

Robert Hayden, M.S.O.M. - Materia Medica Lecture Notes

## Tonify Qi

Ginseng Radix Ginseng (Ren shen)	sl warm, sweet, sl bitter ----- Sp, Lu	*Strongly tonifies source qi: collapse of qi, shock, blood loss. *Tonifies Sp & Lu qi: lo appetite, diarrhea, fatigue, SOB, wheezing. *Generates fluids, relieves thirst: diabetes or post-febrile. *Calms mind.	Contraindicated: heat signs, absence of qi def, Lr yang w/HTN. Do not use w/ Wulingzhi, Lilu; tea, turnips reduce effectiveness. OD: HA, insomnia, palpitations, elevated BP. Antidote: mung bean soup.	1-9 g collapse: up to 30 g cook separate
Codonopsis root Rx Codonopsis pilosulae (Dang shen)	neutral, sweet ----- Sp, Lu	*Weaker/safer sub for Renshen, used in xs cases to tonify Zheng qi *Tonifies Sp & Lu qi. *Generates fluids, relieves thirst.	Incompatible w/Lilu.	9-30 g
Pseudostellaria Rx Pseudostellariae (Tai zi shen)	neutral, sweet, sl bitter ----- Sp, Lu	*Tonifies Sp & Lu qi: lo appetite, fatigue, spontaneous sweat. *Generates fluids, relieves thirst. *Summerheat fever in children.	Incompatible w/Lilu.	10-30 g
Astragalus root Rx Astragali Membranaceus (Huang qi)	sl warm, sweet ----- Sp, Lu	*Tonifies qi, raises yang: fatigue, diarrhea, prolapse, bleeding. *Stabilizes exterior: spontaneous sweat, weak Wei qi. *Wei & bi. *Tonifies qi & bl post-partum. *Drains pus, promotes healing of chronic sores. *Reduces edema	Contraindicated: yin def yang xs, qi stagn, damp accumulation, food stagn, ext xs, early stage sores. Honey-fry: tonify qi, raise yang. Raw: sores, edema.	10-15 g hi dose 30-60 g
Dioscorea Rhizoma Dioscoreae (Shan yao)	neutral, sweet ----- Sp, Lu, K	*Tonifies Sp: chronic diarrhea, fatigue, spontaneous sweat. *Tonifies Lu: cough, wheezing. *Benefits Kd, binds essence: wasting thirst, spermatorrhea, freq urination, vaginal discharge.	Contraindicated: xs patterns, qi stagn, damp accum, food stagn. Dry-fry: tonify Sp. Raw: tonify yin.	9-30 g; wasting-thirst: up to 250g