

Chinese Herbology 1

Category:

Herbs that Release the Exterior

Subcategory:

Wind-Heat

Class 4

Sang Ye

Pharmaceutical: Folium Mori Albae

Botanical: Morus alba

Release Exterior/Wind-Heat

Sweet, Bitter, Cold

→ LU, LV



Ju Hua

Pharmaceutical: Flos Chrysanthemi Morifolii

Botanical: Chrysanthemum morifolium

Release Exterior/Wind-Heat

Acrid, Sweet, Bitter, Slightly Cold

→ LU, LV



Man Jing Zi

Pharmaceutical: Fructus Viticis

Botanical: Vitex rotundifolia or Vitex trifolia

Release Exterior/Wind-Heat

Bitter, Acrid, Cool

→ UB, LV, ST



Vitex trifolia

Ge Gen

Pharmaceutical: Radix Puerariae

Botanical: Pueraria lobata or Pueraria thomsonii

Release Exterior/Wind-Heat

Sweet, Acrid, Cool

→ SP, ST



Pueraria thomsonii



Pueraria lobata



Chai Hu

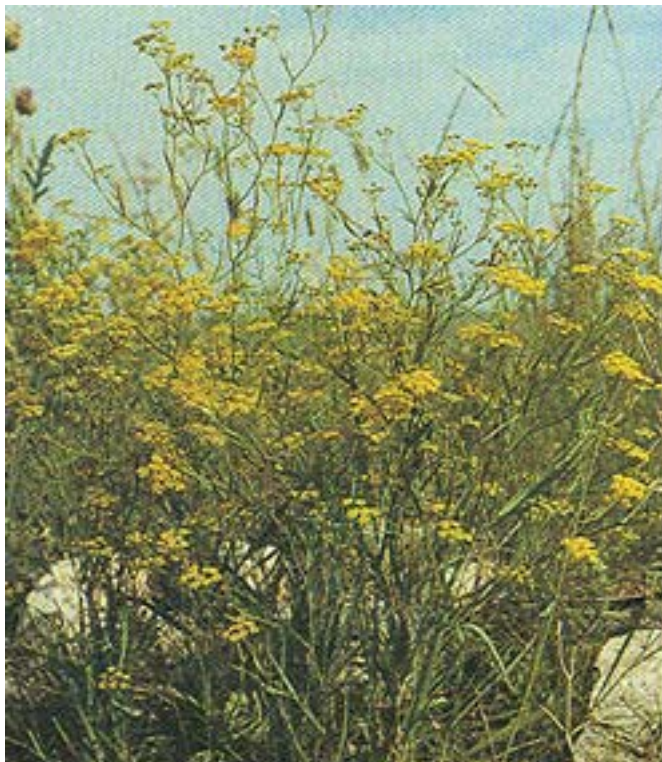
Pharmaceutical: Radix Bupleuri

Botanical: Bupleurum chinense or

Release Exterior/Wind-Heat

Bitter, Acrid, Cool

→ GB, LV; PC, SJ



Bupleurum scorzoneraefolium



Bupleurum chinense

Sheng Ma

Pharmaceutical: Rhizome Cimicifugae

Botanical: Cimicifuga heracleifolia, Cimicifuga dahurica, or Cimicifuga foetida

Release Exterior/Wind-Heat

Sweet, Acrid, Cool

→ LU, LI; SP, ST



Cimicifuga dahurica



Cimicifuga foetida



Cimicifuga heracleifolia



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Dan Dou Chi

Pharmaceutical: Semen Sojae Praeparatum

Botanical: Glycine max

Release Exterior/Wind-Heat

Acrid, Sweet, Slightly Bitter, Cold or Warm depending upon preparation

→ LU, ST



Mu Zei

Pharmaceutical: Herba Equiseti Hiemalis

Botanical: Equisetum hiemale

Release Exterior/Wind-Heat

Sweet, Bitter, Neutral

→ LV, LU

