

Clear Summerheat

Folium Nelumbinis (Heye) (Lotus Leaf)	Neutral, bitter, sl sweet / H, LR, SP	Clears summerheat, drains damp. Diarrhea d/t summerheat-damp. Stops bleeding: bloody stool, vomiting, profuse menstruum.	Recently used to tx obesity. Contraindicated for bleeding d/t cold or deficiency.	9-15 g
Semen Phaseoli (Ludou) (Mung Bean)	Cool, sweet / H, ST	Clears summerheat, generates fluids: fever, irritability, thirst. Antidote for aconite (Fuzi), various other toxic materials.	Contraindicated for diarrhea d/t cold or deficiency.	15-30g 120 g for poison
Fructus Citrulli (Xigua) (Watermelon)	Cold, sweet / UB, H, ST	Clears summerheat, generates fluids: fever, irritability, thirst, lack of urine, dry heaves. Drains damp-heat: jaundice.	Contraindicated for damp-cold, middle jiao cold deficiency.	15-30 g 1 cup fresh juice
Semen Dolichoros (Biandou) (Dolichoros seed)	Neutral, sweet / SP, ST	Diarrhea or vomiting d/t summerheat-damp. Strengthens spleen: sp def diarrhea, lo appetite, leukorrhea.	Contraindicated in cold patterns. Raw for summerheat, dry-fry for Sp def.	9-21 g
Herba artemisiae annuae (Qinghao) (Sweet wormwood)	Cold, bitter / K, LR, GB	Low fever d/t summerheat or deficient yin w/smoldering heat. Cools blood. Relieves malaria.	Contraindicated in def cold patterns or post-partum blood def. Not to be boiled long time.	3-9 g