

Relieve Food Stagnation

Hawthorn fruit Fructus Crataegi (Shan zha)	sl warm, sour, sweet / LR,SP,ST	*Food stagnation, esp fatty food: meat, milk, etc. *Ab distension, pain, diarrhea. Postpartum ab pain, lochia d/t blood stasis. *Hypertension, high cholesterol, coronary artery disease	Caution: Sp/St def w/o food stagnation, also gastric hyperacidity.	9-15 g
Germinated barley Fr Hordei germinatus (Mai ya)	neutral, sweet / LR,SP,ST	*Food stagnation, esp starch, milk. *Restrains lactation. *LR Qi stagnation: fullness in chest, ribs, epigastric pain.	Contraindicated during lactation.	powder: 6-15 g decoct: 12-30 g lactation: 60 g
Germinated rice Fr Oryzae germinatus (Gu ya)	neutral, sweet / SP,ST	*Food stagnation, esp starch, w/ SP & ST deficiency.	Effects are weakened by cooking, best added as powder to decoction.	9-15 g
Medicated leaven Massa fermentata medicinalis (Shen qu)	warm or cool, acid, sweet / SP,ST	*Food stagnation, ab distension, diarrhea, gan accumulation. *Added to formulas with mineral substances to increase absorption.	Caution: pregnancy.	6-15 g
Chicken gizzard skin Endothelium corneum gigeriae galli (Ji nei jin)	neutral, sweet / UB,SI,SP, ST	*Strongly dispels food stagnation: ab fullness, diarrhea, infant gan. *Gallstones, urinary tract stones. *Topical: mouth & throat sores. *Bedwetting.		3-9 g
Radish seed Sm Raphani (Lai fu zi)	neutral, acid, sweet / LU,SP,ST	*Food stagnation w/ stagnant Qi: distension, belching, diarrhea. *Coughing, wheezing d/t phlegm.	Caution: Qi def.	6-12 g