

Transform Phlegm, Stop Coughing

Peucedanum root Radix Peucedani (Qian hu)	sl cold, bitter, acid / LU	*Phlegm-heat and/or wind-heat in the lungs: cough w/yellow thick sputum, chest oppression.	none	4.5-9 g
Tendrilled fritillary bulb Blb fritillariae cirrhosae (Chuan bei mu)	sl cold, bitter, sweet / H, LU	*Chronic dry cough d/t lung yin def, phlegm-heat or wind-heat. *Scrofula, mastitis, lung abscess d/t phlegm-heat.	Ineffective for cold phlegm-damp cough. Expensive.	decoct: 3-12 g powder: 1-1.5 g
Fritillary bulb Blb fritillariae thunbergii (Zhe bei mu)	cold, bitter / H, LU	*Similar to Chuan bei mu, but used more for swellings d/t phlegm-fire, less for phlegm-heat cough. *Not useful for Yin def.	Ineffective for cold phlegm-damp cough. Cheaper than Chuanbeimu.	3-9 g
Trichosanthes fruit Fr Trichosanthis (Gua lou)	cold, sweet / LI, LU,ST	*Phlegm-heat cough. *Chest oppression d/t phlegm or blood stasis. Constipation. Mastitis.	Contraindicated in Sp/St def cold, phlegm-cold or phlegm-damp	9-30 g
Trichosanthes seed Sm Trichosanthis (Gua lou ren)	cold, sweet / LI, LU,ST	*Phlegm-heat cough, chest oppression w/dry symptoms. *Dry constipation.	Contraindicated in Sp/St def cold w/diarrhea.	9-12 g
Trichosanthes root Rx Trichosanthis (Tian hua fen)	cold, sweet, bitter / LU,ST	*Dry cough or cough w/blood d/t lung heat. *Thirst in diabetes, febrile diseases. *Swellings w/pus.	Contraindicated in pregnancy, Sp/St def cold w/diarrhea. Hi dose: Liv/Kd failure.	9-15 g
Concretio bambusae (Tian zhu huang)	cold, sweet / GB,H,LR	*Infantile fright-wind, seizures d/t phlegm-heat. *Phlegm-heat cough.	Contraindicated in Sp/St def cold w/diarrhea.	decoct: 3-9 g directly: 0.6-1.2 g
Bamboo juice Succus Bambusae in Taeniam (Zhu li)	very cold, sweet / H,LU,ST	*Phlegm-heat cough. *Heart misted by phlegm-heat: epilepsy, mania, paralysis.	Contraindicated in Sp/St def cold w/diarrhea.	30-60 g
Bamboo shavings Caulis bambusae in taenis (Zhu ru)	sl cold, sweet / GB,LU,ST	*Phlegm-heat cough. *Mind disturbed by phlegm-heat: irritable, insomnia, palpitations. *Nausea, vomiting d/t St heat.	Contraindicated for vomiting d/t def cold, cold food stagnation. Fry w/ginger to stop vomiting.	4.5-9 g
Pumice (Fu hai shi)	cold, salty / LU	*Phlegm-heat cough. *Scrofula, nodules d/t phlegm and qi accumulation.	Contraindicated for cough d/t def cold. Decoct in cheesecloth.	6-15 g