Single Herbs Summary

1. Do go through and make sure you know the category that each single herb belongs in. This will give you good idea of the herb’s function. Also do an overview of each category. Identify the common taste, temperature and channels for the category. Review the 5 Element flavor chart from Paul Pitchford for taste functions. This will help to understand the category.

Processing:

1. **Increase the substance potency**
   - *Ban Xia/ Zhu Ru with ginger*: alleviate nausea and stop vomiting
   - *Kuan Dong Hua with honey*: moisten lung, alleviate cough

2. Minimize side effects

3. Altering substances properties

4. Also rendered that more suitable for storage and preparation

Dry frying:

1. Driving herbs for storage
2. Increase the Spleen-awakening function
3. Increased stomach strengthening
4. With salt Direct action to kidney, nourish Yin, reduce fire signs

Frying with liquid:

1. With honey: tonify and moisten
2. With vinegar: astringent, analgesic, invigorate blood, relief toxicity
3. With wine: clear channel blockage, excel wind, alleviate pain
4. With Ginger juice: reduce tendency of bitter and cold herbs to upset stomach, Warm stomach, stop vomiting

Incompatibilities:

1. Da Ji and Gan Cao
2. Da Ji and Hai Zao

Dietary incompatibility:

1. **Sheng Di, Shu Di, He Shou Wu**: avoid onions garlic and radishes
2. **Mu Dan Pi**: avoid garlic
3. **Huang Lian**: avoid pork
4. **Ren Shen**: avoid tea and turnips
5. **Long Gu**: Avoid fish

Hierarchy in formula:

1. **King**: directly against principal pattern
2. **Deputy**: aid the chief ingredients, against coexisting patterns
3. **Assistant**: reinforce the effect of King/Deputy, moderate the toxicity of King/Deputy, has an effect that is the opposite of the King in complex disorders
4. **Envoy**: guide actions to certain channels/area, harmonize the other ingredients

Cooking Instructions:

1. **Decoct first**: Bie Jia, Cao Wu, Chaun Wu, Dai Zhe Shi, Fu Zi
   - Gui Ban, Long Gu, Mu Li, Shi Gao, Shi Jue Ming
2. **Add near end:** Bai Jie Zi, Bo He, Cao Dou Kou, Chen Xiang, Da Hang, Gou Teng, Hong Hua, Huo Xiang, Qing Hao, Jing Jie, Mu Xiang, Qing Hao, Rou Gui, Sha Ren, Xiang Ru, Xing Ren
3. **Decoct in gauze:** Che Qian Zi, Hua Shi, Pu Huang, Xin Yi Hua, Xuan Fu Hua
4. **Separately simmer:** Lu Rong, Ren Shen, Xi Yang Shen
5. **Dissolve in strained decoction:** E Jiao, Mang Xiao, Yi Tang
6. **Taken with strained decoction:** Chuan Bei Mu Ji Nei Jin, San Qi
7. **Crushed before cooking:** Bai Guo, Hu Jiao, Huo Ma Ren, Lai Fu Zi, Sha Ren, Suan Zao Ren, Tao Ren, Xing Ren, Yi Zhi Ren, Zhi Zi, Zi Su Zi

**Important dosages:**

1. **Dan Shen:** 60 g for vasculitis
2. **Hong Hua:** 9–1.5 g harmonize blood
3. **Mai Ya:** 30 ~ 60 g inhibit lactation
4. **Ren Shen:** 30 g for hemorrhagic shock
5. **Gui Zhi:** 9-15g Bi Syndrome
6. **San Qi:** 1-1.5g in powder, 9-10g in decoction
7. **Mang Xiao:** 3–9g

**Dosage of Ren Shen to Dang Shen:** Dang Shen is always 2-3 more than Ren Shen

**Caution and contraindications**

1. **Da Huang:** during menstruation pregnancy and lactation (don’t forget to cook this a very short time to preserve it’s purgative effects)
2. **Rou Dou Kou:** Dizziness and looks like yang rising. Over dose can lead to death
3. **Jie Geng:** hemoptysis
4. **Yuan Zhi:** Peptic ulcers and gastritis
5. **Mu Tong:** overdose leads to renal failure
6. **Ren Shen:** hypertension
7. **Overdose of Zhi Gan Cao:** looks like high blood pressure with ankle edema
8. **Long term use or overdose of huo ma ren:** can cause male nocturnal enuresis and female vaginal discharge

**Herbs Clear heat via the SI:** Dan Zhu Ye, Deng Xin Cao, Mu Tong

**Herbs that Guide to areas of the body:**

- **Throat:** Jie Geng
- **Upper Limbs:** Gui Zhi
- **Chest:** Xiang Fu
- **Middle Jiao:** Chen Pi
- **Lower Jiao:** Chen Xiang / Deng Xin Cao
- **Flank:** Chai Hu
- **Knee:** Nui Xi

If someone has pain in the thigh, back of calves and knees: + Mu Gua and Nui Xi Mu Gua which is good for cramping pain in the lower back and lower extremities and also nui xi which is good for knee pain of joints tendons or sinew Reference Bensky p. 639

**Herbs that move and cool blood/ Points:** Mu Dan Pi, Zi Cao, Chi Shao, Dan Shen, Yu Jin / SP10, UB17

**Herbs that open nasal orifice:** Bai Zhi, Xin Yi Hua, Cang Er Zi / Du23, Bi Tong, LI20, LI4,
Herbs that open heart orifice: Yuan Zhi, Yu Jin

Herb for inhibit lactation: Mai Ya.

Herbs that raise yang qi: Chai Hu, Sheng Ma, Huang Qi

Herbs that stop headache:
Shao yang: Chai Hu
Taiyang: Qiang Huo
Yangming: Bai Zhi
Jue Yin: Gao Ben, Wu Zhu Yu
Shao Yin: Du Huo
Taiyin: Ban Xia
All Types: Chuan Xiong

Also remember that that Jue Ming Zi lowers high cholesterol and serum cholesterol

Herbs to soften hardness and dissipate binding: Zhe Bei Mu (more for phlegm vs. Chuan Bei Mu is better for less sputum and more chronic conditions. Think yin deficiency)

Herbs that work like antibiotics: Ban Lan Gan, Huang Lian

Herbs good for hernia disorders: Hai Zao

Herbs that go to the liver and stop bleeding and diarrhea: Wu Mei, Hao Piao Xiao

Herb for Hot Phlegm: Gua Luo

Huai Niu Xi vs Chaun Niu Xi:
Both: invigorate blood, remove blood stasis and alleviate pain
Huai Niu Xi: tonifies lv/kd, strengthen muscle and bone, clears damp heat in the LI
Chaun Niu Xi: Which one expels wind, drains damp, activates channels, induces a downward movement of blood?

Herbs to cool blood, stop cough and expel damp: Ce Bai Ye

Herbs to break up blood stasis and are sued for pain due to swelling and ulceration: Mo Yao, Ru Xiang

Herbs for Chronic Bi Pain: Wu Jia Pi and Xi Xian Cao

Herbs for Yin Deficiency with sweating: Di Gu Pi

Herbs for Yin Deficiency without sweating: Mu Dan Pi

Herbs for irregular menses and improves liver function: Xiang Fu

Herbs for Uterine Bleeding due to Cold: Ai Ye
**Caution for pregnancy:**
1. **Blood Movers:** Chuan Xiong, Yu Jin, Ze Lan, Gui Zhi, Bai Jiang Cao, San Qi, Pu Huang
2. **Move Qi:** Zhi Shi, Zhi Ke, Da Fu Pi, Hou Po, Bai Ji Li,
3. **Warm Interior:** Gan Jiang, Rou Gui, Hua Jiao
4. **Drain Downward:** Da Huang
5. **Drain Damp:** Mu Tong, Dong Kui Zi, Che Quan Zi, Hua Shi
6. **Heavy Substances:** Chi Shi Zi, Zhen Zhu, Dai Zhe Shi
7. **Others:** Xin Yi Hua, Chan Tui, Mu Zei, Tian Hua Fen

**Contraindicated during pregnancy:**
1. **Blood Movers:** Yan Hu Suo, Jiang Huang, Dan Shen, Yi Mu Cao, Tao Ren, Hong Hua, Ru Xiang, Mo Yao, San Leng, E Zhu, Huai Nui Xi, Chuan Nui Xi, Wang Bu Liu Xing, Mu Dan Pi, Shan Zha
2. **Warm Interior:** Chuan Wu, Cao Wu, Fu Zi, Hu Jiao
3. **Purgative:** Mang Xiao, Lu Hui, Da Ji
4. **Drain Damp:** Qu Mai
5. **Heavy substances:** Gui Ban, Bie Jia
6. **Others:** She Gan, Tian Nan Xing