

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

Tonify Yin (2)

Loranthus Mulberry mistletoe Ramulus Taxilli (Sang ji sheng)	neutral, bitter ----- Lr, Kd	*Wind-damp bi. *Tonifies Lr & Kd, strengthens sinews & bones. *Calm the fetus. *Nourishes blood: dry skin. *Hypertension.		9-30 g
Eclipta Herba Ecliptae (Han lian cao)	cold, sweet, sour ----- Lr, Kd	*Nourishes Lr & Kd yin: graying hair, dizziness, blurred vision. *Cools blood, stops bleeding: vomiting, nosebleed, hematuria, bloody stool, uterine bleeding.	Contraindicated: diarrhea d/t def cold	10-15 g
Ligustrum fruit Fructus Ligustri lucidi (Nu zhen zi)	cool, sweet, bitter ----- Lr, Kd	*Nourishes Lr & Kd yin: graying hair, dizziness, blurred vision. *Clears def heat, brightens eyes.	Contraindicated: diarrhea d/t def cold	10-15 g
Black sesame seed Semen Sesami (Hei zhi ma)	neutral, sweet ----- Lr, Kd	*Nourishes essence & blood: blurred vision, tinnitus, dizziness, numbness. *Moistens intestines.	Contraindicated: diarrhea. Most effective when fried.	10-30 g
Tortoise plastron Plastrum Testudinis (Gui ban)	cold, sweet, salty ----- Lr, Kd, Ht	*Nourishes yin, anchors yang: Lr yang, int wind w/tremors of hands & feet. *Tonifies Kd, strengthens bones: weak lumbar, fragile bones, retarded bone growth in children. *Cools blood: uterine bleeding. *Nourishes Ht blood: anxiety, insomnia	Contraindicated: pregnancy, yang def diarrhea, damp-cold in St. Antagonizes Renshen, Shashen. Crush and decoct 30 min before other herbs.	10-30 g
Turtle shell Carapax Trionycis (Bie jia)	sl cold, salty ----- Lr, Sp	*Nourishes yin, anchors yang: Lr yang, int wind, tremors, spasms, convulsions. *Steaming bone * Moves blood, promotes menstruation, disperses nodules.	Contraindicated: pregnancy, yang def diarrhea, damp-cold in St. Raw: yin def yang xs. Vinegar-fry: nodules. Decoct 30 min before other herbs.	10-30 g