



CHINA HERB COMPANY

Herbs and Medicinals Sorted by Pin Yin

Pin Yin	Category	Chinese	English name	Pharmaceutical/Latin
ài yè	Stop Bleeding	艾叶	mugwort leaf, artemesia	Artemisiae argyi Folium
bā dòu	Harsh Expellant	巴豆	croton seed	Crotonis Fructus
bā jǐ tiān	Tonify Yang	巴戟天	Morinda root	Morindae officinalis Radix
bā yuè zhà	Regulate Qi	八月札	akebia fruit	Akebiae Fructus
bái biǎn dòu	Tonify Qi	白扁豆	hyacinth bean, lablab	Lablab Semen album
bǎi bù	Relieve Coughing & Wheezing	百部	stemona root	Stemonae Radix
bái dòu kòu	Aromatic Transform Dampness	白豆蔻	round cardamon, cardamon cluster	Amomi Fructus rotundus
bái guǒ	Stabilize & Bind	白果	ginkgo nut	Ginkgo Semen
bǎi hé	Tonify Yin	百合	lily bulb	Lilii Bulbus
bái huā shé shé cǎo	Clear Heat, Resolve Toxicity	白化蛇舌草	heydyotis, oldenlandia	Hedyotidis Diffusae Herba
bái jí	Stop Bleeding	白及	bletilla rhizome	Bletillae Rhizoma
bái jí lí	Extinguish Wind, Stop Tremors	白蒺藜	caltrop fruit, puncture vine fruit, tribulus	Tribuli Fructus
bái jiāng cán	Extinguish Wind, Stop Tremors	白僵蚕	silkworm, body of sick silkworm	Bombyx Batryticatus
bài jiàng cǎo	Clear Heat, Resolve Toxicity	败酱草	patrina	Patriniae Herba
bái jiè zǐ	Transform Cold Phlegm	白芥子	white mustard seed	Sinapis Semen
bái máo gēn	Stop Bleeding	白茅根	imperata rhizome, white grass, woolly grass	Imperatae Rhizoma
bái mù ěr	Tonify Yin	白木耳	Tremella, wood ear	tremella fruiting body
bái qián	Transform Cold Phlegm	白前	cynanchum root & rhizome	Cynanchi stauntonii Rhizoma
bái sháo	Tonify Blood	白芍	white peony root, peony	Paeoniae Radix Alba
bái tóu wēng	Clear Heat, Resolve Toxicity	白头翁	pulsatilla, chinese anemone root, anemone	Pulsatillae Radix
bái wēi	Clear Heat From Deficiency	白薇	swallowwort root, cynachi root	Cynanchi atrati Radix
bái xiān pí	Clear Heat, Resolve Toxicity	白鲜皮	dictamnus root bark, cortex of Chinese dittany root	Dictamni Cortex

bái zhǐ	Warm, Acrid, Release Exterior	白芷	angelica root	Angelicae Dahuricae Radix
bái zhú	Tonify Qi	白术	(white) atractylodes rhizome, ovate atractylodes	Atractylodis Macrocephalae Rhizoma
bǎi zǐ rén	Nourish Heart, Calm Spirit	柏子仁	arborvitae seed, Oriental arborvitae, Chinese arborvitae, biota	Platycladi Semen
bàn biān lián	Drain Dampness	半边莲	Chinese lobelia	Herba Lobeliae Chinensis
bǎn lán gēn	Clear Heat, Resolve Toxicity	板蓝根	woad root, isatis root	Isatidis Baphicacanthis Radix
bàn zhī lián	Clear Heat, Resolve Toxicity	半枝莲	bearded scutellaria, barbat skullcap	Scutellaria Barbatae Herba
bì bá	Warm Interior, Expel Cold	荜茇	long pepper fruit	Piperis Longi Fructus
bì xiè	Drain Dampness	草薢	tokoro, fish poison yam rhizome	Dioscoreae Hypoglaucae Rhizoma
biǎn xù	Drain Dampness	篇蓄	knotweed, polygonum, knotgrass	Polygoni avicularis Herba
biē jiǎ	Tonify Yin	鳖甲	Chinese soft shelled turtle shell, dorsal aspect	Trionycis Carapax
bīng láng	Expel Parasites	槟榔	betel nut, areca	Arecae Semen
bīng piàn	Aromatic Open Orifices	冰片	borneol	Borneolum
bò he	Cool, Acrid, Release Exterior	薄荷	Mentha, field mint	Menthae Haplocalycis Herba
bǔ gǔ zhī	Tonify Yang	补骨脂	psoralea fruit	Psoraleae Fructus
cán shā	Dispel Wind Damp	蚕沙	silkworm feces	Bombycis Faeces
cāng ěr zǐ	Warm, Acrid, Release Exterior	苍耳子	xanthium fruit	Xanthii Fructus
cāng zhú	Aromatic Transform Dampness	苍术	atractylodes (black) rhizome	Atractylodis Rhizoma
cǎo dòu kòu	Aromatic Transform Dampness	草豆蔻	Katsunda's galangal seeds, katsumadai, alpinia katsumadai	Alpiniae katsumadai Semen
cǎo guǒ	Aromatic Transform Dampness	草果	tsaoko fruit	Tsaoko Fructus
cè bǎi yè	Stop Bleeding	侧柏叶	Oriental arborvitae leafy twig, arborvitae, Chinese arborvitae biota	Platycladi Cacumen
chái hú	Cool, Acrid, Release Exterior	柴胡	bupleurum, hare's ear root, thorowax root	Bupleuri Radix
chán tuì	Cool, Acrid, Release Exterior	蝉蜕	cicada molting	Cicadae Periostracum
chē qián zǐ	Drain Dampness	车前子	plantago seeds	Plantaginis Semen
chén pí	Regulate Qi	陈皮	aged tangerine peel, citrus	Citri reticulatae Pericarpium

chén xiāng	Regulate Qi	沉香	aquilaria, aloeswood	Aquilariae Lignum resinatum
chì fú líng	Drain Dampness	赤茯苓	Indian bread pink epidermis	Poria Rubra
chì sháo	Invigorate the Blood	赤芍	red peony root	Paeoniae Radix rubra
chì shí zhī	Stabilize & Bind	赤石脂	Halloysite, kaolin	Halloysitum rubrum
chì xiǎo dòu	Drain Dampness	赤小豆	adzuki bean; rich bean; phaseolus	Semen Phaseoli
chóng lóu	Clear Heat, Resolve Toxicity	重楼	paris rhizome	Paridis Rhizoma
chōng wèi zǐ	Invigorate the Blood	茺蔚子	leonurus fruit	Leonuri Fructus
chòu wú tóng	Dispel Wind Damp	臭梧桐叶	clerodendron leaf	Clerodendri Folium
chǔ shí zǐ	Tonify Yin	楮实子	papermulberry fruit	Fructus Broussonetiae
chuān liàn zǐ	Regulate Qi	川楝子	Sichuan chinaberry, Sichuan pagoda tree, toosendan fruit	Toosendan Fructus
chuān niú xī	Invigorate the Blood	川牛膝	cyathula root	Cyathulae Radix
chuān xīn lián	Clear Heat, Resolve Toxicity	穿心莲	green chiretta, kariyat, andrographis	Andrographitis Herba
chuān xiōng	Invigorate the Blood	川芎	chuanxiong root, Szechuan lovage root, cnidium	Chuanxiong Rhizoma
chūn pí	Stabilize & Bind	椿皮	ailanthus bark or root bark	Ailanthi Cortex
cí shí	Anchor, Settle & Calm Spirit	磁石	magnetite	Magnetitum
cì wǔ jiā	Tonify Qi	刺五加	Siberian ginseng; eleutherococcus ginseng	seu Caulis Acanthopanax Senticosi Radix et Rhizoma
dà fēng zǐ	External Application	大风子	hydnocarpus seeds, chaulmoogra	Hydnocarpi Semen
dà fù pí	Regulate Qi	大腹皮	areca husk, areca peel	Arecae Pericarpium
dà huáng	Purgative	大黄	rhubarb root and rhizome	Rhei Radix et Rhizoma
dà qīng yè	Clear Heat, Resolve Toxicity	大青叶	isatis leaf, woad leaf	Isatidis Folium
dà xiǎo jì	Stop Bleeding	大小蓟	small thistle, field thistle, cephalanoplos	Cirsii japonici Herba sive Radix
dà zǎo	Tonify Qi	大枣	jujube, Chinese date	Jujubae Fructus
dài zhě shí	Extinguish Wind, Stop Tremors	代赭石	hematite	Haematitum
dàn dòu chǐ	Cool, Acrid, Release Exterior	淡豆豉	prepared soybean	Sojae Semen Praeparatum
dǎn nán xīng	Transform Cold Phlegm	胆南星	arisaema, powdered with bovine bile	Arisaema cum Bile
dān shēn	Invigorate the Blood	丹参	salvia root	Salviae miltiorrhizae Radix
dàn zhú yè	Drain Fire	淡竹叶	lophatherum stem and leaves	Lophatheri Herba

<i>dāng guī</i>	Tonify Blood	当归	chinese angelica root, tangkuei	Angelicae Sinensis Radix
<i>dāng guī wěi</i>	Tonify Blood	当归尾	Chinese Angelica Tail	Angelicae Sinensis Extremitatis Radix
<i>dǎng shēn</i>	Tonify Qi	党参	codonopsis root	Codonopsis Radix
<i>dēng xīn cǎo</i>	Drain Dampness	灯心草	rush pith, juncus pith	Junci Medulla
<i>dì fū zǐ</i>	Drain Dampness	地肤子	kochia fruit, broom cypress	Kochiae Fructus
<i>dì gǔ pí</i>	Clear Heat From Deficiency	地骨皮	lycium root bark, cortex of wolfberry root	Lycii Cortex
<i>dì lóng</i>	Extinguish Wind, Stop Tremors	地龙	earthworm, lumbricus	Pheretima
<i>dì yú</i>	Stop Bleeding	地榆	Sanguisorbae, burnet - bloodwort root	Sanguisorbae Radix
<i>dīng xiāng</i>	Warm Interior, Expel Cold	丁香	clove	Caryophylli Flos
<i>dōng guā zǐ</i>	Drain Dampness	冬瓜子	winter melon seed, wax gourd seed, benincasa	Benincasae Semen
<i>dōng kuí guǒ</i>	Drain Dampness	冬葵果	mallow fruit, cluster mallow fruit	Malvae Fructus
<i>dōng líng cǎo</i>	Clears Heat, Relieve Toxicity	冬凌草	blush red rabdosia; rabdosia	Herba Rabdosiae Rubescentis
<i>dú huó</i>	Dispel Wind Damp	独活	pubescent angelica root, angelica root, tu-huo	Angelicae Radix Pubescentis
<i>dù zhòng</i>	Tonify Yang	杜仲	eucommia bark	Eucommiae Cortex
<i>duàn lóng gū</i>	Anchor, Settle & Calm Spirit	煨蜈蚣	calcined dragon bone, fossilized vertebrae and bones of the extremities	Fossilia Ossis Mastodi Praeparatum
<i>duàn mǔ lì</i>	Anchor, Settle & Calm Spirit	煨牡蛎	calcined oyster shell	Ostreae Concha Praeparatum
<i>duàn shí gāo</i>	Drain Fire	煨石膏	calcined plaster of paris	Gypsum Fibrosum Praeparatum
<i>é bù shí cǎo</i>	Warm, Acrid, Release Exterior	鹅不食草	small centipeda herb	Centipedae Herba
<i>ē jiāo</i>	Tonify Blood	阿胶	donkey hide gelatin	Asini Corii Colla
<i>é zhú</i>	Invigorate the Blood	莪术	curcuma rhizome	Curcumae Rhizoma
<i>fān xiè yè</i>	Purgative	番泻叶	senna leaf	Sennae Folium
<i>fáng fēng</i>	Warm, Acrid, Release Exterior	防风	saposhnikovia root, ledebouriella root, siler	Saposhnikoviae Radix
<i>fó shǒu</i>	Regulate Qi	佛手	finger citron fruit, Buddha's hand	Citri sarcodactylic Fructus
<i>fú hǎi shí</i>	Transform Phlegm Heat	浮海石	constaziae skeleton	Costaziae Os
<i>fú líng</i>	Drain Dampness	茯苓	poria	Poria
<i>fú líng pí</i>	Drain Dampness	茯苓皮	poria cutis	Poriae Cutis
<i>fù pén zǐ</i>	Stabilize & Bind	覆盆子	Chinese raspberry, rubus	Rubi Fructus
<i>fú píng</i>	Cool, Acrid, Release Exterior	浮萍	spirodela or duckweed	Spirodela Herba

<i>fú shén</i>	Drain Dampness	茯神	Poria Center with Hostwood	Sclerotium Poriae Paradicis
<i>fú xiǎo mài</i>	Stabilize & Bind	浮小麦	light wheat grain	Tritici Fructus levis
<i>gān cǎo</i>	Tonify Qi	甘草	licorice root	Glycyrrhizae Radix
<i>gān jiāng</i>	Warm Interior, Expel Cold	干姜	dried ginger rhizome	Zingiberis Rhizoma
<i>gān suì</i>	Harsh Expellant	甘遂	kan-sui root	Kansui Radix
<i>gǎo běn</i>	Warm, Acrid, Release Exterior	藁本	Chinese lovage root, ligusticum root	Ligustici Rhizoma
<i>gāo liáng jiāng</i>	Warm Interior, Expel Cold	高良姜	galanga, lesser galangal rhizome	Alpiniae Officinarium Rhizoma
<i>gé gēn</i>	Cool, Acrid, Release Exterior	葛根	kudzu root, pueraria	Puerariae Radix
<i>gé jiè</i>	Tonify Yang	蛤蚧	gecko	Gecko
<i>gōu qǐ zǐ</i>	Tonify Blood	枸杞子	chinese wolfberry, lycium fruit, matrimony vine fruit	Lycii Fructus
<i>gōu téng</i>	Extinguish Wind, Stop Tremors	钩藤	gambir, uncaria vine	Uncariae Ramulus cum Uncis
<i>gǔ jīng cǎo</i>	Drain Fire	谷经草	pipewort scapus, inflorescence	Eriocauli Flos
<i>gǔ suì bǔ</i>	Tonify Yang	骨碎补	drynaria rhizome	Drynariae Rhizoma
<i>gǔ yá</i>	Relieve Food Stagnation	谷芽	rice sprout	Setariae Fructus germinatus
<i>guā lóu</i>	Transform Phlegm Heat	栝楼	trichosanthes fruit	Trichosanthis Fructus
<i>guā lóu pí</i>	Transform Phlegm Heat	栝楼皮	trichosanthes peel	Trichosanthis Pericarpium
<i>guā lóu rén</i>	Transform Phlegm Heat	栝楼仁	trichosanthes seed	Trichosanthis Semen
<i>guàn zhòng</i>	Expel Parasites	贯众	cyrtomium	Cyrtomii Rhizoma
<i>guī bǎn</i>	Tonify Yin	龟板	fresh-water turtle plastron, testudinis, tortoise plastron	Testudinis Plastrum
<i>guī bǎn jiāo</i>	Tonify Yin	龟板胶	turtle plastron gelatin	Testudinis Plastrum Colla
<i>guì zhī</i>	Warm, Acrid, Release Exterior	桂枝	[Saigon] cinnamon twig, cassia twig	Cinnamomi Ramulus
<i>hǎi dài cǎo</i>	Transform Phlegm Heat	海带草	thallus laminariae	Herba Zosteriae Marinae
<i>hǎi fēng téng</i>	Dispel Wind Damp	海风藤	kadsura pepper stem, futokadsura stem	Piperis kadsurae Caulis
<i>hǎi gé qiào</i>	Transform Phlegm Heat	海蛤壳	clam shell	Meretricis/ Cyclinae Concha
<i>hǎi jīn shā</i>	Drain Dampness	海金沙	Japanese climbing fern spore; lygodium spore	Lygodii Spora
<i>hǎi piāo xiǎo</i>	Stabilize & Bind	海螵蛸	cuttlefish bone, cuttlebone	Sepiae Endoconcha
<i>hǎi tóng pí</i>	Dispel Wind Damp	海桐皮	erythrian bark, coral-bean bark	Erythrinae Cortex

hǎi zǎo	Transform Phlegm Heat	海藻	seaweed, sargassum	Sargassum
hàn fáng jǐ	Drain Dampness	汉防己	stephania root	Stephaniae tetrandrae Radix
hán shuǐ shí	Drain Fire	寒水石	calcium	Glauberitum
hé huān huā	Nourish Heart, Calm Spirit	合欢花	albizzia flowers, mimosa flowers, silktree flowers	Albiziae Flos
hé huān pí	Nourish Heart, Calm Spirit	合欢皮	silktree bark, albizzia	Albiziae Cortex
hé yè	Clear Heat, Resolve Toxicity	荷叶	lotus leaf	Nelumbinis Folium
hē zǐ	Stabilize & Bind	诃子	myrobalan fruit, chebula, terminalia, chebule	Cebulae Fructus
hēi zhī ma	Tonify Yin	黑芝麻	black sesame seeds	Semen Sesami nigrum
hóng huā	Invigorate the Blood	红花	safflower, carthamus	Carthami Flos
hóng jǐng tiān	Tonify Qi	红景天	gold theragan; integripetal rhodiola herb	Rhodiolae Crenulatae Radix et Rhizoma
hóng qū	Relieve Food Stagnation	红曲	Red Rice Yeast	Monascus
hóng téng	Clear Heat, Resolve Toxicity	红藤	sargentodoxa vine	Sargentodoxae Caulis
hòu pò	Aromatic Transform Dampness	厚朴	magnolia bark	Magnoliae officinalis Cortex
hú huáng lián	Clear Heat From Deficiency	胡黄连	picurhiza rhizome	Picrorhizae Rhizoma
hú lú bā	Tonify Yang	胡芦巴	fenugreek seed, trigonella	Trigonellae Semen
hǔ pò	Anchor, Settle & Calm Spirit	琥珀	amber	Succinum
hǔ zhàng	Invigorate the Blood	虎杖	bushy knotweed rhizome, giant knotweed	Polygoni cuspidati Rhizoma
huā jiāo	Warm Interior, Expel Cold	花椒	Chinese prickly ash, Sichuan pepper, zanthoxylum.	Zanthoxyli Pericarpium
huá shí	Drain Dampness	滑石	talcum	Talcum
huái huā mǐ	Stop Bleeding	槐花米	pagoda tree bud, Sophorae bud	Sophorae Flos immaturus
huái jiǎo	Stop Bleeding	槐角	sophora fruit	Sophorae Fructus
huái niú xī	Invigorate the Blood	怀牛膝	achyranthes root	Achyranthis bidentatae Radix
huáng bǎi	Clear Heat, Dry Dampness	黄柏	phellodendron bar, Amur cork-tree bark	Phellodendri Cortex
huáng jīng	Tonify Qi	黄精	polygonatum rhizome, Siberian Solomon's seal	Polygonati Rhizoma
huáng lián	Clear Heat, Dry Dampness	黄连	coptis rhizome	Coptidis Rhizome
huáng qí	Tonify Qi	黄芪	astragalus root, milk-vetch root	Astragali Radix
huáng qín	Clear Heat, Dry Dampness	黄芩	scutellaria, baical skullcap root	Scutellariae Radix

huáng yào zǐ	Transform Phlegm Heat	黄药子	dioscorea bulbifera tuber	Dioscoreae bulbiferae Rhizoma
huǒ má rén	Moist Laxative	火麻仁	hemp seed,	Cannabis Semen
huò xiāng	Aromatic Transform Dampness	藿香	agastache, patchouli, pogostemon	Agastaches Herba/ Pogostemi
jī gǔ xiāng	Dispel Wind Damp	鸡骨香	Thickleaf Croton Root	Radix Crotonis Crassifolii
jī nèi jīn	Relieve Food Stagnation	鸡内金	gizzard lining	Gigeria galli Endothelium corneum
jī xuè téng	Invigorate the Blood	鸡血藤	spatholobus root & vine	Spatholobi Caulis
jiāng huáng	Invigorate the Blood	姜黄	Turmeric rhizome	Curcumae longae Rhizoma
jiàng xiāng	Invigorate the Blood	降香	dalbergia heartwood, scented rosewood	Dalbergiae Odoriferae Lignum
jiǎo gǔ lán	Tonify Qi	绞股蓝	gold theragan	Rhizoma seu Herba Gynostemmatis Pentaphylli
jié gěng	Transform Cold Phlegm	桔梗	platycodon root, balloon flower root	Platycodi Radix
jīn qián cǎo	Drain Dampness	金千草	lysimachia	Lysimachiae Herba
jīn yín huā	Clear Heat, Resolve Toxicity	金银花	honeysuckle flower, lonicera	Lonicerae Flos
jīn yīng zǐ	Stabilize & Bind	金樱子	Cherokee rosehip, Rosa laevigata	Rosae laevigatae Fructus
jīng jiè	Warm, Acrid, Release Exterior	荆芥	schizonepeta stem or bud	Schizonepetae Herba
jiǔ cài zǐ	Tonify Yang	韭菜子	tuber onion seed	Semen Allii Tuberosi
jiǔ lǐ xiāng gēn	Dispel Wind Damp	九里香根	jasmine orange root	Radix Murrayae
jú hé	Regulate Qi	橘核	tangerine seeds	Citri Reticulatae Semen
jú hóng	Regulate Qi	橘红	red tangerine peel	Exocarpium Citri Rubrum
jú huā	Cool, Acrid, Release Exterior	菊花	chrysanthemum flower	Chrysanthemi Flos
jú luò	Regulate Qi	橘络	tangerine pith	Citri Reticulatae Vascular
jué míng zǐ	Drain Fire	决明子	cassia seeds, foetid cassia seeds	Cassiae Semen
kǔ shēn	Clear Heat, Dry Dampness	苦参	sophora root, flavescent sophora root	Sophorae flavescentis Radix
kuǎn dōng huā	Relieve Coughing & Wheezing	款冬花	tussilago flower, coltsfoot	Farfarae Flos
kuān jīn téng	Dispel Wind Damp	宽筋藤	Tinosporae sinensis Caulis	Chinese tinospora stem
kūn bù	Transform Phlegm Heat	昆布	kelp	Eckloniae Thallus
lái fú zǐ	Relieve Food Stagnation	莱菔子	radish seed, raphanus	Raphani Semen
lì zhī hé	Regulate Qi	荔枝核	leechee nut, lychee pup	Litchi Semen
lián qiào	Clear Heat, Resolve Toxicity	连翘	forsythia fruit	Forsythiae Fructus

<i>lián xū</i>	Stabilize & Bind	莲须	lotus stamen	Stamen Nelumbinis
<i>lián zǐ</i>	Stabilize & Bind	莲子	lotus seed	Nelumbinis Semen
<i>lián zǐ xīn</i>	Drain Fire	莲子心	lotus plumule	Nelumbinis Plumula
<i>líng zhī</i>	Nourish Heart, Calm Spirit	灵芝	ganoderma	Ganoderma
<i>liú huáng</i>	External Application	硫黄	sulfer	Sulfur
<i>liú jì nú</i>	Invigorate the Blood	刘寄奴	anomalous artemesia, anomala	Artemisiae anomalae Herba
<i>lóng chǐ</i>	Anchor, Settle & Calm Spirit	龙齿	dragon teeth; fossilized teeth	Fossilia Dentis Mastodi
<i>lóng dǎn cǎo</i>	Clear Heat, Dry Dampness	龙胆草	Chinese gentian root, gentian root	Gentianae Radix
<i>lóng gǔ</i>	Anchor, Settle & Calm Spirit	龙骨	dragon bone, fossilized vertebrae and bones of the extremities	Fossilia Ossis Mastodi
<i>lóng kuí</i>	Clear Heat, Resolve Toxicity	龙葵	black nightshade	Solani Nigri Herba
<i>lóng yǎn ròu</i>	Tonify Blood	龙眼肉	flesh of the longan fruit, longan	Longanae Arillus
<i>lǜ dòu</i>	Clear Heat, Resolve Toxicity	绿豆	mung bean, phaseolus	Phaseoli Radiati Semen
<i>lù fēng fáng</i>	External Application	露蜂房	honeycomb of paper wasps	Vespae Nidus
<i>lú gēn</i>	Drain Fire	芦根	reed rhizome	Phragmitis Rhizoma
<i>lú huì</i>	Purgative	芦荟	aloe leaf (dried)	Aloe
<i>lù jiǎo jiāo</i>	Tonify Yang	鹿角胶	deer antler glue	Cornus Cervi Colla
<i>lù jiǎo shuāng</i>	Tonify Yang	鹿角霜	degelatinated deer antler powder	Cornu Cervi Degelatinatum
<i>lù lù tōng</i>	Invigorate the Blood	路路通	liquidambar fruit, sweetgum fruit	Liquidambaris Fructus
<i>lù róng</i>	Tonify Yang	鹿茸	deer antler	Cervi Cornu Pantotrichum
<i>luó hàn guǒ</i>	Relieve Coughing & Wheezing	罗汉果	momordica fruit, Grosvenor's momordica fruit	Momordicae Fructus
<i>luò shí téng</i>	Dispel Wind Damp	络石藤	star jasmine stem	Trachelospermi Caulis
<i>mǎ biān cǎo</i>	Invigorate the Blood	马鞭草	verbena; European verbena; iron herb	Verbenae Herba
<i>mǎ bó</i>	Clear Heat, Resolve Toxicity	马勃	puffball fruiting body	Lashiosphaera/Calvatia
<i>mǎ chǐ xiàn</i>	Clear Heat, Resolve Toxicity	马齿苋	purslane, portulaca	Portulacae Herba
<i>má huáng gēn</i>	Stabilize & Bind	麻黄根	ephedra root	Ephedrae Radix
<i>mái mén dōng</i>	Tonify Yin	麦门冬	ophiogpgon tuber	Ophiopogonis Radix
<i>mài yá</i>	Relieve Food Stagnation	麦芽	barley sprouts, malt	Hordei Fructus germinantus
<i>màn jīng zǐ</i>	Cool, Acrid, Release Exterior	蔓荆子	vitex fruit	Vitidis Fructus
<i>máng xiāo</i>	Purgative	芒硝	mirabilite, glaubers salt	Natrii Sulfas
<i>máo dōng qīng</i>	Invigorate the Blood	毛冬青	hairy holly root	Radix Ilex Pubescens

méi guī huā	Regulate Qi	玫瑰花	rosebud, bud of Chinese rose	Rosae rugosae Flos
méng shí	Transform Phlegm Heat	礞石	chlorite	Chloriti Lapis
mì méng huā	Drain Fire	密蒙花	buddleia flower bud	Buddleia Flos
mò hàn lián	Tonify Yin	墨旱莲	eclipta	Ecliptae Herba
mò yào	Invigorate the Blood	没药	myrrh	Myrrha
mǔ dān pí	Cools Blood	牡丹皮	tree peony root bark, moutan root bark	Moutan Cortex
mù guā	Dispel Wind Damp	木瓜	Chinese quince fruit, Chanomeles fruit	Chaenomelis Fructus
mù hú dié	Relieve Coughing & Wheezing	木蝴蝶	oroxyllum seeds	Oroxyli Semen
mǔ lì	Anchor, Settle & Calm Spirit	牡蛎	oyster shell	Ostreae Concha
mù tōng	Drain Dampness	木通	akebia caulis	Akebiae Caulis
mù xiāng	Regulate Qi	木香	aucklandia,saussurea costus root	Aucklandiae Radix
mù zéi	Cool, Acrid, Release Exterior	木贼	equisetum, scouring rush, shave grass	Equiseti hiemalis Herba
niú bàng zǐ	Cool, Acrid, Release Exterior	牛蒡子	arctium great burdock fruit,	Arctii Fructus
nǚ zhēn zǐ	Tonify Yin	女贞子	ligustrum, privet fruit	Lingustri lucidi Fructus
ōu jié	Stop Bleeding	藕节	lotus rhizome node	Nelumbinis Nodus rhizomatis
pàng dà hǎi	Transform Phlegm Heat	胖大海	sterculia seed	Sterculiae lynchnophorae Semen
páo jiāng	Warm Interior, Expel Cold	炮姜	baked ginger root	Zingerberis Rhizoma Officinalis
pèi lán	Aromatic Transform Dampness	佩兰	eupatorium	Eupatorii Herba
pí pá yè	Relieve Coughing & Wheezing	枇杷叶	loquat leaf, eriobotrya	Eriobotryae Folium
pú gōng yīng	Clear Heat, Resolve Toxicity	蒲公英	dandelion, taraxacum	Taraxaci Herba
pú huáng	Stop Bleeding	蒲黄	cattail pollen, bulrush, typha pollen	Typhae Pollen
qiàn cǎo gēn	Stop Bleeding	茜草根	rubia root, madder root	Rubiae Radix
qián hú	Transform Phlegm Heat	前胡	hogfennel root, peucedanum root	Peucedani Radix
qiān nián jiàn	Dispel Wind Damp	千年健	Homalomenae Rhizoma	homalomena rhizome
qiān niú zǐ	Harsh Expellant	牵牛子	morning glory seeds, pharbitis	Pharbitidis Semen
qiàn shí	Stabilize & Bind	芡实	euryale seeds	Euryales Semen
qiāng huó	Warm, Acrid, Release Exterior	羌活	notopterygium root,	Notopterygii Rhizoma seu Radix
qín jiāo	Dispel Wind Damp	秦艽	large gentian root, gentiana macrophylla root, chin-chiu	Gentianae Macrophyllae Radix

qín pí	Clear Heat, Dry Dampness	秦皮	fraxinus, korean ash bark, ash bark	Fraxini Cortex
qīng dài	Clear Heat, Resolve Toxicity	青黛	indigo	Indigo Naturalis
qīng hāo	Clear Heat From Deficiency	青蒿	sweet wormwood	Artemisiae annuae Herba
qīng pí	Regulate Qi	青皮	green tangerine peel, unripe tangerine peel, blue citrus	Citri reticulatae viride Pericarpium
qīng xiāng zǐ	Drain Fire	青箱子	celosia seeds	Celosiae Semen
qú mài	Drain Dampness	瞿麦	dianthus, fringed pink, Chinese pink	Dianthi Herba
quán xiē	Extinguish Wind, Stop Tremors	全蝎	scorpion, buthus	Buthus Martensi
rěn dōng téng	Clear Heat, Resolve Toxicity	忍冬藤	Lonicera vine, honeysuckle vine	Lonicera Caulis
rén shēn	Tonify Qi	人参	ginseng root	Ginseng Radix
ròu cōng róng	Tonify Yang	肉苁蓉	cistanche, fleshy stem of the broomrape	Cistanches Herba
ròu dòu kòu	Stabilize & Bind	肉豆蔻	nutmeg seed, myristica	Myristicae Semen
ròu guì	Warm Interior, Expel Cold	肉桂	cinnamon bark, inner bark of Saigon cinnamon	Cinnamomi Cortex
rǔ xiāng	Invigorate the Blood	乳香	frankincense, gum olibanum, mastic	Olibanum
sān léng	Invigorate the Blood	三棱	sparaganium, scirpus, bur-reed rhizome, common burr reed	Sparganii Rhizoma
sān qī	Stop Bleeding	三七	notoginseng root, pseudoginseng root	Notoginseng Radix
sāng bái pí	Relieve Coughing & Wheezing	桑白皮	mulberry root bark, morus bark	Mori Cortex
sāng jì shēng	Dispel Wind Damp	桑寄生	taxillus, mulberry mistletoe stems, mistletoe	Taxilli Herba
sāng piāo xiāo	Stabilize & Bind	桑螵蛸	mantis egg case, mantis	Mantidis Ootheca
sāng shèn	Tonify Blood	桑椹	mulberry, morus fruit	Mori Fructus
sāng yè	Cool, Acrid, Release Exterior	桑叶	white mulberry leaf	Mori Folium
sāng zhī	Dispel Wind Damp	桑枝	mulberry twig, moris twig	Mori Ramulus
shā rén	Aromatic Transform Dampness	砂仁	amomum fruit, grains-of-paradise fruit	Amomi Fructus
shā shēn	Tonify Yin	沙参	glehnia root	Glehniae Radix
shā yuàn zǐ	Tonify Yang	沙苑子	complanate astragalus seed, flattened milkvetch seed	Astragali complanati Semen
shān dòu gēn	Clear Heat, Resolve Toxicity	山豆根	bushy sophora	Sophorae tonkinensis Radix
shān nài	Warm Interior, Expel Cold	山柰	galanga resurrection lily rhizome	Rhizoma Kaempferiae

shān yào	Tonify Qi	山药	dioscorea rhizome, Chinese yam	Dioscoreae Rhizoma
shān zhā	Relieve Food Stagnation	山楂	hawthorn fruit, crataegus fruit	Crataegi Fructus
shān zhū yú	Stabilize & Bind	山茱萸	Corni Fructus	cornus, Asiatic cornelian cherry fruit
shé chuáng zǐ	External Application	蛇床子	cnidium seeds	Cnidii Fructus
shè gān	Clear Heat, Resolve Toxicity	射干	belamcanda rhizome	Belamcandae Rhizoma
shé tuì	Dispel Wind Damp	蛇蜕	snake skin slough	Serpentis Periostracum
shēn jīn cǎo	Dispel Wind Damp	伸筋草	ground pine, common clubmoss	Lycopodii Herba
shén qū	Relieve Food Stagnation	神曲	medicated leaven	Massa medicata fermentata
shēng dì huáng	Cools Blood	生地黄	rehmannia root, Chinese foxglove root	Rhemanniae Radix
shēng jiāng pí	Warm Interior, Expel Cold	生姜皮	fresh ginger peel	Cortex Zingiberis Rhizomatis, Exodermis Zingiberis Recens
shēng má	Cool, Acrid, Release Exterior	升麻	cimicifuga, bugbane rhizome, black cohosh rhizome.	Cimicifugae Rhizoma
shí chāng pú	Aromatic Open Orifices	石菖蒲	grassleaf sweetflag rhizome, acorus	Acori tatarinowii Rhizoma
shì dì	Regulate Qi	柿蒂	persimmon calyx, kaki	Kaki Calyx
shí gāo	Drain Fire	石膏	gypsum	Gypsum fibrosum
shí hú	Tonify Yin	石斛	dendrobium	Dendrobii Herba
shí jué míng	Extinguish Wind, Stop Tremors	石决明	abalone shell	Haliotidis Concha
shǐ jūn zǐ	Expel Parasites	使君子	quisqualis	Fructus Quisqualis Indicae
shí liú pí	Stabilize & Bind	石榴皮	pomegranate husk	Granati Pericarpium
shí shàng bǎi	Clear Heat, Resolve Toxicity	石上柏	selaginella	Selaginellae Doederleinii Herba
shí wéi	Drain Dampness	石韦	pyrrosia leaf	Pyrrosiae Folium
shú dì huáng	Tonify Blood	熟地黄	prepared Chinese foxglove root, cooked rehmannia roote	Rehmanniae Radix preparation
shǔ yáng quán	Clear Heat, Resolve Toxicity	蜀羊泉	bittersweet; dulcamara	Solani Lyrati Herba
shuǐ niú jiǎo	Cools Blood	水牛角	water buffalo horn	Bubali Cornu
sī guā luò	Clear Heat, Resolve Toxicity	丝瓜络	loofah, luffa, dried skeleton of vegetable sponge	Luffae Fasciculus Retinervus
sōng jié	Dispel Wind Damp	松节	knotty pine wood	Pini Lignum Nodi
su bàn xià	Transform Cold Phlegm	半夏	pinellia rhizome	Rhizoma Pinelliae
sū mù	Invigorate the Blood	苏木	sappan wood	Sappan Lignum

suān zǎo rén	Nourish Heart, Calm Spirit	酸枣仁	sour jujube seed, zizyphus, spiny zizyphus seeds	Zizyphi spinosae Semen
suǒ yáng	Tonify Yang	锁阳	fleshy stem of cynomorium	Cynomorii Herba
tài zǐ shēn	Tonify Qi	太子参	pseudostellaria root	Pseudostellariae Radix
tán xiāng	Regulate Qi	檀香	santalum, sandalwood	Santali albi Lignum
táo rén	Invigorate the Blood	桃仁	peach kernel, persica	Persicae Semen
tiān huā fěn	Drain Fire	天花粉	trichosanthes root	Trichosanthis Radix
tiān kuí zǐ	Clear Heat, Resolve Toxicity	天葵子	semiaquilegia adoxoides	Semiaquilegiae Radix
tiān má	Extinguish Wind, Stop Tremors	天麻	gastrodia rhizome	Gastrodiae Rhizoma
tiān mén dōng	Tonify Yin	天门冬	asparagus tuber	Asparagi Radix
tiān zhú huáng	Transform Phlegm Heat	天竺黄	siliceous secretion of bamboo, bamboo sugar, tabasheer	Bambusae Concretio Silicea
tíng lì zǐ	Relieve Coughing & Wheezing	葶苈子	tingli seed, descurainia seed, lepidium seeds	Lepidii, Descurainiae Semen
tōng cǎo	Drain Dampness	通草	rice paper pith, tetrapanax	Tetrapanax Medulla
tòu gǔ cǎo	Dispel Wind Damp	透骨草	Speranskia	Speranskia Tuberculata Herba
tǔ biē chóng	Invigorate the Blood	土鳖虫	ground beetle, wingless cockroach, eupolyphaga	Eupolyphaga/Stelegphaga
tǔ fú líng	Clear Heat, Resolve Toxicity	土茯苓	smilax, smooth greenbrier rhizome	Smilacis Glabrae Rhizoma
tǔ niú xī	Clear Heat, Resolve Toxicity	牛膝	achyranthis root	Achyranthis Radix terrena
tù sī zǐ	Tonify Yang	菟丝子	cuscuta, Chinese dodder seeds	Cuscutae Semen
wǎ léng zǐ	Invigorate the Blood	瓦楞子	cockle shell, ark shell	Arcae Concha
wáng bù liú xíng	Invigorate the Blood	王不留行	vaccaria seeds	Vaccariae Semen
wēi líng xiān	Dispel Wind Damp	威灵仙	Chinese clematis root, clematis root	Clematidis Radix
wú gōng	Extinguish Wind, Stop Tremors	蜈蚣	centipede	Scolopendra Subspinipes
wǔ jiā pí	Dispel Wind Damp	五加皮	acanthopanax root bark, eleutherococcus root bark	Eleutherococci gracilistylis Cortex
wǔ líng zhī	Invigorate the Blood	五灵脂	flying squirrel feces, pteropus	Trogopteri Faeces
wū méi	Stabilize & Bind	乌梅	mume fruit	Mume Fructus
wǔ wèi zǐ	Stabilize & Bind	五味子	schizandra fruit	Schisandre Fructus
wū yào	Regulate Qi	乌药	lindera root	Linderae Radix
wú zhū yú	Warm Interior, Expel Cold	吴茱萸	evodia fruit	Evodiae Fructus

<i>xī xiān cǎo</i>	Dispel Wind Damp	希荃草	siegesbeckia	Siegesbeckiae Herba
<i>xì xīn</i>	Warm, Acrid, Release Exterior	细辛	Chinese wild ginger, asarum	Asari Herba
<i>xī yáng shēn</i>	Tonify Yin	西洋参	American ginseng root	Panacis quinquefolii Radix
<i>xià kū cǎo</i>	Drain Fire	夏枯草	prunella, selfheal spike	Prunellae Spica
<i>xiān hè cǎo</i>	Stop Bleeding	仙鹤草	agrimony	Agrimoniae Herba
<i>xiān máo</i>	Tonify Yang	仙茅	curculigo, golden eye-grass rhizome	Curculiginis Rhizoma
<i>xiāng fù</i>	Regulate Qi	香附	nut grass rhizome, cyperus	Cyperis Rhizoma
<i>xiāng rú</i>	Warm, Acrid, Release Exterior	香薷	mosla, aromatic madder,	Moslæ Herba
<i>xiǎo huí xiāng</i>	Warm Interior, Expel Cold	小茴香	fennel fruit	Foeniculi Fructus
<i>xiè bái</i>	Regulate Qi	薤白	Chinese garlic, garlic chives	Allii macrostemi Bulbus
<i>xīn yí huā</i>	Warm, Acrid, Release Exterior	辛夷制	magnolia flower	Magnoliae Flos
<i>xìng rén</i>	Relieve Coughing & Wheezing	杏仁	apricot seed or kernel	Armeniaca Semen
<i>xú cháng qīng</i>	Dispel Wind Damp	徐长卿	paniculate cynanchum, paniculate swallow-wort root	Cynanchi paniculati Radix
<i>xù duàn</i>	Tonify Yang	续断	dipsacus, Japanese teasel root	Dipsaci Radix
<i>xuán fù huā</i>	Transform Cold Phlegm	旋覆花	inula flower	Inulae Flos
<i>xuán shēn</i>	Cools Blood	玄参	scrophularia, ningpo figwort root	Scrophulariae Radix
<i>xuè jié</i>	Invigorate the Blood	血竭	dragon's blood (resinous secretion)	Daemonoropis Resina
<i>yā dǎn zǐ</i>	Clear Heat, Resolve Toxicity	鸦胆子	brucea fruit, java brucea fruit	Bruceae Fructus
<i>yán hú suǒ</i>	Invigorate the Blood	延胡索	corydalis rhizome	Corydalis Rhizoma
<i>yè jiāo téng</i>	Nourish Heart, Calm Spirit	夜交藤	fleeceflower caulis	Polygoni multiflori Caulis
<i>yě jú huā</i>	Clear Heat, Resolve Toxicity	野菊花	wild chrysanthemum flower	Chrysanthemi Indici Flos
<i>yì mǔ cǎo</i>	Invigorate the Blood	益母草	chinese motherwort, leonurus	Leonuri Herba
<i>yì yǐ rén</i>	Drain Dampness	薏苡仁	coix seeds, Job's tears	Coicis Semen
<i>yì zhì rén</i>	Tonify Yang	益智仁	black cardamon, alpinia fruit, bitter-seeded cardamon.	Alpiniae Oxyphyllae Fructus
<i>yín chái hú</i>	Clear Heat From Deficiency	银柴胡	stellaria root	Stellariae Radix
<i>yīn chén</i>	Drain Dampness	茵陈	virgate wormwood	Artemisiae scopariae Herba
<i>yín yáng huò</i>	Tonify Yang	淫羊藿	aerial parts of epimedium	Epimedii Herba

yù jīn	Invigorate the Blood	郁金	curcuma tuber	Curcumae Radix
yù lǐ rén	Moist Laxative	郁李仁	bush cherry pit	Pruni Semen
yù mǐ xū	Drain Dampness	玉米搯	cornsilk	Maydis Stigma
yú xīng cǎo	Clear Heat, Resolve Toxicity	鱼腥草	houத்துynia	Houttuyniae Herba
yù zhú	Tonify Yin	玉竹	Polygonati odorati Rhizoma	polygonatum, scented Solomon's seal rhizome
yuán huā	Harsh Expellant	芫花	Genkwa Flos	genkwa flower
yuǎn zhì	Nourish Heart, Calm Spirit	远志	Chinese senega, polygalaroot, thinleaf milkwort	Polygalae Radix
zào jiào	Transform Cold Phlegm	皂荚	gleditsia fruit, chinese honeylocust fruit	Gleditsiae Fructus
zào jiǎo cì	Transform Cold Phlegm	皂角刺	gleditsia thorn	Gleditsiae Spina
zào xīn tǔ fú lóng gān	Stop Bleeding	伏龙肝	ignited yellow earth; oven earth; terra flava usta	Terra Flava Usta
zé lán	Invigorate the Blood	泽兰	lycopos, bugleweed	Lycopi Herba
zé xiè	Drain Dampness	泽泻	alisma, water plantain rhizome	Alismatis Rhizoma
zhāng nǎo	External Application	樟脑	camphor	Camphora
zhè bèi mǔ	Transform Phlegm Heat	浙贝母	Zhejiang frillaria bulb, Thunberg fritillaria bulb, fritillaria,	Fritillariae thunbergii Bulbus
zhēn zhū mǔ	Anchor, Settle & Calm Spirit	珍珠母	mother-of-pearl	Margaritiferae Concha usta
zhì bái fù zǐ	Transform Cold Phlegm	制白附子	prepared typhonium rhizome	Typhonii Rhizoma praeparatum
zhì bàn xià	Transform Cold Phlegm	天半夏	pinellia rhizome	Pinelliae Rhizoma praeparatum
zhì cǎo wū	Warm Interior, Expel Cold	製草烏	processed wild aconite root	Aconiti Kusnezofii Radix preparation
zhì chuān wū	Warm Interior, Expel Cold	製川烏	processed Sichuan aconite main root	Aconiti Radix Preparata
zhì fù zǐ	Warm Interior, Expel Cold	製附子	Processed aconite accessory root, daughter root of Szechuan aconite	Aconiti Radix Lateralis Preparation
zhì gān cǎo	Tonify Qi	炙甘草	Radix et Rhizoma Glycyrrhizae Praeparata cum Melle	prepared licorice root
zhì hè shǒu wū,	Tonify Blood	炙何首烏	processed fleecflower root, processed flowery knotweed root	Polygoni multiflori Radix praeparata
zhǐ jù zǐ	Clear heat, Dry Dampness	枳椇子	raisin tree seed	Semen Hoveniae
zhǐ ke	Regulate Qi	枳壳	bitter orange	Aurantii Fructus

zhī mǔ	Drain Fire	知母	anemarrhena rhizome	Anemarrhenae Rhizoma
zhǐ shí	Regulate Qi	枳实	unripe bitter orange, chih-shih	Aurantii Fructus immaturus
zhī zǐ	Drain Fire	栀子	gardenia fruit, Cape Jasmine fruit	Gardeniae Fructus
zhū líng	Drain Dampness	猪苓	polyporus	Polyporus
zhú rú	Transform Phlegm Heat	竹茹	bamboo shavings	Bambusae Caulis in taeniam
zǐ cǎo	Cools Blood	紫草	lithospermum, arnebia, groomwell root	Arnebiae/Lithospermi Radix
zǐ hé chē	Tonify Yang	紫河车	human placenta	Placenta Hominis
zǐ huā dì dīng	Clear Heat, Resolve Toxicity	紫花地丁	viola, violet, Yedo violet	Violae Herba
zì rán tóng	Invigorate the Blood	自然铜	pyrite	Pyritum
zǐ shí yīng	Anchor, Settle & Calm Spirit	紫石英	fluorite	Flouritum
zǐ sū gēng	Regulate Qi	紫苏梗	perilla stem	Perillae Caulis
zǐ sū yè	Warm, Acrid, Release Exterior	紫苏叶	perilla leaf (purple leaves)	Perillae Folium
zǐ sū zǐ	Relieve Coughing & Wheezing	紫蘇子	perilla fruit	Perillae Fructus
zǐ wǎn	Relieve Coughing & Wheezing	紫菀	purple aster, aster root	Asteris Radix
zōng lǚ tàn	Stop Bleeding	棕榈炭 (棕炭)	charred fortune windmill palm petiole	Petiolus Trachycarpi Carbonisatus