

Warm the interior





**Fu Zi 附子 ( Hot, toxin) ☹**



Chemical Composition	Aconitine, mesaconitine, hypaconitine, isodelphinine, higenamine, benzoylmesaconitine, coryneine, atisines, aminophenols, neoline,		
Pharmacological Effects	Cardiovascular	Anti-inflammatory	Analgesic
Clinical studies and research	Abdominal coldness & pain during pregnancy	Deficiency syndrome	
Herb-Drug Interaction	antiarrhythmics		





**Rou Gui 肉桂**  
( hot )



<b>Chemical Composition</b>	Cinnamic aldehyde, cinnamic acid, cinnamyl acetate, ...		
<b>Pharmacological Effects</b>	<b>Cardiovascular</b>	<b>Sedative &amp; analgesic</b>	<b>Gastrointestinal</b>
	<b>Immunostimulant</b>	<b>Antibiotic</b>	
<b>Clinical studies and research</b>	<b>Low back pain</b>	<b>Psoriasis</b>	



**Gan Jiang 干姜**  
(hot)



Chemical Composition	Essential oils, gingerol, shogaol, zingerone, dihydrogingerol		
Pharmacological Effects	Gastrointestinal	Antiemetic	Stimulant
	Effect on temperature regulation		
Clinical studies and research	Cold syndrome		



**Wu Zhu Yu 吴茱萸**  
( Hot )



<b>Chemical Composition</b>	Evodiamine, rutaecarpine, evocarpine, hydroxyevodiimine, wuchuyine		
<b>Pharmacological Effects</b>	<b>Antiulcer</b>	<b>Antiemetic</b>	<b>Antidiarrheal</b>
	<b>Analgesic</b>	<b>Cardiovascular</b>	<b>Effects on the uterus</b>
	<b>Antibiotic</b>		
<b>Clinical studies and research</b>	<b>Ulceration of the mouth</b>		<b>eczema</b>



**Xi Xin (Warm)**  
細辛



Chemical Composition	Essential oils, higenamine, aristolochic acid		
Pharmacological Effects	Respiratory	Cardiovascular	Antibiotic
	Anti-inflammatory	Anesthetic	
Clinical studies and research	Aphthous ulcers		Angina
	.		



**Ding Xiang 丁香**  
(warm)



Chemical Composition	Essential oils ( eugenol, caryophyllene, acetyeugenol)		
Pharmacological Effects	Gastrointestinal	Antibiotic	Analgesic
	Antitoxin	Antiasthmatic	
Clinical studies and research	Fungal infection		
	.		





Xiao Hui Xiang 小茴香  
(warm)



Chemical Composition	Essential oil, petroselinic acid		
Pharmacological Effects	Gastrointestinal	Effect on the liver	
Clinical studies and research	Incarcerated hernia	Hydrocele of tunica vaginalis	
Herb-drug interaction	Ciprofloxacin		







Relieve food stagnation herbs

**Shan Zha 山楂**  
(slightly warm)



Chemical Composition	Crataegolic acid, maslinic acid, chlorogenic acid, vitexin, hyperin, epicatechin		
Pharmacological Effects	Cardiotonic	Vasodilating	Antihypertensive
	Antihyperlipidemic	gastrointestinal	Antibiotic
Clinical studies and research	Angina	Hyperlipidemia	Acute bacterial enteritis
	Infantile diarrhea	Nephritis	nausea
	Polyps of the vocal cords		
Herb-drug interaction	Digoxin ( Lanoxin)		



## Mai Ya 麦芽 (neutral)



Chemical Composition	Amylase, invertase, esterase, proteinase, oxidase		
Pharmacological Effects	Gastrointestinal	Antidiabetic	
Clinical studies and research	Chronic hepatitis	Galactorrhea	
Herb-drug interaction	Antidiabetics		



**Lai Fu Zi 萊菔子**  
(neutral)



<b>Chemical Composition</b>	Erucic acid, raphanin, oleic acid, linolenic acid, glycerol sinapate		
<b>Pharmacological Effects</b>	Antibiotic	Antihypertensive	
<b>Clinical studies and research</b>	Habitual constipation	Hypertension	



**Ji Nei Jin 鸡内金**  
(neutral)



Chemical Composition	Ventriculin, pepsin, protein, amylase, amino acids	
Pharmacological Effects	Effects on elimination of strontium	
Clinical studies and research	Indigestion	Flat warts





Stop bleeding & invigorate blood herbs

# Herb Pharmacology

# 中藥藥理學

Da Ji 大蘊  
(Cool)



Chemical Composition	Cirsimarin, pectolinarin, luleclin-7-glucoside		
Pharmacological Effects	Hemostatic	Antibiotics	Cardiovascular
Clinical studies and research	Hematuria		Upper gastrointestinal bleeding
	Nephritis		Intramuscular nodules
	Pulmonary tuberculosis		Hypertension
Herb-drug interaction	Anticoagulant drugs		



## Bai Mao Gen 白茅根 (cold)



Chemical Composition	Arundoin, cylindrin, ferneol, simiarenol, coixol		
Pharmacological Effects	Hemostatic	Diuretic	Antibiotic
Clinical studies and research	Epidemic hemorrhagic fever	Epistaxis	
	Nephritis		
Herb-drug interaction	diuretics		





**Di Yu 地榆**  
(slightly cold)



Chemical Composition	Ziyuglycoside I & II, sanguisorbin, sanguisorbigenin tannins		
Pharmacological Effects	Hemostatic	Effect on relief of burns	antibiotic
	Antiemetic	Anti-inflammatory	
Clinical studies and research	Upper gastrointestinal bleeding		Hemostasis
	Pulmonary tuberculosis		Profuse menstrual bleeding
	Burns	Bacterial dysentery	Cervical erosion
	Dermatological disorders		
Herb-drug interaction	ciprofloxacin		



**Huai Mi 槐米**  
(cool)



<b>Chemical Composition</b>	Rutin, betulin, sophoradiol, sophorin A B C, quercetin, and rutoside		
<b>Pharmacological Effects</b>	<b>Hemostatic</b>	<b>Effect on blood vessels</b>	<b>cardiovascular</b>
	<b>Antihyperlipidemic</b>	<b>Anti-inflammatory</b>	<b>Antispasmodic &amp; antiulcer</b>
	<b>Protective effect against radiation</b>		<b>Preventative effect against frostbite</b>
<b>Clinical studies and research</b>	<b>Menstrual bleeding</b>	<b>Hemorrhoids</b>	
	<b>Psoriasis</b>	<b>Summer boil</b>	



## Ce Bai Ye 側柏叶 (slightly cold)



Chemical Composition	Volatile oil, juniperic acid, sabinic acid			
Pharmacological Effects	Hemostatic	Antitussive		Expectorant
	Respiratory	Sedative	antibiotic	antihypertensive
Clinical studies and research	Bleeding ulcers		Bleeding hemorrhoids	
	Whooping cough		Pulmonary tuberculosis	
	Hair loss		parotitis	



**Xian He Cao 仙鶴草**  
( neutral )



Chemical Composition	Agrimol, agrimonolide, agrimonine A, B, C, D, E, vanillic acid		
Pharmacological Effects	Hemostatic	Gastrointestinal	cardiovascular
	Antibiotic	Antiparasitic	Antineoplastic
Clinical studies and research	Upper gastrointestinal bleeding	Menstrual bleeding	
	Trichomonas vaginitis		
Herb drug interaction	Anticoagulant drug		



**Bai Ji 白及**  
(cool)



<b>Chemical Composition</b>	Acacia gum, tragacanth, bletilla mannan, bletilla-glucomannan, strach			
<b>Pharmacological Effects</b>	<b>Hemostatic</b>	<b>Antiulcer</b>		<b>Antibiotic</b>
<b>Clinical studies and research</b>	Hemoptysis in pulmonary tuberculosis		Hemoptysis due to bronchiectasis	
	Upper gastrointestinal bleeding		Bleeding due to ruptured rectum	
	Peptic ulcers	Chapped skin	pulmonary tuberculosis	
	Whooping cough	Plasma substitute	Silicosis	Burns and cuts



**San Qi 三七**  
(warm)



<b>Chemical Composition</b>	Saponins 3, ginsenoside R, dencichine, essential oils		
<b>Pharmacological Effects</b>	Hemostatic	Antiplatelet	CNS stimulant & suppressant
	Cardiovascular	Immunostimulant	
<b>Clinical studies and research</b>	Upper gastrointestinal bleeding		Stomach bleeding
	Hemoptysis	Hematuria	Hyphema
	Craniocerebral trauma	Coronary artery disease	Hypercholesterolemia
	Liver disorders	Chronic hepatitis	
<b>Herb drug</b>	Anticoagulant or antiplatelet drugs		



## Qian Cao 茜草 ( Cold )



Chemical Composition	Purpurin, purpuroxanthin, alizarin, munjistin, physcion, quinizarin		
Pharmacological Effects	Hemostatic	Antibiotic	Antispasmodic
	Antitussive and expectorant	Effect on kidney stones	Immunostimulant
Clinical studies and research	Bleeding		Chronic tracheitis



## Pu Huang 蒲黃 ( Neutral )



Chemical Composition	Isorhamnetin, pentacosane, palmitic acid, quercetin, kaempferol,		
Pharmacological Effects	Hemostatic	Cardiovascular	Antihypertensive
	Antihyperlipidemic	Effects on the uterus	gastrointestinal
	Anti-inflammatory	Immunologic	
Clinical studies and research	Abnormal uterine bleeding in postpartum women		Coronary artery disorder
	Hypercholesterolemia		Angiocardiopathy
	Eczema		Colitis
Herb-drug interaction	Anticoagulant or antiplatelet drugs		





# Herb Pharmacology

# 中藥藥理學

**Ai Ye 艾叶**  
**(Warm)**



<b>Chemical Composition</b>	Phellandrene, cadinene, cineole, camphene		
<b>Pharmacological Effects</b>	<b>Hemostatic</b>	<b>Antibiotic</b>	<b>Antiasthmatic</b>
	<b>Antitussive and expectorant</b>	<b>Cholagogic</b>	
<b>Clinical studies and research</b>	<b>Unstable pregnancy</b>		<b>Chronic tracheitis</b>
	<b>Allergy</b>	<b>Burns</b>	<b>Liver disorders</b>
	<b>Malaria</b>	<b>Skin ulcer</b>	<b>Bacterial dysentery</b>
<b>Herb-drug interaction</b>			

