

Cool Acrid Release Exterior

Herba Menthae (Bohe) (Mentha)	cool, acid, aromatic LU, LR	Wind-heat, clears head and eyes. Moves liver Qi. Vents rashes	Not to be boiled more than five minutes. Not for Def Heat. May reduce lactation	1.5-6 g
Fructus Arctii (Niubangzi) (Arctium Fruit)	cold, acid, bitter LU, ST	Wind-heat sore throat. Releases toxins & vents rashes. Moistens intestine	Contraindicated in patients with diarrhea.	3-9g
Periostracum Cicadae (Chantui) (Cicada Slough)	cold, sweet, salty LU, LR	Wind-heat sore throat. Vents rashes, relieves itching. Clears eyes. Stops spasms/convulsions.	Caution during pregnancy	3-9g
Folium Mori (Sangye) (Mulberry leaf)	cold, sweet, bitter LU, LR	Wind-heat dry cough. Clears liver heat & brightens eyes.		4.5-15g
Flos chrysanthemi (Juhua) (Chrysanthemum flower)	sl cold, sweet, bitter LU, LR	Wind-heat, clears head & eyes. Calms liver & brightens eyes.	Caution Qi def, diarrhea	4.5-15 g
Fructus Viticis (Manjingzi) (Vitex Fruit)	cool, acid, bitter LR, UB, ST	Wind-heat headache or eye pain. Damp Bi	Caution for headaches or eye problems d/t def Yin or Blood.	6-12 g
Semen Sojae Preparatum (Dandouchi) (Prepared Soybean)	cold, sweet, sl bitter LU, ST	Mildly releases exterior. Relieves restlessness	inhibits lactation	6-12g
Radix Puerariae (Gegen) (Pueraria root)	cool, acid, sweet SP, ST	Exterior pattern stiff neck. Vents rashes. Raises Yang & stops diarrhea. Promotes fluids & relieves thirst	Roasted yellow for diarrhea. Pueraria flower (Gehua) is sweet & neutral, relieves alcohol toxicity	6-12 g
Radix bupleuri (Chaihu) (Bupleurum root)	cool, bitter, acid LR, GB, PC, TB	Shaoyang pattern. Liver Qi stagnation. Raises Yang-Qi.	Contraindicated for rising liver Yang or def Yin. Overdose causes nausea/vomiting	3-12 g
Rhizoma Cimicifugae (Shengma) (Cimicifuga rhizome)	cool, acid, sweet LI, LU, SP, ST	Vents rashes. Upper body fire toxins. Raises Yang-Qi. Envoy, guides herbs upwards	Contraindicated for xs above w/ def below, late-stage rashes, def Yin or rising liver heat	1.5-9g