

Aromatic Transform Dampness

Agastache Hb agastachis seu pogastemonis (Huo xiang)	sl warm, acid / LU,SP,ST	*Turbid-dampness: chest fullness, nausea, vomiting, diarrhea, etc. *Morning sickness. *Summerheat-damp. *Stomach flu. *Bad breath.	Contraindicated: yin def heat, St fire. Don't cook longer than 15 min.	4.5-9 g
Eupatorium Hb Eupatorii (Pei lan)	neutral, acid / SP,ST	*Transforms dampness w/o drying: for damp or damp-heat sx. *Summerheat-damp.	Contraindicated: yin def.	4.5-9 g
Magnolia bark Cx Magnoliae officinalis (Hou po)	warm, bitter, acid, aromatic/ LU,LI,SP, ST	*Turbid-damp + stagnant qi or food: chest/ab fullness, nausea, diarrhea, etc. *Wheezing d/t phlegm-damp.	Caution in pregnancy.	3-9 g
Atractylodes Rz atractylodis (Cang zhu)	warm, bitter, acid, aromatic/ SP,ST	*Dries dampness, strengthens Sp: damp, low appetite, diarrhea, ab distension. *Wind-damp bi. *Low jiao damp-heat: leg qi, leukorrhea, etc	Very drying. Contraindicated: yin def heat, qi def sweat.	4.5-9 g
Cardamom seed Fr Amomi kravanh (Bai dou kou)	warm, acid, aromatic/ LU,SP,ST	*Various damp + qi stagnation sx: chest fullness, low appetite. *Warms middle, stops vomiting.	Contraindicated: yin or blood def, absence of cold-damp.	decoct: 3-6 g powder: 1.5-4.5 g
Katsumadai seed Sm Alpiniae katsumadai (Cao dou kou)	warm, acid, aromatic/ SP,ST	*Dries dampness, warm middle: cold pain, vomiting, diarrhea.	Contraindicated: yin or blood def. Add at end of decoction.	1.5-6 g
Tsaoko Fr Amomi Tsaoko (Cao guo)	warm, acid/ SP,ST	*Strongly dries damp, warms middle: cold pain, vomiting, etc. *Meat stagnation. *Malaria.	Contraindicated: qi or blood def, absence of cold-damp. OD: vomiting.	1.5-6 g roast to reduce vomiting
Amomum fruit Fr Amomi (Sha ren)	warm, acid, aromatic/ SP,ST	*Qi stagnation, dampness, or food stagnation. *Restless fetus + morning sickness. *Add to tonic formulas to prevent stagnation.	Contraindicated: yin def heat. Add at end of decoction.	1.5-6 g