

Robert Hayden, M.S.O.M. - Materia Medica Lecture Notes

## Stabilize & Bind

Dogwood fruit Cornelian Cherry Fructus Corni (Shan zhu yu)	Sour, sl warm ----- Kd, Lr	*Stabilizes Kidney, retains essence: polyuria, incontinence, sperm leakage, excessive sweating. *Tonifies Lr & Kd, essence: dizziness, weak lumbar, impotence. *Prolonged menstruation d/t def.	Contraindicated: dysuria, damp-heat. Antagonizes Jiegeng, Fangfeng, Fangji.	3-12 g
Schisandra fruit Fructus Schisandrae (Wu wei zi)	warm, sour ----- Ht, Kd, Lu	*Astringes Lu qi: chronic cough. *Binds essence: nocturnal emission, vaginal discharge. *Diarrhea d/t Sp/Kd def. *Excessive sweating. *Calms Ht: irritability, insomnia. *Recent: skin allergies, hepatitis	Contraindicated: unresolved ext pattern, xs int heat, early-stage cough or rash.	1.5-9 g. Crush before using.
Black plum Fructus Mume (Wu mei)	warm, sour ----- LI, Lr, Lu, Sp	*Astringes Lu qi: chronic cough d/t Lu qi def. *Chronic diarrhea. *Alleviates thirst d/t def heat. *Expels parasites. *Uterine bleeding, bloody stool esp w/ thirst. *Topical: corns & warts.	Contraindicated: int xs heat, ext patterns	3-9 g.
Kaolin Halloysitum Rubrum (Chi shi zi)	warm, sour, sweet, astringent ----- Sp, St, LI	*Binds intestines, stops diarrhea. * Stops bleeding: bloody stool, uterine d/t cold in lower jiao. *Topical: chronic sores.	Caution: pregnancy. Contraindicated: early- stage dysentery, hot diarrhea, damp-heat. Antagonizes Dahuang, counteracts Yuanhua, Huangqin.	9-30 g
Chebula fruit Fructus Chebulae (He zi)	neutral, sour, bitter, astringent ----- Lu, LI, St	*Chronic diarrhea or dysentery. *Astringe Lu qi: cough, asthma, or chronic cough w/loss of voice.	Contraindicated: ext patterns, damp-heat accumulation. Raw: cough, loss of voice. Roasted: diarrhea.	3-10 g
Nutmeg Semen Myristicae (Rou dou kou)	warm, acid ----- Sp, St, LI	*Warms middle jiao, moves qi : abdominal pain, vomiting, nausea. *Stops diarrhea d/t Sp/Kd def.	Contraindicated: damp-heat diarrhea or dysentery.	3-10 g (1.5-3 g pills or powder)