

Dispel Wind-Dampness 2

Siegesbeckia Herba Siegesbeckiae (Xixiancao)	cold, bitter / LR,K	Wind-damp-heat bi. Strengthens sinews: paralysis, hemiplegia. Damp-heat sores, rashes. Hypertension d/t Liv Yang.	Contraindicated in yin or blood def.	6-15 g
Chinese starjasmine Caul trachelospermi (Luoshiteng)	sl cold, bitter / LR	Wind-damp-heat bi. Sore throat, abscesses d/t fire toxin.	Counteracts Fritillary bulb (Beimu), Acorus (Shichangpu)	3-9 g
Futokadsura stem Caulis Piperis futokadsurae (Haifengteng)	sl warm, acid, bitter / LR	Wind-cold-damp bi. Ab pain, diarrhea d/t cold invading Sp/St.	Contraindications: none noted.	6-15 g
Homalomena rhizome Rz Homalomenae (Qiannianjian)	warm, bitter, acid / LR,K	Wind-damp bi, strengthens sinews & bones. Strong tonic action, esp used for elderly patients. Pain & swelling d/t trauma.	Caution in yin def. May be used externally or internally.	4.5-9 g
Tiger bone Os tigris (Hugu)	acid and warm / LR,K	Wind-cold-damp bi, strengthens sinews & bones: Liv/Kd def w/ weakness in low back & limbs.	Caution in bl def. ENDANGERED, do not use. Dog bone (Gougu) may be substituted, but is hotter; cook for 1 hr prior to other herbs.	3-6 g
Agkistrodon (Baihuashe)	warm, sweet, salty, toxic / LR,SP	Strongly unblocks channels, extinguishes wind: wind-damp pain, numbness, spasm, tremors, paralysis. Rashes d/t wind in skin.	Contraindicated in yin def w/heat. Caution in blood def.	decoct: 3-10 g powder: 1-1.5 g
Zaocys (Wushaoshe)	neutral, sweet, salty / LR,SP	Same as Baihuashe, but weaker, non-toxic	Contraindicated in yin def w/heat. Caution in blood def.	decoct: 3-9 g powder: 3 g
Pine nodular branch Lignum Pini Nodi (Songjie)	warm, bitter / LR	Wind-cold-damp bi, esp cold-damp predominant. Traumatic injury.	Caution in yin or blood def.	9-15 g