

25. ASTRINGENTS (Handbook p.395)

SANG PIAO XIAO 桑螵蛸(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> 	
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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	<p>HE HUAN HUA 合歡花(합환화) - Albiziae Flos (Silktree flowers)</p> <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)	acidic 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 border="1"> <thead> <tr> <th>Shi Chang Pu</th> <th>Yuan Zhi</th> </tr> </thead> <tbody> <tr> <td colspan="2">Open the HT orifices, vaporize Phlegm, calm the Shen</td> </tr> <tr> <td colspan="2">For disorientation, forgetfulness, dizziness, stupor, coma, mind agitation, insomnia</td> </tr> <tr> <td>SP/ST Damp, Wind-Damp-Cold</td> <td>LU Damp-Phlegm, swelling</td> </tr> </tbody> </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	
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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. 									