

Extinguish Wind & Stop Tremors

Antelope horn Cornus Saigae Tataricae (Ling yang jiao)	cold, salty ----- Lr, Ht	*Calms Lr, extinguishes wind: high fever, spasms, convulsions esps in children. *Anchors yang. *Clears Lr fire, brightens eyes. *Clears Pc heat: mania, coma. *Wind-damp-heat bi.	Goat horn (Shanyangjiao): salty, cold, sim to Lingyangjiao but weaker, use 9-15g in decoction.	1.5-3 g decoction; 0.3-0.5 g powder
Uncaria stem Ramulus Uncariae cum Uncis (Gou teng)	cool, sweet ----- Lr, Pc, Ht	*Extinguishes wind, alleviates spasms: tremors, spasms, seizures. *Clears heat, calms Lr: Lr fire or yang rising, incl HTN. *Ext wind-heat.	Cook less than 10 min. Hooks are the most effective part.	6-15 g
Gastrodia tuber Rhizoma Gastrodiae (Tian ma)	neutral, sweet ----- Lr	*Extinguishes wind, controls spasms: tremors, seizures, etc, d/t heat or bl def. *Stops pain: headaches, etc, d/t wind-phlegm, or wind-damp bi in low back & extremities.	n/a	3-10 g decoction; 1-1.5 g powder
Tribulus fruit Fructus Tribuli (Bai ji li)	neutral, bitter, acid ----- Lr	*Calms Lr, anchors yang. * Lr qi stagnation: chest/flank pain, insufficient lactation. *Stops itching. *Brightens eyes	Caution: pregnancy, qi & bl def.	6-10 g
Abalone shell Concha Haliotidis (Shi jue ming)	cold, salty ----- Lr, K	*Anchors yang: HA, dizziness. *Clears Lr fire, brightens eyes.	Counteracts Xuanfuhua. Cook 1 hr before adding other herbs.	9-30 g