

Robert Hayden, M.S.O.M. - Materia Medica Lecture Notes

# Tonify Yin

Glehnia root Radix Glehniae (Sha shen)	sl cold, sweet, bland ----- Lu, St	*Moistens Lu, stops dry cough d/t yin def. *Nourishes St, generates fluids: thirst, dry mouth. *Dry itchy skin esp in cold, dry weather.	Antagonizes Fangji, Lilu. Contraindicated: cough d/t wind-cold, def cold. Adenophora (Nanshashen): cool, sweet, sl bitter, better for stopping cough, not moistening.	9-15 g
American ginseng Rx Panacis quinquefolii (Xi yang shen)	Cold, sweet, sl bitter ----- Ht, K, Lu	*Nourishes qi & yin: chronic fever, irritability. *Lu yin def w/blazing fire: wheezing, coughing blood.	Contraindicated: damp-cold	2.4-9 g often cooked separate
Asparagus root Radix Asparagi (Tian men dong)	very cold, bitter, sweet ----- Kd, Lu	*Lu/Kd yin def w/heat in upper jiao: dry mouth, thick sputum, bloody sputum, wasting-thirst. *Dry constipation.	Contraindicated: cough d/t wind-cold, def cold diarrhea.	6-15 g
Ophiopogon root Radix Ophiopogonis (Mai men dong)	sl cold, sl bitter, sweet ----- Ht, Lu, St	*Moistens Lu, stops cough: dry mouth, thick sputum, bloody sputum d/t damaged yin. *Supplements St yin, generates fluids: dry mouth & tongue. *Clears Ht: irritability d/t Ht yin def. *Moistens intestines.	Contraindicated: fluid congestion, def cold diarrhea. Antagonizes Kuandonghua, Kushen, Baimuer. Wine-fry to reduce cold properties in tonic formulas.	6-15 g
Dendrobium Herba Dendrobii (Shi hu)	Cold, sweet, sl salty, bland ----- Kd, St	*Nourishes St yin, generates fluids: thirst, dry mouth, stomach pain, dry heaves. *Brightens eyes. *Strengthens lumbar.	Contraindicated: fluid congestion, xs heat, def w/o heat sx, dampness patterns.. Retains ext pathogens so cannot be used in early stage febrile disease.	6-15 g
Solomonseal rhizome Rz Polygonati odorati (Yu zhu)	sl cold, sweet ----- Lu, St	*Lu/St yin def: dry cough, irritability, wasting-thirst, steaming bone. *Extinguishes wind, moistens sinews: spasm, dizziness. *Yin def w/ext wind-heat.	Contraindicated: phlegm in St, cold in middle jiao. Raw: clear heat, steam until black: qi & yin def	9-15 g
Lily bulb Bulbus Lilii (Bai he)	sl cold, sl bitter, sweet ----- Lu, Ht	*Moistens Lu, stop cough d/t Lu heat or dryness. *Clears Ht, calms mind: insomnia, low fever, restlessness post febrile, or palpitations d/t def qi & yin.	Contraindicated: cough d/t wind-cold or phlegm, def cold diarrhea.	9-30 g