

Purgatives (Downward Draining)

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| Radix et Rhizoma rhei (Dahuang) (Rhubarb) | cold, bitter / H, LI, LR, ST | Constipation d/t GI heat bind. Blood stasis: amenorrhea, postpartum ab pain/lochia, ab masses, abscesses, trauma. Damp-heat dysentery, jaundice, dysuria. Burns, skin lesions: use topically. | Contraindicated: Ext pattern, qi/bl def, breastfeeding. Caution: pregnancy, menstruation. Raw: constipation. Wine-fry: move blood. Char: hemorrhage. Overboiling weakens purgation function. | 3-12 g |
| Natrii Sulfas (Mangxiao) (Mirabilite) | cold, salty, bitter / ST, LI | Constipation d/t GI heat bind, esp dry stool (osmotic laxative). Topical: sore throat, mouth ulcer, boils. | Contraindicated: sp/st def cold, pregnancy. | 3-9g dissolve into strained decoction |
| Folium Sennae (Fanxieye) (Senna leaf) | cold, sweet, bitter / LI | Constipation d/t LI heat | Contraindicated during menstruation, lactation and pregnancy. | 3-9 g |
| Aloe vera (Luhui) | cold, bitter / LI, LR, ST | Constipation + liver fire: red eyes, dizziness, headache, irritability. Gan accumulation w/ worms (roundworm, ringworm). | Contraindicated: bleeding d/t qi def, pregnancy, menstruation. | Pill or powder: 0.3-1.5 g |
| Fructus Cannabis (Huomaren) (Hemp seed) | neutral, sweet / LI, SP, ST | Constipation d/t dryness, blood or yin def, post-febrile. | OD or long term causes vaginal discharge, spermatorrhea. | 9-15 g |
| Semen pruni (Yuliren) (Bush-cherry seed) | neutral, acrid, bitter / LI, SI, SP | Constipation d/t dryness + qi stagnation, or w/inhibited urination, edema. | Caution: pregnancy, yin def. | 3-9 g |
| Radix kansui (Gansui) (Kansui root) | cold, bitter, sweet, toxic / K, LI, LU | Drives out water thru stool: edema, ascites, fluid retention in chest. Topical for toxic heat skin swellings, nodules. | Best used in pill and powder form. Contraindicated during pregnancy. Do not use w/Licorice (Gancao). Only for severe excess patterns. | Pill or powder: 0.3-1 g |
| Radix Euphorbiae (Daji) (Euphorbia root) | cold, bitter, acrid, toxic / K, LI, LU | Fluid or phlegm accumulation in chest w/pain, cough. Topical for boils, scrofula, sores, nodules. | Contraindicated during pregnancy. Do not use w/Licorice (Gancao). Caution in weak patients. | 1.5-3 g |
| Flos Genkwa (Yuanhua) (Genkwa flower) | warm, acrid, bitter, toxic / K, LI, LU | Drives out water: fluid retention in chest and abdomen. Topical: kill ringworm. | Contraindicated during pregnancy and in weak patients. | 1.5-3 g |