

Transform Phlegm, Stop Coughing (3)

Platycodon root Rx Platycodi (Jie geng)	neutral, bitter, acid / LU	*Cough w/phlegm d/t wind-heat or wind-cold. *Sore throat d/t wind-heat, phlegm-heat, yin def heat. *Lung or throat abcess. *Guides other herbs to upper jiao.	Contraindicated: coughing blood, yin def cough.	3-9 g
Apricot seed Semen Armeniacae (Xing ren)	sl warm, bitter, sl toxic / LI, LU	*Cough & wheezing, esp ext dry. *Moistens intestines: for dry constipation	Contraindicated: diarrhea, yin def. Slightly toxic, avoid overdosing. Caution in infants. Lethal dose 50 seeds in adults, 10 in kids.	3-9 g
Aster root Radix Asteris (Zi wan)	sl warm, bitter / LU	*Cough d/t wind-cold.* Cough w/ copious phlegm, difficult expectoration or bloody sputum	Caution: yin def, xs heat. Large dose, long-term not recommended.	3-9 g
Coltsfoot flower Fl Farfarae Tussilago (Kuan dong hua)	warm, acid / LU	*Cough & wheezing/asthma, esp in cold patterns.	Caution: cough d/t heat. Western: hepatotoxic	1.5-9 g
Perilla seed Fr Perillae (Su zi)	warm, acid / LI, LU	*Cough, wheezing/asthma w/ phlegm and chest oppression. *Moistens intestines: for dry constipation	Contraindicated: diarrhea.	4.5-9 g
Loquat leaf Fm Eriobotryae (Pi pa ye)	cool, bitter / LU, ST	*Lung heat: cough, wheezing. *Stomach heat: hiccough, nausea, vomiting.	Contraindicated: cough or vomiting d/t cold.	4.5-12 g
Stemona root Rx Stemonae (Bai bu)	sl warm, sweet, bitter/ LU	*Cough, esp d/t deficiency, incl yin def. *Topical: kills lice. *Enema for pinworm.	Contraindicated: Sp def, diarrhea.	3-9 g enema: 30-60 g
Mulberry bark Cx Mori (Sang bai pi)	cold, sweet, bland / LU,SP	*Lung heat: cough, wheezing. *Promotes urination: skin or facial edema. *Hypertension.	Contraindicated: excess urination, cough d/t wind-cold.	6-15 g
Lepidium seed Sm Lepiddi seu Descurainiae (Ting li zi)	cold, bitter, acid / LU, UB	*Lung heat w/phlegm: cough, wheezing, gurgling. *Moves water: fluid in chest, facial edema.	Contraindicated: Sp def, Lu def.	3-9 g
Birthwort fruit Fructus Aristolochiae (Ma dou ling)	cold, bitter, sl acid / LI,LU	*Cough, wheezing d/t Lu heat or Lu def w/phlegm. *Hypertension.	Banned in UK, contains Aristolochic acid, nephrotoxic. Overdosage: nausea, vomiting.	3-9 g