

## Regulate Qi

Tangerine peel Pericarpium Citri reticulatae (Chen pi)	warm, acid / LU, SP, ST	*Qi stagnation and/or turbid dampness in middle jiao w/ nausea, vomiting, ab fullness, hiccough. *Phlegm-damp in the lung: cough w/ profuse sputum. *Often added to tonic formulas to prevent stagnation.	Juhong (Red peel): stronger, transforms phlegm. Jubai (White Peel): milder, harmonizes stomach. Juhe:Shan qi, bladder qi pain. Juluo: qi stag in luo vessels, chest pain w/chronic cough.	3-9 g
Green tangerine peel Pericarpium Citri reticulatae viride (Qing pi)	warm, acid, bitter / GB,LR,ST	*LR qi stagnation esp w/phlegm bind: chest, breast & rib pain, mastitis. *Food stagnation, esp severe or w/Liv qi. Shan qi.	Contraindicated: qi def. Raises blood pressure	3-9 g
Areca peel Pc Arecae catechu (Da fu pi)	sl warm, acid / LI,SI,SP, ST	*Descends qi, reduces stagnation: food stagnation w/constipation. *Expels dampness: ab distension w/superficial edema, leg qi.	Caution: qi def	6-9 g
Immature bitter orange Fr Aurantii immaturus (Zhi shi)	sl cold, acid, bitter / LI,SP,ST	*Breaks up qi stagnation: chest & ab fullness, etc. *Constipation w/ qi or food stagnation. *Prolapse: gastric, rectal, uterine.	Caution: pregnancy, weak right qi, sp/st def. Raises blood pressure.	3-9 g
Bitter Orange Fr Citri Aurantii (Zhi ke)	cool, acid, bitter / SP,ST	*Sim to Zhishi but milder, better for weaker patients. *Diarrhea w/tenesmus. *Phlegm stagnation in chest, ab fullness, etc. *Prolapse: gastric, rectal, uterine.	Caution: pregnancy, sp/st def	3-9 g
Cyperus tuber Rhizoma Cyperi (Xiang fu)	Neutral, acid, sl bitter, sl sweet/ LR,TB	*LR qi stagnation: painful or irregular menses, flooding & spotting, chest/ab fullness & pain. *Phlegm. *Shan qi.	Contraindicated: qi def w/o stagnation, yin def heat	4.5-9 g
Costus root Rx Aucklandiae seu Vladimiriae (Mu xiang)	warm, acid, bitter / GB,LI,SP, ST	*Various qi stagnation sx: chest & ab fullness, nausea *Diarrhea, dysentery, tenesmus, pain. *Often added to tonics to prevent stagnation.	Contraindicated: yin def or fluid depletion.	1.5-4.5 g add @ end of decoction.
Lindera root Rx Linderae (Wuyao)	warm, acid / K,UB,LU, SP	*Qi stagnation, esp w/cold: chest & ab fullness & pain, vomiting, lower ab pain, cold shan. *Frequent urination, incontinence d/t Kidney def.	Contraindicated: qi def, internal heat	3-9 g