

Chinese Herbology 1

Category:

Herbs that Release the Exterior

Subcategory:

Wind-Cold

Class 2

Ma Huang

Pharmaceutical: Herba Ephedrae

Botanical: Ephedra sinica or Ephedra equisetina

Release Exterior/Wind-Cold

Acrid, Warm

→ LU, UB



Gui Zhi

Pharmaceutical: Ramulus Cinnamomi

Botanical: Cinnamomum cassia

Release Exterior/Wind-Cold

Acrid, Sweet, Warm

→ LU, HT, UB



Zi Su Ye

Pharmaceutical: Folium Perillae Frutescentis

Botanical: Perilla frutescens

Release Exterior/Wind-Cold

Acrid, Warm, Aromatic

→ LU, SP



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Jing Jie

Pharmaceutical: Herba sue Flos Schizonepetae Tenuifoliae

Botanical: Schizonepeta tenuifolia

Release Exterior/Wind-Cold

Acrid, Aromatic, Slightly Warm

→ LU, LV



Fang Feng

Pharmaceutical: Radix Ledebouriella Divaricatae

Botanical: Saposhnikovia divaricata or Ledebouriella divaricata

Release Exterior/Wind-Cold

Acrid, Sweet, Slightly Warm

→ UB, LV, SP



Qiang Huo

Pharmaceutical: *Rhizoma et Radix Notopterygii*

Botanical: *Notopterygium incisum*, *Notopterygium forbesii*, or *Notopterygium franchetii*

Release Exterior/Wind-Cold

Acrid, Bitter, Aromatic, Warm

→ UB, KI



Notopterygium forbesii



Notopterygium incisum



Notopterygium forbesii

Bai Zhi

Pharmaceutical: Radix Angelicae Dahuricae

Botanical: Angelica dahurica

Release Exterior/Wind-Cold

Acrid, Warm

→ LU, ST



Gao Ben

Pharmaceutical: Rhizoma et Radix Ligustici

Botanical: Ligusticum sinense or Ligusticum jeholense

Release Exterior/Wind-Cold

Acrid, Warm

→ UB, LV



Ligusticum jeholense

