

Tonify Yang

Deer antler velvet Cornu Cervi Pantotrichum (Lu rong)	warm, sweet, salty ----- Lr, Kd	*Nourishes essence-blood, Kd yang: exhaustion, impotence, infertility, dim vision & hearing, child developmental disorders. *Uterine bleeding, vaginal discharge d/t def cold. *Strengthens sinews & bones. *Chronic non-healing sores.	OD: dizziness or red eyes; start w/low dose. Tends to injure yin, possibly may cause hemorrhage. Contraindicated: def yin w/ hyperactive yang, blood heat, St fire, phlegm-heat in Lu, febrile diseases.	1-3 g powder
Mature deer antler (Lu jiao):	warm, salty	Sim to Lurong but weaker for Kd. Mainly for pain d/t bl stasis, deep low back pain, toxic swellings	Contraindications: see Lurong. Can use topically, powder or decoction.	5-10 g
Deer antler glue (Lu jiao jiao):	sl warm, sweet, salty	Sim to Lurong but weaker. Mainly for bleeding; also combined w/ Guibanjiao to tonify yin & yang.	Contraindications: see Lurong. Dissolve into decoction or yellow wine.	6-12 g
Antler w/o glue (Lu jiao shuang):	sl warm, sweet	Weakest tonic, stronger retaining effect, mainly for bleeding or Sp/St cold w/vomiting.	Contraindications: see Lurong.	
Gecko (Ge jie)	neutral, salty ----- Lu, Kd	*Lu/Kd not grasping qi, wheezing, cough w/blood. *Wasting thirst *Kd yang def: freq urination, impotence, diarrhea, etc.	Contraindicated: cough & asthma d/t xs int heat or ext wind-cold. Tail is most effective part.	powder: 3-7 g decoction: 9-15 g
Cordyceps Cordyceps sinensis (Dong chong xia cao)	warm, sweet ----- Lu, Kd	*Tonifies yin & yang, esp Lu disease: cough, wheezing, phlegm, sweat, enduring def after disease. *Kd yang def: impotence, seminal emission, low back & knee pain.	Caution: exterior patterns. May be taken safely for prolonged period of time.	4.5-9 g
Cistanche Herba cistanches (Rou cong rong)	warm, sweet, salty ----- Kd, Ll	*Tonifies Kd yang: impotence, freq urination, cold low back pain. *Moistens intestines. *Spotting, infertility d/t Kd yang def.	Contraindicated: Sp/St def w/ loose stool, xs ministerial fire. Raw: constipation. Wine-fry: impotence, infertility, back pain.	9-21 g
Cynomorium Herba Cynomorii (Suo yang)	warm, sweet ----- Kd, Ll, Lr	*Sim to Roucong rong, often substituted. Treats dry constipation, low back pain, impotence, freq urine.	Contraindicated: yin def w/heat, Sp def w/diarrhea, constipation d/t xs heat.	4.5-15 g