



CHINA HERB COMPANY

Herbs and Medicinals Sorted by Category

Category	English name	Pin Yin	Chinese	Pharmaceutical/Latin
Anchor, Settle & Calm Spirit	amber	<i>hǔ pò</i>	琥珀	Succinum
Anchor, Settle & Calm Spirit	calcined dragon bone, fossilized vertebrae and bones of the extremities	<i>duàn lóng gū</i>	煨蜈蚣	Fossilia Ossis Mastodi Praeparatum
Anchor, Settle & Calm Spirit	calcined oyster shell	<i>duàn mǔ lì</i>	煨牡蛎	Ostreae Concha Praeparatum
Anchor, Settle & Calm Spirit	dragon bone, fossilized vertebrae and bones of the extremities	<i>lóng gū</i>	龙骨	Fossilia Ossis Mastodi
Anchor, Settle & Calm Spirit	dragon teeth; fossilized teeth	<i>lóng chǐ</i>	龙齿	Fossilia Dentis Mastodi
Anchor, Settle & Calm Spirit	fluorite	<i>zǐ shí yīng</i>	紫石英	Flouritum
Anchor, Settle & Calm Spirit	magnetite	<i>cí shí</i>	磁石	Magnetitum
Anchor, Settle & Calm Spirit	mother-of-pearl	<i>zhēn zhū mǔ</i>	珍珠母	Margaritiferae Concha usta
Anchor, Settle & Calm Spirit	oyster shell	<i>mǔ lì</i>	牡蛎	Ostreae Concha
Aromatic Open Orifices	borneol	<i>bīng piàn</i>	冰片	Borneolum
Aromatic Open Orifices	grassleaf sweetflag rhizome, acorus	<i>shí chāng pú</i>	石菖蒲	Acori tatarinowii Rhizoma
Aromatic Transform Dampness	agastache, patchouli, pogostemon	<i>huò xiāng</i>	藿香	Agastaches Herba/Pogostemi
Aromatic Transform Dampness	amomum fruit, grains-of-paradise fruit	<i>shā rén</i>	砂仁	Amomi Fructus
Aromatic Transform Dampness	atractylodes (black) rhizome	<i>cāng zhú</i>	苍术	Atractylodis Rhizoma
Aromatic Transform Dampness	eupatorium	<i>pèi lán</i>	佩兰	Eupatorii Herba
Aromatic Transform Dampness	Katsunda's galangal seeds, katsumadai, alpinia katsumadai	<i>cǎo dòu kòu</i>	草豆蔻	Alpiniae katsumadai Semen
Aromatic Transform Dampness	magnolia bark	<i>hòu pò</i>	厚朴	Magnoliae officinalis Cortex
Aromatic Transform Dampness	round cardamon, cardamon cluster	<i>bái dòu kòu</i>	白豆蔻	Amomi Fructus rotundus
Aromatic Transform Dampness	tsaoko fruit	<i>cǎo guǒ</i>	草果	Tsaoko Fructus
Clear Heat From Deficiency	lycium root bark, cortex of wolfberry root	<i>dì gǔ pí</i>	地骨皮	Lycii Cortex

Clear Heat From Deficiency	picrorhiza rhizome	<i>hú huáng lián</i>	胡黄连	Picrorhizae Rhizoma
Clear Heat From Deficiency	stellaria root	<i>yín chái hú</i>	银柴胡	Stellariae Radix
Clear Heat From Deficiency	swallowwort root, cynachi root	<i>bái wēi</i>	白薇	Cynanchi atrati Radix
Clear Heat From Deficiency	sweet wormwood	<i>qīng hāo</i>	青蒿	Artemisiae annuae Herba
Clear Heat, Dry Dampness	Chinese gentian root, gentian root	<i>lóng dǎn cǎo</i>	龙胆草	Gentianae Radix
Clear Heat, Dry Dampness	coptis rhizome	<i>huáng lián</i>	黄连	Coptidis Rhizome
Clear Heat, Dry Dampness	fraxinus, korean ash bark, ash bark	<i>qín pí</i>	秦皮	Fraxini Cortex
Clear Heat, Dry Dampness	phellodendron bar, Amur cork-tree bark	<i>huáng bǎi</i>	黄柏	Phellodendri Cortex
Clear heat, Dry Dampness	raisin tree seed	<i>zhǐ jù zǐ</i>	枳椇子	Semen Hoveniae
Clear Heat, Dry Dampness	scutellaria, baical skullcap root	<i>huáng qín</i>	黄芩	Scutellariae Radix
Clear Heat, Dry Dampness	sophora root, flavescent sophora root	<i>kǔ shēn</i>	苦参	Sophorae flavescentis Radix
Clear Heat, Resolve Toxicity	achyranthis root	<i>tǔ niú xī</i>	牛膝	Achyranthis Radix terrena
Clear Heat, Resolve Toxicity	bearded scutellaria, barbat skullcap	<i>bàn zhī lián</i>	半枝莲	Scutellaria Barbatae Herba
Clear Heat, Resolve Toxicity	belamcanda rhizome	<i>shè gān</i>	射干	Belamcandae Rhizoma
Clear Heat, Resolve Toxicity	bittersweet, dulcamara	<i>shǔ yáng quán</i>	蜀羊泉	Solani Lyrati Herba
Clear Heat, Resolve Toxicity	black nightshade	<i>lóng kuí</i>	龙葵	Solani Nigri Herba
Clear Heat, Resolve Toxicity	brucea fruit, java brucea fruit	<i>yā dǎn zǐ</i>	鸦胆子	Bruceae Fructus
Clear Heat, Resolve Toxicity	bushy sophora	<i>shān dòu gēn</i>	山豆根	Sophorae tonkinensis Radix
Clear Heat, Resolve Toxicity	dandelion, taraxacum	<i>pú gōng yīng</i>	蒲公英	Taraxaci Herba
Clear Heat, Resolve Toxicity	dictamnus root bark, cortex of Chinese dittany root	<i>bái xiān pí</i>	白鲜皮	Dictamni Cortex
Clear Heat, Resolve Toxicity	forsythia fruit	<i>lián qiào</i>	连翘	Forsythiae Fructus
Clear Heat, Resolve Toxicity	green chiretta, kariyat, andrographis	<i>chuān xīn lián</i>	穿心莲	Andrographitis Herba
Clear Heat, Resolve Toxicity	heydyotis, oldenlandia	<i>bái huā shé shé cǎo</i>	白化蛇舌草	Hedyotidis Diffusae Herba
Clear Heat, Resolve Toxicity	honeysuckle flower, lonciera	<i>jīn yín huā</i>	金银花	Lonicerae Flos
Clear Heat, Resolve Toxicity	houttuynia	<i>yú xīng cǎo</i>	鱼腥草	Houttuyniae Herba
Clear Heat, Resolve Toxicity	indigo	<i>qīng dài</i>	青黛	Indigo Naturalis
Clear Heat, Resolve Toxicity	isatis leaf, woad leaf	<i>dà qīng yè</i>	大青叶	Isatidis Folium
Clear Heat, Resolve Toxicity	Lonicera vine, honeysuckle vine	<i>rěn dōng téng</i>	忍冬藤	Lonicera Caulis

Clear Heat, Resolve Toxicity	loofah, luffa, dried skeleton of vegetable sponge	<i>sī guā luò</i>	丝瓜络	Luffae Fasciculus Retinervus
Clear Heat, Resolve Toxicity	lotus leaf	<i>hé yè</i>	荷叶	Nelumbinis Folium
Clear Heat, Resolve Toxicity	mung bean, phaseolus	<i>lǜ dòu</i>	绿豆	Phaseoli Radiati Semen
Clear Heat, Resolve Toxicity	paris rhizome	<i>chóng lóu</i>	重楼	Paridis Rhizoma
Clear Heat, Resolve Toxicity	patrina	<i>bài jiàng cǎo</i>	败酱草	Patriniae Herba
Clear Heat, Resolve Toxicity	puffball fruiting body	<i>mǎ bó</i>	马勃	Lashiosphaera/Calvatia
Clear Heat, Resolve Toxicity	pulsatilla, chinese anemone root, anemone	<i>bái tóu wēng</i>	白头翁	Pulsatillae Radix
Clear Heat, Resolve Toxicity	purslane, portulaca	<i>mǎ chǐ xiàn</i>	马齿苋	Portulacae Herba
Clear Heat, Resolve Toxicity	sargentodoxa vine	<i>hóng téng</i>	红藤	Sargentodoxae Caulis
Clear Heat, Resolve Toxicity	selaginella	<i>shí shàng bǎi</i>	石上柏	Selaginellae Doederleinii Herba
Clear Heat, Resolve Toxicity	semiaquilegia adoxoides	<i>tiān kuí zǐ</i>	天葵子	Semiaquilegiae Radix
Clear Heat, Resolve Toxicity	smilax, smooth greenbrier rhizome	<i>tǔ fú líng</i>	土茯苓	Smilacis Glabrae Rhizoma
Clear Heat, Resolve Toxicity	viola, violet, Yedo violet	<i>zǐ huā dì dīng</i>	紫花地丁	Violae Herba
Clear Heat, Resolve Toxicity	wild chrysanthemum flower	<i>yě jú huā</i>	野菊花	Chrysanthemi Indici Flos
Clear Heat, Resolve Toxicity	woad root, isatis root	<i>bǎn lán gēn</i>	板蓝根	Isatidis Baphicacanthis Radix
Clears Heat, Relieve Toxicity	blush red rabdosia; rabdosia	<i>dōng líng cǎo</i>	冬凌草	Herba Rabdosiae Rubescentis
Cool, Acrid, Release Exterior	arctium great burdock fruit,	<i>niú bàng zǐ</i>	牛蒡子	Arctii Fructus
Cool, Acrid, Release Exterior	bupleurum, hare's ear root, thorowax root	<i>chái hú</i>	柴胡	Bupleuri Radix
Cool, Acrid, Release Exterior	chrysanthemum flower	<i>jú huā</i>	菊花	Chrysanthemi Flos
Cool, Acrid, Release Exterior	cicada molting	<i>chán tuì</i>	蝉蜕	Cicadae Periostracum
Cool, Acrid, Release Exterior	cimicifuga, bugbane rhizome, black cohosh rhizome.	<i>shēng má</i>	升麻	Cimicifugae Rhizoma
Cool, Acrid, Release Exterior	equisetum, scouring rush, shave grass	<i>mù zéi</i>	木贼	Equiseti hiemalis Herba
Cool, Acrid, Release Exterior	kudzu root, pueraria	<i>gé gēn</i>	葛根	Puerariae Radix
Cool, Acrid, Release Exterior	Mentha, field mint	<i>bò he</i>	薄荷	Menthae Haplocalycis Herba
Cool, Acrid, Release Exterior	prepared soybean	<i>dàn dòu chǐ</i>	淡豆豉	Sojae Semen Praeparatum
Cool, Acrid, Release Exterior	spirodela or duckweed	<i>fú píng</i>	浮萍	Spirodela Herba
Cool, Acrid, Release Exterior	vitex fruit	<i>màn jīng zǐ</i>	蔓荆子	Vitidis Fructus

Cool, Acrid, Release Exterior	white mulberry leaf	<i>sāng yè</i>	桑叶	Mori Folium
Cools Blood	lithospermum, arnebia, groomwell root	<i>zǐ cǎo</i>	紫草	Arnebiae/Lithospermi Radix
Cools Blood	rehmannia root, Chinese foxglove root	<i>shēng dì huáng</i>	生地黄	Rhemanniae Radix
Cools Blood	scrophularia, ningpo figwort root	<i>xuán shēn</i>	玄参	Scrophulariae Radix
Cools Blood	tree peony root bark, moutan root bark	<i>mǔ dān pí</i>	牡丹皮	Moutan Cortex
Cools Blood	water buffalo horn	<i>shuǐ niú jiǎo</i>	水牛角	Bubali Cornu
Dispel Wind Damp	acanthopanax root bark, eleutherococcus root bark	<i>wǔ jiā pí</i>	五加皮	Eleutherococci gracilistylis Cortex
Dispel Wind Damp	Chinese clematis root, clematis root	<i>wēi líng xiān</i>	威灵仙	Clematidis Radix
Dispel Wind Damp	Chinese quince fruit, Chanomeles fruit	<i>mù guā</i>	木瓜	Chaenomeles Fructus
Dispel Wind Damp	clerodendron leaf	<i>chòu wú tóng</i>	臭梧桐叶	Clerodendri Folium
Dispel Wind Damp	erythrian bark, coral-bean bark	<i>hǎi tóng pí</i>	海桐皮	Erythrinae Cortex
Dispel Wind Damp	ground pine, common clubmoss	<i>shēn jīn cǎo</i>	伸筋草	Lycopodii Herba
Dispel Wind Damp	Homalomenae Rhizoma	<i>qiān nián jiàn</i>	千年健	homalomena rhizome
Dispel Wind Damp	jasmine orange root	<i>jiǔ lǐ xiāng gēn</i>	九里香根	Radix Murrayae
Dispel Wind Damp	kadsura pepper stem, futokadsura stem	<i>hǎi fēng téng</i>	海风藤	Piperis kadsurae Caulis
Dispel Wind Damp	knotty pine wood	<i>sōng jié</i>	松节	Pini Lignum Nodi
Dispel Wind Damp	large gentian root, gentiana macrophylla root, chin-chiu	<i>qín jiǎo</i>	秦艽	Gentianae Macrophyllae Radix
Dispel Wind Damp	mulberry twig, moris twig	<i>sāng zhī</i>	桑枝	Mori Ramulus
Dispel Wind Damp	paniculate cynanchum, paniculate swallowwort root	<i>xú cháng qīng</i>	徐长卿	Cynanchi paniculati Radix
Dispel Wind Damp	pubescent angelica root, angelica root, tu-huo	<i>dú huó</i>	独活	Angelicae Radix Pubescentis
Dispel Wind Damp	siegesbeckia	<i>xī xiān cǎo</i>	希荃草	Siegesbeckiae Herba
Dispel Wind Damp	silkworm feces	<i>cán shā</i>	蚕沙	Bombycis Faeces
Dispel Wind Damp	snake skin slough	<i>shé tuì</i>	蛇蜕	Serpentis Periostracum
Dispel Wind Damp	Speranskia	<i>tòu gǔ cǎo</i>	透骨草	Speranskia Tuberculata Herba
Dispel Wind Damp	star jasmine stem	<i>luò shí téng</i>	络石藤	Trachelospermi Caulis

Dispel Wind Damp	taxillus, mulberry mistletoe stems, mistletoe	<i>sāng jì shēng</i>	桑寄生	Taxilli Herba
Dispel Wind Damp	Thickleaf Croton Root	<i>jī gǔ xiāng</i>	鸡骨香	Radix Crotonis Crassifolii
Dispel Wind Damp	Tinosporae sinensis Caulis	<i>kuān jīn téng</i>	宽筋藤	Chinese tinospora stem
Drain Dampness	adzuki bean; rich bean; phaseolus	<i>chì xiǎo dòu</i>	赤小豆	Semen Phaseoli
Drain Dampness	akebia caulis	<i>mù tōng</i>	木通	Akebiae Caulis
Drain Dampness	alisma, water plantain rhizome	<i>zé xiè</i>	泽泻	Alismatis Rhizoma
Drain Dampness	Chinese lobelia	<i>bàn biān lián</i>	半边莲	Herba Lobeliae Chinensis
Drain Dampness	coix seeds, Job's tears	<i>yì yǐ rén</i>	薏苡仁	Coicis Semen
Drain Dampness	cornsilk	<i>yù mǐ xū</i>	玉米须	Maydis Stigma
Drain Dampness	dianthus, fringed pink, Chinese pink	<i>qú mài</i>	瞿麦	Dianthi Herba
Drain Dampness	Indian bread pink epidermis	<i>chì fú líng</i>	赤茯苓	Poria Rubra
Drain Dampness	Japanese climbing fern spore; lygodium spore	<i>hǎi jīn shā</i>	海金沙	Lygodii Spora
Drain Dampness	knotweed, polygonum, knotgrass	<i>biǎn xù</i>	篇蓄	Polygoni avicularis Herba
Drain Dampness	kochia fruit, broom cypress	<i>dì fū zǐ</i>	地肤子	Kochiae Fructus
Drain Dampness	lysimachia	<i>jīn qián cǎo</i>	金千草	Lysimachiae Herba
Drain Dampness	mallow fruit, cluster mallow fruit	<i>dōng kuí guǒ</i>	冬葵果	Malvae Fructus
Drain Dampness	plantago seeds	<i>chē qián zǐ</i>	车前子	Plantaginis Semen
Drain Dampness	polyporus	<i>zhū líng</i>	猪苓	Polyporus
Drain Dampness	poria	<i>fú líng</i>	茯苓	Poria
Drain Dampness	Poria Center with Hostwood	<i>fú shén</i>	茯神	Sclerotium Poriae Paradicis
Drain Dampness	poria cutis	<i>fú líng pí</i>	茯苓皮	Poriae Cutis
Drain Dampness	pyrrosia leaf	<i>shí wéi</i>	石韦	Pyrrosiae Folium
Drain Dampness	rice paper pith, tetrapanax	<i>tōng cǎo</i>	通草	Tetrapanax Medulla
Drain Dampness	rush pith, juncus pith	<i>dēng xīn cǎo</i>	灯心草	Junci Medulla
Drain Dampness	stephania root	<i>hàn fáng jǐ</i>	汉防己	Stephaniae tetrandrae Radix
Drain Dampness	talcum	<i>huá shí</i>	滑石	Talcum
Drain Dampness	tokoro, fish poison yam rhizome	<i>bì xiè</i>	萆薢	Dioscoreae Hypoglaucae Rhizoma

Drain Dampness	virgate wormwood	<i>yīn chén</i>	茵陈	Artemisiae scopariae Herba
Drain Dampness	winter melon seed, wax gourd seed, benincasa	<i>dōng guā zǐ</i>	冬瓜子	Benincasae Semen
Drain Fire	anemarrhena rhizome	<i>zhī mǔ</i>	知母	Anemarrhenae Rhizoma
Drain Fire	buddleia flower bud	<i>mì méng huā</i>	密蒙花	Buddleia Flos
Drain Fire	calcined plaster of paris	<i>duàn shí gāo</i>	煨石膏	Gypsum Fibrosum Praeparatum
Drain Fire	calcitum	<i>hán shuǐ shí</i>	寒水石	Glauberitum
Drain Fire	cassia seeds, foetid cassia seeds	<i>jué míng zǐ</i>	决明子	Cassiae Semen
Drain Fire	celosia seeds	<i>qīng xiāng zǐ</i>	青箱子	Celosiae Semen
Drain Fire	gardenia fruit, Cape Jasmine fruit	<i>zhī zǐ</i>	栀子	Gardeniae Fructus
Drain Fire	gypsum	<i>shí gāo</i>	石膏	Gypsum fibrosum
Drain Fire	lophatherum stem and leaves	<i>dàn zhú yè</i>	淡竹叶	Lophatheri Herba
Drain Fire	lotus plumule	<i>lián zǐ xīn</i>	莲子心	Nelumbinis Plumula
Drain Fire	pipewort scapus, inflorescence	<i>gǔ jīng cǎo</i>	谷经草	Eriocauli Flos
Drain Fire	prunella, selfheal spike	<i>xià kū cǎo</i>	夏枯草	Prunellae Spica
Drain Fire	reed rhizome	<i>lú gēn</i>	芦根	Phragmitis Rhizoma
Drain Fire	trichosanthes root	<i>tiān huā fěn</i>	天花粉	Trichosanthis Radix
Expel Parasites	betel nut, areca	<i>bīng láng</i>	槟榔	Arecae Semen
Expel Parasites	cyrtomium	<i>guàn zhòng</i>	贯众	Cyrtomii Rhizoma
Expel Parasites	quisqualis	<i>shǐ jūn zǐ</i>	使君子	Fructus Quisqualis Indicae
External Application	camphor	<i>zhāng nǎo</i>	樟脑	Camphora
External Application	cnidium seeds	<i>shé chuáng zǐ</i>	蛇床子	Cnidii Fructus
External Application	honeycomb of paper wasps	<i>lù fēng fáng</i>	露蜂房	Vespaee Nidus
External Application	hydnocarpus seeds, chaulmoogra	<i>dà fēng zǐ</i>	大风子	Hydnocarpi Semen
External Application	sulfur	<i>liú huáng</i>	硫黄	Sulfur
Extinguish Wind, Stop Tremors	abalone shell	<i>shí jué míng</i>	石决明	Haliotidis Concha
Extinguish Wind, Stop Tremors	caltrop fruit, puncture vine fruit, tribulus	<i>bái jí lí</i>	白蒺藜	Tribuli Fructus
Extinguish Wind, Stop Tremors	centipede	<i>wú gōng</i>	蜈蚣	Scolopendra Subspinipes
Extinguish Wind, Stop Tremors	earthworm, lumbricus	<i>dì lóng</i>	地龙	Pheretima
Extinguish Wind, Stop Tremors	gambir, uncaria vine	<i>gōu téng</i>	钩藤	Uncariae Ramulus cum Uncis
Extinguish Wind,	gastrodia rhizome	<i>tiān má</i>	天麻	Gastrodiae Rhizoma

Stop Tremors				
Extinguish Wind, Stop Tremors	hematite	<i>dài zhě shí</i>	代赭石	Haematitum
Extinguish Wind, Stop Tremors	scorpion, buthus	<i>quán xiē</i>	全蝎	Buthus Martensi
Extinguish Wind, Stop Tremors	silkworm, body of sick silkworm	<i>bái jiāng cán</i>	白僵蚕	Bombyx Batryticatus
Harsh Expellant	croton seed	<i>bā dòu</i>	巴豆	Crotonis Fructus
Harsh Expellant	Genkwa Flos	<i>yuán huā</i>	芫花	genkwa flower
Harsh Expellant	kan-sui root	<i>gān suì</i>	甘遂	Kansui Radix
Harsh Expellant	morning glory seeds, pharbitis	<i>qiān niú zǐ</i>	牵牛子	Pharbitidis Semen
Invigorate the Blood	achyranthes root	<i>huái niú xī</i>	怀牛膝	Achyranthis bidentatae Radix
Invigorate the Blood	anomalous artemesia, anomala	<i>liú jì nú</i>	刘寄奴	Artemisiae anomalae Herba
Invigorate the Blood	bushy knotweed rhizome, giant knotweed	<i>hǔ zhàng</i>	虎杖	Polygoni cuspidati Rhizoma
Invigorate the Blood	chinese motherwort, leonurus	<i>yì mǔ cǎo</i>	益母草	Leonuri Herba
Invigorate the Blood	chuanxiong root, Szechuan lovage root, cnidium	<i>chuān xiōng</i>	川芎	Chuanxiong Rhizoma
Invigorate the Blood	cockle shell, ark shell	<i>wǎ léng zǐ</i>	瓦楞子	Arcae Concha
Invigorate the Blood	corydalis rhizome	<i>yán hú suǒ</i>	延胡索	Corydalis Rhizoma
Invigorate the Blood	curcuma rhizome	<i>é zhú</i>	莪术	Curcumae Rhizoma
Invigorate the Blood	curcuma tuber	<i>yù jīn</i>	郁金	Curcumae Radix
Invigorate the Blood	cyathula root	<i>chuān niú xī</i>	川牛膝	Cyathulae Radix
Invigorate the Blood	dalbergia heartwood, scented rosewood	<i>jiàng xiāng</i>	降香	Dalbergiae Odoriferae Lignum
Invigorate the Blood	dragon's blood (resinous secretion)	<i>xuè jié</i>	血竭	Daemonoropis Resina
Invigorate the Blood	flying squirrel feces, pteropus	<i>wǔ líng zhī</i>	五灵脂	Trogloteri Faeces
Invigorate the Blood	frankincense, gum olibanum, mastic	<i>rǔ xiāng</i>	乳香	Olibanum
Invigorate the Blood	ground beetle, wingless cockroach, eupolyphaga	<i>tǔ biē chóng</i>	土鳖虫	Eupolyphaga/Stelegphaga
Invigorate the Blood	hairy holly root	<i>máo dōng qīng</i>	毛冬青	Radix Ilex Pubescens
Invigorate the Blood	leonurus fruit	<i>chōng wèi zǐ</i>	茺蔚子	Leonuri Fructus
Invigorate the Blood	liquidambar fruit, sweetgum fruit	<i>lù lù tōng</i>	路路通	Liquidambaris Fructus
Invigorate the Blood	lycops, bugleweed	<i>zé lán</i>	泽兰	Lycopi Herba
Invigorate the Blood	myrrh	<i>mò yào</i>	没药	Myrrha

Invigorate the Blood	peach kernel, persica	<i>táo rén</i>	桃仁	Persicae Semen
Invigorate the Blood	pyrite	<i>zì rán tóng</i>	自然铜	Pyritum
Invigorate the Blood	red peony root	<i>chì sháo</i>	赤芍	Paeoniae Radix rubra
Invigorate the Blood	safflower, carthamus	<i>hóng huā</i>	红花	Carthami Flos
Invigorate the Blood	salvia root	<i>dān shēn</i>	丹参	Salviae miltiorrhizae Radix
Invigorate the Blood	sappan wood	<i>sū mù</i>	苏木	Sappan Lignum
Invigorate the Blood	sparaganium, scirpus, bur-reed rhizome, common burr reed	<i>sān léng</i>	三棱	Sparganii Rhizoma
Invigorate the Blood	spatholobus root & vine	<i>jī xuè téng</i>	鸡血藤	Spatholobi Caulis
Invigorate the Blood	Turmeric rhizome	<i>jiāng huáng</i>	姜黄	Curcumae longae Rhizoma
Invigorate the Blood	vaccaria seeds	<i>wáng bù liú xíng</i>	王不留行	Vaccariae Semen
Invigorate the Blood	verbena; European verbena; iron herb	<i>mǎ biān cǎo</i>	马鞭草	Verbenae Herba
Moist Laxative	bush cherry pit	<i>yù lǐ rén</i>	郁李仁	Pruni Semen
Moist Laxative	hemp seed,	<i>huǒ má rén</i>	火麻仁	Cannabis Semen
Nourish Heart, Calm Spirit	albizzia flowers, mimosa flowers, silktree flowers	<i>hé huān huā</i>	合欢花	Albiziae Flos
Nourish Heart, Calm Spirit	arborvitae seed, Oriental arborvitae, Chinese arborvitae, biota	<i>bǎi zǐ rén</i>	柏子仁	Platycladi Semen
Nourish Heart, Calm Spirit	Chinese senega, polygalaroot, thinleaf milkwort	<i>yuǎn zhì</i>	远志	Polygalae Radix
Nourish Heart, Calm Spirit	fleeceflower caulis	<i>yè jiāo téng</i>	夜交藤	Polygoni multiflori Caulis
Nourish Heart, Calm Spirit	ganoderma	<i>líng zhī</i>	灵芝	Ganoderma
Nourish Heart, Calm Spirit	silktree bark, albizzia	<i>hé huān pí</i>	合欢皮	Albiziae Cortex
Nourish Heart, Calm Spirit	sour jujube seed, zizyphus, spiny zizyphus seeds	<i>suān zǎo rén</i>	酸枣仁	Zizyphi spinosae Semen
Purgative	aloe leaf (dried)	<i>lú huì</i>	芦荟	Aloe
Purgative	mirabilite, glaubers salt	<i>máng xiāo</i>	芒硝	Natrii Sulfas
Purgative	rhubarb root and rhizome	<i>dà huáng</i>	大黄	Rhei Radix et Rhizoma
Purgative	senna leaf	<i>fān xiè yè</i>	番泻叶	Sennae Folium
Regulate Qi	aged tangerine peel, citrus	<i>chén pí</i>	陈皮	Citri reticulatae Pericarpium
Regulate Qi	akebia fruit	<i>bā yuè zhà</i>	八月札	Akebiae Fructus
Regulate Qi	aquilaria, aloeswood	<i>chén xiāng</i>	沉香	Aquilariae Lignum resinatum
Regulate Qi	areca husk, areca	<i>dà fù pí</i>	大腹皮	Arecae Pericarpium

	peel			
Regulate Qi	aucklandia,saussurea costus root	<i>mù xiāng</i>	木香	Aucklandiae Radix
Regulate Qi	bitter orange	<i>zhǐ ke</i>	枳壳	Aurantii Fructus
Regulate Qi	Chinese garlic, garlic chives	<i>xiè bái</i>	薤白	Allii macrostemi Bulbus
Regulate Qi	finger citron fruit, Buddha's hand	<i>fó shǒu</i>	佛手	Citri sarcodactylic Fructus
Regulate Qi	green tangerine peel, unripe tangerine peel, blue citrus	<i>qīng pí</i>	青皮	Citri reticulatae viride Pericarpium
Regulate Qi	leechee nut, lychee pup	<i>lì zhī hé</i>	荔枝核	Litchi Semen
Regulate Qi	lindera root	<i>wū yào</i>	乌药	Linderae Radix
Regulate Qi	nut grass rhizome, cyperus	<i>xiāng fù</i>	香附	Cyperi Rhizoma
Regulate Qi	perilla stem	<i>zǐ sū gěng</i>	紫苏梗	Perillae Caulis
Regulate Qi	persimmon calyx, kaki	<i>shì dì</i>	柿蒂	Kaki Calyx
Regulate Qi	red tangerine peel	<i>jú hóng</i>	橘红	Exocarpium Citri Rubrum
Regulate Qi	rosebud, bud of Chinese rose	<i>méi guī huā</i>	玫瑰花	Rosae rugosae Flos
Regulate Qi	santalum, sandalwood	<i>tán xiāng</i>	檀香	Santali albi Lignum
Regulate Qi	Sichuan chinaberry, Sichuan pagoda tree, toosendan fruit	<i>chuān liàn zǐ</i>	川楝子	Toosendan Fructus
Regulate Qi	tangerine pith	<i>jú luò</i>	橘络	Citri Reticulatae Vascular
Regulate Qi	tangerine seeds	<i>jú hé</i>	橘核	Citri Reticulatae Semen
Regulate Qi	unripe bitter orange, chih-shih	<i>zhǐ shí</i>	枳实	Aurantii Fructus immaturus
Relieve Coughing & Wheezing	apricot seed or kernel	<i>xìng rén</i>	杏仁	Armeniaca Semen
Relieve Coughing & Wheezing	loquat leaf, eriobotrya	<i>pí pá yè</i>	枇杷叶	Eriobotryae Folium
Relieve Coughing & Wheezing	momordica fruit, Grosvenor's momordica fruit	<i>luó hàn guǒ</i>	罗汉果	Momordicae Fructus
Relieve Coughing & Wheezing	mulberry root bark, morus bark	<i>sāng bái pí</i>	桑白皮	Mori Cortex
Relieve Coughing & Wheezing	oroxyllum seeds	<i>mù hú dié</i>	木蝴蝶	Oroxylis Semen
Relieve Coughing & Wheezing	perilla fruit	<i>zǐ sū zǐ</i>	紫苏子	Perillae Fructus
Relieve Coughing & Wheezing	purple aster, aster root	<i>zǐ wǎn</i>	紫菀	Asteris Radix
Relieve Coughing & Wheezing	stemona root	<i>bǎi bù</i>	百部	Stemonae Radix
Relieve Coughing & Wheezing	tingli seed, descurainia seed, lepidium seeds	<i>tíng lì zǐ</i>	葶苈子	Lepidii, Descurainiae Semen
Relieve Coughing & Wheezing	tussilago flower, coltsfoot	<i>kuǎn dōng huā</i>	款冬花	Farfarae Flos

Relieve Food Stagnation	barley sprouts, malt	<i>mài yá</i>	麦芽	Hordei Fructus germinantus
Relieve Food Stagnation	gizzard lining	<i>jī nèi jīn</i>	鸡内金	Gigeria galli Endothelium corneum
Relieve Food Stagnation	hawthorn fruit, crataegus fruit	<i>shān zhā</i>	山楂	Crataegi Fructus
Relieve Food Stagnation	medicated leaven	<i>shén qū</i>	神曲	Massa medicata fermentata
Relieve Food Stagnation	radish seed, raphanus	<i>lái fú zǐ</i>	莱菔子	Raphani Semen
Relieve Food Stagnation	Red Rice Yeast	<i>hóng qū</i>	红曲	Monascus
Relieve Food Stagnation	rice sprout	<i>gǔ yá</i>	谷芽	Setariae Fructus germinatus
Stabilize & Bind	ailanthus bark or root bark	<i>chūn pí</i>	椿皮	Ailanthi Cortex
Stabilize & Bind	Cherokee rosehip, Rosa laevigata	<i>jīn yīng zǐ</i>	金樱子	Rosae laevigatae Fructus
Stabilize & Bind	Chinese raspberry, rubus	<i>fù pén zǐ</i>	覆盆子	Rubi Fructus
Stabilize & Bind	Corni Fructus	<i>shān zhū yú</i>	山茱萸	cornus, Asiatic cornelian cherry fruit
Stabilize & Bind	cuttlefish bone, cuttlebone	<i>hǎi piāo xiāo</i>	海螵蛸	Sepiae Endoconcha
Stabilize & Bind	ephedra root	<i>má huáng gēn</i>	麻黄根	Ephedrae Radix
Stabilize & Bind	euryale seeds	<i>qiàn shí</i>	芡实	Euryales Semen
Stabilize & Bind	ginkgo nut	<i>bái guǒ</i>	白果	Ginkgo Semen
Stabilize & Bind	Halloysite, kaolin	<i>chì shí zhī</i>	赤石脂	Halloysitum rubrum
Stabilize & Bind	light wheat grain	<i>fú xiǎo mài</i>	浮小麦	Tritici Fructus levis
Stabilize & Bind	lotus seed	<i>lián zǐ</i>	莲子	Nelumbinis Semen
Stabilize & Bind	lotus stamen	<i>lián xū</i>	莲须	Stamen Nelumbinis
Stabilize & Bind	mantis egg case, mantis	<i>sāng piāo xiāo</i>	桑螵蛸	Mantidis Ootheca
Stabilize & Bind	mume fruit	<i>wū méi</i>	乌梅	Mume Fructus
Stabilize & Bind	myrobalan fruit, chebula, terminalia, chebule	<i>hē zǐ</i>	诃子	Chebulae Fructus
Stabilize & Bind	nutmeg seed, myristica	<i>ròu dòu kòu</i>	肉豆蔻	Myristicae Semen
Stabilize & Bind	pomegranate husk	<i>shí liú pí</i>	石榴皮	Granati Pericarpium
Stabilize & Bind	schizandra fruit	<i>wǔ wèi zǐ</i>	五味子	Schisandre Fructus
Stop Bleeding	agrimony	<i>xiān hè cǎo</i>	仙鹤草	Agrimoniae Herba
Stop Bleeding	bletilla rhizome	<i>bái jí</i>	白及	Bletillae Rhizoma
Stop Bleeding	cattail pollen, bulrush, typha pollen	<i>pú huáng</i>	蒲黄	Typhae Pollen
Stop Bleeding	charred fortune windmill palm petiole	<i>zōng lǚ tàn</i>	棕榈炭 (棕炭)	Petiolus Trachycarpi Carbonisatus
Stop Bleeding	ignited yellow earth; oven earth; terra flava usta	<i>zào xīn tǔ fú lóng gān</i>	伏龙肝	Terra Flava Usta

Stop Bleeding	imperata rhizome, white grass, woolly grass	<i>bái máo gēn</i>	白茅根	Imperatae Rhizoma
Stop Bleeding	lotus rhizome node	<i>ǒu jié</i>	藕节	Nelumbinis Nodus rhizomatis
Stop Bleeding	mugwort leaf, artemesia	<i>ài yè</i>	艾叶	Artemisiae argyi Folium
Stop Bleeding	notoginseng root, pseudoginseng root	<i>sān qī</i>	三七	Notoginseng Radix
Stop Bleeding	Oriental arborvitae leafy twig, arborvitae, Chinese arborvitae biota	<i>cè bǎi yè</i>	侧柏叶	Platycladi Cacumen
Stop Bleeding	pagoda tree bud, Sophorae bud	<i>huái huā mǐ</i>	槐花米	Sophorae Flos immaturus
Stop Bleeding	rubia root, madder root	<i>qiàn cǎo gēn</i>	茜草根	Rubiae Radix
Stop Bleeding	Sanguisorbae, burnet - bloodwort root	<i>dì yú</i>	地榆	Sanguisorbae Radix
Stop Bleeding	small thistle, field thistle, cephalanoplos	<i>dà xiǎo jì</i>	大小蓟	Cirsii japonici Herba sive Radix
Stop Bleeding	sophora fruit	<i>huái jiǎo</i>	槐角	Sophorae Fructus
Tonify Blood	chinese angelica root, tangkuei	<i>dāng guī</i>	当归	Angelicae Sinensis Radix
Tonify Blood	Chinese Angelica Tail	<i>dāng guī wěi</i>	当归尾	Angelicae Sinensis Extremitatis Radix
Tonify Blood	chinese wolfberry, lycium fruit, matrimony vine fruit	<i>gǒu qǐ zǐ</i>	枸杞子	Lycii Fructus
Tonify Blood	donkey hide gelatin	<i>ē jiāo</i>	阿胶	Asini Corii Colla
Tonify Blood	flesh of the longan fruit, longan	<i>lóng yǎn ròu</i>	龙眼肉	Longanae Arillus
Tonify Blood	mulberry, morus fruit	<i>sāng shèn</i>	桑椹	Mori Fructus
Tonify Blood	prepared Chinese foxglove root, cooked rehmannia root	<i>shú dì huáng</i>	熟地黄	Rehmanniae Radix preparation
Tonify Blood	processed fleecflower root, processed flowery knotweed root	<i>zhì hè shǒu wū,</i>	炙何首乌	Polygoni multiflori Radix praeparata
Tonify Blood	white peony root, peony	<i>bái sháo</i>	白芍	Paeoniae Radix Alba
Tonify Qi	astragalus root, milk-vetch root	<i>huáng qí</i>	黄芪	Astragali Radix
Tonify Qi	atractylodes rhizome, ovate atractylodes	<i>bái zhú</i>	白术	Atractylodis Macrocephalae Rhizoma
Tonify Qi	codonopsis root	<i>dǎng shēn</i>	党参	Codonopsis Radix
Tonify Qi	dioscorea rhizome, Chinese yam	<i>shān yào</i>	山药	Dioscoreae Rhizoma
Tonify Qi	ginseng root	<i>rén shēn</i>	人参	Ginseng Radix

Tonify Qi	gold theragran	<i>jiǎo gǔ lán</i>	绞股蓝	Rhizoma seu Herba Gynostemmatis Pentaphylli
Tonify Qi	gold theragran; integripetal rhodiola herb	<i>hóng jǐng tiān</i>	红景天	Rhodiolae Crenulatae Radix et Rhizoma
Tonify Qi	hyacinth bean, lablab	<i>bái biǎn dòu</i>	白扁豆	Lablab Semen album
Tonify Qi	jujube, Chinese date	<i>dà zǎo</i>	大枣	Jujubae Fructus
Tonify Qi	licorice root	<i>gān cǎo</i>	甘草	Glycyrrhizae Radix
Tonify Qi	polygonatum rhizome, Siberian Solomon's seal	<i>huáng jīng</i>	黄精	Polygonati Rhizoma
Tonify Qi	pseudostellaria root	<i>tài zǐ shēn</i>	太子参	Pseudostellariae Radix
Tonify Qi	Radix et Rhizoma Glycyrrhizae Praeparata cum Melle	<i>zhì gān cǎo</i>	炙甘草	prepared licorice root
Tonify Qi	Siberian ginseng; eleutherococcus ginseng	<i>cì wǔ jiā</i>	刺五加	seu Caulis Acanthopanax Senticosi Radix et Rhizoma
Tonify Yang	aerial parts of epimedium	<i>yín yáng huò</i>	淫羊藿	Epimedii Herba
Tonify Yang	black cardamon, alpinia fruit, bitter-seeded cardamon.	<i>yì zhì rén</i>	益智仁	Alpiniae Oxyphyllae Fructus
Tonify Yang	cistanche, fleshy stem of the broomrape	<i>ròu cāng róng</i>	肉苁蓉	Cistanches Herba
Tonify Yang	complanate astragalus seed, flattened milkvetch seed	<i>shā yuàn zǐ</i>	沙苑子	Astragali complanati Semen
Tonify Yang	curculigo, golden eye-grass rhizome	<i>xiān máo</i>	仙茅	Curculiginis Rhizoma
Tonify Yang	cuscuta, Chinese dodder seeds	<i>tù sī zǐ</i>	菟丝子	Cuscutae Semen
Tonify Yang	deer antler	<i>lù róng</i>	鹿茸	Cervi Cornu Pantotrichum
Tonify Yang	deer antler glue	<i>lù jiǎo jiāo</i>	鹿角胶	Cornus Cervi Colla
Tonify Yang	degelatinated deer antler powder	<i>lù jiǎo shuāng</i>	鹿角霜	Cornu Cervi Degelatinatum
Tonify Yang	dipsacus, Japanese teasel root	<i>xù duàn</i>	续断	Dipsaci Radix
Tonify Yang	drynaria rhizome	<i>gǔ suì bǔ</i>	骨碎补	Drynariae Rhizoma
Tonify Yang	eucommia bark	<i>dù zhòng</i>	杜仲	Eucommiae Cortex
Tonify Yang	fenugreek seed, trigonella	<i>hú lú bā</i>	胡芦巴	Trigonellae Semen
Tonify Yang	fleshy stem of cynomorium	<i>suǒ yáng</i>	锁阳	Cynomorii Herba
Tonify Yang	gecko	<i>gé jiè</i>	蛤蚧	Gecko
Tonify Yang	human placenta	<i>zǐ hé chē</i>	紫河车	Placenta Hominis
Tonify Yang	Morinda root	<i>bā jǐ tiān</i>	巴戟天	Morindae officinalis Radix

Tonify Yang	psoralea fruit	<i>bǔ gǔ zhī</i>	补骨脂	Psoraleae Fructus
Tonify Yang	tuber onion seed	<i>jiǔ cài zǐ</i>	韭菜子	Semen Allii Tuberosi
Tonify Yin	American ginseng root	<i>xī yáng shēn</i>	西洋参	Panacis quinquefolii Radix
Tonify Yin	asparagus tuber	<i>tiān mén dōng</i>	天门冬	Asparagi Radix
Tonify Yin	black sesame seeds	<i>hēi zhī ma</i>	黑芝麻	Semen Sesami nigrum
Tonify Yin	Chinese soft shelled turtle shell, dorsal aspect	<i>biē jiǎ</i>	鳖甲	Trionycis Carapax
Tonify Yin	dendrobium	<i>shí hú</i>	石斛	Dendrobii Herba
Tonify Yin	eclipta	<i>mò hàn lián</i>	墨旱莲	Ecliptae Herba
Tonify Yin	fresh-water turtle plastron, testudinis, tortoise plastron	<i>guī bǎn</i>	龟板	Testudinis Plastrum
Tonify Yin	glehnia root	<i>shā shēn</i>	沙参	Glehniae Radix
Tonify Yin	ligustrum, privet fruit	<i>nǚ zhēn zǐ</i>	女贞子	Lingustri lucidi Fructus
Tonify Yin	lily bulb	<i>bǎi hé</i>	百合	Lilii Bulbus
Tonify Yin	ophiopgon tuber	<i>mái mén dōng</i>	麦门冬	Ophiopogonis Radix
Tonify Yin	papermulberry fruit	<i>chǔ shí zǐ</i>	楮实子	Fructus Broussonetiae
Tonify Yin	Polygonati odorati Rhizoma	<i>yù zhú</i>	玉竹	polygonatum, scented Solomon's seal rhizome
Tonify Yin	Tremella, wood ear	<i>bái mù ěr</i>	白木耳	tremella fruiting body
Tonify Yin	turtle plastron gelatin	<i>guī bǎn jiāo</i>	龟板胶	Testudinis Plastrum Colla
Transform Cold Phlegm	arisaema, powdered with bovine bile	<i>dǎn nán xīng</i>	胆南星	Arisaema cum Bile
Transform Cold Phlegm	cynanchum root & rhizome	<i>bái qián</i>	白前	Cynanchi stauntonii Rhizoma
Transform Cold Phlegm	gleditsia thorn	<i>zào jiǎo cì</i>	皂角刺	Gleditsiae Spina
Transform Cold Phlegm	gleditsia fruit, chinese honeylocust fruit	<i>zào jiáo</i>	皂荚	Gleditsiae Fructus
Transform Cold Phlegm	inula flower	<i>xuán fù huā</i>	旋覆花	Inulae Flos
Transform Cold Phlegm	pinellia rhizome	<i>su bàn xià</i>	半夏	Rhizoma Pinelliae
Transform Cold Phlegm	pinellia rhizome	<i>zhì bàn xià</i>	天半夏	Pinelliae Rhizoma praeparatum
Transform Cold Phlegm	platycodon root, balloon flower root	<i>jié gěng</i>	桔梗	Platycodi Radix
Transform Cold Phlegm	prepared typhonium rhizome	<i>zhì bái fù zǐ</i>	制白附子	Typhonii Rhizoma praeparatum
Transform Cold Phlegm	white mustard seed	<i>bái jiè zǐ</i>	白芥子	Sinapis Semen
Transform Phlegm Heat	bamboo shavings	<i>zhú rú</i>	竹茹	Bambusae Caulis in taeniam

Transform Phlegm Heat	chlorite	<i>méng shí</i>	礞石	Chloriti Lapis
Transform Phlegm Heat	clam shell	<i>hǎi gé qiào</i>	海蛤壳	Meretricis/ Cyclinae Concha
Transform Phlegm Heat	constaziae skeleton	<i>fú hǎi shí</i>	浮海石	Costaziae Os
Transform Phlegm Heat	dioscorea bulbifera tuber	<i>huáng yào zǐ</i>	黄药子	Dioscoreae bulbiferae Rhizoma
Transform Phlegm Heat	hogfennel root, peucedanum root	<i>qián hú</i>	前胡	Peucedani Radix
Transform Phlegm Heat	kelp	<i>kūn bù</i>	昆布	Eckloniae Thallus
Transform Phlegm Heat	seaweed, sargassum	<i>hǎi zǎo</i>	海藻	Sargassum
Transform Phlegm Heat	siliceous secretion of bamboo, bamboo sugar, tabasheer	<i>tiān zhú huáng</i>	天竺黄	Bambusae Concretio Silicea
Transform Phlegm Heat	sterculia seed	<i>pàng dà hǎi</i>	胖大海	Sterculiae lynchnophorae Semen
Transform Phlegm Heat	thallus laminariae	<i>hǎi dài cǎo</i>	海带草	Herba Zosteriae Marinae
Transform Phlegm Heat	trichosanthes fruit	<i>guā lóu</i>	栝楼	Trichosanthis Fructus
Transform Phlegm Heat	trichosanthes peel	<i>guā lóu pí</i>	栝楼皮	Trichosanthis Pericarpium
Transform Phlegm Heat	trichosanthes seed	<i>guā lóu rén</i>	栝楼仁	Trichosanthis Semen
Transform Phlegm Heat	Zhejiang frillaria bulb, Thunberg fritillaria bulb, fritillaria,	<i>zhè bèi mǔ</i>	浙贝母	Fritillariae thunbergii Bulbus
Warm Interior, Expel Cold	baked ginger root	<i>páo jiāng</i>	炮姜	Zingeriberis Rhizoma Officinalis
Warm Interior, Expel Cold	Chinese prickly ash, Sichuan pepper, zanthoxylum.	<i>huā jiāo</i>	花椒	Zanthoxyli Pericarpium
Warm Interior, Expel Cold	cinnamon bark, inner bark of Saigon cinnamon	<i>ròu guì</i>	肉桂	Cinnamomi Cortex
Warm Interior, Expel Cold	clove	<i>dīng xiāng</i>	丁香	Caryophylli Flos
Warm Interior, Expel Cold	dried ginger rhizome	<i>gān jiāng</i>	干姜	Zingiberis Rhizoma
Warm Interior, Expel Cold	evodia fruit	<i>wú zhū yú</i>	吴茱萸	Evodiae Fructus
Warm Interior, Expel Cold	fennel fruit	<i>xiǎo huí xiāng</i>	小茴香	Foeniculi Fructus
Warm Interior, Expel Cold	fresh ginger peel	<i>shēng jiāng pí</i>	生姜皮	Cortex Zingiberis Rhizomatis, Exodermis Zingiberis Recens
Warm Interior, Expel Cold	galanga resurrection lily rhizome	<i>shān nài</i>	山柰	Rhizoma Kaempferiae
Warm Interior, Expel Cold	galanga, lesser galangal rhizome	<i>gāo liáng jiāng</i>	高良姜	Alpiniae Officinarium Rhizoma
Warm Interior, Expel Cold	long pepper fruit	<i>bì bá</i>	荜茇	Piperis Longi Fructus

Warm Interior, Expel Cold	Processed aconite accessory root, daughter root of Szechuan aconite	zhì fù zǐ	製附子	Aconiti Radix Lateralis Preparation
Warm Interior, Expel Cold	processed Sichuan aconite main root	zhì chuān wū	製川烏	Aconiti Radix Preparata
Warm Interior, Expel Cold	processed wild aconite root	zhì cǎo wū	製草烏	Aconiti Kusnezofii Radix preparation
Warm, Acrid, Release Exterior	angelica root	bái zhǐ	白芷	Angelicae Dahuricae Radix
Warm, Acrid, Release Exterior	Chinese lovage root, ligusticum root	gǎo běn	藁本	Ligustici Rhizoma
Warm, Acrid, Release Exterior	Chinese wild ginger, asarum	xì xīn	细辛	Asari Herba
Warm, Acrid, Release Exterior	cinnamon twig, cassia twig	guì zhī	桂枝	Cinnamomi Ramulus
Warm, Acrid, Release Exterior	magnolia flower	xīn yí huā	辛夷制	Magnoliae Flos
Warm, Acrid, Release Exterior	mosla, aromatic madder,	xiāng rú	香薷	Moslae Herba
Warm, Acrid, Release Exterior	notopterygium root,	qiāng huó	羌活	Notopterygii Rhizoma seu Radix
Warm, Acrid, Release Exterior	perilla leaf (purple leaves)	zǐ sū yè	紫苏叶	Perillae Folium
Warm, Acrid, Release Exterior	saposhnikovia root, ledebouriella root, siler	fáng fēng	防风	Saposhnikoviae Radix
Warm, Acrid, Release Exterior	schizonepeta stem or bud	jīng jiè	荆芥	Schizonepetae Herba
Warm, Acrid, Release Exterior	small centipeda herb	é bù shí cǎo	鹅不食草	Centipeda Herba
Warm, Acrid, Release Exterior	xanthium fruit	cāng ěr zǐ	苍耳子	Xanthii Fructus