

Settle & Calm Spirit

Dragon's bone Os draconis (Long gu)	neutral, sweet, astringent ----- Ht, Kd, Lr	*Pacifies Lr, anchors yang: dizziness, vertigo, blurred vision. *Calms Ht: palpitations, insomnia. *Astringes leukorrhea, seminal emissions, sweating. *Topical: chronic sores.	Should be cooked before adding other herbs.	15-30 g
Oyster shell Concha Ostreae (Mu li)	cool, salty ----- Kd, Lr	*Pacifies Lr, anchors yang: dizziness, vertigo, blurred vision. *Calms Ht: palpitations, insomnia. *Astringes leukorrhea, seminal emissions, sweating. *Softens, dissipates nodules. *Xs stomach acid.	Contraindicated: hi fever w/o sweating. OD: indigestion, constipation.	15-30 g
Loadstone Magnetite (Ci shi)	cold, salty, acid ----- Kd, Lr	*Anchors & calms: restlessness, insomnia, palpitations, tremors, children's seizures d/t fright. *Improves hearing & vision. *Kd not grasping qi.	Caution: weak Sp/St. Antagonizes Mudanpi. Decoct 20-30 min before adding other herbs.	9-30 g
Cinnabar Cinnabaris (Zhu sha)	cool, sweet, toxic ----- Kd, Lr	*Sedates Ht: restlessness, palpitations, anxiety, seizures. *Topical: toxic swellings, snakebite.	Do not use, TOXIC, contains mercury.	0.3-2.5 g pill or powder
Pearl Margarita (Zhen zhu)	cold, salty ----- Ht, Lr	*Sedates Ht: tremors, seizures, palpitations, frightens easily. *Clears Lr, brightens eyes: dim vision, red eyes, photophobia. *Topical: chronic sores.	Mother-of-pearl (Zhenzumu): cold, sweet, salty. Pacifies Lr, anchors yang. Clears Lr, brightens eyes. 15-30g decoct first.	0.3-0.9 g pills, powders, eyedrops
Amber Succinum (Hu po)	neutral, sweet ----- Ht, Lr, UB	*Tranquilizes mind: infantile seizures, palpitations, insomnia, dream-disturbed sleep. *Bl stasis menstrual problems. *Promotes urination: freq, painful, bloody urine or stones.	Contraindicated in yin deficiency with heat	0.9-3 g powder
Hematite Red ochre Hematitum (Dai zhe shi)	cold, bitter ----- Lr, Ht, Pc	*Pacifies Lr, anchors yang: dizziness, vertigo, tinnitus. *Strongly downbears qi: vomiting, belching, wheezing. *Vomiting blood, nosebleeds.	Caution: pregnancy. Some samples contain arsenic salts.	9-30 g