

Tonify Yang (2)

Epimedium Herba Epimedii (Yin yang huo)	warm, acid, sweet ----- Lr, Kd	*Tonifies Kd yang: impotence, spermatorrhea, dribbling urine, memory lapse, weak back/legs, hemiplegia, numb extremities. *Wind-damp bi *Lr yang rising *substitute for Fuzi or Rougui	Contraindicated: def yin w/xs ministerial fire. Do not take for long period of time. Can damage yin, causing dizziness, dry mouth, thirst, nosebleed.	6-15 g
Morinda root Radix Morindae officinalis (Ba ji tian)	warm, acid, sweet ----- Lr, Kd	*Tonifies Kd yang: infertility (male/female), impotence, irreg menses, cold low ab pain. *Wind-damp bi *substitute for Fuzi or Rougui	Contraindicated: def yin, damp-heat, obstructed urine.	6-15 g
Fenugreek seed Semen Trigonellae Foeni-graeci (Hu lu ba)	warm, bitter ----- Lr, Kd	*Warms Kd, disp damp: cold shan, low ab pain, damp-cold leg qi.	Contraindicated: pregnancy, damp heat, yin def.	3-9 g
Walnut seed Semen Juglandis (Hu tao ren)	warm, sweet ----- Kd, Lu, LI	*Tonifies Lu & Kd: coughing, wheezing, stone dysuria, freq urine, weak lumbar/legs. *Moistens intestines.	Contraindicated: def yin w/heat, cough d/t phlegm-heat, diarrhea.	9-15 g
Psoralea fruit Fructus Psoraleae (Bu gu zhi)	v. warm, bitter, acid ----- Kd, Sp	*Tonifies Kd yang: impotence, premature ejaculation, back pain. *Incontinence, enuresis *Sp/Kd def diarrhea *Lu/Kd def: qi not grasping. *Topical for alopecia.	Contraindicated: deficiency of yin with excessive fire as well as constipation.	3-9 g
Alpinia Black cardamom Fr Alpiniae oxyphyllae (Yi zhi ren)	warm, acid ----- Kd, Sp	*Warms Kd, retains essence: incontinence, dribbling urine, spermatorrhea. *Warms Sp, stops diarrhea	Contraindicated: seminal emission, frequent urination, uterine bleeding d/t heat.	3-9 g
Curculigo rhizome Rhizoma curculiginis (Xian mao)	hot, acid, toxic ----- Kd, Lr	*Warms Kd yang: impotence, infertility d/t cold, spotting. *Cold pain in heart, abdomen *Cold-damp bi.	Contraindicated: def yin w/heat. Long-term use not recommended. Toxicity causes tongue swelling. Antidote w/Dahuang, Huangqin, Huanglian.	3-9 g