

# 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

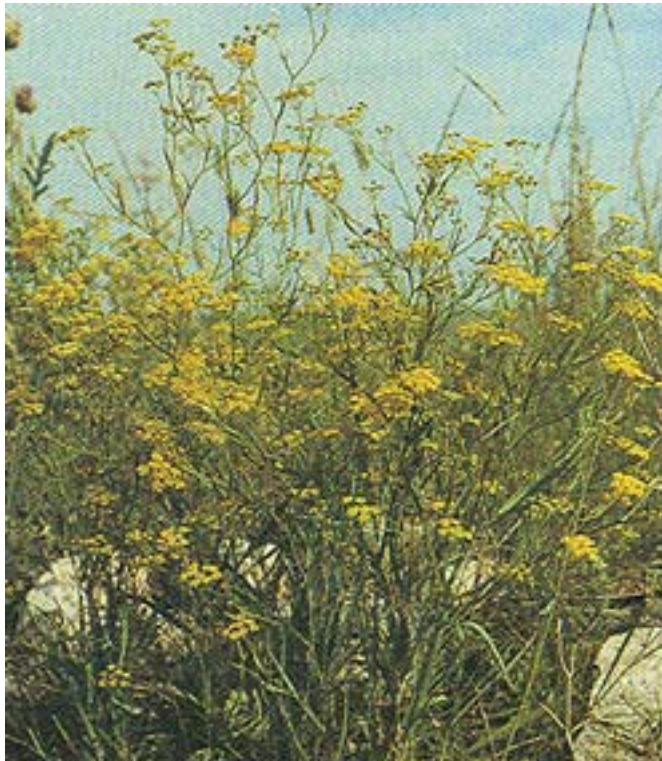
*Pharmaceutical: Radix Bupleuri*

*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

