



CHINA HERB COMPANY

Herbs and Medicinals Sorted by Category

Category	English name	Pin Yin	Chinese	Pharmaceutical/Latin
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, loniceria	<i>jīn yín huā</i>	金银花	Lonicerae Flos
Clear Heat, Resolve Toxicity	houத்துynia	<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 kú 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,	<i>qín jiāo</i>	秦艽	Gentianae Macrophyllae Radix

	chin-chiu			
Dispel Wind Damp	mulberry twig, moris twig	<i>sāng zhī</i>	桑枝	Mori Ramulus
Dispel Wind Damp	paniculate cynanchum, paniculate swallow-wort 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>	玉米糝	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	lysimumachia	<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 Hypoglaucæ 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	Benincasæ Semen
Drain Fire	anemarrhena rhizome	<i>zhī mǔ</i>	知母	Anemarrhenæ 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	Prunellæ 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 lán</i>	檳榔	Arecae Semen
Expel Parasites	cyrtomium	<i>guàn zhòng</i>	貫眾	Cyrtomii Rhizoma
Expel Parasites	quisqualis	<i>shǐ jūn zǐ</i>	使君子	Fructus Quisqualis Indicae
External Application	camphor	<i>zhāng nǎo</i>	樟腦	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>	硫黃	Sulfur
Extinguish Wind, Stop Tremors	abalone shell	<i>shí jué míng</i>	石決明	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>	地龍	Pheretima
Extinguish Wind, Stop Tremors	gambir, uncaria vine	<i>gōu téng</i>	鉤藤	Uncariae Ramulus cum Uncis
Extinguish Wind, Stop Tremors	gastrodia rhizome	<i>tiān má</i>	天麻	Gastrodiae Rhizoma
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>	牽牛子	Pharbitidis Semen
Invigorate the Blood	achyranthes root	<i>huái niú xī</i>	懷牛膝	Achyranthis bidentatae Radix
Invigorate the Blood	anomalous artemesia, anomala	<i>liú jì nú</i>	劉寄奴	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	lycopos, 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, silk tree 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	silk tree 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, glauber's 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 peel	<i>dà fù pí</i>	大腹皮	Arecae Pericarpium
Regulate Qi	aucklandia, saussurea costus root	<i>mù xiāng</i>	木香	Aucklandiae Radix
Regulate Qi	bitter orange	<i>zhǐ ké</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 gui 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	Oroxyli Semen
Relieve Coughing & Wheezing	perilla fruit	<i>zǐ sū zǐ</i>	紫蘇子	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	Stemona 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 germinatus
Relieve Food Stagnation	gizzard lining	<i>jī nèi jīn</i>	鸡内金	Gigeriae 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>	金櫻子	Rosae laevigatae Fructus
Stabilize & Bind	Chinese raspberry, rubus	<i>fù péng 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	Triticici 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 roote	<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>	炙何首烏	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>	白朮	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>	人參	Ginseng Radix
Tonify Qi	gold theragran	<i>jiǎo gǔ lán</i>	绞股蓝	Rhizoma seu Herba Gynostemmatidis 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 cōng 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	Panax 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 jiǎo</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>zhī 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 lynchophorae 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>pào jiāng</i>	炮姜	Zingerberis 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>	萆茛	Piperis Longi Fructus
Warm Interior, Expel Cold	Processed aconite accessory root, daughter root of Szechuan aconite	<i>zhì fù zǐ</i>	製附子	Aconiti Radix Lateralis Preparation
Warm Interior, Expel Cold	processed Sichuan aconite main root	<i>zhì chuān wū</i>	製川烏	Aconiti Radix Preparata
Warm Interior, Expel Cold	processed wild aconite root	<i>zhì cǎo wū</i>	製草烏	Aconiti Kusnezofii Radix preparation
Warm, Acrid, Release Exterior	angelica root	<i>bái zhǐ</i>	白芷	Angelicae Dahuricae Radix
Warm, Acrid, Release Exterior	Chinese lovage root, ligusticum root	<i>gǎo běn</i>	藁本	Ligustici Rhizoma
Warm, Acrid, Release Exterior	Chinese wild ginger, asarum	<i>xì xīn</i>	细辛	Asari Herba
Warm, Acrid, Release Exterior	cinnamon twig, cassia twig	<i>guì zhī</i>	桂枝	Cinnamomi Ramulus
Warm, Acrid, Release Exterior	magnolia flower	<i>xīn yí huā</i>	辛夷制	Magnoliae Flos
Warm, Acrid, Release Exterior	mosla, aromatic madder,	<i>xiāng rú</i>	香薷	Moslae Herba
Warm, Acrid, Release Exterior	notopterygium root,	<i>qiāng huó</i>	羌活	Notopterygii Rhizoma seu Radix
Warm, Acrid, Release Exterior	perilla leaf (purple leaves)	<i>zǐ sū yè</i>	紫苏叶	Perillae Folium
Warm, Acrid, Release Exterior	saposhnikovia root, ledebouriella root, siler	<i>fáng fēng</i>	防风	Saposhnikoviae Radix
Warm, Acrid, Release Exterior	schizonepeta stem or bud	<i>jīng jiè</i>	荆芥	Schizonepetae Herba
Warm, Acrid, Release Exterior	small centipeda herb	<i>é bù shí cǎo</i>	鹅不食草	Centipedae Herba
Warm, Acrid, Release Exterior	xanthium fruit	<i>cāng ěr zǐ</i>	苍耳子	Xanthii Fructus