

## Warm Interior, Expel Cold

Prepared aconite root Rx Aconiti lateralis praeparata (Fu zi)	hot, acrid, toxic ----- H, K, Sp	Yang collapse: cold limbs, cold sweat, faint pulse, s.o.b. Kd yang def, waning Kd fire. Sp yang def: cold in abdomen, diarrhea. Cold-damp bi: general joint pain, chills.	Contraindicated in pregnancy. Readily damages yin. Incompatible w/Beimu, Gualou, Baiji, Banxia, Baiwei. Combine w/Gancao, Ganjiang, Ludou reduces toxicity. Toxic dose begins @ 15-60g, antidote w/atropine.	1.5-9 g boil 30-60 min before other herbs
Dried ginger Rhizoma zingiberis (Gan jiang)	hot, acrid ----- Sp, St, H, Lu	Cold in middle jiao d/t xs OR def: abd cold pain, vomiting, diarrhea. Hemorrhage in cold patterns, esp uterine, vomit, stool. Yang collapse. Cold phlegm in lung.	Contraindicated: yin def heat, blood heat. Caution in pregnancy. *Blast fried (Paojiang): warm, bitter, astringent, better to warm channels, stop bleeding, stop diarrhea.	3-10 g
Cinnamon bark Cortex Cinnamomi (Rou gui)	hot, acrid, sweet ----- H, K, Lr, Sp	Yang collapse, upfloating def yang. Kd yang def, waning Kd fire: cold limbs, sore back/knees, frequent urine, impotence. Sp & Kd yang def: ab cold pain, diarrhea. Blood cold: menses, masses. Enhances tonic formulas.	Contraindicated: yin def heat, blood heat. Caution in pregnancy.	1.5-4.5 g pill or powder
Evodia fruit Fructus Evodiae (Wu zhu yu)	hot, acrid, bitter, sl toxic ----- K, Lr, Sp, St	Cold attacking Sp/St: ab cold pain, vomiting, diarrhea. Lr ->St w/headache, vomiting. Cold shan qi pain in Lr channel. Diarrhea d/t Sp & Kd yang def.	Contraindicated: yin def heat. Very drying, easily damages qi & yin, not for long-term.	3-9 g
Sichuan pepper husk Pericarp Zanthoxyli (Chuan jiao) (Hua jiao)	hot, acrid, sl toxic ----- Sp, St, K	Sp/St def cold: ab cold pain, vomiting, belching, diarrhea. Kills parasites: roundworm, pinworm. Topical: genital itch.	Contraindicated: yin def heat. Caution in pregnancy.	1.5-6g can use as compress or wash
Cloves Flos Caryophyllatae (Ding xiang)	warm, acrid ----- Sp, St, K	Sp/St def cold: hiccough, reflux, belching, vomiting, diarrhea. Kd yang def: impotence. Topical: tinea, skin fungus.	Contraindicated: febrile disease, yin def heat. Do not combine w/ Yujin.	2-5 g
Fennel fruit Fructus Foeniculi (Xiao hui xiang)	warm, acrid ----- Sp, St, K, Lr	Cold in Lr channel: low ab pain. Cold in St: vomiting, st pain.	Caution: yin def heat.	3-9 g can use as compress
Galangal rhizome Rz Alpinia officinarum (Gao liang jiang)	hot, acrid ----- Sp, St	Cold & qi stagnation: cold ab pain, vomiting, dysphagia, hiccough.	Contraindicated: yin def heat.	1.5-9 g