

Tonify Qi (2)

White atractylodes Rz Atractylodis macrocephalae (Bai zhu)	warm, sweet, bitter ----- Sp, St	*Tonifies Sp: diarrhea, fatigue. *Dries dampness: edema, damp bi. *Stabilizes exterior, stops sweat. *Calms fetus.	Contraindicated: yin def heat, damage to fluids. Raw: dry damp. Dry-fried: tonify qi . Char: stop diarrhea.	4.5-9 g
Jujube Fructus Jujubae (Da zao)	neutral, sweet ----- Sp, St	*Tonifies qi: fatigue, SOB *Nourishes blood, calms mind *Harmonizes other herbs	Contraindicated: xs damp, food stagn, phlegm, worms, ab fullness	3-12 pieces (10-30 g)
Licorice root Radix Glycyrrhizae (Gan cao)	neutral or warm, sweet ----- all 12 channels, esp Ht, Lu, Sp, St	*Tonifies qi: fatigue, SOB, palpitations d/t qi & bl def *Moistens Lu: coughing, wheezing *Fire toxin: sore throat, sores *Spasms & pain: ab or legs *Harmonizes other herbs *Antidotes toxic substances	Contraindicated: xs dampness, nausea, vomiting. Long-term use can cause hi BP, edema, hypothyroid. Incompatible w/ Gansui, Daji, Yuanhua, Haizao; antagonizes Yuanzhi. Honey-fry: tonify qi, stop spasm. Raw: relieve toxicity.	3-6 g
Polygonatum Rz Polygonati (Huang jing)	neutral, sweet ----- K,Sp, Lu	*Tonifies Sp/St qi/yin: fatigue, wasting-thirst, dry stools *Lu qi/yin def: dry cough *Tonifies essence: chronic illness	Contraindicated: Sp def w/ damp, poor digestion. Mild, can be taken long-term.	6-18 g
Maltose (Yi tang)	sl warm, sweet ----- Lu, Sp, St	*Tonifies Sp: SOB, lo appetite *Lu qi def: weak voice, dry cough *Ab pain d/t def cold	Contraindicated: xs dampness, nausea, vomiting, phlegm-heat, food stagn.	30-60 g dissolve into decoction