

# Table of Contents

## PART I OVERVIEW

Chapter 1	The History of Chinese Herbal Medicine	1
Chapter 2	Nomenclature of Chinese Herbs	3
Chapter 3	Classification of Chinese Herbs	7
Chapter 4	Growing and Harvesting Chinese Herbs	9
Chapter 5	Preparation and Processing of Chinese Herbs	11
Chapter 6	Characteristics of Chinese Herbal Medicines	14
Chapter 7	Clinical Applications of Chinese Herbal Medicine	19
Chapter 8	Concurrent Use of Herbal Medicines and Pharmaceuticals	25

## PART II HERB MONOGRAPHS

### Chapter 1 Exterior-Releasing Herbs

<b>Section 1</b>	<b>Wind-Cold Releasing Herbs</b>	36
<i>Ma Huang</i> (Herba Ephedrae)		36
<i>Gui Zhi</i> (Ramulus Cinnamomi)		40
<i>Zi Su Ye</i> (Folium Perillae)		43
<i>Su Geng</i> (Caulis Perillae)		44
<i>Sheng Jiang</i> (Rhizoma Zingiberis Recens)		45
<i>Sheng Jiang Pi</i> (Pericarpium Zingiberis Recens)		46
<i>Xiang Ru</i> (Herba Elsholtziae seu Moslae)		47
<i>Jing Jie</i> (Herba Schizonepetae)		49
<i>Jing Sui</i> (Flos Schizonepetae)		50
<i>Fang Feng</i> (Radix Saposhnikoviae)		51
<i>Qiang Huo</i> (Rhizoma et Radix Notopterygii)		53
<i>Gao Ben</i> (Rhizoma Ligustici)		55
<i>Ji Xiang Teng</i> (Caulis Paederiae)		57
<i>Cong Bai</i> (Bulbus Allii Fistulosi)		58
<i>Bai Zhi</i> (Radix Angelicae Dahuricae)		59
<i>Cang Er Zi</i> (Fructus Xanthii)		62
<i>Cang Er Gen</i> (Radix Xanthii)		64
<i>Cang Er Cao</i> (Herba Xanthii)		64
<i>Xin Yi Hua</i> (Flos Magnoliae)		65
<i>E Bu Shi Cao</i> (Herba Centipedeae)		67
<b>Section 2</b>	<b>Wind-Heat Releasing Herbs</b>	68
<i>Bo He</i> (Herba Menthae)		68
<i>Niu Bang Zi</i> (Fructus Arctii)		70
<i>Niu Bang Gen</i> (Radix Arctii)		71
<i>Chan Tui</i> (Periostracum Cicadae)		72
<i>Sang Ye</i> (Folium Mori)		74
<i>Ju Hua</i> (Flos Chrysanthemi)		75
<i>Man Jing Zi</i> (Fructus Vitis)		77
<i>Mu Zei</i> (Herba Equiseti Hiemalis)		79
<i>Yi Zhi Xiang</i> (Herba Vernoniae Cinereae)		80
<i>Ge Gen</i> (Radix Puerariae)		81
<i>Ge Hua</i> (Flos Puerariae)		83
<i>Chai Hu</i> (Radix Bupleuri)		84
<i>Bei Chai Hu</i> (Radix Bupleurum Chinensis)		86
<i>Nan Chai Hu</i> (Radix Bupleurum Scorzoneraefolium)		86

<i>Sheng Ma</i> (Rhizoma Cimicifugae)	87
<i>Dan Dou Chi</i> (Semen Sojae Praeparatum)	89
<i>Da Dou Huang Juan</i> (Semen Glycines Germinatum)	90
<i>Wu Tian</i> (Radix et Folium Vitis Quinatae)	91
<i>Fu Ping</i> (Herba Spirodelae)	92
<i>Shuang Liu Huang</i> (Herba Vernoniae Patulae)	93
<i>Mao Zi Dun Tou</i> (Herba Abutilon Indicum)	93
Summary Review: <b>Exterior-Releasing Herbs</b>	95

### Chapter 2 Heat-Clearing Herbs

<b>Section 1</b>	<b>Heat-Clearing and Fire-Purging Herbs</b>	108
<i>Shi Gao</i> (Gypsum Fibrosum)		108
<i>Duan Shi Gao</i> (Gypsum Fibrosum Preparata)		110
<i>Zhi Mu</i> (Radix Anemarrhenae)		111
<i>Qing Guo Gen</i> (Radix Canarium Album)		113
<i>Han Shui Shi</i> (Mirabilite)		114
<i>Hong Shi Gao</i> (Gypsum Rubrae)		114
<i>Fang Jie Shi</i> (Calcitum)		114
<i>Tian Hua Fen</i> (Radix Trichosanthis)		115
<i>Lu Gen</i> (Rhizoma Phragmitis)		117
<i>Zhu Ye</i> (Herba Phyllostachys)		119
<i>Dan Zhu Ye</i> (Herba Lophatheri)		120
<i>Zhi Zi</i> (Fructus Gardeniae)		121
<i>Zhi Zi Ren</i> (Semen Gardeniae)		123
<i>Zhi Zi Pi</i> (Pericarpium Gardeniae)		123
<i>Xia Ku Cao</i> (Spica Prunellae)		124
<i>Xia Ku Hua</i> (Flos Prunellae)		125
<i>Mi Meng Hua</i> (Flos Buddlejae)		126
<i>Qing Xiang Zi</i> (Semen Celosiae)		127
<i>Gu Jing Cao</i> (Flos Eriocauli)		128
<i>Rui Ren</i> (Semen Prinsepiae)		129
<i>Da Ding Huang</i> (Caulis Euonymi)		130
<i>Ren Zhong Bai</i> (Urinae Hominis Sedimen)		130
<i>Shi Lian Zi</i> (Herba Sinocrassulae Indicae)		131
<i>Lu Cha</i> (Folium Camellia Sinensis)		132
<i>Wu Long Cha</i> (Folium Camellia Sinensis Fermentata)		134
<i>Xi Gua</i> (Fructus Citrulli)		135
<i>Xi Gua Pi</i> (Pericarpium Citrulli)		136
<i>Xi Gua Cui Pi</i> (Exocarpium Citrulli)		136

### Section 2 Heat-Clearing and Dampness-Drying Herbs

<i>Huang Qin</i> (Radix Scutellariae)	137
<i>Huang Lian</i> (Rhizoma Coptidis)	141
<i>Huang Bai</i> (Cortex Phellodendri)	145
<i>Ji Xue Cao</i> (Herba Centellae)	147
<i>Long Dan Cao</i> (Radix Gentianae)	148
<i>Ku Shen Gen</i> (Radix Sophorae Flavescentis)	150

### Section 3 Heat-Clearing and Blood-Cooling Herbs

<i>Xi Jiao</i> (Cornu Rhinoceri)	153
<i>Shui Niu Jiao</i> (Cornu Bubali)	154

# Table of Contents

<i>Huang Niu Jiao</i> (Cornus Bovis)	154	<i>Zhu Zi Cao</i> (Herba Euphorbiae Thymifoliae)	213
<i>Qing Niu Jiao Fen</i> (Cornus Bovis)	154	<i>Chuan Xin Lian</i> (Herba Andrographis)	214
<i>Sheng Di Huang</i> (Radix Rehmanniae)	155	<i>Yu Xing Cao</i> (Herba Houttuyniae)	216
<i>Xian Di Huang</i> (Radix Rehmanniae Recens)	157	<i>She Gan</i> (Rhizoma Belamcandae)	218
<i>Xuan Shen</i> (Radix Scrophulariae)	158	<i>Shan Dou Gen</i> (Radix Sophorae Tonkinensis)	219
<i>Mu Dan Pi</i> (Cortex Moutan)	160	<i>Bei Dou Gen</i> (Rhizoma Menispermii)	221
<i>Mu Dan Ye</i> (Folium Moutan)	161	<i>Ma Bo</i> (Lasiosphaera seu Calvatia)	221
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	162	<i>Pao Zai Cao</i> (Herba Physalis Angulatae)	222
<i>Zi Cao Gen</i> (Radix Lithospermi)	164	<i>Dao Diao Jin Zhong</i> (Melothria Maderospatana)	223
<i>Fu Rong</i> (Radix Hibisci)	167	<i>Ma Chi Xian</i> (Herba Portulacae)	224
<i>Fu Rong Ye</i> (Folium Hibisci)	167	<i>Qin Pi</i> (Cortex Fraxini)	226
<i>Huang Teng</i> (Caulis Fibraurea)	168	<i>He Tao Qiu Pi</i> (Cortex Juglandis)	227
<i>Ji Guan Hua</i> (Flos Celosiae Cristatae)	168	<i>Bai Tou Weng</i> (Radix Pulsatillae)	227
<i>Dong Qing Ye</i> (Folium Ilexis)	169	<i>Bai Tou Weng Jing</i> (Caulis Pulsatillae)	228
		<i>Bai Tou Weng Ye</i> (Folium Pulsatillae)	228
<b>Section 4 Heat-Clearing and Toxin-Eliminating Herbs</b>		<i>Ya Dan Zi</i> (Fructus Bruceae)	229
<i>Jin Yin Hua</i> (Flos Lonicerae)	171	<i>Hong Teng</i> (Caulis Sargentodoxae)	231
<i>Ren Dong Teng</i> (Caulis Lonicerae)	173	<i>Bai Jiang Cao</i> (Herba cum Radice Patriniae)	233
<i>Lian Qiao</i> (Fructus Forsythiae)	174	<i>Hu Yao Huang</i> (Herba Leucas Mollissimae)	234
<i>Guan Ye Lian Qiao</i> (Herba Hypericium)	176	<i>Huang Shui Qie</i> (Herba Solani)	235
<i>Pu Gong Ying</i> (Herba Taraxaci)	178	<i>Shan Ma Ti</i> (Radix Rauvolfiae)	236
<i>Zi Hua Di Ding</i> (Herba Violae)	180	<i>Pu Yin</i> (Radix Wikstroemia Indica)	237
<i>Ye Ju Hua</i> (Flos Chrysanthemi Indici)	181	<i>Shu Wei Huang</i> (Herba Rostellulariae)	238
<i>Lou Lu</i> (Radix Rhapontici)	182	<i>Xiang Si Cao</i> (Herba Eupatorii Formosani)	239
<i>Niu Huang</i> (Calculus Bovis)	184	<i>Ya She Huang</i> (Herba Lippiiae)	240
<i>Ren Gong Niu Huang</i> (Calculus Bovis Syntheticum)	185	<i>Lu Dou</i> (Semen Phaseoli Radiati)	241
<i>Zao Xiu</i> (Rhizoma Paridis)	186	<i>Lu Dou Yi</i> (Pericarpium Phaseoli Radiati)	241
<i>Xiong Dan</i> (Fel Ursi)	186	<i>Hei Dou</i> (Semen Glycine Max)	241
<i>Niu Dan</i> (Fel Bovis)	187	<i>He Ye</i> (Folium Nelumbinis)	242
<i>Zhu Dan</i> (Fel Porcus)	187		
<i>Bai Lian</i> (Radix Ampelopsis)	188	<b>Section 5 Deficiency-Heat Clearing Herbs</b>	244
<i>Bai Xian Pi</i> (Cortex Dictamni)	188	<i>Qing Hao</i> (Herba Artemisiae Annuae)	244
<i>Qian Li Guang</i> (Herba Senecionis Scandens)	190	<i>Bai Wei</i> (Radix Cynanchi Atrati)	247
<i>Ji Gu Cao</i> (Herba Abri)	191	<i>Di Gu Pi</i> (Cortex Lycii)	248
<i>Ban Bian Lian</i> (Herba Lobeliae Chinensis)	192	<i>Yin Chai Hu</i> (Radix Stellariae)	250
<i>Cha Chi Huang</i> (Herba Stellariae Aquaticae)	193	<i>Hu Huang Lian</i> (Rhizoma Picrorhizae)	251
<i>Dao Di Wu Gong</i> (Rhizoma Helminthostachytis)	194	Summary Review: <b>Heat-Clearing Herbs</b>	253
<i>Jin Guo Lan</i> (Radix Tinosporae)	195		
<i>Liu Ye</i> (Folium Salicis Babylonicae)	196	<b>Chapter 3 Downward Draining Herbs</b>	265
<i>Bai Hua She She Cao</i> (Herba Oldenlandia)	197	<b>Section 1 Purgatives</b>	269
<i>Tian Kui Zi</i> (Radix Semiaquilegiae)	199	<i>Da Huang</i> (Radix et Rhizoma Rhei)	269
<i>Zi Bei Tian Kui</i> (Herba Semiaquilegiae)	199	<i>Mang Xiao</i> (Natrii Sulfas)	274
<i>Long Kui</i> (Herba Solanum Nigrum)	200	<i>Po Xiao</i> (Sal Glauberis)	275
<i>Ban Zhi Lian</i> (Herba Scutellariae Barbatae)	201	<i>Yuan Ming Fen</i> (Matrii Sulfas Exsiccatus)	275
<i>Shan Ci Gu</i> (Pseudobulbus Cremastrae)	202	<i>Fan Xie Ye</i> (Folium Sennae)	276
<i>Feng Wei Cao</i> (Herba Pteris)	203	<i>Lu Hui</i> (Aloe)	278
<i>Dong Ling Cao</i> (Herba Rabdosiae Rubescentis)	204	<i>Ba Dou</i> (Fructus Crotonis)	280
<i>Chui Pen Cao</i> (Herba Sedi)	206		
<i>Tu Fu Ling</i> (Rhizoma Smilacis Glabrae)	207	<b>Section 2 Moist Laxatives</b>	282
<i>Da Qing Ye</i> (Folium Isatidis)	208	<i>Huo Ma Ren</i> (Fructus Cannabis)	282
<i>Ban Lan Gen</i> (Radix Isatidis)	210	<i>Yu Li Ren</i> (Semen Pruni)	284
<i>Qing Dai</i> (Indigo Naturalis)	211		
		<b>Section 3 Harsh Expellants (Cathartics)</b>	285
		<i>Gan Sui</i> (Radix Euphorbiae Kansui)	285

# Table of Contents

<i>Da Ji</i> (Radix Euphorbiae seu Knoxiae)	287	<b>Section 3 Wind-Damp Dispelling and Tendon- and Bone-Strengthening Herbs</b>	345
<i>Hong Da Ji</i> (Radix Knoxiae)	288	<i>Sang Ji Sheng</i> (Herba Taxilli)	345
<i>Jing Da Ji</i> (Radix Euphorbiae Pekinensis)	288	<i>Wu Jia Pi</i> (Cortex Acanthopanax)	347
<i>Yuan Hua</i> (Flos Genkwa)	288	<i>Bei Wu Jia Pi</i> (Cortex Periploca Sepium Radicis)	348
<i>Qian Niu Zi</i> (Semen Pharbitidis)	290	<i>Hu Gu</i> (Os Tigris)	349
<i>Shang Lu</i> (Radix Phytolaccae)	293	<i>Zhu Gu</i> (Os Porcus)	349
Summary Review: <b>Downward Draining Herbs</b>	295	<i>Gou Gu</i> (Os Canitis)	349
<b>Chapter 4 Wind-Damp Dispelling Herbs</b>	299	<i>Lu Han Cao</i> (Herba Pyrolae)	350
<b>Section 1 Wind-Damp Dispelling and Pain- Relieving Herbs</b>	304	<i>Shi Nan Teng</i> (Ramulus Piper)	351
<i>Du Huo</i> (Radix Angelicae Pubescentis)	304	<i>Zou Ma Tai</i> (Rhizoma Ardisiae)	352
<i>Wei Ling Xian</i> (Radix Clematidis)	306	Summary Review: <b>Wind-Damp Dispelling Herbs</b>	353
<i>Fen Fang Ji</i> (Radix Stephaniae Tetandrae)	308	<b>Chapter 5 Aromatic Damp-Dissolving Herbs</b>	359
<i>Mu Fang Ji</i> (Radix Couulus Trilobus)	309	<i>Cang Zhu</i> (Rhizoma Atractylodis)	363
<i>Guang Fang Ji</i> (Radix Aristolochiae Fangchi)	310	<i>Hou Po</i> (Cortex Magnoliae Officinalis)	365
<i>Xu Chang Qing</i> (Radix Cynanchi Paniculati)	311	<i>Hou Po Hua</i> (Flos Magnoliae Officinalis)	367
<i>Can Sha</i> (Excrementum Bombycis Mori)	312	<i>Huo Xiang</i> (Herba Agastache)	368
<i>Song Jie</i> (Lignum Pini Nodi)	313	<i>Guang Huo Xiang</i> (Herba Pogostemon)	369
<i>Song Ye</i> (Folium Pini)	314	<i>Pei Lan</i> (Herba Eupatorii)	369
<i>Song Guo</i> (Fructus Pini)	314	<i>Sha Ren</i> (Fructus Amomi)	371
<i>Qi Ye Lian</i> (Radix Schefflerae)	314	<i>Sha Ren Ke</i> (Pericarpium Amomi)	372
<i>Lei Gong Teng</i> (Radix Tripterygii Wilfordii)	315	<i>Bai Dou Kou</i> (Fructus Amomi Rotundus)	373
<i>Qin Jiao</i> (Radix Gentianae Macrophyllae)	317	<i>Bai Dou Kou Ke</i> (Pericarpium Amomi Rotundus)	373
<i>Hong Gu She</i> (Radix Kadsura Japonicae)	319	<i>Cao Guo</i> (Fructus Tsaoko)	374
<i>Tou Gu Cao</i> (Caulis Impatiensis)	320	<i>Cao Dou Kou</i> (Semen Alpiniae Katsumadai)	375
<i>Yi Wu Gen</i> (Radix Elaeagni)	321	Summary Review: <b>Aromatic Damp-Dissolving Herbs</b>	377
<i>Hai Fu Rong</i> (Herba Limonium Wrightii)	321	<b>Chapter 6 Water-Regulating and Damp- Resolving Herbs</b>	379
<i>Qing Feng Teng</i> (Caulis Sinomenii)	322	<i>Fu Ling</i> (Poria)	383
<i>Ma An Teng</i> (Herba Ipomoea Pes-caprae)	323	<i>Fu Ling Pi</i> (Cortex Poria)	384
<b>Section 2 Wind-Damp Dispelling and Channel- and Collateral-Opening Herbs</b>	324	<i>Bai Fu Ling</i> (Poria Alba)	384
<i>Mu Gua</i> (Fructus Chaenomelis)	324	<i>Chi Fu Ling</i> (Poria Rubrae)	384
<i>Luo Shi Teng</i> (Caulis Trachelospermi)	326	<i>Fu Shen</i> (Poria Paradicis)	384
<i>Sang Zhi</i> (Ramulus Mori)	327	<i>Zhu Ling</i> (Polyporus)	385
<i>Qian Nian Jian</i> (Rhizoma Homalomenae)	328	<i>Ze Xie</i> (Rhizoma Alismatis)	387
<i>Hai Feng Teng</i> (Caulis Piperis Kadsurae)	329	<i>Yi Yi Ren</i> (Semen Coicis)	389
<i>Hai Tong Pi</i> (Cortex Erythrinae)	330	<i>Yi Yi Gen</i> (Radix Coicis)	390
<i>Xun Gu Feng</i> (Herba Aristolochiae Mollissimae)	331	<i>Che Qian Zi</i> (Semen Plantaginis)	391
<i>Bai Hua She</i> (Bungarus Parvus)	332	<i>Che Qian Cao</i> (Herba Plantaginis)	392
<i>Qi She</i> (Agkistrodon)	333	<i>Hua Shi</i> (Talcum)	393
<i>Wu Shao She</i> (Zaocys)	333	<i>Chuan Mu Tong</i> (Caulis Clematidis Armandii)	394
<i>She Tui</i> (Periostracum Serpentinae)	334	<i>Chuan Mu Tong</i> (Caulis Clematidis Montana)	395
<i>Xia Tian Wu</i> (Rhizoma Corydalis Decumbentis)	335	<i>Wu Ye Mu Tong</i> (Caulis Akebia Quinata)	395
<i>Chuan Shan Long</i> (Rhizoma Dioscoreae Nipponicae)	337	<i>San Ye Mu Tong</i> (Caulis Akebia Trifoliata)	395
<i>Lao Guan Cao</i> (Herba Erodii seu Geranii)	338	<i>Bai Mu Tong</i> (Caulis Akebia Trifoliata Australis)	395
<i>Shen Jin Cao</i> (Herba Lycopodii)	339	<i>Guan Mu Tong</i> (Caulis Aristolochiae Manshuriensis)	396
<i>Xi Xian Cao</i> (Herba Siegesbeckiae)	340	<i>Da Ye Ma Dou Ling</i> (Caulis Aristolochia Kaempferi)	397
<i>Chou Wu Tong</i> (Folium Clerodendri Trichotomi)	341	<i>Huai Tong Ma Dou Ling</i> (Caulis Aristolochia Moupinensis)	397
<i>Huang Jin Gui</i> (Caulis Vanieriae)	342		
<i>Liu Zhi Huang</i> (Herba Solidaginis)	343		
<i>Yi Tiao Gen</i> (Radix Moghaniae)	344		

# Table of Contents

<i>Tong Cao</i> (Medulla Tetrapanacis)	398	<i>Ding Xiang</i> (Flos Caryophylli)	461
<i>Geng Tong Cao</i> (Ramulus Aeschynomene Indica)	398	<i>Mu Ding Xiang</i> (Fructus Caryophylli)	462
<i>Deng Xin Cao</i> (Medulla Junci)	399	<i>Ding Xiang Pi</i> (Cortex Caryophylli)	462
<i>Di Fu Zi</i> (Fructus Kochiae)	400	<i>Hu Jiao</i> (Fructus Piper)	463
<i>Bian Xu</i> (Herba Polygoni Avicularis)	401	<i>Bi Ba</i> (Fructus Piperis Longi)	464
<i>Qu Mai</i> (Herba Dianthi)	403	<i>Bi Cheng Qie</i> (Fructus Litseae)	465
<i>Bai Long Chuan Hua Tou</i> (Radix Clerodendron Paniculatum)	404	<i>Xiao Hui Xiang</i> (Fructus Foeniculi)	466
<i>Ding Shu Xiu</i> (Herba Elephantopus Scaber)	405	<i>Shi Luo</i> (Fructus Anethum Graveolens)	467
<i>Shui Ding Xiang</i> (Herba Ludwigiae Prostratae)	406	<i>Da Hui Xiang</i> (Fructus Anisi Stellati)	468
<i>Mo Gu Xiao</i> (Caulis Hyptis Capitatae)	407	<i>Mang Cao</i> (Fructus Illicium Lanceolatum)	468
<i>Xian Feng Cao</i> (Herba Bidentis)	408	Summary Review: <b>Interior-Warming Herbs</b>	469
<i>Bi Zi Cao</i> (Herba Pogonatheri Criniti)	409	<b>Chapter 8 Qi-Regulating Herbs</b>	473
<i>Dong Gua Zi</i> (Semen Benincasae)	410	<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	479
<i>Shan Pu Tao</i> (Radix Vitis Amurensis)	411	<i>Ju Hong</i> (Exocarpium Citri Rubrum)	480
<i>Ma Ti Jin</i> (Herba Dichondrae Repentis)	412	<i>Ju Luo</i> (Fibra Citri Rubrum)	480
<i>Jin Qian Cao</i> (Herba Lysimachiae)	413	<i>Ju Ye</i> (Folium Citri Rubrum)	481
<i>Si Chuan Da Jin Qian Cao</i> (Herba Lysimachia Christinae)	414	<i>Ju He</i> (Semen Citri Rubrum)	481
<i>Lian Qian Cao</i> (Herba Glechomae)	414	<i>Hua Ju Hong</i> (Exocarpium Citri Grandis)	481
<i>Guang Jin Qian Cao</i> (Herba Desmodii Styracifolii)	414	<i>Qing Pi</i> (Pericarpium Citri Reticulatae Viride)	482
<i>Hai Jin Sha</i> (Herba Lygodii)	415	<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	483
<i>Hua Shi Cao</i> (Herba Orthosiphon Aristatus)	416	<i>Zhi Ke</i> (Fructus Aurantii)	486
<i>Shi Wei</i> (Folium Pyrrosiae)	417	<i>Xiang Yuan</i> (Fructus Citri)	487
<i>Yin Chen Hao</i> (Herba Artemisiae Scopariae)	418	<i>Fo Shou</i> (Fructus Citri Sarcodactylis)	488
<i>Ling Yin Chen</i> (Herba Siphonostegia Chinensis)	420	<i>Fo Shou Hua</i> (Flos Citri Sarcodactylis)	489
<i>Bi Xie</i> (Rhizoma Dioscoreae Hypoglaucae)	420	<i>Po Bu Zi Ye</i> (Folium Cordia Dichotoma)	490
<i>Dong Gua Pi</i> (Exocarpium Benincasae)	422	<i>Da Fu Pi</i> (Pericarpium Arecae)	491
<i>Chi Xiao Dou</i> (Semen Phaseoli)	422	<i>Wan Dian Jin</i> (Radix Illicis Asprellae)	492
<i>Xiang Si Zi</i> (Semen Abrus Precatoris)	423	<i>Mu Xiang</i> (Radix Aucklandiae)	493
<i>Yu Mi Xu</i> (Stigma Maydis)	424	<i>Xiang Fu</i> (Rhizoma Cyperi)	495
<i>Ze Qi</i> (Herba Euphorbiae Helioscopiae)	425	<i>Wu Yao</i> (Radix Linderae)	497
<i>Dong Kui Zi</i> (Semen Malvae)	426	<i>Wu Teng</i> (Ramulus Linderae)	498
<i>Qing Ma Zi</i> (Semen Abutili)	427	<i>Xie Bai</i> (Bulbus Allii Macrostemonis)	499
Summary Review: <b>Water-Regulating and Damp-   Resolving Herbs</b>	428	<i>Tan Xiang</i> (Lignum Santali Albi)	500
<b>Chapter 7 Interior-Warming Herbs</b>	433	<i>Chen Xiang</i> (Lignum Aquilariae Resinatum)	501
<i>Fu Zi</i> (Radix Aconiti Lateralis Praeparata)	438	<i>Chuan Lian Zi</i> (Fructus Toosendan)	503
<i>Chuan Wu</i> (Radix Aconiti Preparata)	442	<i>Ku Lian Zi</i> (Fructus Meliae)	504
<i>Wu Tou</i> (Radix Aconiti)	444	<i>Qing Mu Xiang</i> (Radix Aristolochiae)	505
<i>Cao Wu</i> (Radix Aconiti Kusnezoffii)	445	<i>Li Zhi He</i> (Semen Litchi)	506
<i>Rou Gui</i> (Cortex Cinnamomi)	447	<i>Suo Luo Zi</i> (Semen Aesculi)	508
<i>Gui Xin</i> (Cortex Rasmus Cinnamomi)	449	<i>Ba Yue Zha</i> (Fructus Akebiae)	508
<i>Tu Rou Gui</i> (Cortex Cinnamomum Burmannii)	449	<i>Gan Song</i> (Radix seu Rhizoma Nardostachys)	509
<i>Gan Jiang</i> (Rhizoma Zingiberis)	450	<i>Jiu Ceng Ta</i> (Herba Ocimi Basilici)	510
<i>Pao Jiang</i> (Rhizoma Zingiberis Preparatum)	451	<i>Tian Xian Teng</i> (Herba Aristolochiae)	511
<i>Wu Zhu Yu</i> (Fructus Evodiae)	452	<i>Dao Dou</i> (Semen Canavaliae)	512
<i>Xi Xin</i> (Herba Asari)	454	<i>Shi Di</i> (Calyx Kaki)	513
<i>Tu Xi Xin</i> (Herba Asarum Forbgesii)	457	Summary Review: <b>Qi-Regulating Herbs</b>	514
<i>Hua Jiao</i> (Pericarpium Zanthoxyli)	458	<b>Chapter 9 Digestive Herbs</b>	519
<i>Jiao Mu</i> (Semen Zanthoxyli Bungeani)	459	<i>Shan Zha</i> (Fructus Crataegi)	523
<i>Gao Liang Jiang</i> (Rhizoma Alpiniae Officinarum)	460	<i>Shen Qu</i> (Massa Fermentata)	526
<i>Hong Dou Kou</i> (Fructus Alphiniae Galangae)	461	<i>Jian Shen Qu</i> (Massa Fermentata Preparata)	526
		<i>Hong Qu</i> (Monascus)	527
		<i>Mai Ya</i> (Fructus Hordei Germinatus)	529

# Table of Contents

<i>Gu Ya</i> (Fructus Setariae Germinatus)	530	<b>Chapter 12 Blood-Invigorating and Stasis-Removing Herbs</b>	609
<i>Lai Fu Zi</i> (Semen Raphani)	531	<i>Chuan Xiong</i> (Rhizoma Ligustici Chuanxiong)	614
<i>Ji Nei Jin</i> (Endothelium Corneum Gigeriae Galli)	533	<i>Yan Hu Suo</i> (Rhizoma Corydalis)	618
Summary Review: <b>Digestive Herbs</b>	535	<i>Yu Jin</i> (Radix Curcumae)	621
<b>Chapter 10 Antiparasitic Herbs</b>	537	<i>Jiang Huang</i> (Rhizoma Curcumae Longae)	623
<i>Shi Jun Zi</i> (Fructus Quisqualis)	541	<i>Lu Lu Tong</i> (Fructus Liquidambaris)	625
<i>Ku Lian Pi</i> (Cortex Meliae)	543	<i>Ru Xiang</i> (Gummi Olibanum)	626
<i>Bing Lang</i> (Semen Arecae)	545	<i>Mo Yao</i> (Myrrha)	628
<i>Nan Gua Zi</i> (Semen Cucurbitae Moschatae)	547	<i>Hu Zhang</i> (Rhizoma Polygoni Cuspidati)	629
<i>Fei Zi</i> (Semen Torreyae)	549	<i>Wu Ling Zhi</i> (Excrementum Trogloteri seu Pteromi)	632
<i>He Shi</i> (Fructus Carpesii)	550	<i>Jiang Xiang</i> (Lignum Dalbergiae Odoriferae)	633
<i>Wu Yi</i> (Fructus Ulmi Praeparatus)	551	<i>Zi Ran Tong</i> (Pyritum)	634
<i>Lei Wan</i> (Omphalia)	552	<i>Niao Bu Su</i> (Ramus Kalopanax Pictus)	635
<i>He Cao Ya</i> (Gemma Agrimoniae)	553	<i>Dan Shen</i> (Radix Salviae Miltiorrhizae)	636
<i>Guan Zhong</i> (Rhizoma Dryopteridis)	554	<i>Hong Hua</i> (Flos Carthami)	640
Summary Review: <b>Antiparasitic Herbs</b>	556	<i>Zhang Hong Hua</i> (Flos Crocus Sativus)	642
<b>Chapter 11 Stop-Bleeding Herbs</b>	559	<i>Tao Ren</i> (Semen Persicae)	643
<i>Da Ji</i> (Herba seu Radix Cirsii Japonici)	564	<i>Yi Mu Cao</i> (Herba Leonuri)	645
<i>Da Ji Ye</i> (Herba Cirsii Japonici)	565	<i>Chong Wei Zi</i> (Semen Leonuri)	646
<i>Da Ji Gen</i> (Radix Cirsii Japonici)	565	<i>Ze Lan</i> (Herba Lycopi)	647
<i>Xiao Ji</i> (Herba Cirsii)	566	<i>Chuan Niu Xi</i> (Radix Cyathulae)	648
<i>Da Xiao Ji</i>	566	<i>Niu Xi</i> (Radix Cyathulae seu Achyranthis)	649
<i>Di Yu</i> (Radix Sanguisorbae)	567	<i>Huai Niu Xi</i> (Radix Achyranthis Bidentatae)	650
<i>Bai Mao Gen</i> (Rhizoma Imperatae)	570	<i>Tu Niu Xi</i> (Radix Achyranthes Longifolia)	651
<i>Bai Mao Hua</i> (Flos Imperatae)	571	<i>Ma Bian Cao</i> (Herba Verbenae)	652
<i>Huai Hua</i> (Flos Sophorae)	572	<i>Jin Bu Huan</i> (Herba Lycopodii Serrati)	653
<i>Huai Jiao</i> (Fructus Sophorae)	573	<i>Ye Ming Sha</i> (Excrementum Vespertilionis Murini)	654
<i>Ce Bai Ye</i> (Cacumen Platycladi)	574	<i>Chuan Shan Jia</i> (Squama Manis)	655
<i>Zi Zhu</i> (Folium Callicarpae)	576	<i>Wang Bu Liu Xing</i> (Semen Vaccariae)	656
<i>Xian He Cao</i> (Herba Agrimoniae)	578	<i>Liu Ji Nu</i> (Herba Artemisiae Anomalae)	658
<i>Bai Ji</i> (Rhizoma Bletillae)	581	<i>Su Mu</i> (Lignum Sappan)	659
<i>Zong Lu Pi</i> (Fibra Stipulae Trachycarpi)	583	<i>Gan Qi</i> (Resina Toxicodendri)	660
<i>Zong Lu Zi</i> (Fructus Trachycarpi)	584	<i>Mao Dong Qing</i> (Radix Ilicis Pubescentis)	661
<i>Ou Jie</i> (Nodus Nelumbinis Rhizomatis)	585	<i>Ding Jing Cao</i> (Herba Linderniae)	662
<i>Xue Yu Tan</i> (Crisis Carbonisatus)	586	<i>Ji Xue Teng</i> (Caulis Spatholobi)	663
<i>San Qi</i> (Radix Notoginseng)	587	<i>Hong Teng</i> (Caulis Sargentodoxae)	664
<i>Ju Ye San Qi</i> (Herba seu Radix Gynura Segetum)	590	<i>San Leng</i> (Rhizoma Sparganii)	664
<i>Jing Tian San Qi</i> (Herba seu Radix Sedum Aizoom)	590	<i>E Zhu</i> (Rhizoma Curcumae)	666
<i>Qian Cao</i> (Radix Rubiae)	591	<i>Shui Zhi</i> (Hirudo)	668
<i>Pu Huang</i> (Pollen Typhae)	593	<i>Meng Chong</i> (Tabanus)	670
<i>Hua Rui Shi</i> (Ophicalciturum)	595	<i>Di Bie Chong</i> (Eupolyphaga)	671
<i>Wan Nian Song</i> (Herba Selaginellae)	596	Summary Review: <b>Blood-Invigorating and Stasis-Removing Herbs</b>	673
<i>Xiao Jin Ying</i> (Fructus Rosae Cymosae)	597	<b>Chapter 13 Phlegm-Resolving and Coughing- and Wheezing-Relieving Herbs</b>	677
<i>Lian Fang</i> (Receptaculum Nelumbinis)	598	<b>Section 1 Phlegm-Resolving Herbs</b>	682
<i>Zhu Fan Hua Tou</i> (Rhizoma Mirabilidis)	599	<i>Ban Xia</i> (Rhizoma Pinelliae)	682
<i>Ai Ye</i> (Folium Artemisiae Argyi)	600	<i>Tian Nan Xing</i> (Rhizoma Arisaematis)	685
<i>Fu Long Gan</i> (Terra Flava Usta)	603	<i>Dan Nan Xing</i> (Arisaema cum Bile)	688
Summary Review: <b>Stop-Bleeding Herbs</b>	605		

# Table of Contents

<i>Bai Fu Zi</i> (Rhizoma Typhonii)	689	<b>Chapter 14 Shen-Calming Herbs</b>	751
<i>Yu Bai Fu</i> (Rhizoma Typhonium Giganteum)	690	<b>Section 1 Sedative Herbs that Calm the Shen</b>	
<i>Guan Bai Fu</i> (Rhizoma Aconitum Coreanum)	690	<b>(Spirit)</b>	755
<i>Bai Jie Zi</i> (Semen Sinapis)	691	<i>Zhu Sha</i> (Cinnabaris)	755
<i>Zao Jiao</i> (Fructus Gleditsiae)	693	<i>Ci Shi</i> (Magnetitum)	757
<i>Zao Jiao Ci</i> (Spina Gleditsiae)	695	<i>Long Gu</i> (Os Draconis)	758
<i>Jie Geng</i> (Radix Platycodonis)	696	<i>Long Chi</i> (Dens Draconis)	759
<i>Shu Hua Sha Shen</i> (Radix Adenophora		<i>Hu Po</i> (Succinum)	760
Remotiflora)	697		
<i>Xuan Fu Hua</i> (Flos Inulae)	698	<b>Section 2 Nourishing Herbs that Calm the Shen</b>	
<i>Jin Fei Cao</i> (Herba Inulae)	699	<b>(Spirit)</b>	762
<i>Qian Hu</i> (Radix Peucedani)	699	<i>Suan Zao Ren</i> (Semen Zizyphi Spinosaes)	762
<i>Bai Qian</i> (Rhizoma Cynanchi Stauntonii)	701	<i>Bai Zi Ren</i> (Semen Platycladi)	765
<i>Chuan Bei Mu</i> (Bulbus Fritillariae Cirrhosae)	702	<i>Yuan Zhi</i> (Radix Polygalae)	766
<i>Bei Mu</i> (Bulbus Fritillaria)	703	<i>He Huan Pi</i> (Cortex Albiziae)	768
<i>Zhe Bei Mu</i> (Bulbus Fritillariae Thunbergii)	703	<i>He Huan Hua</i> (Flos Albiziae)	768
<i>Tu Bei Mu</i> (Bulbus Bolbostemma Paniculatum)	704	<i>Ye Jiao Teng</i> (Caulis Polygoni Multiflori)	769
<i>Gua Lou Shi</i> (Fructus Trichosanthis)	705	<i>Ling Zhi</i> (Ganoderma)	770
<i>Gua Lou Ren</i> (Semen Trichosanthis)	706	<i>Xie Cao</i> (Radix et Rhizoma Valerianae)	772
<i>Gua Lou Pi</i> (Pericarpium Trichosanthis)	708	<i>Xiao Mai</i> (Fructus Triticis)	773
<i>Tian Zhu Huang</i> (Concretio Silicea Bambusae)	709	Summary Review: <b>Shen-Calming Herbs</b>	775
<i>Zhu Ru</i> (Caulis Bambusae in Taenia)	710		
<i>Zhu Li</i> (Succus Bambusae)	711	<b>Chapter 15 Liver-Calming and Wind-</b>	
<i>Fu Hai Shi</i> (Pumice)	712	<b>Extinguishing Herbs</b>	777
<i>Hai Ge Fen</i> (Concha Meretricis seu Cyclinae)	713	<i>Ling Yang Jiao</i> (Cornu Saigae Tataricae)	781
<i>Meng Shi</i> (Lapis Micae seu Chloriti)	714	<i>Shan Yang Jiao</i> (Cornu Naemorhedis)	782
<i>Hai Zao</i> (Sargassum)	715	<i>Huang Yang Jiao</i> (Cornu Procrapra Gutturosa)	782
<i>Kun Bu</i> (Thallus Laminariae seu Eckloniae)	716	<i>Gou Teng</i> (Ramulus Uncariae cum Uncis)	783
<i>Hai Dai</i> (Laminaria Japonica)	717	<i>Tian Ma</i> (Rhizoma Gastrodiae)	785
<i>Huang Yao Zi</i> (Herba Dioscoreae Bulbiferae)	718	<i>Quan Xie</i> (Scorpio)	787
<i>Pang Da Hai</i> (Semen Sterculiae Lychnophorae)	720	<i>Wu Gong</i> (Scolopendra)	790
<i>Luo Han Guo</i> (Fructus Momordicae)	721	<i>Jiang Can</i> (Bombyx Batryticatus)	792
<i>Luo Han Guo Ye</i> (Folium Momordicae)	722	<i>Di Long</i> (Pheretima)	794
		<i>Shi Jue Ming</i> (Concha Haliotidis)	796
<b>Section 2 Coughing- and Wheezing-Relieving</b>		<i>Mu Li</i> (Concha Ostreae)	797
<b>Herbs</b>	723	<i>Dai Zhe Shi</i> (Haematitum)	799
<i>Xing Ren</i> (Semen Armeniacae Amarum)	723	<i>Bai Ji Li</i> (Fructus Tribuli)	801
<i>Xing Ren Shu Pi</i> (Cortex Pruni Armeniacae)	725	<i>Jue Ming Zi</i> (Semen Cassiae)	803
<i>Bai Bu</i> (Radix Stemonae)	726	<i>Gou Qi Gen</i> (Radix Lycii)	805
<i>Zi Wan</i> (Radix Asteris)	728	<i>Zhen Zhu</i> (Margarita)	806
<i>Kuan Dong Hua</i> (Flos Farfarae)	729	<i>Zhen Zhu Mu</i> (Concha Margaritiferae)	807
<i>Su Zi</i> (Fructus Perillae)	730	Summary Review: <b>Liver-Calming and Wind-</b>	
<i>Zhong Ru Shi</i> (Stalactitum)	732	<b>Extinguishing Herbs</b>	809
<i>Ma Dou Ling</i> (Fructus Aristolochiae)	733		
<i>Pi Pa Ye</i> (Folium Eriobotryae)	734	<b>Chapter 16 Orifice-Opening Herbs</b>	813
<i>Gu Zhi Hua</i> (Semen Oroxyli)	736	<i>She Xiang</i> (Moschus)	818
<i>Bai Guo</i> (Semen Ginkgo)	737	<i>Bing Pian</i> (Borneolum Syntheticum)	820
<i>Yin Guo Ye</i> (Folium Ginkgo)	739	<i>Su He Xiang</i> (Styrax)	822
<i>Sang Bai Pi</i> (Cortex Mori)	741	<i>Shi Chang Pu</i> (Rhizoma Acori)	824
<i>Ting Li Zi</i> (Semen Descurainiae seu Lepidii)	742	<i>Jiu Jie Chang Pu</i> (Rhizoma Anemones Altaicae)	825
<i>Nan Ting Li Zi</i> (Semen Descurainiae)	743	<i>Shui Chang Pu</i> (Rhizoma Acori Calami)	825
<i>Bei Ting Li Zi</i> (Semen Lepidii)	743	Summary Review: <b>Orifice-Opening Herbs</b>	827
Summary Review: <b>Phlegm-Resolving and</b>			
<b>Coughing- and Wheezing-Relieving Herbs</b>	745		

# Table of Contents

<b>Chapter 17 Tonic Herbs</b>	829	<i>Jiu Cai Zi</i> (Semen Allii Tuberosi)	915
<b>Section 1 Qi-Tonifying Herbs</b>	835	<i>Zi He Che</i> (Placenta Hominis)	916
<i>Ren Shen</i> (Radix Ginseng)	835	<i>Qi Dai</i> (Corda Umbilicalis Hominis)	917
<i>Ren Shen Ye</i> (Folium Ginseng)	840		
<i>San Qi Ye</i> (Folium Notoginseng)	840	<b>Section 3 Blood-Tonifying Herbs</b>	918
<i>Xi Yang Shen</i> (Radix Panacis Quinquefolii)	841	<i>Dang Gui</i> (Radicis Angelicae Sinensis)	918
<i>Dang Shen</i> (Radix Codonopsis)	843	<i>Dang Gui Tou</i> (Caput Radicis Angelicae Sinensis)	923
<i>Tai Zi Shen</i> (Radix Pseudostellariae)	845	<i>Dang Gui Shen</i> (Corpus Radicis Angelicae Sinensis)	923
<i>Dong Yang Shen</i> (Radix Ginseng Japonica)	846	<i>Dang Gui Wei</i> (Extremitas Radicis Angelicae Sinensis)	923
<i>Huang Qi</i> (Radix Astragali)	847	<i>Shu Di Huang</i> (Radix Rehmanniae Preparata)	924
<i>Jiao Gu Lan</i> (Rhizoma seu Herba Gynostemmatis)	853	<i>He Shou Wu</i> (Radix Polygoni Multiflori)	927
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	856	<i>Bai Shao</i> (Radix Paeoniae Alba)	930
<i>Shan Yao</i> (Rhizoma Dioscoreae)	860	<i>E Jiao</i> (Colla Corii Asini)	935
<i>Bian Dou</i> (Semen Lablab Album)	862	<i>Long Yan Rou</i> (Arillus Longan)	937
<i>Bian Dou Yi</i> (Pericarpium Lablab Album)	863	<i>Long Yan Hua</i> (Flos Longan)	938
<i>Bian Dou Hua</i> (Flos Lablab Album)	863		
<i>Ci Wu Jia</i> (Radix et Caulis Acanthopanax Senticosi)	864	<b>Section 4 Yin-Tonifying Herbs</b>	939
<i>Gan Cao</i> (Radix Glycyrrhizae)	866	<i>Bei Sha Shen</i> (Radix Glehniae)	939
<i>Zhi Gan Cao</i> (Radix Glycyrrhizae Preparata)	871	<i>Sha Shen</i> (Radix Glehniae seu Adenophorae)	940
<i>Da Zao</i> (Fructus Jujubae)	872	<i>Nan Sha Shen</i> (Radix Adenophorae)	941
<i>Geng Mi</i> (Semen Oryzae)	874	<i>Mai Men Dong</i> (Radix Ophiopogonis)	943
<i>Feng Mi</i> (Mel)	875	<i>Tian Men Dong</i> (Radix Asparagi)	946
<i>Yi Tang</i> (Saccharum Granorum)	877	<i>Shi Hu</i> (Herba Dendrobii)	948
		<i>Yu Zhu</i> (Rhizoma Polygonati Odorati)	950
<b>Section 2 Yang-Tonifying Herbs</b>	878	<i>Huang Jing</i> (Rhizoma Polygonati)	952
<i>Lu Rong</i> (Cornu Cervi Pantotrichum)	878	<i>Bai He</i> (Bulbus Lillii)	955
<i>Mi Rong</i> (Cornu Elapnurus Parvum)	880	<i>Gou Qi Zi</i> (Fructus Lycii)	957
<i>Lu Jiao</i> (Cornu Cervi)	880	<i>Gou Qi Ye</i> (Folium Lycii)	958
<i>Mi Jiao</i> (Cornu Elapnurus)	881	<i>Sang Shen Zi</i> (Fructus Mori)	959
<i>Lu Jiao Jiao</i> (Gelatinum Cornu Cervi)	881	<i>Han Lian Cao</i> (Herba Ecliptae)	960
<i>Lu Jiao Shuang</i> (Cornu Cervi Degelatinatum)	882	<i>Hong Han Lian</i> (Herba Hypericum Ascyron)	961
<i>Dong Chong Xia Cao</i> (Cordyceps)	883	<i>Nu Zhen Zi</i> (Fructus Ligustri Lucidi)	962
<i>Ge Jie</i> (Gecko)	886	<i>Chu Shi Zi</i> (Fructus Broussonetiae)	964
<i>Hu Tao Ren</i> (Semen Juglandis)	887	<i>Gui Ban</i> (Plastrum Testudinis)	965
<i>Rou Cong Rong</i> (Herba Cistanches)	889	<i>Gui Ban Jiao</i> (Gelatinum Plastrum Testudinis)	966
<i>Suo Yang</i> (Herba Cynomorii)	890	<i>Bie Jia</i> (Carapax Trionycis)	967
<i>Ba Ji Tian</i> (Radix Morindae Officinalis)	891	<i>Bie Jia Jiao</i> (Gelatinum Carapax Trionycis)	968
<i>Yin Yang Huo</i> (Herba Epimedii)	893	<i>Hei Zhi Ma</i> (Semen Sesami Nigrum)	969
<i>Xian Mao</i> (Rhizoma Curculiginis)	895	<i>Bai Mu Er</i> (Fructificatio Tremellae Fuciformis)	970
<i>Yang Qi Shi</i> (Actinolitum)	897	<i>Zhi Ju Zi</i> (Fructus Hoveniae)	971
<i>Hai Gou Shen</i> (Testes et Penis Otariae)	898	Summary Review: <b>Tonic Herbs</b>	972
<i>Hai Shen</i> (Strichopus Japonicus)	898		
<i>Hai Long</i> (Syngnathus)	899	<b>Chapter 18 Astringent Herbs</b>	981
<i>Hai Ma</i> (Hippocampus)	900	<i>Wu Wei Zi</i> (Fructus Schisandrae Chinensis)	985
<i>Du Zhong</i> (Cortex Eucommiae)	901	<i>Wu Mei</i> (Fructus Mume)	988
<i>Du Zhong Ye</i> (Folium Eucommiae)	902	<i>Wu Bei Zi</i> (Galla Chinensis)	990
<i>Xu Duan</i> (Radix Dipsaci)	903	<i>He Zi</i> (Fructus Chebulae)	992
<i>Gu Sui Bu</i> (Rhizoma Drynariae)	905	<i>Ying Su Ke</i> (Pericarpium Papaveris)	994
<i>Gou Ji</i> (Rhizoma Cibotii)	906	<i>Ye Ying Pi</i> (Pericarpium Prunus Pseudocerasus)	996
<i>Hu Lu Ba</i> (Semen Trigonellae)	908	<i>Chi Shi Zhi</i> (Halloysitum Rubrum)	997
<i>Bu Gu Zhi</i> (Fructus Psoraleae)	909	<i>Yu Yu Liang</i> (Limonitum)	998
<i>Yi Zhi Ren</i> (Fructus Alpiniae Oxyphyllae)	911	<i>Rou Dou Kou</i> (Semen Myristicae)	999
<i>Tu Si Zi</i> (Semen Cuscutae)	912		
<i>Sha Yuan Zi</i> (Semen Astragali Complanati)	914		

# Table of Contents

<i>Rou Dou Gen</i> (Radix Myristicae)	1001	<i>Mu Bie Zi</i> (Semen Momordicae)	1069
<i>Shi Liu Pi</i> (Pericarpium Granati)	1002	<i>Wu Ming Yi</i> (Pyrolusitum)	1070
<i>Chun Gen Pi</i> (Cortex Ailanthi)	1003	Summary Review: <b>Substances for Topical Application</b>	1071
<i>Chun Gen</i> (Radix Ailanthi)	1004		
<i>Shan Zhu Yu</i> (Fructus Corni)	1005		
<i>Jin Ying Zi</i> (Fructus Rosae Laevigatae)	1006	<b>PART III ADDITIONAL RESOURCES</b>	1075
<i>Sang Piao Xiao</i> (Ootheca Mantidis)	1008	Appendix 1. Cross-reference Based on Traditional Chinese Medicine Diagnosis	1077
<i>Fu Pen Zi</i> (Fructus Rubi)	1009	Appendix 2. Cross-reference Based on Western Medical Diagnosis	1093
<i>Hai Piao Xiao</i> (Endoconcha Sepiae)	1010	Appendix 3. Cross-reference Based on Pharmacological Effects	1107
<i>Qian Shi</i> (Semen Euryales)	1012	Appendix 4. Cross-reference of Single Herb Names	1121
<i>Lian Zi</i> (Semen Nelumbinis)	1013	Appendix 5. Cross-reference of Herbal Formula Names	1134
<i>Lian Zi</i> (Semen Nelumbinis)	1014	Appendix 6. Herbs Offering Beneficial Effects to Support Pregnancy	1144
<i>Lian Zi Xin</i> (Plumula Nelumbinis)	1014	Appendix 7. Cautions / Contraindications for the Use of Herbs During Pregnancy	1145
<i>Lian Xu</i> (Stamen Nelumbinis)	1014	Appendix 8. Dosing Guidelines	1148
<i>He Ye</i> (Folium Nelumbinis)	1014	Appendix 9. Weights and Measures: Chinese, British and Metric Systems	1150
<i>He Di</i> (Calyx Nelumbinis)	1014	Appendix 10. Convention on International Trade in Endangered Species (CITES)	1152
<i>He Geng</i> (Caulis Nelumbinis)	1014	Bibliography of Historical Texts	1153
<i>Lian Fang</i> (Receptaculum Nelumbinis)	1014	Bibliography of Contemporary References	1158
<i>Ou Jie</i> (Nodus Nelumbinis Rhizomatis)	1014	Glossary	1166
<i>Lian Zi Xin</i> (Plumula Nelumbinis)	1015	About the Authors and Contributors	1184
<i>Lian Xu</i> (Stamen Nelumbinis)	1016	Index	1188
<i>Fu Xiao Mai</i> (Semen Tritici Aestivi Levis)	1017		
<i>Ma Huang Gen</i> (Radix Ephedrae)	1018		
Summary Review: <b>Astringent Herbs</b>	1019		
<b>Chapter 19 Emetic Herbs</b>	1023		
<i>Gua Di</i> (Pedicellus Cucumeris)	1027		
<i>Chang Shan</i> (Radix Dichroae)	1028		
<i>Shu Qi</i> (Folium Dichroae Febrifugae)	1029		
<i>Li Lu</i> (Radix et Rhizoma Veratri)	1030		
Summary Review: <b>Emetic Herbs</b>	1032		
<b>Chapter 20 Substances for Topical Application</b>	1033		
<i>Liu Huang</i> (Sulfur)	1038		
<i>Xiong Huang</i> (Realgar)	1039		
<i>Qing Fen</i> (Calomelas)	1041		
<i>Qian Dan</i> (Minium)	1043		
<i>Mi Tuo Seng</i> (Lithargyrum)	1044		
<i>Ming Fan</i> (Alumen)	1045		
<i>Da Suan</i> (Bulbus Alli Sativi)	1047		
<i>Ban Mao</i> (Mylabris)	1049		
<i>Chan Su</i> (Venenum Bufonis)	1051		
<i>Ma Qian Zi</i> (Semen Strychni)	1053		
<i>She Chuang Zi</i> (Fructus Cnidii)	1055		
<i>Lu Feng Fang</i> (Nidus Vespae)	1056		
<i>Xue Jie</i> (Sanguis Draconis)	1058		
<i>Zhang Nao</i> (Camphora)	1059		
<i>Da Feng Zi</i> (Semen Hydnocarpi)	1061		
<i>Si Gua Luo</i> (Retinervis Luffae Fructus)	1062		
<i>Er Cha</i> (Catechu)	1064		
<i>Wa Leng Zi</i> (Concha Arcae)	1066		
<i>Peng Sha</i> (Borax)	1067		
<i>Lu Gan Shi</i> (Galamina)	1068		