



CHINA HERB COMPANY

Herbs and Medicinals Sorted by English

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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