

Warm Acrid Release Exterior

| | | | | |
|--|---|---|--|--------|
| Ephedra / Hb Ephedrae / Ma Huang | Warm, acid, bitter ----- LU, UB | Wind-Cold Exterior XS. Wheezing. Bi pain. Edema d/t Wind-Cold | Causes heavy sweating. Caution in deficiency sweating or wheezing, HTN, insomnia | 3-9 g |
| Cinnamon Twig / Rm Cinnamomi / Gui Zhi | Warm, acid, sweet ----- LU, UB, H | Wind-Cold Exterior Deficiency. Bi pain limbs & shoulders. Chest pain d/t HT Yang Def. Ab pain, masses d/t cold & blood stasis | Contraindicated in warm febrile disease, Yin def + heat. Caution: pregnancy | 3-15 g |
| Perilla Leaf / Fm Perillae / Zi Su Ye | Warm, acid, aromatic ----- LU, SP | Wind-Cold. Moves qi in chest & stomach: nausea, vomiting, morning sickness, seafood poisoning. | Do not boil long time | 3-9 g |
| Schizonepeta / Hb Schizonepetae / Jing Jie | Sl. warm, acid, aromatic ----- LU, LR | Wind-Cold OR Wind-Heat. Vents wind from blood: skin eruption, itching. char to stop bleeding. | | 3-9 g |
| Ledebouriella / Rx Ledebouriellae / Fang Feng | Warm, acid, sweet ----- LR,UB,SP | Wind-Cold. Wind-Damp Bi pain. Spasms d/t ext Wind | Caution: spasms d/t blood deficiency. Contraindicated in yin def heat | 3-9 g |
| Notopterygium / Rz + Rx Notopterygii / Qiang Huo | Warm, acid, bitter, aromatic ----- K, UB | Wind-Cold. Wind-Cold-Damp Bi pain, esp upper body. Guides to Taiyang, Du channels: headache | Contraindicated in pain d/t blood deficiency or yin deficiency | 3-9 g |
| Dahurian Angelica / Rx Angelicae Dahuricae / Bai Zhi | Warm, acid ----- LU, ST | Wind-Cold. Early-stage swelling w/pus. Sinus pain, HA in Yangming channels. | Contraindicated in yin deficiency, late-stage swelling | 3-9 g |
| Asarum / Hb Asari / Xi Xin | Warm, acid ----- LU, K | Wind-Cold. Wind-Cold-Damp Bi pain. Warms LU: cold phlegm. Nasal obstruction, headache | Contraindicated in blood deficiency or yin deficiency. NEPHROTOXIC. Use low dose. | 1-3 g |
| Fresh Ginger / Rz Zingiberis recens / Sheng Jiang | Warm, acid ----- LU,SP,ST | Wind-Cold. Warms middle & stops vomiting. Warms LU. Detoxifies other herbs. | Contraindicated in yin deficiency heat | 3-9 g |
| Magnolia Flower / Fl Magnoliae / Xin Yi Hua | Warm, acid ----- LU, ST | Wind-Cold nasal obstruction (or any type nasal obstruction depending on how combined) | Boil in cheesecloth or coffee filter. OD: red eyes, dizziness. Caution: Pregnancy. | 3-9 g |