

## Transform Phlegm, Stop Coughing (2)

Sea clam shell Concha Meretricis (Hai ge ke)	neutral, bitter, salty / K,LU,ST	*Phlegm-heat cough, esp w/chest & rib pain. *Scrofula, goiter, neck tumors.	Contraindicated in qi def cold. Extended decoction in cheesecloth.	decoct: 6-15g powder: 1-3 g
Laminaria Thallus Laminariae (Kun bu)	cold, salty / K,LR,SP	*Resolves phlegm-fire nodules: goiter, neck swellings, testicular swelling. *Edema.	Contraindicated in Sp/St def cold.	4.5-15 g
Seaweed Sargassum (Hai zao)	cold, bitter, sweet, salty / K,LU,LR, ST	*Resolves phlegm-fire nodules: goiter, neck swellings, testicular swelling. *Edema.	Contraindicated in Sp/St def cold. Counteracts Licorice root (Gancao).	4.5-15 g
Boat sterculia seed Sm Sterculiae (Pang da hai)	cold, sweet / LI,LU	*Disperses LU qi: sore throat, coarse voice, phlegm-heat cough. *Heat constipation w/red eyes.	none	4.5-9 g
Pinellia tuber Rhizoma Pinelliae (Ban xia)	warm, acid, toxic / LU,SP,ST	*Phlegm-damp cough, chest bind. *Nausea & vomiting d/t counterflow St qi w/phlegm. *Plum-pit qi. *All types of phlegm nodules.	Contraindicated in cough d/t def yin, bleeding, damage to fluids.	4.5-9 g
Arisaema tuber Rz Arisaematis (Tian nan xing)	warm, bitter, acid, toxic / LR,LU,SP	*Wind-phlegm: dizziness, vertigo, facial paralysis, epilepsy, convulsions, tetanus.	Contraindicated in pregnancy, yin def, lung heat, dry phlegm. Raw herb is highly toxic, not used internally, use prepared.	4.5-9 g
Arisaema w/bile Rz Arisaemae cum Felle Bovis (Dan nan xing)	cold, bitter / LR,LU,SP	*Convulsions, windstroke, infant seizures d/t phlegm-heat	see above	3-6 g
Inula flower Fl Inulae (Xuan fu hua)	sl warm, bitter, acid, salty / LR,LU,ST, SP	*Phlegm damp: LU: asthma, cough; ST: vomit, hiccough. *Chest fullness, distension.	Decoct in cheesecloth.	3-12 g
Cynanchum Rx et Rz Cynanchi (Bai qian)	sl warm, acid, sweet/LU	*Turbid phlegm blocking the lungs: cough, wheezing, chest fullness.	Contraindicated: qi def, kidney def	3-9 g
White mustard seed Sm Sinapsis seu Brassicae (Bai jie zi)	warm, acid/LU	*Phlegm-damp: cough, chest fullness, esp chronic. *Bi d/t phlegm in channels. *Yin sores.	Contraindicated: yin def, lung def.	3-9 g