








25 NEW SINGLE HERBS

Addendum to the 5th Edition Handbook (pp.363-399)


6. CLEAR TOXIC-HEAT (Handbook p.370)

YE JU HUA 野菊花(야국화) Chrysanthemi indici Fl (Wild Chrysanthemum flower)	bitter acrid sl cold 9-15g	LU LV	<ul style="list-style-type: none"> • Clear Toxic-Heat: Toxic swollen sores, boils, abscesses → <i>Wu Wei Xiao Du Yin</i> • Dispel Wind-Heat, clear the eyes: red, swollen, painful eyes • Treat hypertension: dizziness, headache due to LV Yang rising 	
YU XING CAO 魚腥草(어성초) Houttuyniae Hb (Houttuynia)	acrid cool 15-30g	LU LI	<ul style="list-style-type: none"> • Clear Toxic-Heat, resolve abscesses & pus: boils, furuncles, skin infections, LU abscesses, fever, cough • Clear Damp-Heat & promote urination: diarrhea, painful urinary dribbling due to Lower Jiao Damp-Heat 	
BAI HUA SHE SHE CAO 白花蛇舌草(백화사설초) Hedyotis diffusae Hb (Oldenlandia)	bitter sweet cold 15-30g	LV ST LI SI	<ul style="list-style-type: none"> • Clear Toxic-Heat: Toxic accumulation, sores due to Fire Toxin, swollen sore throat • Clear Heat & drain Damp: Damp-Heat jaundice, painful urinary dribbling, intestinal abscess, dysenteric disorder • Treat cancer: gastric, esophageal, colon or rectal cancer 	
LU DOU 綠豆(녹두) Phaseoli raiati Sm (Mung bean)	sweet cold 15-30g	HT ST	<ul style="list-style-type: none"> • Clear Summer-Heat: Summer-Heat especially with pronounced thirst • Clear Toxic-Heat: Toxic sores & swelling • Antidote for Fu Zi & Ba Dou: agitation, vomiting or thirst due to Fu Zi (Aconiti Radix lateralis preparata) or Ba Dou (Crotonis Fructus) poisoning 	
BAI XIAN PI 白鮮皮(백선피) Dictamnii Cx (Chinese Dittany root bark)	bitter cold 4.5-9g	SP ST	<ul style="list-style-type: none"> • Clear Toxic-Heat & Damp-Heat, relieve itching: boils, furuncles with pus, chronic skin ulcers, skin pruritus, eczema, tinea, vaginal itching → <i>Si Wu Xiao Feng Yin</i> • Dispel Wind & resolve painful obstruction: mobile muscle aches & pains • Clear Damp-Heat: jaundice, right flank pain 	
MA BO 馬勃(마발) Lasiosphaera/Calvatia (Puffball)	acrid neutral 1.5-6g	LU	<ul style="list-style-type: none"> • Clear Heat constraint in the LU: Toxic swelling of the throat with cough & loss of voice → <i>Yin Qiao Ma Bo San</i> • Stop bleeding: continuous nosebleed 	




8. PURGATIVES (Handbook p.373)

FAN XIE YE 番瀉葉(번사엽) Sennae Fo (Senna leaf)	sweet bitter cold 1.5-3g; 4.5-9g	LI <ul style="list-style-type: none">• Purge accumulation in LI: accumulated pathogenic Heat in the LI, small dosage can dissolve food stagnation• Purge Water: ascites with abdominal distention• NOTE: Use 1.5-3g for a mild laxative effect; 4.5-9g for a strong purge. This herb is usually steeped in hot water for no more than 15 minutes, and consumed as a tea.									
<table><tr><th>Fan Xie Ye</th><th>Da Huang</th></tr><tr><td colspan="2">Purge downward and treat constipation due to heat</td></tr><tr><td>Relieve constipation, Purge Water</td><td>Clear Toxic-Heat, Disperse Blood-stasis</td></tr><tr><td colspan="2">Caution/Contraindication: pregnant, lactating and menstruating women</td></tr></table>				Fan Xie Ye	Da Huang	Purge downward and treat constipation due to heat		Relieve constipation, Purge Water	Clear Toxic-Heat, Disperse Blood-stasis	Caution/Contraindication: pregnant, lactating and menstruating women	
Fan Xie Ye	Da Huang										
Purge downward and treat constipation due to heat											
Relieve constipation, Purge Water	Clear Toxic-Heat, Disperse Blood-stasis										
Caution/Contraindication: pregnant, lactating and menstruating women											


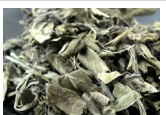

10. DRAIN DAMP (Handbook p.374)

TONG CAO 通草(통초) Tetrapanax Medulla (Rice Paper Plant pith)	sweet bland sl cold 2-4.5g	LU ST	<ul style="list-style-type: none"> • Promote urination, leach out Damp: dark scanty urine, hot painful urinary dribbling → <i>San Ren Tang</i> • Promote lactation: insufficient or blocked lactation 	
---	-------------------------------------	----------	---	---


17. REGULATE QI (Handbook p.382)

FO SHOU 佛手(불수) <i>Citri sarcodactylis</i> Fr (Finger Citron fruit)	acrid bitter warm 3-9g	LV LU ST SP	<ul style="list-style-type: none"> • Soothe the LV Qi, regulate Qi, stop pain: constrained LV & SP Qi causing distending fullness of the flanks & abdomen & loss of appetite • Harmonize the SP/ST: Middle Jiao stagnation with epigastric pain & fullness, regurgitation, vomiting • Transform Phlegm & stop cough: cough & stifling sensation in the chest with profuse Phlegm 	
XIE BAI 薤白(해백) <i>Allii macrostemi</i> Bulbus (Chinese Garlic)	acrid bitter warm 5-9g	LI LU ST	<ul style="list-style-type: none"> • Circulate the Yang Qi, disperse Turbid-Phlegm: painful obstruction of the chest with wheezing, cough, pain through the chest & back, shortness of breath → <i>Gua Lou Xie Bai Ban Xia Tang</i> • Activate the Qi & relieve pain: epigastric fullness, abdominal pain, chronic diarrhea with blood & mucus 	
MEI GUI HUA 玫瑰花(매괴화) <i>Rosae rugosae</i> Fl (Chinese Rose bud)	sweet sl bitter warm 1.5-6g	LV SP	<ul style="list-style-type: none"> • Gently regulate Qi & Blood, harmonize the LV & ST: stifling sensation in the chest, belching, flank distention, poor appetite due to LV Qi stagnation • Regulate menstruation: irregular menstruation, breast distention or abdominal pain due to Qi & Blood stasis 	


18. STOP BLEEDING (Handbook p.384)

DA JI 大薊(대계) <i>Cirsii japonici</i> Hb sive Rx (Japanese Thistle)	sweet cool 9-15g	LV SP HT	<ul style="list-style-type: none"> • Cool the Blood to stop bleeding: hemorrhagic conditions with Blood-Heat, hematuria, hemafecia, hematemesis → <i>Shi Hui San</i> • Reduce swelling, generate flesh: sores, ulcers, boils, carbuncles, swelling • Modern applications: jaundice due to Damp-Heat, hypertension due to LV Heat 	
XIAO JI 小薊(소계) <i>Cirsii</i> Hb (Field Thistle)	sweet cool 9-30g	LV HT	<ul style="list-style-type: none"> • Cool the Blood to stop bleeding: any bleeding due to Blood-Heat → <i>San Xian Yin</i> • Resolve Toxicity, reduce abscesses: sores & abscesses due to Heat-Toxin • Promote urination: Blood in the urine due to Damp-Heat, reduce jaundice, hepatitis, hypertension 	
Ou Jie 藕節(우절) <i>Nelumbinis Nodus</i> Rz (Lotus Rhizome Node)	sweet astringent neutral 9-15g	LU ST LV	<ul style="list-style-type: none"> • Stop bleeding: used for many types of bleeding because, while it is an astringent, it also reduces stasis. Most often used for bleeding associated with heat in the LU or ST with vomiting or coughing of blood. Also for chronic bleeding when combined with other appropriate substance 	



19. ACTIVATE BLOOD (Handbook p.385)

<div>Ji XUE TENG</div> <div>雞血藤(계혈등)</div> <div>Spatholobi Caulis</div> <div>(Spatholobus vine)</div>	<div>bitter</div> <div>sweet</div> <div>warm</div> <div>9-15g</div>	<div>HT</div> <div>LV</div> <div>SP</div>	<div>• Invigorate the Blood, tonify the Blood: irregular menstruation, pain of dysmenorrhea & postpartum → <i>Dang Gui Ji Xue Teng Tang</i></div> <div>• Unblock the channels & relax the tendons: numbness & paralysis of the extremities, pain in the lumbar & knees, Wind-Damp painful obstruction</div>								
	<table><tr><th>Ji Xue Teng</th><th>Dang Gui</th></tr><tr><td colspan="2">Tonify Blood + Move Blood</td></tr><tr><td>Move Blood > Tonify Blood</td><td>Tonify Blood > Move Blood</td></tr><tr><td>Unblocks the channels & Relax the tendons</td><td>Moisten the intestine, Generate Flesh</td></tr></table>		Ji Xue Teng		Dang Gui	Tonify Blood + Move Blood		Move Blood > Tonify Blood	Tonify Blood > Move Blood	Unblocks the channels & Relax the tendons	Moisten the intestine, Generate Flesh
	Ji Xue Teng	Dang Gui									
	Tonify Blood + Move Blood										
Move Blood > Tonify Blood	Tonify Blood > Move Blood										
Unblocks the channels & Relax the tendons	Moisten the intestine, Generate Flesh										


21. QI TONICS (Handbook p.389)

TAI ZI SHEN 太子參(태자삼) <i>Pseudostellariae</i> Rx (Pseudostellaria root)	sweet sl bitter neutral 9-30g	LU SP	<ul style="list-style-type: none"> • Mildly tonify the SP & augment the Qi: SP Qi deficiency with fatigue or lack of appetite, LU deficiency with spontaneous sweating • Generate fluid & relieve thirst: injury to fluids after febrile or chronic diseases, thirst, cough 	
---	--	----------	---	---





22. BLOOD TONICS (Handbook p.391)

HE SHOU WU	bitter sweet astringent sl warm	LV KD	• ZHI (Prepared 製劑) - Nourish the Blood & Yin, preserve the Essence: LV & KD deficiency causing premature greying of hair, weak lower back & knees → Qi Bao Mei Ran Wan				
何首烏(하수오)			<table><tr><th>ZHI He Shou Wu</th><th>SHENG He Shou Wu</th></tr><tr><td>Tonify</td><td>Sedate</td></tr></table>		ZHI He Shou Wu	SHENG He Shou Wu	Tonify
ZHI He Shou Wu	SHENG He Shou Wu						
Tonify	Sedate						
Polygoni multiflori Rx (Fleeceflower root)	9-30g						
	bitter sweet astringent neutral	LV HT LI	• SHENG (Raw 生薑) - Moisten the LI, resolve Fire Toxicity, expel Wind from the skin, & check malarial disorder: Fire-Toxin carbuncles, sores & neck lumps, constipation due to Blood deficiency, Wind rash due to Blood deficiency, chronic malarial disorders with Qi & Blood deficiency → He Ren Yin				
	9-30g						


23. YANG TONICS (Handbook p.392)

DONG CHONG XIA CAO 冬虫夏草(동충하초) Cordyceps (Chinese caterpillar fungus)	sweet warm	LU KD	• Tonify the KD Yang, augment the Essence: impotence, sore & weak lower back & legs due to KD Yang deficiency • Tonify LU Yin, settle cough & wheezing, stop sweating & bleeding: chronic cough or consumptive cough with blood-streaked sputum, wheezing from deficiency • Fortify the Wei Qi: general weakness, spontaneous sweating (with fish, chicken, duck or pork in a stew)	
	3-9g			



24. YIN TONICS (Handbook p.394)

XI YANG SHEN 西洋蔘(서양삼) Panacis quinquefolii Rx (American Ginseng root)	sweet sl bitter cold 3-6g	HT KD LU	<ul style="list-style-type: none">• Tonify Qi, generate fluids, nourish Yin: Yin deficiency with Heat signs, chronic unabating fever, weakness, irritability & thirst after febrile disease → <i>Qing Shu Yi Qi Tang</i>• Nurture LU Yin & clear Fire from the LU: LU Yin deficiency with Fire blazing, loss of voice due to Yin deficiency											
HAN LIAN CAO = Mo Han Lian 旱蓮草(한련초) Ecliptae Hb (Eclipta)	sweet sour cool 9-15g	KD LV	<ul style="list-style-type: none">• Tonify the LV & KD Yin: Yin deficiency with dizziness, blurred vision, vertigo, premature greying of hair → <i>Er Zhi Wan</i>• Cool the Blood & stop bleeding: bleeding due to Heat in the Blood in Yin deficiency patterns <table border="1"><thead><tr><th colspan="2">Er Zhi Wan (Two Solstice Pill)</th></tr><tr><th>Nu Zhen Zi (privet fruit)</th><th>Han Lian Cao (eclipta)</th></tr></thead><tbody><tr><td colspan="2">Nourish the LV/KD Yin</td></tr><tr><td>Clear Empty-Heat, improve vision</td><td>Cool the Blood, stop bleeding</td></tr><tr><td>Harvest at Winter solstice</td><td>Harvest at Summer solstice</td></tr></tbody></table>	Er Zhi Wan (Two Solstice Pill)		Nu Zhen Zi (privet fruit)	Han Lian Cao (eclipta)	Nourish the LV/KD Yin		Clear Empty-Heat, improve vision	Cool the Blood, stop bleeding	Harvest at Winter solstice	Harvest at Summer solstice	
Er Zhi Wan (Two Solstice Pill)														
Nu Zhen Zi (privet fruit)	Han Lian Cao (eclipta)													
Nourish the LV/KD Yin														
Clear Empty-Heat, improve vision	Cool the Blood, stop bleeding													
Harvest at Winter solstice	Harvest at Summer solstice													
GUI BAN 龜板(구판) Testudinis Plastrum (ventral aspect of Freshwater Turtle shell)	salty sweet cold 15-45g	HT KD LV	<ul style="list-style-type: none">• Nourish the Yin, anchor the Yang: night sweats, dizziness, Steaming Bone disorder due to Yin deficiency, Yin deficiency generating internal Wind → <i>Da Bu Yin Wan</i> / <i>San Jia Fu Mai Tang</i> / <i>Zuo Gui Wan</i> / <i>Zhen Gan Xi Feng Tang</i>• Benefit the KD, strengthen the bones: sore lower back, weak legs, retarded skeletal development, failure of the fontanels to close → <i>Gui Lu Er Xian Jiao</i>• Nourish the Blood, tonify the HT: HT deficiency with insomnia, anxiety, forgetfulness• Cool the Blood, stop uterine bleeding: excessive menstruation or uterine bleeding due to reckless movement of hot Blood• Regenerate tissue: chronic, non-healing, indolent sores <table border="1"><thead><tr><th>GUI BAN JIAO 龜板膠(구판교) - Testudinis Plastrum Colla (Turtle Plastron Glue)</th></tr></thead><tbody><tr><td><ul style="list-style-type: none">• The glue has the same properties as GUI BAN but is richer, more cloying, and almost exclusively enriches the Yin.• Dosage is 3-9g. It is dissolved in either wine or the decoction of the other herbs before ingesting.</td></tr></tbody></table>	GUI BAN JIAO 龜板膠(구판교) - Testudinis Plastrum Colla (Turtle Plastron Glue)	<ul style="list-style-type: none">• The glue has the same properties as GUI BAN but is richer, more cloying, and almost exclusively enriches the Yin.• Dosage is 3-9g. It is dissolved in either wine or the decoction of the other herbs before ingesting.	 								
GUI BAN JIAO 龜板膠(구판교) - Testudinis Plastrum Colla (Turtle Plastron Glue)														
<ul style="list-style-type: none">• The glue has the same properties as GUI BAN but is richer, more cloying, and almost exclusively enriches the Yin.• Dosage is 3-9g. It is dissolved in either wine or the decoction of the other herbs before ingesting.														



25. ASTRINGENTS (Handbook p.395)

SANG PIAO XIAO 桑嫫蛸(상표소) Mantis Ootheca (Mantis Egg-case)	sweet salty neutral 4.5-9g	KD LV	<ul style="list-style-type: none"> Tonify KD Yang, secure the Essence, contain urine: KD Yang deficiency with dribbling urine, urinary frequency, nocturnal emissions (without dreams), bedwetting in children → <i>Sang Piao Xiao San / Tu Si Zi Wan</i> 	
--	---	----------	---	---

27. NOURISH & CALM SHEN (Handbook p.398)

HE HUAN PI 合歡皮(합환피) Albiziae Cx (Mimosa bark)	sweet neutral 6-15g	HT LV	<ul style="list-style-type: none"> Calm the Spirit, relieve Qi stagnation: bad temper, depression, insomnia, irritability, poor memory Invigorate the Blood, stop pain: pain & swelling due to trauma, including fractures Dissipate swelling, reduce abscesses: swollen, painful abscesses, especially LU abscess 	
	sweet neutral 4.5-9g	LV ST	HE HUAN HUA 合歡花(합환화) - Albiziae Flos (Silktree flowers) <ul style="list-style-type: none"> Relieves constrained LV Qi, promotes Qi flow in the collaterals, and calms the spirit: insomnia, forgetfulness, and irritability due to constrained emotions, especially when accompanied by epigastric pain and feeling of pressure in the chest 	

30. AROMATIC FOR OPENING ORIFICES (Handbook p.399)

SHI CHANG PU 石菖蒲(석창포) Acori tatarinowii Rz (Grassleaf Sweetflag rhizome)	acrid bitter warm aromatic 3-9g	HT ST	<ul style="list-style-type: none">• Open the HT orifices, vaporize Phlegm, quiet the Spirit: Phlegm veiling the sensory orifices, coma, withdrawal-mania, impaired mental functioning from Phlegm-Damp veiling the consciousness → <i>Di Dan Tang / Ding Zhi Wan / Sheng Tie Luo Yin</i>• Transform turbid-Damp and harmonize the Middle Jiao: chest & epigastric fullness & abdominal pain from Damp distressing the SP/ST → <i>Lian Po Yin</i>• Dispel Wind-Damp-Cold: ulceration of the mucous membranes, Wind-Cold-Damp painful obstruction	 																
<table><tr><th colspan="2">Shi Chang Pu</th><th colspan="2">Yuan Zhi</th></tr><tr><td colspan="4">Open the HT orifices, vaporize Phlegm, calm the Shen</td></tr><tr><td colspan="4">For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia</td></tr><tr><td colspan="2">SP/ST Damp, Wind-Damp-Cold</td><td colspan="2">LU Damp-Phlegm, swelling</td></tr></table>					Shi Chang Pu		Yuan Zhi		Open the HT orifices, vaporize Phlegm, calm the Shen				For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia				SP/ST Damp, Wind-Damp-Cold		LU Damp-Phlegm, swelling	
Shi Chang Pu		Yuan Zhi																		
Open the HT orifices, vaporize Phlegm, calm the Shen																				
For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia																				
SP/ST Damp, Wind-Damp-Cold		LU Damp-Phlegm, swelling																		
NIU HUANG 牛黃(우황) Bovis Calculus (Cattle Gallstone)	bitter cool 0.2-0.5g	HT LV	<ul style="list-style-type: none">• Clear the HT to awaken the Spirit, vaporize Phlegm to open the orifices: delirium or coma due to warm-febrile diseases, Wind-stroke, convulsions, or seizures → <i>Niu Huang Qing Xin Wan / Zhi Bao Dan / An Gong Niu Huang Wan</i>• Extinguish LV Wind and stop convulsions: spasms, tremors, or convulsions with high fever from LV Heat• Clear Toxic-Heat: red, painful, swollen or ulcerated throat, hot swellings & sores <p>REN GONG NIU HUANG 人工牛黃(인공우황) - Artificial Cattle Bezoar</p> <ul style="list-style-type: none">• This is produced from bovine or porcine bile in accordance with the chemical constitution of NIU HUANG. Its nature and actions are similar to those of the natural product, albeit much weaker. Clinically, it does have a definite ability to clear heat, resolve toxicity, and expel Wind-Phlegm.	