis Kernels	薏苡仁	yi-yi ren	= plant name: coix, coicis, Job's tears yì phonetic = idea; wish/desire/intention; anticipate/expect yǐ phonetic = use, take; according to; because of; in order to ren = kernel	<i>Coicis/Coix</i>
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36. Chē Qián Zǐ Cart Front Seeds Cart Before Seeds	車前子	che qian zi	= cart = in front of, before; earlier = seeds	<i>Plantaginis</i> <i>plantain</i>
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Herb Name Analysis

4.	Lì Shuǐ Shèn Shī	= Disinhibit Water & Leach Dampness (cont.)			
37.	Huá Shí Slippery Stone	滑 石	hua shi	= slippery = stone, rock	<i>Talcum</i> <i>soapstone</i>
38.	Mù Tōng Open Wood / Tubular Wood	木 通	mu tong	= tree, wood = passage open, unblocked	<i>Mutong</i> <i>Clematis / Akebia</i>
39.	Yīn Chén (Hāo) Old Mat Sage	茵 陳 蒿	yin chen hao	= mat, carpet, cushion; lay out = arrange, exhibit; to tell, narrate; old, stale = aromatic plants (sage)	<i>Artemisia scoparia</i> <i>Artemisia capillaris</i>
40.	(Hàn) Fáng Jǐ (Chinese) Defend Oneself (Chinese) Personal Protection	漢 防 己	han fang ji	= Chinese/indigenous/native Fang Ji = guard against, defend = oneself, personal	(see #3 Fang Feng) <i>Stephania</i>

5.	祛 風 濕	Qū Fēng Shī = Expel/Dispel Wind & Damp (3 sample herbs)
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41.	Dú Huó Solitary Living, Lives Alone	獨 活	du huo	= solitary, single, alone = life, living (see #4 Qiang Huo)	<i>Angelica pubescens</i>
42.	Mù Guā Tree Melon	木 瓜	mu gua	= tree, wood = melon, gourd	<i>Chaenomelis</i>
43.	Sāng Jì Shēng Mulberry Parasite	桑 寄 生	sang ji sheng	= mulberry = depend on, attach to, adopt = life ji-sheng = parasitic	<i>Taxilla</i> <i>Loranthus</i>

Herb Name Analysis

6.	化痰	Huà Tán	= Transform Phlegm	
6A.	熱痰	Rè Tán	= Hot Phlegm (5 sample herbs)	

44.	Qián Hú Before the Foreigners (arrived)	前 胡	qian hu	= in front of, before; earlier = NW tribes, foreigners	<i>Peucedanum</i> (see p.35)
45.	Chuān Bèi Mǔ Sichuan Bei Mu / Fritillaria	川 貝 母	chuan bei mu	= Sichuan (province) = cowrie shell; money(bulbs are vaguely shell like) = mother	<i>Fritellaria cirrhosa</i> (shell mother from Sichuan)
46.	Zhè Bèi Mǔ Zhejiang Bei Mu / Fritillaria	浙 貝 母	zhe bei mu	= Zhejiang (province) = cowrie shell; money(bulbs are vaguely shell like) = mother	<i>Fritellaria thunbergii</i> (shell mother from Zhejiang)
47.	Guā Lóu (Shí) Trichosanthes Gourd	瓜 蒌 實	gua lou shi	= melon, gourd = plant name: trichosanthes phonetic = to wear; a constellation; a surname (M:4136) = full, replete (the whole fruit)	<i>Trichosanthis</i>
48.	Zhú Rú Bamboo Shavings	竹 茹	zhu ru	= bamboo = shavings	<i>Bambusa</i>

6B.	寒痰	Hán Tán	= Cold Phlegm (2 sample herbs)	
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49.	Bàn Xià Half=Mid Summer (plant/herb)	半 夏	ban xia	= half = summer	<i>Pinellia</i>
50.	Jié Gěng Balloonflower Stems	桔 梗	jie geng	= plant name: balloonflower = stalk, stem	<i>Platycodon</i>

6C.	止咳	Zhǐ Ké	= Stop Coughing (2 sample herbs)	
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51.	Xìng Rén Apricot Kernels	杏 仁	xing ren	= plant name: apricot = kernel, pits	<i>Prunus Armenacia</i>
52.	(Zǐ) Sū Zi purple-Perilla Seeds	紫 蘇 子	zi su zi	= purple = plant name: = seeds	<i>Perilla</i>

Herb Name Analysis

芳 香 fāng xiāng = aromatic & fragrant, i.e. Fragrant Aromatics, or simply Aromatics that:

7.	化 濕	Huà Shī	= Transform Damp (5 sample herbs)
53.	Cāng Zhú 'Red' Atractylodes	蒼朮	cang zhu = deep-green plant name: atractylodes <i>Atractylodes rubra</i> (see #86 Bai Zhu)
54.	Hòu Pò Strong-flavored Hackberry	厚朴	hou po = thick, deep, profound; kind, generous; rich, strong flavored plant name: Chinese hackberry <i>Magnolia officinalis</i>
55.	Huò Xiāng Aromatic/Fragrant Hyssop aka Guǎng Huo Xiang	藿香	huo xiang = plant name: wrinkled giant hyssop phonetic = suddenly, quickly guang = fragrant, aromatic <i>Agastache / Pogostemum</i> from the region of Guang (i.e. Cantonese Huo Xiang)
56.	Shā Rén Sandy Kernels (Sand texture & color Kernels)	砂仁	sha ren = sand, sandy (rough) = kernels <i>Amomum</i>
57.	Bái Dòu Kòu White Cardomon Bean/seed	白豆蔻	bai dou kou = white bean [of the] kou (plant) (white) phonetic = invader, invading, invasive <i>Amomum rotundis</i>

8.	消 食	Xiāo Shí	= Disperse Food [Stasis] (4 sample herbs)
58.	Shān Zhā Mt. Hawthorn	山楂	shan zha = mountain plant name: hawthorn <i>Crataegus</i> apa chá = short, bristly, stubbly
59.	Shén Qū Divine Leaven	神麯	shen qu = spirit, divine, supernatural = yeast, leaven, ferment <i>Medicata Fermentata</i>
60.	Mài Yá Barley Sprouts	麥芽	mai ya = plant name: barley = sprout, sprouted, sprouts <i>Hordeum germinatum</i>
61.	Lái Fú Zǐ Radish Seeds	萊菔子	lai-fu zi = plant name: radish fu phonetic = clothing; take (medicine) zi = seed <i>Raphanus</i>

Herb Name Analysis

9.	理 氣	Lí Qì = Regulate/Rectify Qi (5 sample herbs)
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62. Chén Pí Aged Peel	陳 皮	chen = aged [tangerine] pi = skin, peel	<i>Citrus reticulata</i>
63. Zhǐ Shí Bitter-Orange	枳 實	zhi = plant name: trifoliate bitter orange shi = fruit shi also means: solid/substantial/true/real/factual; in Dx = excess (M:5821)	<i>Aurantium immaturus</i>
64. Xiāng Fù Aromatic Appendage	香 附	xiang = fragrant, aromatic fu = appendage (see #78 Fu-zì)	<i>Cyperus</i>
65. Mù Xiāng Aromatic Wood / Fragrant Tree	木 香	mu = wood, tree xiang = aromatic, fragrant	<i>Aucklandia</i>
66. Chuān Liàn Zǐ Sichuan Chinaberry Seeds	川 棟 子	chuan = Sichuan (province) lian = plant name: chinaberry, pagoda tree phonetic = qiǎn = slip of paper; to abridge; to select zi = seed	<i>Toosendan</i> (W: p.722)

10.	理 血	Lí Xuè = Regulate/Rectify Blood
10A.	止 血	Zhǐ Xuè = Stop Bleeding (3 sample herbs)

67. Sān Qī Three & Seven / 3rd & 7th aka Tián Qī	三 七 田七	san = three qi = seven tian = field seven	<i>Notoginseng</i>
68. Qiàn Cǎo Gēn Madder Plant with Roots	茜 草 根	qian = plant name: madder cao = grass, herb gen = roots	<i>Rubia</i>
69. Ài Yè Sage/Mugwort Leaves	艾 葉	ai = plant name: sage (mugwort) ye = leaf, leaves	<i>Artemisia aragi</i>

Herb Name Analysis

10.	理 血	Lí Xuè	= Regulate/Rectify Blood (cont.)
10B.	活 血	Huó Xuè	= Invigorate Blood (9 sample herbs)

70.	Chuān Xiōng	川 [chuan] = Sichuan (province) 芎 [xiong] = plant name: loveage/cnidium	<i>Ligusticum</i>
71.	Dān Shēn	丹 [dan] = cinnabar, cinnabar colored; elixir 参 [shen] = ginseng-like roots	<i>Salvia</i>
72.	Yán Hú Suǒ	延 [yan] = prolong, extend; delay; send for 胡 [hu] = ancient tribal people of the NW 索 [suo] = large rope; search for; demand, charge; all alone; dull, insipid	<i>Corydalis</i> (see p.35)
73.	Yù Jīn	鬱 [yu] = dense, depressed, constrained 金 [jin] = metal, gold	<i>Curcuma</i>
74.	Yì Mǔ Cǎo	益 [yi] = benefit, beneficial; increase, boost; nourish, nurture 母 [mu] = mother 草 [cao] = grass, herb	<i>Leonurus</i>
75.	Chì Sháo	赤 [chi] = red 芍 [shao] = plant name: peony (vs tree peony #18 mu dan pi) <i>Paeonia rubra</i>	
76.	Táo Rén	桃 [tao] = plant name: persica = peach 仁 [ren] = kernel, pits (see #50 Xing Ren)	<i>Prunus Persica</i>
77.	Hóng Huā	紅 [hong] = red 花 [hua] = flower (safflower)	<i>Carthamus</i>
78.	Niú Xī	牛 [niu] = bovine/cow/ox 膝 [xi] = knee (nubs look like knees)	
	Ox Knees		
Chuān Niu Xi	川 []	牛膝 = ox knees from Sichuan	<i>Cyathula</i>
Huái Niu Xi	淮 []	牛膝 = ox knee from Huai	<i>Achyranthis bidentata</i>
smt. written: Huái	懷 []	牛膝 = the bosom; to cherish; comfort	(Achyranthis)
aka Tǔ Niu Xi	土 []	牛膝 = earth/common Niu Xi/ox knees	(Achyranthis)

Herb Name Analysis

11.

溫 里

Wēn Lí

= Warm Interior (4 sample herbs)

79. **Fù Zǐ**

Lateral/Appendage Root

附

fu

= lateral, appendage

Aconitum lateralis

子

zi

= child (root) (vs. main root = Wu Tou)

monkshood

80. **Gān Jiāng**

Dry Ginger

乾

gan

= dry

薑

jiang

= ginger

Zingiberis

81. **Ròu Guì**

Flesh of Cinnamon (inner bark)

肉

rou

= meat, flesh

桂

gui

= cinnamon [tree]

Cinnamomum

82. **Wú Zhū Yú**

Zhu-yu from Wu

吳

wu

= the kingdom of Wu (one of the 3 Kingdoms) (modern Jiangsu)

茱萸

zhu-yu = plant name: (see #106 Shan Zhu Yu)

Evodia

zhu phonetic = cinnabar red

yu phonetic = a moment, a little while (M:7609) (slightly red from Wu)

Herb Name Analysis

Category 12.

補 養 藥	Bǔ Yǎng Yào	= Supplementing & Nourishing Medicinals
補 益 藥	Bǔ Yì Yào	= Supplementing & Increasing/Boosting Medicinals

12A.	補 氣	Bǔ Qi	= Supplement Qi (7 sample herbs)
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83. Rén Shēn Human Root/Ginseng	人 參	ren shen	= person, people, human = root (ginseng)	<i>panax Ginseng</i>
84. Dǎng Shēn Relative of Ginseng	黨 參	dang shen	= group/clustered; kin to/related to = ginseng-like root	<i>Codonopsis</i> (compare #71 Dan Shen)
85. Huáng Qí Venerable Yellow aka Huáng Qí Yellow Vetch	黃 耆	huang qi	= yellow = old (as in venerable)	<i>Astragalus</i>
86. Shān Yào Mt. Medicine	山 藥	shan yao	= mountain = medicine, medicinal substance	<i>Dioscorea opposita</i>
87. Bái Zhú White Atractylodes	白 朮	bai zhu	= white = plant name:	(see #53 Cang Zhu) <i>Atractylodes alba</i>
88. Dà Zǎo Big Date aka Hóng Zǎo Red Date	大棗	da zao	= big, large, great = plant name: date	<i>Jubjube</i>
	紅棗	hong zao	= red = date/jubjube	
89. Gān Cǎo Sweet Herb	甘草	gan cao	= sweet = grass, herb	<i>Glycyrrhiza</i> (licorice)

Herb Name Analysis

12B.	補 血	Bǔ Xuè	= Supplement Blood (5 sample herbs)
90. Shú Dì Huáng steamed Earth Yellow	熟 地 黃	shu di huang	= processed, cooked, steamed = earth = yellow (see #16 Sheng Di) <i>Rehmannia</i>
91. Hé Shǒu Wū Blacken the Hair	何 首 烏	he shou wu	= question particle = head[hair] = black (like a crow) <i>Polygonum multiflorum</i> (knotweed)
92. Dāng Guī Should Return In Charge of Returning	當 歸	dang gui	= ought, should, must = return (esp. the menses) direct, manage, in charge of (women's health) <i>Angelica sinensis</i>
93. Bái Sháo White Peony aka Sháo Yào Medicinal Peony	白 芍 藥	bai shao yao	= white (see #75 Chi Shao) = plant name: peony = medicine, medicinal <i>Paeonia alba</i> <i>macrocephala</i>
94. Gǒu Qǐ Zi Wolfberry Seeds	枸 子	gou-zhi	= plant name: wolfberry = seed (in this case it means the whole berry) <i>Lycium</i> (goji berries)

Herb Name Analysis

12C.	補 陽	Bǔ Yáng	= Supplement Yang (7 sample herbs)
95. Ròu Cóng Róng	肉 苁 蓉	rou cong rong	= meat, flesh = plant name: cistanches = another name for Chengdu
Fleshy Cistanches from Chengdu			<i>Cistanches</i>
96. Yín Yáng Huò	淫 羊 藿	yin yang huo	= licentious = goat, sheep = weed
Horny Goat Weed			<i>Epimedium</i>
97. Bā Jǐ Tiān	巴 戟 天	ba ji tian	= ancient state in Sichuan (M:4826) = halberd (may be a euphemism for penis) = sky, celestial
Celestial Halberd from Ba/Sichuan			<i>Morinda</i>
98. Bǔ Gǔ Zhī	補 骨 脂	bu gu zhi	= supplement, strengthen = bone = resin
Supplement Bones Resin			<i>Psoralea</i>
99. Dù Zhòng	杜 仲	du zhong	= plant name: Du tree (M:6495b) = in between, in the middle
Core of Du tree bark			<i>Eucommia</i>
100. Xù Duàn	續 斷	xu duan	= restore = break
Restore Breaks Restore Broken (bones)			<i>Dipsacus</i>
101. Tù Sī Zǐ	菟 絲 子	tu si zi	= plant name: dodder (phonetic tù = hare) (M:6535) = silk, threadlike = seed
Silk-Dodder Seeds			<i>Cuscuta</i>

Herb Name Analysis

12D.	補 陰	Bǔ Yīn	= Supplement Yin (4 sample herbs)
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102. Běi Shā Shēn Northern Sand Root	北 沙 參	bei sha shen	= north, northern = sand, sand-like; rough = ginseng-like roots <i>Glehnia</i>
103. Mài Mén Dōng Winter Grain Gate (Gate of Winter Grain)	麥 門 冬	mai men dong	= grain, cereals (barley/wheat) (see #60 Mai Ya) = gate = winter aka Mai Dong = Winter Grain <i>Ophiopogon</i>
104. Tiān Mén Dōng Winter Celestial Gate (Celestial Gate of Winter)	天 門 冬	tian men dong	= sky, heaven, celestial = gate = winter aka Tian Dong = Winter Sky or Celestial Winter (which probably refers to a constellation that is related to the appearance or harvesting of the plant)
105. Bǎi Hé 100 Unions = Lilies	百 合	bai he	= one hundred = union, close, closing <i>Lilia (bulbus)</i>

13.	固 濶	Gù Sè	= Secure & Astringe (4 sample herbs)
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106. Shān Zhū Yú Mt. Zhu-yu/Cornus	山 茱萸	shan zhu-yu	= mountain (see #82 Wu Zhu-Yu) = plant name: dogwood <i>Cornus</i>
107. Wǔ Wèi Zǐ Five Flavor Seeds	五 味 子	wu wei zi	= five = flavor, taste = seed <i>Schisandra</i>
108. Wū Méi Black Plum	烏 梅	wu mei	= black (like a crow) shiny black vs. hei = matte black = plum <i>Mume</i>
109. Lián Zǐ Lotus Seeds	蓮 子	lian zi	= lotus (see #25 Lian Qiao) = seed <i>Nelumbinis</i> compare hé 荷 also means lotus (see He Ye = lotus leaf)

Herb Name Analysis

14. 安 神 Ān Shén = Pacify/Calm Spirit

14A. 重 鎮 Zhòng Zhèn = Heavy Settlers (2 sample herbs)

110. Lóng Gǔ	龍 long	= dragon	<i>os draconis</i>
Dragon Bone	骨 gu	= bone	<i>fossilia Ossis Mastodi</i>
111. Mǔ Lì	牡 mu	= male animals	(see #18 Mu Dan Pi)
Oyster Shell	蠣 li	= oyster	(male oyster shell) <i>Ostrea</i>

14B. 養 心 Yǎng Xīn = Nourish Heart (2 sample herbs)

112. Suān Zǎo Rén	酸 suan	= sour	
Sour Jujube Seeds	棗 zao	= date, jujube	<i>Zizyphus spinosa</i>
	仁 ren	= kernel	
113. Yuǎn Zhì	遠 yuan	= far, distant, remote; profound	
Profound Aspirations/Ideals	志 zhi	= strong will, ambition; aspire; high ideals; bear in mind	
Withdrawn Affect		emotion, demeanor, affect	<i>Polygala</i>
(for one acting distant, keep this herb in mind), though far-away, remember			
Profound & Ambitious, Profoundly Ideal, Profoundly Aspiring, Profoundly Willing [Plant]			

15. 開 竅 Kāi Qiào = Open Orifices (2 sample herbs)

114. Bīng Piàn	冰 bing	= ice	
Ice Slices / Ice-like Crystals	片 pian	= slice	<i>Borneolum</i>
115. Shí Chāng Pǔ	石 shi	= stone, rocky	
Rocky Chang-pu	菖蒲 chang-pu	= plant name: calamus	<i>Acorus</i>
(flourishes along rocky riversides)	chang phonetic	= prosperous/flourishing	
	pu phonetic	= riverside, river mouth	

Herb Name Analysis

16.	熄 風	Xī Fēng	= Extinguish Wind (3 sample herbs)
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116. Gōu Téng	鉤 藤	gou teng	= hook, hooked = vine <i>Uncaria</i>
Hook Vine			
117. Tiān Mǎ	天 麻	tian ma	= celestial = hemp <i>Gastrodia</i> (see #1 Ma Huang & #12 Sheng Ma)
Celestial Hemp			
118. Dì Lóng	地 龍	di long	= earth, terrestrial = dragon <i>Pheretima</i> (see #110 Long Gu) <i>Lumbricus</i>
Terrestrial Dragons/earth-worms			

17.	驅 蟲	Qū Chóng	= Expel/Drive out Parasites (2 sample herbs)
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119. Bīng Láng	檳榔	bīng láng	plant name: for various trees (elms, palms) = betel palm nut (note tree radical in both characters) <i>Areca</i>
Betel Nut			
120. Guàn Zhòng	貫眾	guàn zhòng	plant name: shield fern (specifically cyrtomium) <i>Dryopteris</i> I think guan-zhong is a generic term for native or indigenous ferns [guan means native and zhong refers to many (leaves & fronds), also the habitat of ferns is to crowd together] guan = pass through, pierce, penetrate; link or string together, connect; birthplace, native zhong = many, numerous, the masses, crowded, multitude, myriad Bensky translates as: 'link the multitude' Wu Pu suggests it is the root that links the many branches
Numerous Fern			
aka Mián Mǎ Guan Zhong	綿馬	mian ma	aka Mián Mǎ Guan Zhong Silky-soft Horse Fern = silk floss, soft & weak; continuous, unbroken, uninterrupted = horse
Silky-soft Horse Fern			
aka Dōng Běi Guan Zhong	東北	dong bei	aka Dōng Běi Guan Zhong Northeastern Fern = east, eastern = north, northern (see Bensky p. 1010 Nomenclature, and Adulterants sections)
Northeastern Fern			

18.	外 用	Wài Yòng	= External Use/Application – Topicals (1 sample herb)
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121. Shé Chuáng Zǐ	蛇床子	she chuang zi	= snake = bed = seed(s) <i>Cnidium</i>
Snake-Bed Seeds			
Bed-of-Snakes Seed			

Herb Name Analysis

Herb Character Discussion

Hú as in Chai Hú (#11), Yin Chai Hú, Qian Hú (#44), Yan Hú Suo (#72), & Hú Tao Ren

Typically this character is used: 卜月 meaning: reckless, blindly, foolishly (M:2167)

but this is probably an abbreviation for: 鬚月 meaning: the beard or moustache (M:2178)

by implication foreigners (esp. the Mongol and Tartar tribes, including Turks) (M:2167e)

it also means: admirable (M:2167b)

long life (M:2167c)

whiskers/whiskered (M:2167d)

crescent shaped blade, or trident (M:2167f)

sacrificial vessel for holding grain (M:2167g)

(M=Mathews' Chinese English Dictionary)

The Pinyin Chinese English Dictionary p. 284 explicitly states:

1. non Han nationalities living in the north and west in ancient times
2. introduced from these peoples, or from abroad
3. recklessly, wantonly, outrageously
4. why?
5. moustache, beard, or whiskers

Combinations:

hú jiāo = pepper

hú táo = walnuts

hú luóbo = carrots

Chinese Herb Cross-Reference Table

Mandarin, Latin, & Common English

Herb Identification Cross Reference

Herb Name Cross Reference:	Mandarin, Latin, & Common/English Equivalents
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- The botanical name of a plant is usually expressed as a binomial consisting of species and variety. Materia medica textbooks use both for every single herb in order to be as accurate as possible. Since this book is not intended to be a standard reference, rather a study guide, I have adopted a system, I believe to be more user friendly, while preserving distinctions that are important.
I only list the variety when it is necessary for clear differentiation from other herbs of the same species.
- On the other side of the fence I find that many students and practitioners are a bit sloppy about their naming practices, often ignoring potentially significant differences. For instance within this rather limited list of 121 primary herbs there are still three Angelica's and three Artemisia's. Varieties are noted in the **Botanical/Pharmaceutical column** in *italics*, and the varieties are differentiated in the **common name column** also in *italics*.

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Resolve Exterior	Jie Biao			
Acrid, Warm	Xin Wen			
1.	Ma Huang	herba	Ephedra	mormon tea, joint grass
2.	Gui Zhi	ramulus	Cinnamomum	cinnamon twig
3.	Fang Feng	radix	Ledebouriella (old) Saposhnikovia (new)	'siler'
4.	Qiang Huo	rhizoma radix	Notopterygium	
5.	Bai Zhi	radix	<i>Angelica dahurica</i>	diff: <i>A. pubescens</i> = Du Huo diff: <i>A. sinensis</i> = Dang Gui
6.	Xi Xin	herba	Asarum	wild ginger
<i>no sample</i>	Sheng Jiang	rhizoma	Zingiberis recens	fresh ginger root diff: Gan Jiang (dried)
7.	Xin Yi (Hua)	flos gemma	<i>Magnolia liliiflora</i>	magnolia flower buds
Acrid, Cool	Xin Liang			
8.	Bo He	herba	Mentha	field mint
9.	Ju Hua	flos	Chrysanthemum	flowers
10.	Ge Gen	radix	Pueraria	kudzu root
11.	Chai Hu	radix	Bupleurum	chinese thorowax
12.	Sheng Ma	rhizoma	Cimicifuga	black cohosh

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Clear Heat	Qīng Rè			
Drain Fire	Xié Huǒ			
13.	Shi Gao	mineral	Gypsum	calcium sulfate plaster of paris
14.	Zhi Mu	rhizoma	Anemarrhena	
15.	(Shan) Zhi Zi	fructus	Gardenia	gardenia (seeds)
Cool Blood	Lìang Xuè			
16.	Sheng Di Huang	radix	unprocessed Rehmannia	Chinese foxglove
17.	Xuan Shen	radix	Scrophularia	figwort (root)
18.	Mu Dan Pi	cortex radicis	Moutan	tree peony (root bark)
Dry Damp	Zào Shí			
19.	Huang Qin	radix	Scutellaria <i>baicalensis</i>	‘scute’ scullcap diff: <i>S. barbata</i> = Ban Zhi Lian
20.	Huang Lian	rhizoma	Coptidis	coptis
21.	Huang Bai	cortex	Phellodendron	Amur cork tree (bark)
22.	Long Dan Cao	radix	Gentiana <i>longdancao</i>	diff: <i>G. macrophylla</i> = Qin Jiao
23.	Ku Shen	radix	Sophora <i>flavescens</i>	diff: <i>S. japonica</i> = Huai Hua
Resolve Toxins	Jie Du			
24.	Jin Yin Hua	flos	Lonicera	honeysuckle (flowers)
25.	Lian Qiao	fructus	Forsythia	forsythia (seed capsules)
26.	Ban Lan Gen	radix	Isatidis	isatis (root)
27.	Bai Xian Pi	cortex radicis	Dictamnus	root bark
28.	Tu Fu Ling	rhizoma	Smilacis	smilax, greenbriar
Resolve Summer-heat	Jie Shu			
29.	Qing Hao	herba	Artemisia <i>annua</i>	wormwood diff: <i>A. capillaris</i> = Yin Chen diff: <i>A. argyi</i> = Ai Ye mugwort

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Drain Downward	Xie Xia			
Purgatives	Jun Xia			
30.	Da Huang	rhizoma	Rheum	rhubarb
31.	Mang Xiao	mineral	Mirabilitem (old) Natrum sulfas (new)	mirabilite, glauber's salt sodium sulphate
Moisteners	Run Xia			
32.	Huo Ma Ren	semen	Cannabis	hemp/marijuana (seeds)
Leach Dampness	Shen Shi			
33.	Fu Ling	sclerotium	Poria	hoelen, tuckahoe (fungus)
34.	Ze Xie	rhizoma	Alismatis	water plantain (rhiz.)
35.	Yi Yi Ren	semen	Coicis	coix, job's tears (seeds)
36.	Che Qian Zi	semen	Plantaginis	asian plantain (seeds)
37.	Hua Shi	mineral	Talcum	soapstone
38.	Mu Tong	caulis	Mutong	akebia, clematidis
39.	Yin Chen (Hao)	herba	Artemisia <i>scoparia</i> <i>Capillaris</i>	diff: A. <i>annua</i> = Qing Hao diff: A. <i>argyi</i> = Ai Ye
40.	(Han) Fang Ji (Fen) Fang Ji	radix	Stephania	Chinese fang-ji / fang chi diff: Guang Fang Ji = Aristolochia
Dispel Wind-Damp	Qu Feng Shi			
41.	Du Huo	radix	Angelica <i>pubescens</i>	diff: A. <i>dahurica</i> = Bai Zhi diff: A. <i>sinensis</i> = Dang Gui
42.	Mu Gua	fructus	Chaenomelis	Chinese quince
43.	Sang Ji Sheng	ramulus	Taxilla (new) Loranthus (old)	mulberry parasitic plant

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Transform Phlegm	Hua Tan			
Hot Phlegm	<i>Re Tan</i>			
44.	Qian Hu	radix	Peucedanum	
45.	Chuan Bei Mu	bulbus	<i>Fritillaria cirrhosa</i>	Sichuan fritillaria
46.	Zhe Bei Mu	bulbus	<i>Fritillaria thunbergii</i>	Zhejiang fritillaria
47.	Gua Lou	fructus	Trichosanthis	gua lou shi = fruit gua lou pi = peel gua lou ren = seeds
48.	Zhu Ru	caulis	Bambusa	bamboo shavings
Cold Phlegm	<i>Han Tan</i>			
49.	Ban Xia	rhizoma	Pinellia	
50.	Jie Geng	radix	Platycodon	balloon flower (root)
Stop Cough	Zhi Ke			
51.	Xing Ren	semen	<i>Prunus Armeniaca</i>	apricot kernel
52.	(Zi) Su Zi	fructus	Perilla	(purple) perilla seeds
Fragrant Aromatics Transform Dampness	Fang Xiang Hua Shi			
53.	Cang Zhu	rhizoma	<i>Atractylodes rubra</i>	red atracylodes white A. = Bai Zhu
54.	Hou Po	cortex	<i>Magnolia officinalis</i>	magnolia (bark) diff: <i>M. liliiflora</i> = Xin Yi Hua
55.	Huo Xiang	herba	Agastache / Pogostemum	patchouli (stems & leaves)
56.	Sha Ren	fructus	Amomum	grain-of-paradise seeds
57.	Bai Dou Kou	fructus	<i>Amomum rotundis</i>	round cardamon, cluster fruit diff: <i>A. tsao-ko</i> = Cao Guo
Disperse Food (Stasis)	Xiao Shi			
58.	Shan Zha	fructus	Crataegus	hawthorn berries
59.	Shen Qu	massa	<i>Massa medicata fermentata</i>	fermented leaven
60.	Mai Ya	fructus	<i>Hordeum (germinatum)</i>	sprouted barley
61.	Lai Fu Zi	semen	Raphanus	daikon radish seeds

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant	Botanical / Pharmaceutical Name	Common Name
Rectify Qi	Li Qi	Part		
62.	Chen Pi	peric.	Citrus <i>reticulata</i>	tangerine, mandarin orange peel (aged)
63.	Zhi Shi Zhi Ke	fructus	(Citrus) Aurantium Aurantium immaturus	bitter orange ripe & unripe
64.	Xiang Fu	rhizoma	Cyperus	nutgrass
65.	Mu Xiang	radix	Aucklandia	saussurea, costus
66.	Chuan Lian Zi	fructus	Melia <i>Toosendan</i> (old) <i>Toosendan</i> (new)	chinaberry, pagoda tree (Pride of China/India)
Rectify Blood	Li Xue			
Stop Bleeding	Zhi Xue			
67.	San Qi	radix	Notoginseng	
68.	Qian Cao Gen	radix	Rubia	madder root
69.	Ai Ye	folium	Artemisia <i>argyi</i> / <i>vulgaris</i>	mugwort diff: A. <i>annua</i> = Qing Hao diff: A. <i>capillaris</i> = Yin Chen
Invigorate Blood	Huo Xue			
70.	Chuan Xiong	rhizoma	Ligusticum <i>wallichii</i> (old) Chuanxiong (new)	Sichuan loveage cnidium root diff: rhiz. Ligusticum = Gao Ben
71.	Dan Shen	radix	Salvia	red sage
72.	Yan Hu Suo	rhizoma	Corydalis	corydalis
73.	Yu Jin	tuber radix	Curcuma	tumeric tuber diff: C. <i>longa</i> = Jiang Huang (rhiz) diff: C. <i>zedoary</i> = E Zhu
74.	Yi Mu Cao	herba	Leonurus	motherwort
75.	Chi Shao	radix	Paeonia <i>rubra</i>	red peony vs. Bai Shao = white peony
76.	Tao Ren	semen	prunus Persica	peach kernel
77.	Hong Hua	flos	Carthamus	safflower, saffron
78.	Niu Xi	radix	Achyranthis	Huai/Tu Niu Xi = A. <i>bidentata</i> Chuan Niu Xi = Cyathula
Warm Interior	Wen Li			
79.	Fu Zi	radix	Aconitum <i>carmichaeli</i> (old) Aconitum <i>lateralis</i> (new)	aconite, monkshood (lateral/appendage root)
80.	Gan Jiang	rhizoma	Zingiberis	ginger root diff: Sheng Jiang (fresh)
81.	Rou Gui	cortex	Cinnamomum	inner bark
82.	Wu Zhu Yu	fructus	Evodia	berries

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Supplement & Boost	Bu Yi			
Supplement Qi	Bu Qi			
83.	Ren Shen	radix	panax Ginseng	ginseng root
84.	Dang Shen	radix	Codonopsis	
85.	Huang Qi	radix	Astragalus	yellow vetch
86.	Shan Yao	rhizoma	<i>Dioscorea opposita</i> aka <i>D. nipponica</i>	wild yam diff: <i>D. hypoglauca</i> = Bei Xie
87.	Bai Zhu	rhizoma	<i>Atractylodes alba</i>	white atractylodis vs. red = Cang Zhu
88.	Da Zao	fructus	<i>Zizyphus jujube</i> (old) <i>Jujube</i> (new)	jujube date
89.	Gan Cao	radix	Glycyrrhiza	licorice root
Supplement Blood	Bu Xue			
90.	Shu Di Huang	radix	Rehmannia preparata	Chinese foxglove (steamed) diff. raw = Sheng Di
91.	He Shou Wu	radix	<i>Polygonum multiflorum</i>	knotweed diff: <i>P. cuspidatum</i> = Hu Zhang
92.	Dang Gui	radix	<i>Angelica sinensis</i>	diff: <i>A. dahurica</i> = Bai Zhi diff: <i>A. pubescens</i> = Du Huo
93.	Bai Shao	radix	<i>Paeonia alba</i>	white peony vs. red = Chi Shao
94.	Gou Qi Zi	fructus	Lycium	wolfberry, matrimony vine diff: root bark = Di Gu Pi
Supplement Yang	Bu Yang			
95.	Rou Cong Rong	herba	Cistanches	broomrape
96.	Yin Yang Huo	herba	Epimedium	barrenwort
97.	Ba Ji Tian	radix	Morinda	
98.	Bu Gu Zhi	fructus	Psoralea	
99.	Du Zhong	cortex	Eucommia	rubber tree
100.	Xu Duan	radix	Dipsacus	teasel
101.	Tu Si Zi	semen	Cuscuta	dodder
Supplement Yin	Bu Yin			
102.	Bei Sha Shen	radix	Glehnia	vs. Nan Sha Shen = Adenophora
103.	Mai Men Dong	radix	Ophiopogon	lily grass
104.	Tian Men Dong	radix	Asparagus	asparagus root
105.	Bai He	bulbus	Lilia	lily bulbs

Herb Identification Cross Reference

Herb #	Pīn-Yīn	Plant Part	Botanical / Pharmaceutical Name	Common Name
			Latin singular binomial only when important	<i>includes differentiation</i>
Secure & Astringe	Ge Se			
106.	Shan Zhu Yu	fructus	Cornus	dogwood, cornelian cherry
107.	Wu Wei Zi	fructus	Schisandra	5 flavor seed
108.	Wu Mei	fructus	Prunus Mume (old) Mume (new)	umeboshi plum
109.	Lian Zi	semen	Nelumbinis	lotus seed
Calm Spirit	An Shen			
Heavy Settlers	Zhong Zhen			
110.	Long Gu	os	Os Draconis (old) Fossilia Ossis Mastodi (new)	fossilized bone diff: fossilized teeth = Long Chi
111.	Mu Li	concha	Ostrea	oyster shell
Nourish Heart	Yang Xin			
112.	Suan Zao Ren	semen	Zizyphus spinosa	sour date/jujube diff: Z. Jujube = Da Zao
113.	Yuan Zhi	radix	Polygala	senega
Open Orifices	Kai Qiao			
114.	Bing Pian		Borneol	dryobalanops
115.	Shi Chang Pu	rhizoma	Acorus	calamus, sweetflag
Extinguish Wind	Xi Feng			
116.	Gou Teng	ramulus	Uncaria	gambir vine
117.	Tian Ma	rhizoma	Gastrodia	gastrodia orchid
118.	Di Long		Lumbricus (old) Pheretima (new)	earthworm
Expel Parasites	Qu Chong			
119.	Bing Lang	semen	Areca	catechu, betel nut
120.	Guan Zhong	rhizoma	Dryopteris	shield fern
External Application	Wai Yong			
121.	She Chuang Zi	fructus	Cnidium	cnidium seeds

Herb Properties

Energetic Characteristics

Temperature, Taste, & Channel Affinity

Energetic Properties Worksheets

Herb Properties: Temperature, Taste/Flavors, and Channel Affinities

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Resolve Exterior				
Acrid, Warm				
1.	Ma Huang	•	• •	• •
2.	Gui Zhi	•	• •	• •
3.	Fang Feng	•	• •	• •
4.	Qiang Huo	•	• •	• •
5.	Bai Zhi	•	• •	• •
6.	Xi Xin	•	• •	• •
7.	Xin Yi (Hua)	•	• •	• •
		•	• •	• •
		•	• •	• •
Acrid, Cool				
8.	Bo He	•	• •	• •
9.	Ju Hua	•	• •	• •
10.	Ge Gen	•	• •	• •
11.	Chai Hu	•	• •	• •
12.	Sheng Ma	•	• •	• •
		•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Clear Heat				
Drain Fire				
13.	Shi Gao	•	• •	• •
14.	Zhi Mu	•	• •	• •
15.	(Shan) Zhi Zi	•	• •	• •
Cool Blood				
16.	Sheng Di Huang	•	• •	• •
17.	Xuan Shen	•	• •	• •
18.	Mu Dan Pi	•	• •	• •
Dry Damp				
19.	Huang Qin	•	• •	• •
20.	Huang Lian	•	• •	• •
21.	Huang Bai	•	• •	• •
22.	Long Dan Cao	•	• •	• •
23.	Ku Shen	•	• •	• •
Resolve Toxins				
24.	Jin Yin Hua	•	• •	• •
25.	Lian Qiao	•	• •	• •
26.	Ban Lan Gen	•	• •	• •
27.	Bai Xian Pi	•	• •	• •
28.	Tu Fu Ling	•	• •	• •
Summer-heat				
29.	Qing Hao	•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Drain Downward				
Purgatives				
30.	Da Huang	•	• •	• •
31.	Mang Xiao	•	• •	• •
		•	• •	• •
Moisteners				
32.	Huo Ma Ren	•	• •	• •
		•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Leach Dampness				
33.	Fu Ling	•	• •	• •
34.	Ze Xie	•	• •	• •
35.	Yi Yi Ren	•	• •	• •
36.	Che Qian Zi	•	• •	• •
37.	Hua Shi	•	• •	• •
38.	Mu Tong	•	• •	• •
39.	Yin Chen (Hao)	•	• •	• •
40.	Han Fang Ji	•	• •	• •
		•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Dispel Wind-Damp				
41.	Du Huo	•	• •	• •
42.	Mu Gua	•	• •	• •
43.	Sang Ji Sheng	•	• •	• •
		•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Transform Phlegm				
Hot Phlegm				
44.	Qian Hu	•	• •	• •
45.	Chuan Bei Mu	•	• •	• •
46.	Zhe Bei Mu	•	• •	• •
47.	Gua Lou (Shi)	•	• •	• •
48.	Zhu Ru	•	• •	• •
		•	• •	• •
Cold Phlegm				
49.	Ban Xia	•	• •	• •
50.	Jie Geng	•	• •	• •
		•	• •	• •
Stop Cough				
51.	Xing Ren	•	• •	• •
52.	(Zi) Su Zi	•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Transform Dampness				
53.	Cang Zhu	•	• •	• •
54.	Hou Po	•	• •	• •
55.	Huo Xiang	•	• •	• •
56.	Sha Ren	•	• •	• •
57.	Bai Dou Kou	•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Disperse Food Stasis				
58.	Shan Zha	•	• •	• •
59.	Shen Qu	•	• •	• •
60.	Mai Ya	•	• •	• •
61.	Lai Fu Zi	•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Rectify Qi				
62.	Chen Pi	•	• •	• •
63.	Zhi Shi	•	• •	• •
64.	Xiang Fu	•	• •	• •
65.	Mu Xiang	•	• •	• •
66.	Chuan Lian Zi	•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Rectify Blood				
Stop Bleeding				
67.	San Qi	•	• •	• •
68.	Qian Cao Gen	•	• •	• •
69.	Ai Ye	•	• •	• •
		•	• •	• •
		•	• •	• •
Vitalize Blood				
70.	Chuan Xiong	•	• •	• •
71.	Dan Shen	•	• •	• •
72.	Yan Hu Suo	•	• •	• •
73.	Yu Jin	•	• •	• •
74.	Yi Mu Cao	•	• •	• •
75.	Chi Shao	•	• •	• •
76.	Tao Ren	•	• •	• •
77.	Hong Hua	•	• •	• •
78.	Niu Xi	•	• •	• •
		•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Warm Interior				
79.	Fu Zi	•	• •	• •
80.	Gan Jiang	•	• •	• •
81.	Rou Gui	•	• •	• •
82.	Wu Zhu Yu	•	• •	• •
		•	• •	• •
		•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Supplement & Boost				
Supplement Qi				
83.	Ren Shen	•	• •	• •
84.	Dang Shen	•	• •	• •
85.	Huang Qi	•	• •	• •
86.	Shan Yao	•	• •	• •
87.	Bai Zhu	•	• •	• •
88.	Da Zao	•	• •	• •
89.	Gan Cao	•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Supplement & Boost				
<i>Supplemt Blood</i>				
90.	Shu Di Huang	•	• •	• •
91.	He Shou Wu	•	• •	• •
92.	Dang Gui	•	• •	• •
93.	Bai Shao	•	• •	• •
94.	Gou Qi Zi	•	• •	• •
		•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
<i>Supplement Yang</i>				
95.	Rou Cong Rong	•	• •	• •
96.	Yin Yang Huo	•	• •	• •
97.	Ba Ji Tian	•	• •	• •
98.	Bu Gu Zhi	•	• •	• •
99.	Du Zhong	•	• •	• •
100.	Xu Duan	•	• •	• •
101.	Tu Si Zi	•	• •	• •
		•	• •	• •
		•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
<i>Supplement Yin</i>				
102.	Bei Sha Shen	•	• •	• •
103.	Mai Men Dong	•	• •	• •
104.	Tian Men Dong	•	• •	• •
105.	Bai He	•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Secure & Astringe				
106.	Shan Zhu Yu	•	• •	• •
107.	Wu Wei Zi	•	• •	• •
108.	Wu Mei	•	• •	• •
109.	Lian Zi	•	• •	• •
		•	• •	• •
		•	• •	• •

Herb #	Pinyin (add tones)	Temp.	Taste	Channels
Calm Spirit				
Heavy Settlers				
110.	Long Gu	•	• •	• •
111.	Mu Li	•	• •	• •
		•	• •	• •
		•	• •	• •
Nourish Heart				
112.	Suan Zao Ren	•	• •	• •
113.	Yuan Zhi	•	• •	• •
		•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

Herb #	Pinyin (<i>add tones</i>)	Temp.	Taste	Channels
Open Orifices				
114.	Bing Pian	•	• •	• •
115.	Shi Chang Pu	•	• •	• •

Herb #	Pinyin (<i>add tones</i>)	Temp.	Taste	Channels
Extinguish Wind				
116.	Gou Teng	•	• •	• •
117.	Tian Ma	•	• •	• •
118.	Di Long	•	• •	• •

Herb #	Pinyin (<i>add tones</i>)	Temp.	Taste	Channels
Expel Parasites				
119.	Bing Lang	•	• •	• •
120.	Guan Zhong	•	• •	• •

Herb #	Pinyin (<i>add tones</i>)	Temp.	Taste	Channels
External Application				
121.	She Chuang Zi	•	• •	• •
		•	• •	• •

Energetic Properties Worksheets

blanks for additional herbs

Chinese Herb Clinical Applications

Indications: Functions & Symptoms

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Resolve Exterior	Jie Biao	
Acrid, Warm	Xin Wen	
1.	Ma Huang	• • •
2.	Gui Zhi	• • •
3.	Fang Feng	• • •
4.	Qiang Huo	• • •
5.	Bai Zhi	• • •
6.	Xi Xin	• • •
7.	Xin Yi (Hua)	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Resolve Exterior	Jie Biao	
Acrid, Cool	Xin Wen	
8.	Bo He	• • •
9.	Ju Hua	• • •
10.	Ge Gen	• • •
11.	Chai Hu	• • •
12.	Sheng Ma	• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Clear Heat	Qing Re	
Drain Fire	Xie Huo	
13.	Shi Gao	• • •
14.	Zhi Mu	• • •
15.	(Shan) Zhi Zi	• • •

Herb #	Pinyin (add tones)	Indications
Clear Heat	Qing Re	
Cool Blood	Liang Xue	
16.	Sheng Di Huang (Sheng Di)	• • •
17.	Xuan Shen	• • •
18.	Mu Dan Pi	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Clear Heat	Qing Re	
Dry Dampness	Zao Shi	
19.	Huang Qin	• • •
20.	Huang Lian	• •
21.	Huang Bai	• • •
22.	Long Dan Cao	• •
23.	Ku Shen	• •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Clear Heat	Qing Re	
Resolve Toxins	Jie Du	
24.	Jin Yin Hua	• • •
25.	Lian Qiao	• • •
26.	Ban Lan Gen	• • •
27.	Bai Xian Pi	• • •
28.	Tu Fu Ling	• • •

Herb #	Pinyin (add tones)	Indications
Clear Heat	Qing Re	
Summer-heat	Jie Shu	
29.	Qing Hao	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Drain Downward	Xie Xia	
Purgatives	<i>Jun Xia</i>	
30.	Da Huang	<ul style="list-style-type: none"> • • • •
31.	Mang Xiao	<ul style="list-style-type: none"> • • •

Herb #	Pinyin (add tones)	Indications
Drain Downward	Xie Xia	
Moisteners	<i>Run Xia</i>	
32.	Huo Ma Ren	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Leach Dampness	Shen Shi	
33.	Fu Ling	• • •
34.	Ze Xie	• •
35.	Yi Yi Ren	• •
36.	Che Qian Zi	• •
37.	Hua Shi	• • •
38.	Mu Tong	• • •
39.	Yin Chen (Hao)	• •
40.	Han Fang Ji	• •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Dispel Wind-Damp	Qu Feng Shi	
41.	Du Huo	• • •
42.	Mu Gua	• •
43.	Sang Ji Sheng	• •
		• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Transform Phlegm	Hua Tan	
Hot Phlegm	Re Tan	
44.	Qian Hu	• • •
45.	Chuan Bei Mu	• • •
46.	Zhe Bei Mu	• • •
47.	Gua Lou (Shi)	• • •
48.	Zhu Ru	• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Transform Phlegm	Hua Tan	
Cold Phlegm	<i>Han Tan</i>	
49.	Ban Xia	<ul style="list-style-type: none"> • • •
50.	Jie Geng	<ul style="list-style-type: none"> • • •

Herb #	Pinyin (add tones)	Indications
Transform Phlegm	Hua Tan	
Stop Cough	<i>Zhi Ke</i>	
51.	Xing Ren	<ul style="list-style-type: none"> • • •
52.	(Zi) Su Zi	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Fragrant Aromatics to Transform Dampness	Fang Xiang Hua Shi	
53.	Cang Zhu	• • •
54.	Hou Po	• •
55.	Huo Xiang	• •
56.	Sha Ren	• •
57.	Bai Dou Kou	• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Disperse Food Stasis	Xiao Shi	
58.	Shan Zha	<ul style="list-style-type: none"> • • • •
59.	Shen Qu	<ul style="list-style-type: none"> • • • •
60.	Mai Ya	<ul style="list-style-type: none"> • • •
61.	Lai Fu Zi	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Rectify Qi	Li Qi	
62.	Chen Pi	• • •
63.	Zhi Shi	• • •
64.	Xiang Fu	• • •
65.	Mu Xiang	• • •
66.	Chuan Lian Zi	• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Rectify Blood	Li Xue	
Stop Bleeding	Zhi Xue	
67.	San Qi	• • •
68.	Qian Cao Gen	• •
69.	Ai Ye	• • •
		• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Rectify Blood	Li Xue	
Invigorate Blood	Hou Xue	
70.	Chuan Xiong	• • • •
71.	Dan Shen	• •
72.	Yan Hu Suo	• • •
73.	Yu Jin	• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Rectify Blood	Li Xue	
<i>Invigorate Blood</i>	<i>Hou Xue</i>	
74.	Yi Mu Cao	• • •
75.	Chi Shao	• • •
76.	Tao Ren	• • •
77.	Hong Hua	• • •
78.	Niu Xi	• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Warm Interior	Wen Li	
79.	Fu Zi	• • •
80.	Gan Jiang	• • •
81.	Rou Gui	• • •
82.	Wu Zhu Yu	• • •
		• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Supplement & Boost	Bu Yi	
<i>Supplement Qi</i>	<i>Bu Qi</i>	
83.	Ren Shen	• • •
84.	Dang Shen	• • •
85.	Huang Qi	• • •
86.	Shan Yao	• • •
87.	Bai Zhu	• • •
88.	Da Zao	• •
89.	Gan Cao	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Supplement & Boost	Bu Yi	
<i>Supplmnt Blood</i>	<i>Bu Xue</i>	
90.	Shu Di Huang (Shu Di)	• • •
91.	He Shou Wu	• • •
92.	Dang Gui	• • •
93.	Bai Shao	• • •
94.	Gou Qi Zi	• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Supplement & Boost	Bu Yi	
<i>Supplement Yang</i>	<i>Bu Yang</i>	
95.	Rou Cong Rong	• • •
96.	Yin Yang Huo	• • •
97.	Ba Ji Tian	• • •
98.	Bu Gu Zhi	• • •
99.	Du Zhong	• • •
100.	Xu Duan	• • •
101.	Tu Si Zi	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Supplement & Boost	Bu Yi	
<i>Supplement Yin</i>	<i>Bu Yin</i>	
102.	Bei Sha Shen	• • •
103.	Mai Men Dong (Mai Dong)	• • •
104.	Tian Men Dong (Tian Dong)	• • •
105.	Bai He	• •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Secure & Astringe	Gu Se	
106.	Shan Zhu Yu	• • •
107.	Wu Wei Zi	• • •
108.	Wu Mei	• • •
109.	Lian Zi	• • •
		• • •
		• • •
		• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Calm Spirit	An Shen	
Heavy Settlers	Zhong Zhen	
110.	Long Gu	<ul style="list-style-type: none"> • • •
111.	Mu Li	<ul style="list-style-type: none"> • • •

Herb #	Pinyin (add tones)	Indications
Calm Spirit	An Shen	
Nourish Heart	Yang Xin	
112.	Suan Zao Ren	<ul style="list-style-type: none"> • • •
113.	Yuan Zhi	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (<i>add tones</i>)	Indications
Open Orifices	Kai Qiao	
114.	Bing Pian	• • •
115.	Shi Chang Pu	• • •

Herb #	Pinyin (<i>add tones</i>)	Indications
Extinguish Wind	Xi Feng	
116.	Gou Teng	• • •
117.	Tian Ma	• • •
118.	Di Long	• • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

Herb #	Pinyin (add tones)	Indications
Expel Parasites	Qu Chong	
119.	Bing Lang	<ul style="list-style-type: none"> • • •
120.	Guan Zhong	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Herb #	Pinyin (add tones)	Indications
External Application	Wai Yong	
121.	She Chuang Zi	<ul style="list-style-type: none"> • • •
		<ul style="list-style-type: none"> • • •

Clinical Applications Worksheets
Primary Functions & Key Symptoms

blanks for additional herbs

Herb #	Pinyin (add tones)	Indications
		• • •

Chinese Herb Name & Category Review

*Alphabetical List – by Pinyin
– Only the Main 121 Herbs are Listed –*

Herb Names & Category Review
Copy these pages and Use for Self testing purposes.

Alphabetical List

Pīn Yīn	Latin Name	ID the Category for each Herb
Ai Ye		
Ba Ji Tian		
Bai Dou Kou		
Bai He		
Bai Shao		
Bai Xian Pi		
Bai Zhi		
Bai Zhu		
Ban Lan Gen		
Ban Xia		
Bei Sha Shen		
Bing Lang		
Bing Pian		
Bo He		
Bu Gu Zhi		
Cang Zhu		
Chai Hu		
Che Qian Zi		
Chen Pi		
Chi Shao		
Chuan Bei Mu		
Chuan Lian Zi		
Chuan Xiong		
Da Huang		
Da Zao		
Dan Shen		
Dang Gui		
Dang Shen		
Di Long		
Du Huo		
Du Zhong		

Herb Names & Category Review

Alphabetical List

Copy these pages and Use for Self testing purposes.

Pīn Yīn	Latin Name	ID the Category for each Herb
Fang Feng		
Fu Ling		
Fu Zi		
Gan Cao		
Gan Jiang		
Ge Gen		
Gou Qi Zi		
Gou Teng		
Gua Lou (Shi)		
Guan Zhong		
Gui Zhi		
Han Fang Ji		
He Shou Wu		
Hong Hua		
Hou Po		
Hua Shi		
Huang Bai		
Huang Lian		
Huang Qi		
Huang Qin		
Huo Ma Ren		
Huo Xiang		
Jie Geng		
Jin Yin Hua		
Ju Hua		
Ku Shen		
Lai Fu Zi		
Lian Qiao		
Lian Zi		
Long Dan Cao		
Long Gu		

Herb Names & Category Review

Alphabetical List

Copy these pages and Use for Self testing purposes.

Pīn Yīn	Latin Name	ID the Category for each Herb
Ma Huang		
Mai Men Dong		
Mai Ya		
Mang Xiao		
Mu Dan Pi		
Mu Gua		
Mu Li		
Mu Tong		
Mu Xiang		
Niu Xi		
Qian Cao Gen		
Qian Hu		
Qiang Huo		
Qing Hao		
Ren Shen		
Rou Cong Rong		
Rou Gui		
San Qi		
Sang Ji Sheng		
Sha Ren		
Shan Yao		
Shan Zha		
Shan Zhi Zi		
Shan Zhu Yu		
She Chuang Zi		
Shen Qu		
Sheng Di Huang		
Sheng Ma		
Shi Chang Pu		
Shi Gao		
Shu Di Huang		
Suan Zao Ren		

Herb Names & Category Review

Alphabetical List

Copy these pages and Use for Self testing purposes.

Pīn Yīn	Latin Name	ID the Category for each Herb
Tao Ren		
Tian Ma		
Tian Men Dong		
Tu Fu Ling		
Tu Si Zi		
Wu Mei		
Wu Wei Zi		
Wu Zhu Yu		
Xi Xin		
Xiang Fu		
Xin Yi Hua		
Xing Ren		
Xu Duan		
Xuan Shen		
Yan Hu Suo		
Yi Mu Cao		
Yi Yi Ren		
Yin Chen Hao		
Yin Yang Huo		
Yu Jin		
Yuan Zhi		
Ze Xie		
Zhe Bei Mu		
Zhi Mu		
Zhi Shi		
Zhu Ru		
Zi Su Zi		

Chinese Herb Characters

Writing & Reading Practice

*Traditional (complex) & Simplified Characters
– 121 sample herbs only –*

Read Me Notes

* In the ***character writing practice section***, place a piece of paper between practice sheets to prevent pressure (or ink) bleed through from the previous pages.

The pages in this section are intentionally one-sided to help eliminate this as well.

Concerning Simplified Characters:

Sometimes the difference is so slight that one has trouble distinguishing the simplified from the traditional character.

For example, a common character in herb names is hua/flower trad: 花 simple: 花
Look closely at the top (the grass/herb radical).

Notice that the traditional character has four strokes, while the simplified version has only three.

In some instances the difference between the two forms is so great as to make them unrecognizable.

The ‘gui’ in dang gui is a case in point: trad: 彙 simple: 归.

Gui is a common character that means to return, go back.

18 vs. 5 strokes is a significant savings for a commonly written word.

The ‘yao’ in shan yao, which is the character for medicine, is another example:

trad: 藥 simple: 药 19 reduced to 9 strokes.

Most cases are somewhere in between, and one can easily see the relationship.

In fact, many were borrowed from traditional abbreviations already in use.

Wind/feng is a good illustration: trad: 風 simple: 风 9 strokes to 4

With writing practice, one quickly develops an appreciation for the reduction in effort and time to memorize characters. Remember the whole purpose was to increase literacy.

Imagine a child learning to read and write. The 2,200+ characters that have simplified forms out of ~7,000 in general use, has certainly decreased the time to become literate, though at some expense to cultural history.

Simplification was only implemented in the mid 1950's, and reached its current level with reforms in 1964. Publications prior to that time all used traditional characters. Remember too, that simplified characters are strictly a product of mainland China, so anything published outside of the PRC (People's Republic of China) will use traditional characters.

Herb Character Writing Practice

Pinyin:

Pinyin became the international standard in 1976. One day Mao Tse Tung became Mao Ze Dong, or more precisely Mao Zedong. Peking became Beijing, T'ao became Dao.

Pinyin does, in most cases, provide the average English speaker with a closer approximation of Mandarin Chinese pronunciation than the older Wade-Giles system.

The learning curve for pinyin is relatively short. There are four difficult consonants: the ‘c’ which is sort of spit out like the ‘ts’ in its; the ‘q’ which is always a simple ‘ch’ sound, as in qi = chee; the ‘x’ which is hissed out, like trying to say ‘hs’; and finally ‘zh’, which is pretty much a ‘j’ sound.

Vowel sounds are very consistent and pronounced as they are in European languages. This does pose some problems for American speakers. Just remember that vowels are quite regular, so once you are acquainted with them, they quickly become second nature. The one exception is the ‘i’ which is pronounced three different ways depending on what consonants it follows. (see first section – the pinyin pronunciation guide).

Tones:

Chinese is a tonal language, which means that changing the intonation changes the word.

In Mandarin there are four tones. In this text I have used small superscript numbers at the end of the word/syllable to indicate the correct tone. I felt this was the clearest way to remind the uninitiated.

In pinyin ‘marks’ are placed over the vowels, thus – = 1st tone, / = 2nd tone, \V = 3rd tone, and \V = 4th. For the most part I have dispensed with tone indicators, except for the translation section, where tones are critical for differentiation of characters and meaning. I encourage the user to write tones over the pinyin in various sections of the workbook.

Character Fonts:

I chose the fonts used in this book for their aesthetic appeal, but specifically in this section because of their resemblance to handwritten characters. This makes them easier to replicate.

At the same time, this font preserves the clarity of the individual strokes, which is often lost when books use genuinely handwritten characters.

A Note about Notes:

(M: + a number) usually near the right hand margin, indicates the character # in Mathews’ dictionary. I usually only make note of it when it was the only dictionary in which I was able to locate the character in question. Mathews’ includes nearly 7,800 characters, not counting alternate forms. It contains the largest number of characters of all my dictionaries. The drawbacks are that it uses the Wade-Giles system of Romanization, and predates simplified characters, so none of those are included.

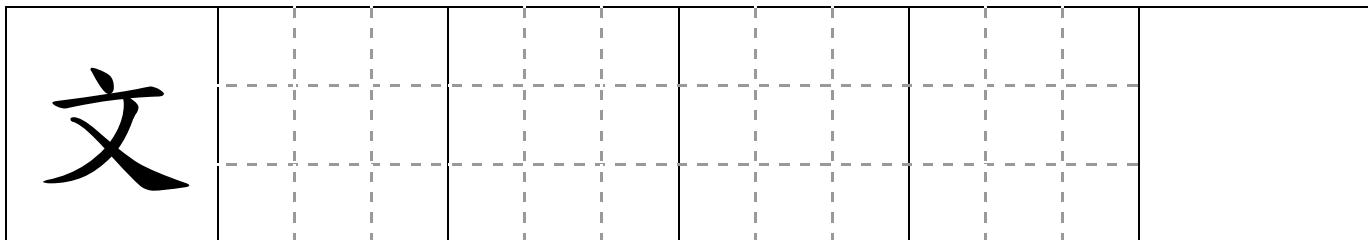
Herb Character Writing Practice

The Chinese word for a character, and hence for writing, is **Wén**: It is composed of four strokes. Stroke order is the equivalent of spelling. To write this character follow these instructions:

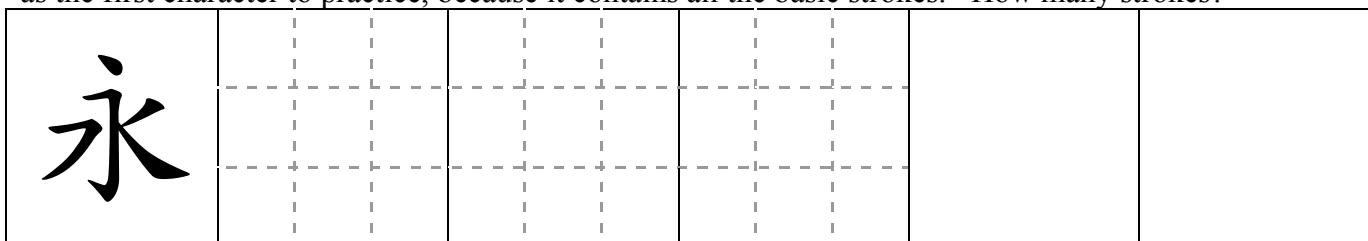
Start at the top with the downward dash (called a dian), then the horizontal line from left to right. Next the downward sweeping stroke to the left, followed by the sweep across to the right.

Try to keep the character centered and balanced within the box.

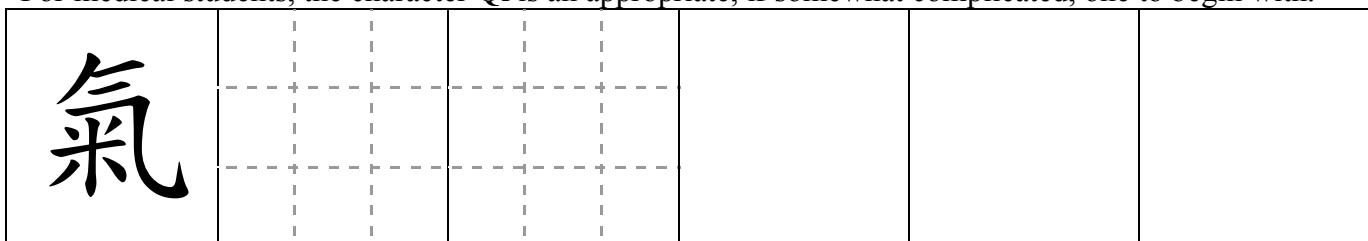
Use a pencil with a relatively blunt/rounded tip. Start by drawing over the character a few times.



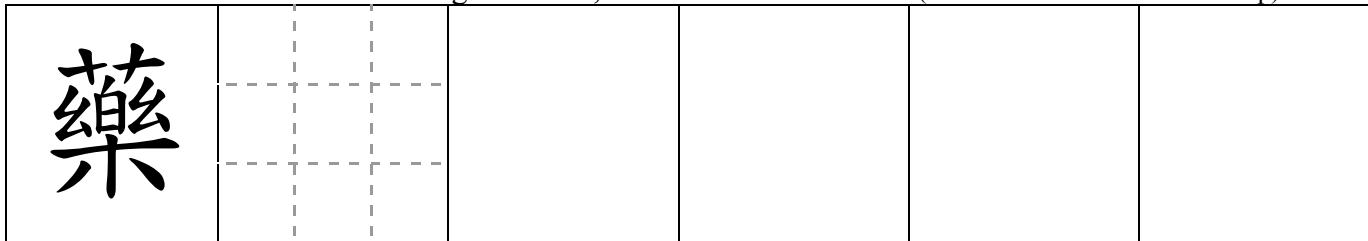
The character **Yǒng** (meaning forever, always, eternal, everlasting) is one traditionally used as the first character to practice, because it contains all the basic strokes. How many strokes?



For medical students, the character **Qì** is an appropriate, if somewhat complicated, one to begin with.



Yào is the main character meaning medicine, or medicinal substance (notice the herb radical at the top)



Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Resolve Exterior A</i>	<i>simplified</i>					
<i>jie</i>	解										
<i>biao</i>	表										
<i>xin</i>	辛										
<i>wen</i>	溫										
<i>ma</i>	麻					麻					
<i>huang</i>	黃										
<i>gui</i>	桂										
<i>zhi</i>	枝										
<i>fang</i>	防										
<i>feng</i>	風					风					
<i>qiang</i>	羌										
<i>huo</i>	活										
<i>bai</i>	白										
<i>zhi</i>	芷					芷					
<i>xi</i>	細					细					
<i>xin</i>	辛										
<i>xin</i>	辛										
<i>yi</i>	夷										
<i>hua</i>	花					花					

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Resolve Exterior B</i>				<i>simplified</i>		
<i>jie</i>	解										
<i>biao</i>	表										
<i>xin</i>	辛										
<i>liang</i>	涼						涼				
<i>bo</i>	薄						薄				
<i>he</i>	荷						荷				
<i>ju</i>	菊						菊				
<i>hua</i>	花						花				
<i>ge</i>	葛						葛				
<i>gen</i>	根										
<i>chai</i>	柴										
<i>hu</i>	胡										
<i>sheng</i>	升										
<i>ma</i>	麻						麻				

Herb Character Writing Practice

add tones	traditional	translate	Clear Heat A			simplified					
qing	清										
re	熱										
xie	瀉						泻				
huo	火										
shi	石										
gao	膏										
zhi	知										
mu	母										
shan	山										
zhi	梔						梔				
zi	子										
liang	涼										
xue	血										
sheng	生										
di	地										
huang	黃										
xuan	玄										
shen	參						参				
mu	牡										
dan	丹										
pi	皮										

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	Clear Heat B			<i>simplified</i>					
qing	清										
re	熱										
zao	燥										
shi	濕					湿					
huang	黃										
qin	芩					芩					
huang	黃										
lian	連					连					
huang	黃										
bai	柏										
long	龍					龙					
dan	膽					胆					
cao	草					草					
ku	苦					苦					
shen	參					参					

Herb Character Writing Practice

add tones	traditional	translate	Clear Heat C				simplified				
qing	清										
re	熱										
jie	解										
du	毒										
jin	金										
yin	銀						銀				
hua	花						花				
lian	連						連				
qiao	翹						翹				
ban	板										
lan	藍						藍				
gen	根										
bai	白										
xian	鮮						鮮				
pi	皮										
tu	土										
fu	茯						苓				
ling	苓						苓				
jie	解										
shu	暑										
qing	青										
hao	蒿						蒿				

Herb Character Writing Practice

add tones	traditional	translate	Drain Downward				simplified				
xie	瀉						泻				
xia	下										
jun	均										
xia	下										
da	大										
huang	黃										
mang	芒										
xiao	硝										
run	潤										
xia	下										
huo	火										
ma	麻						麻				
ren	仁										
zhu	逐										
shui	水										

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Disinhibit Water</i>	<i>simplified</i>					
<i>li</i>	利										
<i>shui</i>	水										
<i>shen</i>	滲						滲				
<i>shi</i>	濕						濕				
<i>fu</i>	茯						茯				
<i>ling</i>	苓						苓				
<i>ze</i>	澤						澤				
<i>xie</i>	瀉						瀉				
<i>yi</i>	薏						薏				
<i>yi</i>	苡						苡				
<i>ren</i>	仁										
<i>che</i>	車						车				
<i>qian</i>	前										
<i>zi</i>	子										
<i>hua</i>	滑										
<i>shi</i>	石										
<i>mu</i>	木										
<i>tong</i>	通										
<i>yin</i>	茵						茵				
<i>chen</i>	陳						陈				
<i>hao</i>	蒿						蒿				
<i>han</i>	漢						汉				
<i>fang</i>	防										
<i>ji</i>	己										

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>		<i>Dispel Wind-Damp</i>		<i>simplified</i>				
qu	祛											
feng	風						风					
shi	濕						湿					
du	獨						独					
huo	活											
mu	木											
gua	瓜											
sang	桑											
ji	寄											
sheng	生											

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Transform Phlegm A simplified</i>								
liang	涼										
hua	化										
re	熱										
tan	痰										
qian	前										
hu	胡										
chuan	川										
zhe	浙										
bei	貝						贝				
mu	母										
gua	瓜										
lou	蒌						蒌				
zhu	竹										
ru	茹						茹				

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Transform Phlegm B</i>								<i>simplified</i>
wen	溫										
hua	化										
han	寒										
tan	痰										
ban	半										
xia	夏										
jie	桔										
geng	梗										
zhi	止										
ke	咳										
xing	杏										
ren	仁										
zi	紫										
su	蘇						苏				
zi	子										

Herb Character Writing Practice

		add tones	traditional	translate	Fragrant Aromatics	Transform Damp	simplified					
fang	芳						芳					
xiang	香											
hua	化											
shi	濕						湿					
cang	蒼						苍					
zhu	朮						术					
hou	厚											
po	朴											
huo	藿						藿					
xiang	香											
sha	砂											
ren	仁											
bai	白											
dou	豆											
kou	蔻						蔻					

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Disperse Food Stagnation</i>			<i>simplified</i>				
xiao	消											
shi	食											
shan	山											
zha	楂											
shen	神											
qu	麴											
mai	麥						麦					
ya	芽						芽					
lai	萊						菜					
fu	菔						菔					
zi	子											

Herb Character Writing Practice

		add tones	traditional	translate		Rectify Qi	simplified					
li	理											
qi	氣						气					
chen	陳						陈					
pi	皮											
zhi	枳											
shi	實						实					
xiang	香											
fu	附											
mu	木											
xiang	香											
chuan	川											
lian	棟											
zi	子											

Herb Character Writing Practice

add tones	traditional	translate	Rectify Blood A			simplified					
li	理										
xue	血										
zhi	止										
xue	血										
san	三										
qi	七										
qian	茜					茜					
cao	草					草					
gen	根										
ai	艾					艾					
ye	葉					叶					

Herb Character Writing Practice

add tones	traditional	translate	Rectify Blood B			simplified					
huo	活										
xue	血										
chuan	川										
xiong	芎						芎				
dan	丹										
shen	參						参				
yan	延										
hu	胡										
suo	索										
yu	鬱						郁				
jin	金										
yi	益										
mu	母										
cao	草						草				
chi	赤										
shao	芍						芍				
tao	桃										
ren	仁										
hong	紅						红				
hua	花						花				
niu	牛										
xi	膝										

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Warm Interior</i>		<i>simplified</i>				
wen	溫										
li	里										
fu	附										
zi	子										
gan	乾						干				
jiang	薑						姜				
rou	肉										
gui	桂										
wu	吳						吳				
zhu	茱						茱				
yu	萸						萸				

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Supplement Qi</i>			<i>simplified</i>					
bu	補					补					
qi	氣					气					
ren	人										
shen	參					参					
dang	黨					党					
shen	參					参					
huang	黃										
qi	耆					芪					
shan	山										
yao	藥					药					
bai	白										
zhu	朮					术					
da	大										
zao	棗					枣					
gan	甘										
cao	草					草					

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Supplement Blood</i>			<i>simplified</i>					
bu	補					补					
xue	血										
shu	熟										
di	地										
huang	黃										
he	何										
shou	首										
wu	烏					乌					
dang	當					当					
gui	歸					归					
bai	白										
shao	芍					芍					
gou	枸										
qi	杞										
zi	子										

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>					<i>Supplement Yang</i>	<i>simplified</i>				
<i>bu</i>	補						补					
<i>yang</i>	陽						阳					
<i>rou</i>	肉											
<i>cong</i>	蓴							苁				
<i>rong</i>	蓉							蓉				
<i>yin</i>	淫											
<i>yang</i>	羊											
<i>huo</i>	藿						藿					
<i>ba</i>	巴											
<i>ji</i>	戟											
<i>tian</i>	天											
<i>bu</i>	補						补					
<i>gu</i>	骨											
<i>zhi</i>	脂											
<i>du</i>	杜											
<i>zhong</i>	仲											
<i>xu</i>	續						续					
<i>duan</i>	斷						断					
<i>tu</i>	菟						菟					
<i>si</i>	絲						丝					
<i>zi</i>	子											

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>		<i>Supplement Yin</i>	<i>simplified</i>					
bu	補						补					
yin	陰						阴					
bei	北											
sha	沙											
shen	參						参					
mai	麥						麦					
men	門						门					
dong	冬											
tian	天											
men	門						门					
dong	冬											
bai	百											
he	合											

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Secure & Astringe</i>				<i>simplified</i>				
gu	固										
se	涩						涩				
shan	山										
zhu	茱						茱				
yu	萸						萸				
wu	五										
wei	味										
zi	子										
wu	烏						乌				
mei	梅										
lian	蓮						莲				
zi	子										

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Calm Spirit</i>	<i>simplified</i>					
<i>an</i>	安										
<i>shen</i>	神										
<i>zhong</i>	重										
<i>zhen</i>	鎮										
<i>long</i>	龍					龙					
<i>gu</i>	骨										
<i>mu</i>	牡										
<i>li</i>	蠣					蛎					
<i>yang</i>	養					养					
<i>xin</i>	心										
<i>suan</i>	酸					酸					
<i>zao</i>	棗					枣					
<i>ren</i>	仁										
<i>yuan</i>	遠					远					
<i>zhi</i>	志										

Herb Character Writing Practice

		<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Open Orifices</i>			<i>simplified</i>				
<i>kai</i>	開							开				
<i>qiao</i>	竅							窍				
<i>bing</i>	冰											
<i>pian</i>	片											
<i>shi</i>	石											
<i>chang</i>	菖							菖				
<i>pu</i>	蒲							蒲				
<i>xi</i>	熄											
<i>feng</i>	風							风				
<i>gou</i>	鈎							钩				
<i>teng</i>	藤							藤				
<i>tian</i>	天											
<i>ma</i>	麻							麻				
<i>di</i>	地											
<i>long</i>	龍							龙				

Herb Character Writing Practice

<i>add tones</i>	<i>traditional</i>	<i>translate</i>	<i>Expel Parasites</i>			<i>simplified</i>					
qu	驅					驱					
chong	蟲					虫					
bing	檳					槟					
lang	榔										
guan	貫					贯					
zhong	眾					众					
wai	外										
yong	用										
she	蛇										
chuang	床										
zi	子										

Herb Character Writing Practice

practice blanks

0.6 inch squares

15 rows x 12 columns

Herb Character Writing Practice

practice blanks

0.5 inch squares

18 rows x 14 columns

Herb Character Writing Practice

practice blanks

0.4 inch squares

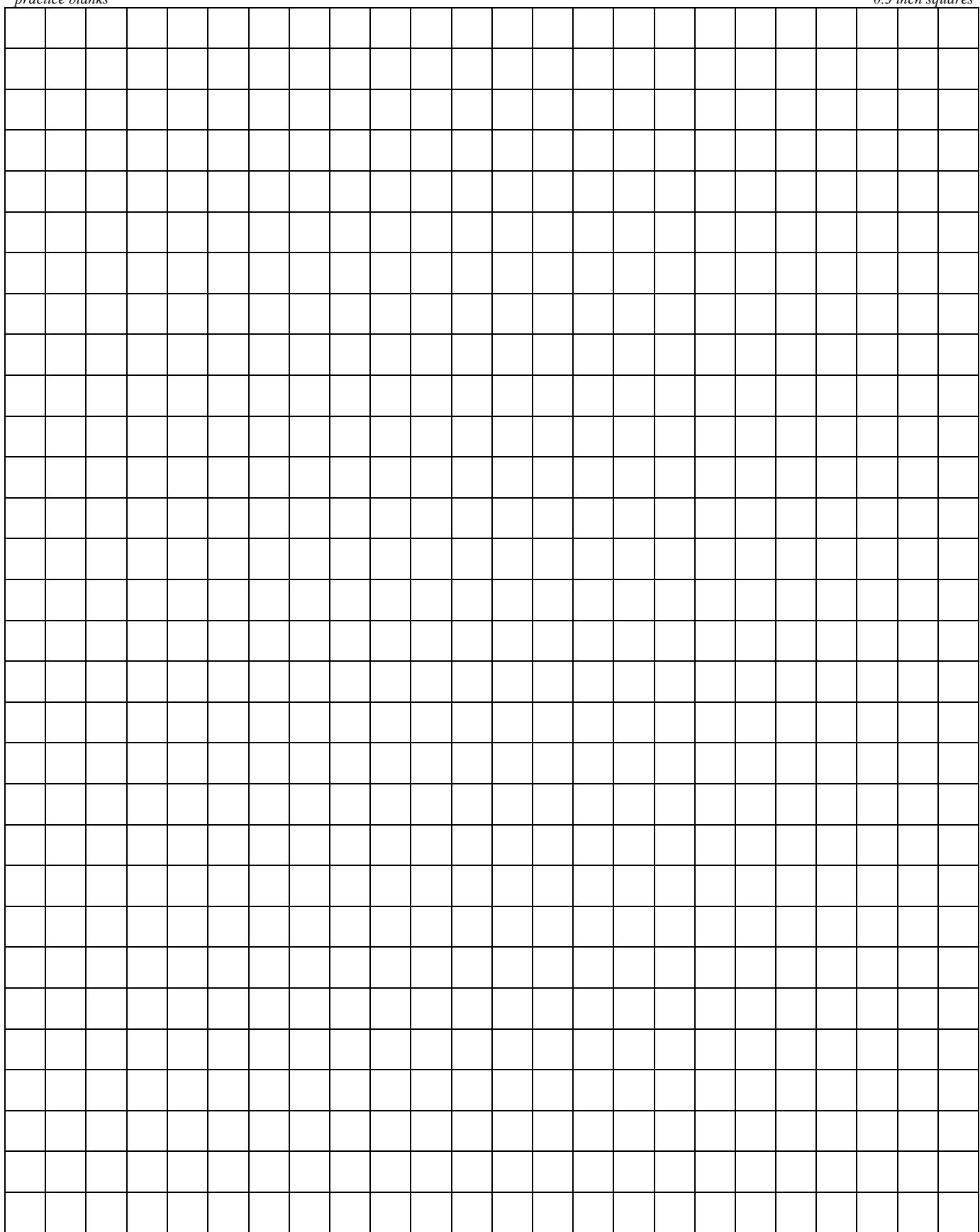
A large grid of 100 squares, 10 columns by 10 rows, designed for drawing practice. The grid is composed of thin black lines on a white background.

22 rows x 18 columns

Herb Character Writing Practice

practice blanks

0.3 inch squares



30 rows x 24 columns

Appendix

Reference Tables

- *Page Numbers in Bensky, Brand, Chen, & Holmes*
*(These four primary texts, are organized by category;
other texts are organized alphabetically,
so page numbers seem unnecessary)*
- *Vocabulary of Words used in Herb Names*
Alphabetical by PīnYīn
- *Traditional & Simplified Characters*
(side by side comparison – differences are highlighted in Bold)
- *Quick Reference Index of Herbs & the Numbers used in this book*
– on inside of back cover –

Materia Medica Cross Reference – Four Primary Textbooks

Order follows Bensky			Reference Text Page Numbers			
Herb #	Pīn-Yīn	Traditional Characters	Bensky p.#	Brand p.#	Chen p.#	Holmes p.#
			publ. 2004 530 entries	publ. 2008 440 entries	publ. 2004 670 entries	publ. 2002 320 entries
1.	Má Huáng	麻黃	3	39	36	44
2.	Guì Zhī	桂枝	8	40	40	44
3.	Fáng Fēng	防風	16	46	51	47
4.	Qiāng Huó	羌活	19	47	53	48
5.	Bái Zhǐ	白芷	24	48	59	50
6.	Xì Xīn	細辛	27	51	454	51
7.	Xīn Yí Huā	辛夷花	42	50	65	53
8.	Bò Hé	薄荷	47	53	68	55
9.	Jú Huā	菊花	58	56	75	58
10.	Gé Gēn	葛根	70	60	81	61
11.	Chái Hú	柴胡	73	61	84	61
12.	Shēng Má	升麻	78	62	87	62
13.	Shí Gāo	石膏	89	77	108	72
14.	Zhī Mǔ	知母	92	78	111	73
15.	(Shān) Zhī Zǐ	山梔子	95	81	121	75
16.	Shēng Dì Huáng	生地黃	119	93	155	81
17.	Xuán Shēn	玄參	123	95	158	82
18.	Mǔ Dān Pí	牡丹皮	126	96	160	84
19.	Huáng Qín	黃芩	131	86	137	87
20.	Huáng Lián	黃連	134	87	141	88
21.	Huáng Bǎi	黃柏	138	89	145	89
22.	Lóng Dǎn Cǎo	龍膽草	141	90	148	94
23.	Kǔ Shēn	苦參	144	91	150	91
24.	Jīn Yín Huā	金銀花	148	99	171	95
25.	Lián Qiáo	連翹	152	100	174	96
26.	Bǎn Lán Gēn	板籃根	158	109	210	98
27.	Bái Xiān Pí	白鮮皮	197	105	188	107
28.	Tǔ Fú Líng	土茯苓	199	108	207	109
29.	Qīng Hāo	青蒿	218	119	244	112
30.	Dà Huáng	大黃	235	132	269	130
31.	Máng Xiāo	芒硝	240	134	274	132

Materia Medica Cross Reference – Four Primary Textbooks

Herb #	Pīn-Yīn	Traditional Characters	Bensky p.#	Brand p.#	Chen p.#	Holmes p.#
32.	Huǒ Má Rén	火麻仁	245	136	282	133
33.	Fú Líng	茯苓	267	185	383	186
34.	Zé Xiè	澤瀉	272	188	387	189
35.	Yì Yǐ Rén	薏苡仁	275	186	389	188
36.	Chē Qián Zǐ	車前子	277	191	391	192
37.	Huá Shí	滑石	280	192	393	192
38.	Mù Tōng	木通	283	193	394	193
39.	Yīn Chén Hāo	茵陳蒿	310	200	418	94
40.	Hàn Fáng Jǐ	漢防己	313	158	308	191
41.	Dú Huó	獨活	323	150	304	172
42.	Mù Guā	木瓜	331	154	324	178
43.	Sāng Jì Shēng	桑寄生	335	163	345	174
44.	Qián Hú	前胡	376	316	699	148
45.	Chuān Bèi Mǔ	川貝母	378	318	702	149
46.	Zhè Bèi Mǔ	浙貝母	381	319	703	149
47.	Guā Lóu (Shí)	瓜蔞實	383	320	705	150
48.	Zhú Rú	竹茹	393	321	710	153
49.	Bàn Xià	半夏	413	309	682	142
50.	Jié Gěng	桔梗	429	317	696	146
51.	Xìng Rén	杏仁	437	327	723	158
52.	(Zǐ) Sū Zǐ	紫蘇子	444	328	730	160
53.	Cāng Zhú	蒼朮	467	170	363	206
54.	Hòu Pò	厚朴	470	171	365	207
55.	Huò Xiāng	藿香	473	172	368	209
56.	Shā Rén	砂仁	479	174	371	211
57.	Bái Dòu Kòu	白豆蔻	481	175	373	211
58.	Shān Zhā	山楂	493	240	523	220
59.	Shén Qū	神曲	495	241	526	221
60.	Mài Yá	麥芽	497	241	529	220
61.	Lái Fú Zǐ	萊菔子	502	243	531	223
62.	Chén Pí	陳皮	510	224	479	228
63.	Zhǐ Shí	枳實	516	226	483	229
64.	Xiāng Fù	香附	527	220	495	235
65.	Mù Xiāng	木香	529	228	493	231

Materia Medica Cross Reference – Four Primary Textbooks

Herb #	Pīn-Yīn	Traditional Characters	Bensky p.#	Brand p.#	Chen p.#	Holmes p.#
66.	Chuān Liàn Zǐ	川棟子	544	233	503	235
67.	Sān Qī	三七	559	264	587	370
68.	Qiàn Cǎo Gēn	茜草根	564	265	591	378
69.	Ài Yè	艾葉	594	271	600	375
70.	Chuān Xiōng	川芎	599	279	614	252
71.	Dān Shēn	丹參	602	286	636	253
72.	Yán Hú Suǒ	延胡索	606	280	618	264
73.	Yù Jīn	鬱金	609	281	621	261
74.	Yì Mǔ Cǎo	益母草	614	289	645	258
75.	Chì Sháo	赤芍	622	- X -	162	84
76.	Táo Rén	桃仁	624	288	643	256
77.	Hóng Huā	紅花	627	287	640	254
78.	Niú Xī	牛膝	638	291	648/50	259
79.	Fù Zǐ	附子	673	208	438	338
80.	Gān Jiāng	乾薑	681	211	450	340
81.	Ròu Guì	肉桂	684	210	447	339
82.	Wú Zhū Yú	吳茱萸	687	212	452	345
83.	Rén Shēn	人參	710	395	835	279
84.	Dǎng Shēn	黨參	714	399	843	282
85.	Huáng Qí	黃耆	718	400	847	281
86.	Shān Yào	山藥	723	403	860	283
87.	Bái Zhú	白朮	726	402	856	284
88.	Dà Zǎo	大棗	730	406	872	287
89.	Gān Cǎo	甘草	732	405	866	286
90.	Shú Dì Huáng	熟地黃	742	430	924	289
91.	Hé Shǒu Wū	何首烏	744	431	927	289
92.	Dāng Guī	當歸	748	429	918	292
93.	Bái Sháo	白芍	752	432	930	293
94.	Gǒu Qǐ Zǐ	枸杞子	759	441	957	290
95.	Ròu Cōng Róng	肉蓯蓉	773	416	889	298
96.	Yín Yáng Huò	淫羊藿	776	418	893	299
97.	Bā Jǐ Tiān	巴戟天	778	417	891	299
98.	Bǔ Gǔ Zhī	補骨脂	784	424	909	304
99.	Dù Zhòng	杜仲	790	420	901	301

Materia Medica Cross Reference – Four Primary Textbooks

Herb #	Pīn-Yīn	Traditional Characters	Bensky p.#	Brand p.#	Chen p.#	Holmes p.#
100.	Xù Duàn	續斷	795	421	903	302
101.	Tù Sī Zǐ	菟絲子	800	425	912	306
102.	Běi Shā Shēn	北沙參	816	435	939	311
103.	Mài Mén Dōng	麥門冬	822	436	943	312
104.	Tiān Mén Dōng	天門冬	825	437	946	312
105.	Bǎi Hé	百合	833	440	955	318
106.	Shān Zhū Yú	山茱萸	855	464	1005	353
107.	Wǔ Wèi Zǐ	五味子	858	457	985	352
108.	Wū Méi	烏梅	862	458	988	353
109.	Lián Zǐ	蓮子	879	468	1013	359
110.	Lóng Gǔ	龍骨	907	347	758	385
111.	Mǔ Lì	牡蠣	911	365	797	386
112.	Suān Zǎo Rén	酸棗仁	926	350	762	389
113.	Yuǎn Zhì	遠志	930	352	766	390
114.	Bīng Piàn	冰片	951	383	820	413
115.	Shí Chāng Pú	石菖蒲	954	385	824	415
116.	Gōu Téng	鉤藤	968	369	783	399
117.	Tiān Má	天麻	970	370	785	398
118.	Dì Lóng	地龍	979	371	794	406
119.	Bīng Láng	檳榔	1006	249	545	422
120.	Guàn Zhòng	貫眾	1008	- X -	554	421
121.	Shé Chuáng Zǐ	蛇床子	1025	486	1055	426

* Highlighted # in Brand column means he lists it in a different category than Bensky and this text.

There are only two:

p. 158 Fang Ji (Wind-Damp-Heat Dispelling vs Disinhibit Water)

p. 441 Gou Qi Zi (Supplement Yin vs Supplement Blood)

or an - X - means he does not list it. Again only two: Chi Shao and Guan Zhong

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	艾	Ài	Ài Yè	
	巴	Bā	Bā Jǐ Tiān	
	白	Bái	Bái Dòu Kòu	
	白	Bái	Bái Sháo	
	白	Bái	Bái Xiān Pí	
	白	Bái	Bái Zhī	
	白	Bái	Bái Zhú	
	柏	Bǎi	Huáng Bǎi	
	百	Bǎi	Bǎi Hé	
	板	Bǎn	Bǎn Lán Gēn	
	半	Bàn	Bàn Xià	
	北	Běi	Běi Shā Shēn	
	貝	Bèi	Chuān Bèi Mǔ	
	貝	Bèi	Zhè Bèi Mǔ	
	檳	Bīng	Bīng Láng	
	冰	Bīng	Bīng Piàn	
	簿	Bò	Bò Hé	
	補	Bǔ	Bǔ Gǔ Zhī	
	蒼	Cāng	Cāng Zhú	
	草	Cǎo	Gān Cǎo	
	草	Cǎo	Lóng Dǎn Cǎo	
	草	Cǎo	Qiàn Cǎo Gēn	
	草	Cǎo	Yì Mǔ Cǎo	
	柴	Chái	Chái Hú	
	菖	Chāng	Shí Chāng Pú	
	車	Chē	Chē Qián Zǐ	
	陳	Chén	Chén Pí	
	陳	Chén	Yīn Chén Hāo	
	赤	Chì	Chì Sháo	
	川	Chuān	Chuān Bèi Mǔ	
	川	Chuān	Chuān Liàn Zǐ	
	川	Chuān	Chuān Xiōng	
	床	Chuáng	Shé Chuáng Zǐ	
	蓆	Cōng	Ròu Cōng Róng	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	大	Dà	Dà Huáng	
	大	Dà	Dà Zǎo	
	丹	Dān	Dān Shēn	
	丹	Dān	Mǔ Dān Pí	
	膽	Dǎn	Lóng Dǎn Cǎo	
	當	Dāng	Dāng Guī	
	黨	Dǎng	Dǎng Shēn	
	地	Dì	Dì Lóng	
	地	Dì	Shēng Dì Huáng	
	地	Dì	Shú Dì Huáng	
	冬	Dōng	Mài Mén Dōng	
	冬	Dōng	Tiān Mén Dōng	
	豆	Dòu	Bái Dòu Kòu	
	獨	Dú	Dú Huó	
	杜	Dù	Dù Zhòng	
	斷	Duàn	Xù Duàn	
	防	Fáng	Fáng Fēng	
	防	Fáng	Hàn Fáng Jǐ	
	風	Fēng	Fáng Fēng	
	茯	Fú	Fú Líng	
	茯	Fú	Tǔ Fú Líng	
	菔	Fú	Lái Fú Zǐ	
	附	Fù	Fù Zǐ	
	附	Fù	Xiāng Fù	
	甘	Gān	Gān Cǎo	
	乾	Gān	Gān Jiāng	
	膏	Gāo	Shí Gāo	
	葛	Gé	Gé Gēn	
	根	Gēn	Bǎn Lán Gēn	
	根	Gēn	Gé Gēn	
	根	Gēn	Qiàn Cǎo Gēn	
	梗	Gěng	Jié Gěng	
	鉤	Gōu	Gōu Téng	
	枸	Gǒu	Gǒu Qǐ Zǐ	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	骨	Gǔ	Bǔ Gǔ Zhī	
	骨	Gǔ	Lóng Gǔ	
	瓜	Guā	Guā Lóu (Shí)	
	瓜	Guā	Mù Guā	
	貫	Guàn	Guàn Zhòng	
	歸	Guī	Dāng Guī	
	桂	Guì	Guì Zhī	
	桂	Guì	Ròu Guì	
	漢	Hàn	Hàn Fáng Jǐ	
	蒿	Hāo	Qīng Hāo	
	蒿	Hāo	Yīn Chén Hāo	
	荷	Hé	Bò Hé	
	何	Hé	Hé Shǒu Wū	
	合	Hé	Bǎi Hé	
	紅	Hóng	Hóng Huā	
	厚	Hòu	Hòu Pò	
	胡	Hú	Chái Hú	
	胡	Hú	Qián Hú	
	胡	Hú	Yán Hú Suǒ	
	花	Huā	Hóng Huā	
	花	Huā	Jīn Yín Huā	
	花	Huā	Jú Huā	
	花	Huā	Xīn Yí Huā	
	滑	Huá	Huá Shí	
	黃	Huáng	Dà Huáng	
	黃	Huáng	Huáng Bǎi	
	黃	Huáng	Huáng Lián	
	黃	Huáng	Huáng Qí	
	黃	Huáng	Huáng Qín	
	黃	Huáng	Má Huáng	
	黃	Huáng	Shēng Dì Huáng	
	黃	Huáng	Shú Dì Huáng	
	活	Huó	Dú Huó	
	活	Huó	Qiāng Huó	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	火	Huǒ	Huǒ Má Rén	
	藿	Huò	Huò Xiāng	
	藿	Huò	Yín Yáng Huò	
	戟	Jǐ	Bā Jǐ Tiān	
	己	Jǐ	Hàn Fáng Jǐ	
	寄	Jì	Sāng Jì Shēng	
	薑	Jiāng	Gān Jiāng	
	桔	Jié	Jié Gěng	
	金	Jīn	Jīn Yín Huā	
	金	Jīn	Yù Jīn	
	菊	Jú	Jú Huā	
	蔻	Kòu	Bái Dòu Kòu	
	苦	Kǔ	Kǔ Shēn	
	萊	Lái	Lái Fú Zǐ	
	籃	Lán	Bǎn Lán Gēn	
	榔	Láng	Bīng Láng	
	蠆	Lì	Mǔ Lì	
	連	Lián	Huáng Lián	
	連	Lián	Lián Qiáo	
	蓮	Lián	Lián Zǐ	
	棟	Liàn	Chuān Liàn Zǐ	
	苓	Líng	Fú Líng	
	苓	Líng	Tǔ Fú Líng	
	龍	Lóng	Lóng Dǎn Cǎo	
	龍	Lóng	Dì Lóng	
	龍	Lóng	Lóng Gǔ	
	夔	Lóu	Guā Lóu (Shí)	
	麻	Má	Huǒ Má Rén	
	麻	Má	Má Huáng	
	麻	Má	Shēng Má	
	麻	Má	Tiān Má	
	麥	Mài	Mài Mén Dōng	
	麥	Mài	Mài Yá	
	芒	Máng	Máng Xiāo	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	梅	Méi	Wū Méi	
	門	Mén	Mài Mén Dōng	
	門	Mén	Tiān Mén Dōng	
	母	Mǔ	Chuān Bèi Mǔ	
	母	Mǔ	Yì Mǔ Cǎo	
	母	Mǔ	Zhè Bèi Mǔ	
	母	Mǔ	Zhī Mǔ	
	牡	Mǔ	Mǔ Dān Pí	
	牡	Mǔ	Mǔ Lì	
	木	Mù	Mù Guā	
	木	Mù	Mù Tōng	
	木	Mù	Mù Xiāng	
	牛	Niú	Niú Xī	
	皮	Pí	Bái Xiān Pí	
	皮	Pí	Chén Pí	
	皮	Pí	Mǔ Dān Pí	
	片	Piàn	Bīng Piàn	
	朴	Pò	Hòu Pò	
	蒲	Pú	Shí Chāng Pú	
	七	Qī	Sān Qī	
	耆	Qí	Huáng Qí	
	杞	Qǐ	Gǒu Qǐ Zǐ	
	前	Qián	Chē Qián Zǐ	
	前	Qián	Qián Hú	
	茜	Qiàn	Qiàn Cǎo Gēn	
	羌	Qiāng	Qiāng Huó	
	翹	Qiáo	Lián Qiáo	
	芩	Qín	Huáng Qín	
	青	Qīng	Qīng Hāo	
	麌	Qū	Shén Qū	
	人	Rén	Rén Shēn	
	仁	Rén	Huǒ Má Rén	
	仁	Rén	Shā Rén	
	仁	Rén	Suān Zǎo Rén	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	仁	Rén	Táo Rén	
	仁	Rén	Xìng Rén	
	仁	Rén	Yì Yǐ Rén	
	蓉	Róng	Ròu Cōng Róng	
	肉	Ròu	Ròu Cōng Róng	
	肉	Ròu	Ròu Guì	
	茹	Rú	Zhú Rú	
	三	Sān	Sān Qī	
	桑	Sāng	Sāng Jì Shēng	
	砂	Shā	Shā Rén	
	沙	Shā	Běi Shā Shēn	
	山	Shān	Shān Yào	
	山	Shān	Shān Zhā	
	山	Shān	Shān Zhī Zǐ	
	山	Shān	Shān Zhū Yú	
	芍	Sháo	Bái Sháo	
	芍	Sháo	Chì Sháo	
	蛇	Shé	Shé Chuáng Zǐ	
	參	Shēn	Běi Shā Shēn	
	參	Shēn	Dān Shēn	
	參	Shēn	Dǎng Shēn	
	參	Shēn	Kǔ Shēn	
	參	Shēn	Rén Shēn	
	參	Shēn	Xuán Shēn	
	神	Shén	Shén Qū	
	升	Shēng	Shēng Má	
	生	Shēng	Sāng Jì Shēng	
	生	Shēng	Shēng Dì Huáng	
	石	Shí	Huá Shí	
	石	Shí	Shí Chāng Pú	
	石	Shí	Shí Gāo	
	實	Shí	Guā Lóu (Shí)	
	實	Shí	Zhǐ Shí	
	首	Shǒu	Hé Shǒu Wū	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	熟	Shú	Shú Dì Huáng	
	絲	Sī	Tù Sī Zǐ	
	蘇	Sū	(Zǐ) Sū Zǐ	
	酸	Suān	Suān Zǎo Rén	
	索	Suǒ	Yán Hú Suǒ	
	桃	Táo	Táo Rén	
	藤	Téng	Gōu Téng	
	天	Tiān	Bā Jǐ Tiān	
	天	Tiān	Tiān Má	
	天	Tiān	Tiān Mén Dōng	
	通	Tōng	Mù Tōng	
	土	Tǔ	Tǔ Fú Líng	
	菟	Tù	Tù Sī Zǐ	
	味	Wèi	Wǔ Wèi Zǐ	
	烏	Wū	Hé Shǒu Wū	
	烏	Wū	Wū Méi	
	吳	Wú	Wú Zhū Yú	
	五	Wǔ	Wǔ Wèi Zǐ	
	膝	Xī	Niú Xī	
	細	Xì	Xì Xīn	
	夏	Xià	Bàn Xià	
	鮮	Xiān	Bái Xiān Pí	
	香	Xiāng	Huò Xiāng	
	香	Xiāng	Mù Xiāng	
	香	Xiāng	Xiāng Fù	
	硝	Xiāo	Máng Xiāo	
	瀉	Xiè	Zé Xiè	
	辛	Xīn	Xī Xīn	
	辛	Xīn	Xīn Yí Huā	
	杏	Xìng	Xìng Rén	
	芎	Xiōng	Chuān Xiōng	
	續	Xù	Xù Duàn	
	玄	Xuán	Xuán Shēn	
	芽	Yá	Mài Yá	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	延	Yán	Yán Hú Suǒ	
	羊	Yáng	Yín Yáng Huò	
	藥	Yào	Shān Yào	
	葉	Yè	Ài Yè	
	夷	Yí	Xīn Yí Huā	
	苡	Yǐ	Yǐ Yǐ Rén	
	薏	Yì	Yì Yǐ Rén	
	益	Yì	Yì Mǔ Cǎo	
	茵	Yīn	Yīn Chén Hāo	
	銀	Yín	Jīn Yín Huā	
	淫	Yín	Yín Yáng Huò	
	萸	Yú	Shān Zhū Yú	
	萸	Yú	Wú Zhū Yú	
	鬱	Yù	Yù Jīn	
	遠	Yuǎn	Yuǎn Zhì	
	棗	Zǎo	Dà Zǎo	
	棗	Zǎo	Suān Zǎo Rén	
	澤	Zé	Zé Xiè	
	楂	Zhā	Shān Zhā	
	浙	Zhè	Zhè Bèi Mǔ	
	脂	Zhī	Bǔ Gǔ Zhī	
	枝	Zhī	Guì Zhī	
	梔	Zhī	Shān Zhī Zǐ	
	知	Zhī	Zhī Mǔ	
	芷	Zhǐ	Bái Zhǐ	
	枳	Zhǐ	Zhǐ Shí	
	志	Zhì	Yuǎn Zhì	
	仲	Zhòng	Dù Zhòng	
	眾	Zhòng	Guàn Zhòng	
	茱	Zhū	Shān Zhū Yú	
	茱	Zhū	Wú Zhū Yú	
	竹	Zhú	Zhú Rú	
	朮	Zhú	Bái Zhú	
	朮	Zhú	Cāng Zhú	

Herb Vocabulary – Alphabetical by Pinyin

All the vocabulary from 121 herbs

Meaning	Character	Pīn-Yīn	Example	Latin
	子	Zǐ	Chē Qián Zǐ	
	子	Zǐ	Chuān Liàn Zǐ	
	子	Zǐ	Fù Zǐ	
	子	Zǐ	Gǒu Qǐ Zǐ	
	子	Zǐ	Lái Fú Zǐ	
	子	Zǐ	Lián Zǐ	
	子	Zǐ	Shān Zhī Zǐ	
	子	Zǐ	Shé Chuáng Zǐ	
	子	Zǐ	Tù Sī Zǐ	
	子	Zǐ	Wǔ Wèi Zǐ	
	子	Zǐ	Zǐ Sū Zǐ	
	紫	Zǐ	(Zǐ) Sū Zǐ	

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
Resolve Exterior	Jiě Biǎo	解 表	<i>listed only if different Bold indicates the different character</i>
<i>Acrid, Warm</i>	<i>Xīn Wēn</i>	辛 溫	
1.	Má Huáng	麻 黃	麻 黄
2.	Guì Zhī	桂 枝	
3.	Fáng Fēng	防 風	防 风
4.	Qiāng Huó	羌 活	
5.	Bái Zhǐ	白 芷	白 茜
6.	Xì Xīn	細 辛	细 辛
7.	Xīn Yí Huā	辛 夷 花	辛 夷 花
<i>Acrid, Cool</i>	<i>Xīn Liáng</i>	辛 涼	辛 凉
8.	Bò Hé	薄 荷	薄 荷
9.	Jú Huā	菊 花	菊 花
10.	Gé Gēn	葛 根	葛 根
11.	Chái Hú	柴 胡	
12.	Shēng Mā	升 麻	升 麻
Clear Heat	Qīng Rè	清 热	
<i>Drain Fire</i>	<i>Xiè Huǒ</i>	瀉 火	泻 火
13.	Shí Gāo	石 膏	
14.	Zhī Mǔ	知 母	
15.	(Shān) Zhī Zǐ	山 梓 子	山 梓 子
Cool Blood	Liáng Xuè	涼 血	
16.	Shēng Dì Huáng	生 地 黃	
17.	Xuán Shēn	玄 參	玄 参
18.	Mǔ Dān Pí	牡 丹 皮	
Dry Damp	Zào Shī	燥 濕	燥 湿
19.	Huáng Qín	黃 苓	黄 苓
20.	Huáng Lián	黃 連	黄 连
21.	Huáng Bǎi	黃 柏	
22.	Lóng Dǎn Cǎo	龍 膽 草	龙 胆 草
23.	Kǔ Shēn	苦 參	苦 参

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
<i>Resolve Toxins</i>	<i>Jiě Dú</i>	解毒	
24.	Jīn Yín Huā	金銀花	金银花
25.	Lián Qiáo	連翹	连翘
26.	Bǎn Lán Gēn	板藍根	板蓝根
27.	Bái Xiān Pí	白鮮皮	白鲜皮
28.	Tǔ Fú Líng	土茯苓	土茯苓
<i>Summer-heat</i>	<i>Jiě Shǔ</i>	解暑	
29.	Qīng Hāo	青蒿	青蒿
Drain Downward	Xiè Xià	瀉下	泻下
Purgatives	Jūn Xià	均下	
30.	Dà Huáng	大黃	
31.	Máng Xiāo	芒硝	
Moisteners	Rùn Xià	潤下	
32.	Huǒ Mā Rén	火麻仁	火麻仁
Leach Damp Disinhibit Water	Shèn Shī Lì Shuǐ	滲濕 利水	渗湿
33.	Fú Líng	茯苓	茯苓
34.	Zé Xiè	澤瀉	泽泻
35.	Yì Yǐ Rén	薏苡仁	薏苡仁
36.	Chē Qián Zǐ	車前子	车前子
37.	Huá Shí	滑石	
38.	Mù Tōng	木通	
39.	Yīn Chén Hāo	茵陳蒿	茵陈蒿
40.	Hàn Fáng Jǐ	漢防己	汉防己
Dispel Wind-Damp	Qū Fēng Shī	祛風濕	祛风湿
41.	Dú Huó	獨活	独活
42.	Mù Guā	木瓜	
43.	Sāng Jì Shēng	桑寄生	

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
Transform Phlegm	Huà Tán	化痰	
Hot Phlegm	Rè Tán	熱痰	
44.	Qián Hú	前胡	
45.	Chuān Bèi Mǔ	川貝母	川贝母
46.	Zhè Bèi Mǔ	浙貝母	浙贝母
47.	Guā Lóu (Shí)	瓜萎實	瓜蒌实
48.	Zhú Rú	竹茹	竹茹
Cold Phlegm	Hán Tán	寒痰	
49.	Bàn Xià	半夏	
50.	Jié Gěng	桔梗	
Stop Cough	Zhǐ Ké	止咳	
51.	Xìng Rén	杏仁	
52.	(Zǐ) Sū Zǐ	紫蘇子	紫苏子
Aromatic Transform Dampness	Fāng Xiāng Huà Shī	芳香 化濕	芳香 化湿
53.	Cāng Zhú	蒼朮	苍术
54.	Hòu Pò	厚朴	
55.	Huò Xiāng	藿香	藿香
56.	Shā Rén	砂仁	
57.	Bái Dòu Kòu	白豆蔻	白豆蔻
Disperse Food Stasis	Xiāo Shí	消食	
58.	Shān Zhā	山楂	
59.	Shén Qū	神曲	神曲
60.	Mài Yá	麥芽	麦芽
61.	Lái Fú Zǐ	萊菔子	莱菔子

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
Rectify Qi	Lǐ Qì	理氣	理 气
62.	Chén Pí	陳皮	陈 皮
63.	Zhǐ Shí	枳實	枳 实
64.	Xiāng Fù	香附	
65.	Mù Xiāng	木香	
66.	Chuān Liàn Zǐ	川棟子	
Rectify Blood	Lǐ Xuè	理血	
Stop Bleeding	Zhǐ Xuè	止血	
67.	Sān Qī	三七	
68.	Qiàn Cǎo Gēn	茜草根	茜 草 根
69.	Ài Yè	艾葉	艾 叶
Vitalize Blood	Huó Xuè	活血	
70.	Chuān Xiōng	川芎	川 莼
71.	Dān Shēn	丹參	丹 参
72.	Yán Hú Suǒ	延胡索	
73.	Yù Jīn	鬱金	郁 金
74.	Yì Mǔ Cǎo	益母草	益 母 草
75.	Chì Sháo	赤芍	赤 芍
76.	Táo Rén	桃仁	
77.	Hóng Huā	紅花	红 花
78.	Niú Xī	牛膝	
Warm Interior	Wēn Lǐ	溫里	
79.	Fù Zǐ	附子	
80.	Gān Jiāng	乾薑	干 姜
81.	Ròu Guì	肉桂	
82.	Wú Zhū Yú	吳茱萸	吴 茱 黃

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
Supplement & Boost	Bǔ Yì	補 益	
<i>Supplement Qi</i>	<i>Bǔ Qì</i>	補氣	补 气
83.	Rén Shēn	人參	人 参
84.	Dǎng Shēn	黨參	党 参
85.	Huáng Qí	黃耆	黄 茂
86.	Shān Yào	山藥	山 药
87.	Bái Zhú	白朮	白 术
88.	Dà Zǎo	大棗	大 枣
89.	Gān Cǎo	甘草	甘 草
<i>Supplement Blood</i>	<i>Bǔ Xuè</i>	補血	补 血
90.	Shú Dì Huáng	熟地黃	
91.	Hé Shǒu Wū	何首烏	何 首 乌
92.	Dāng Guī	當歸	当 归
93.	Bái Sháo	白芍	白 苓
94.	Gǒu Qǐ Zǐ	枸杞子	
<i>Supplement Yang</i>	<i>Bǔ Yáng</i>	補陽	补 阳
95.	Ròu Cōng Róng	肉蓯蓉	肉 莼 蓿
96.	Yín Yáng Huò	淫羊藿	淫 羊 蕃
97.	Bā Jǐ Tiān	巴戟天	
98.	Bǔ Gǔ Zhī	補骨脂	补 骨 脂
99.	Dù Zhòng	杜仲	
100.	Xù Duàn	續斷	续 断
101.	Tù Sī Zǐ	菟絲子	菟 丝 子
<i>Supplement Yin</i>	<i>Bǔ Yīn</i>	補陰	补 阴
102.	Běi Shā Shēn	北沙參	北 沙 参
103.	Mài Mén Dōng	麥門冬	麦 门 冬
104.	Tiān Mén Dōng	天門冬	天 门 冬
105.	Bǎi Hé	百合	

Traditional vs. Simplified Characters List

Herb #	Pīn Yīn	Traditional Characters	Simplified Characters
Secure & Astringe	Gù Sè	固 澀	固 涩
106.	Shān Zhū Yú	山茱萸	山 茱 荚
107.	Wǔ Wèi Zǐ	五味子	
108.	Wū Méi	烏梅	乌 梅
109.	Lián Zǐ	蓮子	莲 子
Calm Spirit	Ān Shén	安 神	
Heavy Settlers	Zhòng Zhèn	重 鎮	
110.	Lóng Gǔ	龍骨	龙 骨
111.	Mǔ Lì	牡蠣	牡 蛤
Nourish Heart	Yǎng Xīn	養 心	养 心
112.	Suān Zǎo Rén	酸棗仁	酸 枣 仁
113.	Yuǎn Zhì	遠志	远 志
Open Orifices	Kāi Qiào	開 竅	开 窍
114.	Bīng Piàn	冰 片	
115.	Shí Chāng Pú	石 菖 蒲	石 菖 蒲
Extinguish Wind	Xī Fēng	熄 風	熄 风
116.	Gōu Téng	鉤 藤	钩 藤
117.	Tiān Má	天 麻	天 麻
118.	Dì Lóng	地 龍	地 龙
Expel Parasites	Qū Chóng	驅 蟲	驱 虫
119.	Bīng Láng	檳榔	槟 榔
120.	Guàn Zhòng	貫眾	贯 众
External Application	Wài Yòng	外 用	
121.	Shé Chuáng Zǐ	蛇 床 子	

References

Recommended Resources

Herbals:

<u>Title</u>	<u>Author</u>	<u>Publisher</u>	<u>Year</u>
Concise Chinese Materia Medica 440 primary entries	Brand/Wiseman	Paradigm	2008
Chinese Herbal Medicine Materia Medica 530 primary entries	Bensky/Clavey/Stöger	Eastland	2004
Chinese Medical Herbology & Pharmacology 670 primary entries	Chen & Chen	Art of Medicine	2004
Concise Chinese Materia Medica 440 primary entries	Brand & Wiseman	Paradigm	2008
The Traditional Chinese Medicine Materia Medica 320 primary entries	Peter Holmes & Jing Wang	Snow Lotus	2002
Oriental Materia Medica: a Concise Guide 768 primary entries	Hong-yen Hsu	OHAI	1986
Handbook of Chinese Herbs (Chinese Materia Medica) 372 primary entries	Him-che Yeung	Inst. of Chinese Medicine	1996
A Coloured Atlas of the Chinese Materia Medica 522 primary entries	Pharmacopoeia Commission Ministry of Public Health PRC	Joint Publ. HK	1995
The Chinese Herbalist's Handbook cross references 480 substances	Ehling/Swart	InWord	1996
Chinese Medicinal Herbs	Smith & Stuart	Georgetown	1973

Pin Yin Dictionaries:

<u>Title</u>	<u>Author/Editor</u>	<u>Publisher</u>	<u>Year</u>
Collins Chinese-English Dictionary ~ 5,000 characters		HarperCollins	2005/07
Pocket Oxford Chinese Dictionary ~ 5-6,000 characters ?		Oxford	2004/09
Pinyin Chinese-English Dictionary ~ 6,000 characters	Beijing Foreign Languages Inst.	Commercial	1979
Chinese Characters: A Genealogy and Dictionary ~ 4,000 characters	Rick Harbaugh	Zhongwen	1998

Wade-Giles Dictionaries:

Mathews' Chinese-English Dictionary ~ 7,800 characters	revised American edition	Harvard	1931/72
Chinese Characters: Their origin, etymology, history, classification and signification ~ 8,000 characters	L. Wieger	Dover	1915/27/65
The Five Thousand Dictionary ~ 5,000 characters	C.H. Fenn	Harvard	1942/72

Herb List – Quick Reference

Pinyin	A–G	Herb #
Ai Ye		69
Ba Ji Tian		97
Bai Dou Kou		57
Bai He		105
Bai Shao		93
Bai Xian Pi		27
Bai Zhi		5
Bai Zhu		87
Ban Lan Gen		26
Ban Xia		49
Bei Sha Shen		102
Bing Lang		119
Bing Pian		114
Bo He		8
Bu Gu Zhi		98
Cang Zhu		53
Chai Hu		11
Che Qian Zi		36
Chen Pi		62
Chi Shao		75
Chuan Bei Mu		45
Chuan Lian Zi		66
Chuan Xiong		70
Da Huang		30
Da Zao		88
Dan Shen		71
Dang Gui		92
Dang Shen		84
Di Long		118
Du Huo		41
Du Zhong		99
Fang Feng		3
Fu Ling		33
Fu Zi		79
Gan Cao		89
Gan Jiang		80
Ge Gen		10
Gou Qi Zi		94
Gou Teng		116
Gua Lou (Shi)		47
Guan Zhong		120
Gui Zhi		2

Pinyin	S-Z	Herb #
San Qi		67
Sang Ji Sheng		43
Sha Ren		56
Shan Yao		86
Shan Zha		58
Shan Zhi Zi		15
Shan Zhu Yu		106
She Chuang Zi		121
Shen Qu		59
Sheng Di Huang		16
Sheng Ma		12
Shi Chang Pu		115
Shi Gao		13
Shu Di Huang		90
Suan Zao Ren		112
Tao Ren		76
Tian Ma		117
Tian Men Dong		104
Tu Fu Ling		28
Tu Si Zi		101
Wu Mei		108
Wu Wei Zi		107
Wu Zhu Yu		82
Xi Xin		6
Xiang Fu		64
Xin Yi Hua		7
Xing Ren		51
Xu Duan		100
Xuan Shen		17
Yan Hu Suo		72
Yi Mu Cao		74
Yi Yi Ren		35
Yin Chen Hao		39
Yin Yang Huo		96
Yu Jin		73
Yuan Zhi		113
Ze Xie		34
Zhe Bei Mu		46
Zhi Mu		14
Zhi Shi		63
Zhu Ru		48
Zi Su Zi		52

Features of this Workbook

- This workbook is designed for students of Chinese herbal medicine as a companion text to help memorize and integrate the material presented in lectures and textbooks.
- It covers 121 essential substances in the Chinese *materia medica*, encompassing all categories into which Chinese medicinals are organized

Includes:

- A list of plant taxonomy terms and common words in herb names
- A cross reference of herb names in Chinese, Latin and English
- A lexicon and translation of the Chinese names for the herbs presented
- The workbook format facilitates learning the key components used to evaluate the energetic properties of herbs & foods in traditional medicine
 - These include category review and self testing worksheets
 - Temperature, taste, and organ/channel affinities
 - Primary clinical applications
- Character writing practice section uses both traditional & simplified forms
- This chapter is useful as a language exercise, as well as helping one learn to read and write herbal prescriptions in Chinese
- A handy cross reference table of page numbers in four key textbooks (Bensky, Chen, Holmes, and Brand) that are organized by herb category
- Useful for NCCAOM herbal exam preparation