

Chinese Herbology 1

Category:

Herbs that Release the Exterior

Subcategory:

Wind-Cold

Class 3

Xi Xin

Pharmaceutical: *Herba cum Radice Asari*

Botanical: *Asarum heteropoides* or *Asarum sieboldii*

Release Exterior/Wind-Cold

Acrid, Warm, **Slightly Toxic**

→ LU, KI, HT



Asarum sieboldii



Asarum sieboldii



Asarum heteropoides

Sheng Jiang

Pharmaceutical: *Rhizoma Zingiberis Officinalis Recens*

Botanical: *Zingiber officinale*

Release Exterior/Wind-Cold

Acrid, Warm

→ LU, SP, ST



Xin Yi Hua

Pharmaceutical: Flos Magnoliae

Botanical: Magnolia biondii, Magnolia sprengeri, Magnolia denudata

Release Exterior/Wind-Cold

Acrid, Warm

→ LU, ST



Magnolia biondii



Magnolia denudata



Magnolia sprengeri



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Cang Er Zi

Pharmaceutical: Fructus Xanthii Sibirici

Botanical: Xanthium sibiricum or Xanthium strumarium

Release Exterior/Wind-Cold

Acrid, Bitter, Warm, **Slightly Toxic**

→ LU



Xiang Ru

Pharmaceutical: Herba Elsholtziae seu Moslae

Botanical: Elsholtzia splendens or Mosla chinensis

Release Exterior/Wind-Cold

Acrid, Aromatic, Slightly Warm

→ LU, ST



Shown is *Elsholtzia splendens*. No photos of *Mosla chinensis* found.

Cong Bai

Pharmaceutical: *Bulbus Allii Fistulosi*

Botanical: *Allium fistulosum*

Release Exterior/Wind-Cold

Acrid, Warm

→ LU, ST



Category:

Herbs that Release the Exterior

Subcategory:

Wind-Heat

Bo He

Pharmaceutical: Herba Menthae Haplocalycis

Botanical: Mentha haplocalyx

Release Exterior/Wind-Heat

Acrid, Aromatic, Cool

→ LU, LV



Niu Bang Zi

Pharmaceutical: Fructus Arctii Lappae

Botanical: Arctium lappa

Release Exterior/Wind-Heat

Acrid, Bitter, Cold

→ LU, ST



Chan Tui

Pharmaceutical: Periostracum Cicadae

Botanical: Cryptotympana atrata, Cryptotympana pustulata

Release Exterior/Wind-Heat

Sweet, Salty, Slightly Cold

→ LU, LV

