

Table of Contents

| | |
|---|--------------|
| DESIGNATION | xvi |
| FOREWORD | xvii |
| PREFACE | xix |
| ACKNOWLEDGEMENTS | xxi |
| DEDICATION | xxii |
| HOW TO STUDY CHINESE MATERIA MEDICA | xxiii |
| INTRODUCTION | 1 |
| 1. The origin and development of Chinese Medicinal Therapy | 1 |
| 2. Production areas and harvesting | 5 |
| 3. Processing of Chinese Medicinals | 6 |
| 4. Properties | 10 |
| 5. Actions and Indications | 15 |
| 6. Combining Medicinals | 18 |
| 7. Dosage and Method of Use | 20 |
| 8. Contraindications | 23 |
| 9. Names of Medicinals | 26 |
| | |
| CHAPTER 1 EXTERIOR-RESOLVING MEDICINALS | 27 |
| MONOGRAPHS | 39 |
| Section 1.1. Warm Acrid Exterior-Resolving Medicinals | 39 |
| 1.1.1 麻黄 <i>Má Huáng</i> Ephedrae Herba | 39 |
| 1.1.2 桂枝 <i>Guì Zhī</i> Cinnamomi Ramulus | 40 |
| 1.1.3 紫苏叶 <i>Zǐ Sū Yè</i> Perillae Folium | 41 |
| 1.1.4 生姜 <i>Shēng Jiāng</i> Zingiberis Rhizoma Recens | 42 |
| 1.1.4.A 生姜皮 <i>Shēng Jiāng Pí</i> Zingiberis Rhizomatis Cortex | 43 |
| 1.1.4.B 生姜汁 <i>Shēng Jiāng Zhī</i> Zingiberis Rhizomatis Succus | 43 |
| 1.1.5 香薷 <i>Xiāng Rú</i> Moslae Herba | 44 |
| 1.1.6 荆芥 <i>Jīng Jiè</i> Schizonepetae Herba | 45 |
| 1.1.6.A 荆芥穗 <i>Jīng Jiè Sù</i> Schizonepetae Flos | 46 |
| 1.1.7 防风 <i>Fáng Fēng</i> Saposhnikoviae Radix | 46 |
| 1.1.8 羌活 <i>Qiāng Huó</i> Notopterygii Rhizoma et Radix | 47 |
| 1.1.9 白芷 <i>Bái Zhǐ</i> Angelicae Dahuricae Radix | 48 |
| 1.1.10 藁本 <i>Gǎo Běn</i> Ligustici Rhizoma | 49 |
| 1.1.11 葱白 <i>Cōng Bái</i> Allii Fistulosi Bulbus | 49 |
| 1.1.12 辛夷 <i>Xīn Yí</i> Magnoliae Flos | 50 |
| 1.1.13 苍耳子 <i>Cāng Ěr Zǐ</i> Xanthii Fructus | 51 |
| 1.1.14 细辛 <i>Xì Xīn</i> Asari Herba | 51 |
| 1.1.15 胡荽 <i>Hú Suī</i> Coriandri Herba cum Radice | 53 |

| | |
|--|-----------|
| 1.2. Cool Acrid Exterior-Resolving Medicinals | 53 |
| 1.2.1 薄荷 <i>Bò Hé</i> Menthae Herba | 53 |
| 1.2.2 牛蒡子 <i>Niú Bàng Zǐ</i> Arctii Fructus | 54 |
| 1.2.3 蝉蜕 <i>Chán Tuì</i> Cicadae Periostracum | 55 |
| 1.2.4 桑叶 <i>Sāng Yè</i> Mori Folium | 56 |
| 1.2.5 菊花 <i>Jú Huā</i> Chrysanthemi Flos | 56 |
| 1.2.5.A 野菊花 <i>Yě Jú Huā</i> Chrysanthemi Indici Flos | 57 |
| 1.2.6 荆子 <i>Màn Jīng Zǐ</i> Viticis Fructus | 58 |
| 1.2.7 浮萍 <i>Fú Píng</i> Spirodela Herba | 58 |
| 1.2.8 木贼 <i>Mù Zéi</i> Equiseti Hiemalis Herba | 59 |
| 1.2.9 葛根 <i>Gé Gēn</i> Puerariae Radix | 60 |
| 1.2.10 柴胡 <i>Chái Hú</i> Bupleuri Radix | 61 |
| 1.2.11 升麻 <i>Shēng Má</i> Cimicifugae Rhizoma | 62 |
| 1.2.12 淡豆豉 <i>Dàn Dòu Chǐ</i> Sojae Semen Praeparatum | 63 |
| 1.2.12.A 大豆卷 <i>Dà Dòu Juǎn</i> Sojae Semen Germinatum | 63 |

CHAPTER 2 HEAT-CLEARING MEDICINALS **65**

MONOGRAPHS **77**

| | |
|---|-----------|
| 2.1. Heat-Clearing Fire-Draining Medicinals | 77 |
| 2.1.1 石膏 <i>Shí Gāo</i> Gypsum Fibrosum | 77 |
| 2.1.2 知母 <i>Zhī Mǔ</i> Anemarrhenae Rhizoma | 78 |
| 2.1.3 天花粉 <i>Tiān Huā Fěn</i> Trichosanthis Radix | 79 |
| 2.1.4 芦根 <i>Lú Gēn</i> Phragmitis Rhizoma | 80 |
| 2.1.5 淡竹叶 <i>Dàn Zhú Yè</i> Lophatheri Herba | 81 |
| 2.1.5.A 竹叶 <i>Zhú Yè</i> Bambusae Folium | 81 |
| 2.1.6 栀子 <i>Zhī Zǐ</i> Gardeniae Fructus | 81 |
| 2.1.7 夏枯草 <i>Xià Kū Cǎo</i> Prunellae Spica | 82 |
| 2.1.8 西瓜 <i>Xī Guā</i> Citrulli Fructus | 83 |
| 2.1.8.A 西瓜皮 <i>Xī Guā Pí</i> Citrulli Exocarpium | 84 |
| 2.1.8.B 西瓜霜 <i>Xī Guā Shuāng</i> Citrulli Praeparatio | 84 |
| 2.1.9 决明子 <i>Jué Míng Zǐ</i> Cassiae Semen | 84 |
| 2.1.10 谷精草 <i>Gǔ Jīng Cǎo</i> Eriocauli Flos | 85 |
| 2.2. Heat-Clearing Dampness-Drying Medicinals | 86 |
| 2.2.1 黄芩 <i>Huáng Qín</i> Scutellariae Radix | 86 |
| 2.2.2 黄连 <i>Huáng Lián</i> Coptidis Rhizoma | 87 |
| 2.2.3 黄柏 <i>Huáng Bǎi</i> Phellodendri Cortex | 89 |
| 2.2.4 龙胆 <i>Lóng Dǎn</i> Gentianae Radix | 90 |
| 2.2.5 苦参 <i>Kǔ Shēn</i> Sophorae Flavescentis Radix | 91 |
| 2.3. Heat-Clearing Blood-Cooling Medicinals | 92 |
| 2.3.1 水牛角 <i>Shuǐ Niú Jiǎo</i> Bubali Cornu | 92 |
| 2.3.1.A 犀角 <i>Xī Jiǎo</i> Rhinocerotis Cornu | 93 |
| 2.3.2 生地黄 <i>Shēng Dì Huáng</i> Rehmanniae Radix | 93 |
| 2.3.3 玄参 <i>Xuán Shēn</i> Scrophulariae Radix | 95 |
| 2.3.4 牡丹皮 <i>Mǔ Dān Pí</i> Moutan Cortex | 96 |

| | | |
|--|---|------------|
| 2.3.5 | 赤芍 <i>Chì Sháo</i> Paeoniae Radix Rubra | 97 |
| 2.3.6 | 紫草 <i>Zǐ Cǎo</i> Arnebiae/Lithospermi Radix | 98 |
| 2.4. Heat-Clearing Toxin-Resolving Medicinals | | 99 |
| 2.4.1 | 金银花 <i>Jīn Yín Huā</i> Lonicerae Flos | 99 |
| 2.4.1.A | 忍冬藤 <i>Rěn Dōng Téng</i> Lonicera Caulis | 100 |
| 2.4.2 | 连翘 <i>Lián Qiào</i> Forsythiae Fructus | 100 |
| 2.4.3 | 蒲公英 <i>Pú Gōng Yīng</i> Taraxaci Herba | 101 |
| 2.4.4 | 紫花地丁 <i>Zǐ Huā Dì Dīng</i> Violae Herba | 102 |
| 2.4.5 | 牛黄 <i>Niú Huáng</i> Bovis Calculus | 103 |
| 2.4.6 | 熊胆 <i>Xióng Dǎn</i> Ursi Fel | 104 |
| 2.4.6.A | 牛胆 <i>Niú Dǎn</i> Bovis Fel | 104 |
| 2.4.7 | 白鲜皮 <i>Bái Xiān Pí</i> Dictamni Cortex | 105 |
| 2.4.8 | 白花蛇舌草 <i>Bái Huā Shé Shé Cǎo</i> Hedyotis Diffusae Herba | 105 |
| 2.4.9 | 天葵子 <i>Tiān Kuí Zǐ</i> Semiaquilegiae Radix | 106 |
| 2.4.9.A | 紫背天葵 <i>Zǐ Bèi Tiān Kuí</i> Semiaquilegiae Herba | 106 |
| 2.4.10 | 半枝莲 <i>Bàn Zhī Lián</i> Scutellariae Barbatae Herba | 107 |
| 2.4.11 | 土茯苓 <i>Tǔ Fú Líng</i> Smilacis Glabrae Rhizoma | 108 |
| 2.4.12 | 大青叶 <i>Dà Qīng Yè</i> Isatidis Folium | 108 |
| 2.4.13 | 板蓝根 <i>Bǎn Lán Gēn</i> Isatidis Radix | 109 |
| 2.4.13.A | 南板蓝根 <i>Nán Bǎn Lán Gēn</i> Baphicacanthis Rhizoma et Radix | 109 |
| 2.4.14 | 青黛 <i>Qīng Dài</i> Indigo Naturalis | 110 |
| 2.4.15 | 穿心莲 <i>Chuān Xīn Lián</i> Andrographitis Herba | 110 |
| 2.4.16 | 鱼腥草 <i>Yú Xīng Cǎo</i> Houttuyniae Herba | 111 |
| 2.4.17 | 射干 <i>Shè Gān</i> Belamcandae Rhizoma | 112 |
| 2.4.18 | 山豆根 <i>Shān Dòu Gēn</i> Sophorae Tonkinensis Radix | 112 |
| 2.4.19 | 马勃 <i>Mǎ Bó</i> Lasiosphaera seu Calvatia | 113 |
| 2.4.20 | 马齿苋 <i>Mǎ Chǐ Xiàn</i> Portulacae Herba | 114 |
| 2.4.21 | 秦皮 <i>Qín Pí</i> Fraxini Cortex | 114 |
| 2.4.22 | 白头翁 <i>Bái Tóu Wēng</i> Pulsatillae Radix | 115 |
| 2.4.23 | 鸦胆子 <i>Yā Dǎn Zǐ</i> Bruceae Fructus | 116 |
| 2.4.24 | 大血藤 <i>Dà Xuè Téng</i> Sargentodoxae Caulis | 116 |
| 2.4.25 | 败酱草 <i>Bài Jiàng Cǎo</i> Patriniae Herba | 117 |
| 2.4.26 | 绿豆 <i>Lǜ Dòu</i> Phaseoli Radiati Semen | 118 |
| 2.5. Vacuity-Heat-Clearing Medicinals | | 119 |
| 2.5.1 | 青蒿 <i>Qīng Hāo</i> Artemisiae Annuae Herba | 119 |
| 2.5.2 | 白薇 <i>Bái Wēi</i> Cynanchi Atrati Radix | 120 |
| 2.5.3 | 地骨皮 <i>Dì Gǔ Pí</i> Lycii Cortex | 121 |
| 2.5.4 | 银柴胡 <i>Yín Chái Hú</i> Stellariae Radix | 121 |
| 2.5.5 | 胡黄连 <i>Hú Huáng Lián</i> Picrorhizae Rhizoma | 122 |
| CHAPTER 3 DRAINING-PRECIPIANT MEDICINALS | | 125 |
| MONOGRAPHS | | 132 |
| Section 3.1. Offensive Precipitant Medicinals | | 132 |
| 3.1.1 | 大黄 <i>Dà Huáng</i> Rhei Radix et Rhizoma | 132 |

| | | |
|---|--|------------|
| 3.1.2 | 芒硝 <i>Máng Xiāo</i> Natrii Sulfas | 134 |
| 3.1.3 | 番泻叶 <i>Fān Xiè Yè</i> Sennae Folium | 136 |
| 3.1.4 | 芦荟 <i>Lú Huì</i> Aloe | 136 |
| Section 3.2. Moist Precipitant Medicinals | | 136 |
| 3.2.1 | 火麻仁 <i>Huǒ Má Rén</i> Cannabis Semen | 136 |
| 3.2.2 | 郁李仁 <i>Yù Lǐ Rén</i> Pruni Semen | 138 |
| Section 3.3. Drastic Water-Expelling Medicinals | | 138 |
| 3.3.1 | 甘遂 <i>Gān Suì</i> Kansui Radix | 138 |
| 3.3.2 | 大戟 <i>Dà Jǐ</i> Euphorbiae Seu Knoxiae Radix | 139 |
| 3.3.3 | 芫花 <i>Yuán Huā</i> Genkwa Flos | 140 |
| 3.3.4 | 牵牛子 <i>Qiān Niú Zǐ</i> Pharbitidis Semen | 141 |
| 3.3.5 | 巴豆 <i>Bā Dòu</i> Crotonis Fructus | 142 |
| 3.3.6 | 商陆 <i>Shāng Lù</i> Phytolaccae Radix | 143 |
| CHAPTER 4 WIND-DAMP-DISPELLING MEDICINALS | | 145 |
| MONOGRAPHS | | 150 |
| Section 4.1. Wind-Cold Damp-Dispelling Medicinals | | 150 |
| 4.1.1 | 独活 <i>Dú Huó</i> Angelicae Pubescentis Radix | 150 |
| 4.1.2 | 威灵仙 <i>Wēi Líng Xiān</i> Clematidis Radix | 151 |
| 4.1.3 | 白花蛇 <i>Bái Huā Shé</i> Agkistrodon | 151 |
| 4.1.4 | 乌梢蛇 <i>Wū Shāo Shé</i> Zaocys | 153 |
| 4.1.4.A | 蛇蜕 <i>Shé Tu</i> Serpentis Periostracum | 153 |
| 4.1.5 | 木瓜 <i>Mù Guā</i> Chaenomelis Fructus | 154 |
| 4.1.6 | 蚕沙 <i>Cán Shā</i> Bombycis Faeces | 154 |
| 4.1.7 | 伸筋草 <i>Shēn Jīn Cǎo</i> Lycopodii Herba | 155 |
| 4.1.8 | 海风藤 <i>Hǎi Fēng Téng</i> Piperis Kadsurae Caulis | 156 |
| 4.1.9 | 松节 <i>Sōng Jié</i> Pini Nodi Lignum | 156 |
| 4.1.9.A | 松子仁 <i>Sōng Zǐ Rén</i> Pini Semen | 157 |
| Section 4.2. Wind-Damp-Heat-Dispelling Medicinals | | 157 |
| 4.2.1 | 秦艽 <i>Qín Jiāo</i> Gentianae Macrophyllae Radix | 157 |
| 4.2.2 | 防己 <i>Fáng Jǐ</i> Stephaniae Tetrandrae Radix | 158 |
| 4.2.3 | 桑枝 <i>Sāng Zhī</i> Mori Ramulus | 159 |
| 4.2.4 | 豨莶草 <i>Xī Xiān Cǎo</i> Siegesbeckiae Herba | 160 |
| 4.2.5 | 臭梧桐 <i>Chòu Wú Tóng</i> Clerodendri Folium | 160 |
| 4.2.6 | 海桐皮 <i>Hǎi Tóng Pí</i> Erythrinae Cortex | 161 |
| 4.2.7 | 丝瓜络 <i>Sī Guā Luò</i> Luffae Fructus Retinervus | 162 |
| Section 4.3. Wind-Damp-Dispelling Sinew-Strengthening Medicinals | | 162 |
| 4.3.1 | 五加皮 <i>Wǔ Jiā Pí</i> Acanthopanacis Cortex | 162 |
| 4.3.2 | 桑寄生 <i>Sāng Jì Shēng</i> Taxilli Herba | 163 |
| 4.3.3 | 千年健 <i>Qiān Nián Jiàn</i> Homalomenae Rhizoma | 164 |
| CHAPTER 5 AROMATIC DAMPNESS-TRANSFORMING MEDICINALS | | 165 |
| MONOGRAPHS | | 170 |
| Section 5.1. Aromatic Dampness-Transforming Medicinals | | 170 |

| | | |
|--|--|------------|
| 5.1.1 | 苍朮 <i>Cāng Zhú</i> Atractylodis Rhizoma | 170 |
| 5.1.2 | 厚朴 <i>Hòu Pò</i> Magnoliae Officinalis Cortex | 171 |
| 5.1.2.A | 厚朴花 <i>Hòu Pò Huā</i> Magnoliae Officinalis Flos | 171 |
| 5.1.3 | 藿香 <i>Huò Xiāng</i> Pogostemonis Herba | 172 |
| 5.1.3.A | 土藿香 <i>Tǔ Huò Xiāng</i> Agastaches Herba | 173 |
| 5.1.4 | 佩兰 <i>Pèi Lán</i> Eupatorii Herba | 173 |
| 5.1.5 | 砂仁 <i>Shā Rén</i> Amomi Fructus | 174 |
| 5.1.6 | 白豆蔻 <i>Bái Dòu Kòu</i> Amomi Fructus Rotundus | 175 |
| 5.1.7 | 草果 <i>Cǎo Guǒ</i> Tsaoko Fructus | 175 |
| 5.1.8 | 草豆蔻 <i>Cǎo Dòu Kòu</i> Alpiniae Katsumadai Semen | 176 |
| CHAPTER 6 WATER-DISINHIBITING DAMPNESS-PERCOLATING MEDICINALS | | 177 |
| MONOGRAPHS | | 185 |
| Section 6.1. Water-Disinhibiting Swelling-Dispersing Medicinals | | 185 |
| 6.1.1 | 茯苓 <i>Fú Líng</i> Poria | 185 |
| 6.1.2 | 薏苡仁 <i>Yì Yì Rén</i> Coicis Semen | 186 |
| 6.1.3 | 猪苓 <i>Zhū Líng</i> Polyporus | 187 |
| 6.1.4 | 泽泻 <i>Zé Xiè</i> Alismatis Rhizoma | 188 |
| 6.1.5 | 冬瓜子 <i>Dōng Guā Zǐ</i> Benincasae Semen | 188 |
| 6.1.5.A | 冬瓜皮 <i>Dōng Guā Pí</i> Benincasae Exocarpium | 189 |
| 6.1.6 | 玉米须 <i>Yù Mǐ Xū</i> Maydis Stigma | 189 |
| 6.1.7 | 茶叶 <i>Chá Yè</i> Theae Folium | 190 |
| Section 6.2. Urine-Disinhibiting Strangury-Freeing Medicinals | | 191 |
| 6.2.1 | 车前子 <i>Chē Qián Zǐ</i> Plantaginis Semen | 191 |
| 6.2.1.A | 车前草 <i>Chē Qián Cǎo</i> Plantaginis Herba | 192 |
| 6.2.2 | 滑石 <i>Huá Shí</i> Talcum | 192 |
| 6.2.3 | 木通 <i>Mù Tōng</i> Akebiae Caulis | 193 |
| 6.2.3.A | 关木通 <i>Guān Mù Tōng</i> Aristolochiae Manshuriensis Caulis | 193 |
| 6.2.3.B | 川木通 <i>Chuān Mù Tōng</i> Clematidis Armandii Caulis | 194 |
| 6.2.4 | 通草 <i>Tōng Cǎo</i> Tetrapanacis Medulla | 194 |
| 6.2.5 | 瞿麦 <i>Qú Mài</i> Dianthi Herba | 194 |
| 6.2.6 | 篇蓄 <i>Biān Xù</i> Polygoni Avicularis Herba | 195 |
| 6.2.7 | 地肤子 <i>Dì Fū Zǐ</i> Kochiae Fructus | 195 |
| 6.2.8 | 海金沙 <i>Hǎi Jīn Shā</i> Lygodii Spora | 196 |
| 6.2.9. | 石韦 <i>Shí Wéi</i> Pyrrosiae Folium | 197 |
| 6.2.10 | 冬葵子 <i>Dōng Kuí Zǐ</i> Malvae Semen | 198 |
| 6.2.11 | 灯心草 <i>Dēng Xīn Cǎo</i> Junci Medulla | 198 |
| 6.2.12 | 萹藨 <i>Bì Xiè</i> Dioscoreae Hypoglaucae Rhizoma | 199 |
| Section 6.3. Dampness-Disinhibiting Jaundice-Abating Medicinals | | 200 |
| 6.3.1 | 茵陈 <i>Yīn Chén</i> Artemisiae Scopariae Herba | 200 |
| 6.3.2 | 金钱草 <i>Jīn Qián Cǎo</i> Lysimachiae Herba | 200 |
| 6.3.3 | 虎杖 <i>Hǔ Zhàng</i> Polygoni Cuspidati Rhizoma | 201 |
| CHAPTER 7 INTERIOR-WARMING MEDICINALS | | 203 |

| | |
|--|------------|
| MONOGRAPHS | 208 |
| Section 7.1. Interior-Warming Medicinals | 208 |
| 7.1.1 附子 <i>Fù Zǐ</i> Aconiti Radix Lateralis Praeparata | 208 |
| 7.1.1.A 川乌 <i>Chuān Wū</i> Aconiti Radix | 209 |
| 7.1.1.B 草乌 <i>Cǎo Wū</i> Aconiti Radix | 210 |
| 7.1.2 肉桂 <i>Ròu Guì</i> Cinnamomi Cortex | 210 |
| 7.1.3 干姜 <i>Gān Jiāng</i> Zingiberis Rhizoma | 211 |
| 7.1.4 吴茱萸 <i>Wú Zhū Yú</i> Evodiae Fructus | 212 |
| 7.1.5 花椒 <i>Huā Jiāo</i> Zanthoxyli Pericarpium | 213 |
| 7.1.5.A 椒目 <i>Jiāo Mù</i> Zanthoxyli Semen | 214 |
| 7.1.6 高良姜 <i>Gāo Liáng Jiāng</i> Alpiniae Officinarum Rhizoma | 214 |
| 7.1.7 丁香 <i>Dīng Xiāng</i> Caryophylli Flos | 215 |
| 7.1.7.A 母丁香 <i>Mǔ Dīng Xiāng</i> Caryophylli Fructus | 216 |
| 7.1.8 胡椒 <i>Hú Jiāo</i> Piperis Fructus | 216 |
| 7.1.9 荜茇 <i>Bì Bā</i> Piperis Longi Fructus | 216 |
| 7.1.10 小茴香 <i>Xiǎo Huí Xiāng</i> Foeniculi Fructus | 217 |
| 7.1.9.A 八角茴香 <i>Bā Jiǎo Huí Xiāng</i> Anisi Stellati Fructus | 218 |
| | |
| CHAPTER 8 QÌ-RECTIFYING MEDICINALS | 219 |
| MONOGRAPHS | 224 |
| Section 8.1. Qì-Rectifying Medicinals | 224 |
| 8.1.1 陈皮 <i>Chén Pí</i> Citri Reticulatae Pericarpium | 224 |
| 8.1.1.A 青皮 <i>Qīng Pí</i> Citri Reticulatae Pericarpium Viride | 225 |
| 8.1.1.B 青皮 <i>Jú Hóng</i> Citri Reticulatae Pericarpium Rubrum | 225 |
| 8.1.1.C 橘核 <i>Jú Hé</i> Citri Reticulatae Semen | 225 |
| 8.1.1.D 橘络 <i>Jú Luò</i> Citri Reticulatae Fructus Fasciculus Vascularis | 225 |
| 8.1.1.E 化橘红 <i>Huà Jú Hóng</i> Citri Grandis Exocarpium Rubrum | 225 |
| 8.1.2 枳实 <i>Zhǐ Shí</i> Aurantii Fructus Immaturus | 226 |
| 8.1.2.A 枳壳 <i>Zhǐ Ké (Qiào)</i> Aurantii Fructus | 227 |
| 8.1.3 大腹皮 <i>Dà Fù Pí</i> Arecae Pericarpium | 227 |
| 8.1.4 木香 <i>Mù Xiāng</i> Aucklandiae Radix | 228 |
| 8.1.4.A 川木香 <i>Chuān Mù Xiāng</i> Vladimiriæ Radix | 229 |
| 8.1.5 香附 <i>Xiāng Fù</i> Cyperi Rhizoma | 220 |
| 8.1.6 乌药 <i>Wū Yào</i> Linderae Radix | 230 |
| 8.1.7 薤白 <i>Xiè Bái</i> Allii Macrostemonis Bulbus | 230 |
| 8.1.8 檀香 <i>Tán Xiāng</i> Santali Albi Lignum | 231 |
| 8.1.9 沉香 <i>Chén Xiāng</i> Aquilariæ Lignum Resinatum | 232 |
| 8.1.10 川楝子 <i>Chuān Liàn Zǐ</i> Toosendan Fructus | 233 |
| 8.1.11 荔枝核 <i>Lì Zhī Hé</i> Litchi Semen | 233 |
| 8.1.12 柿蒂 <i>Shì Dì</i> Kaki Calyx | 234 |
| 8.1.13 玫瑰花 <i>Méi Guī Huā</i> Rosae Rugosae Flos | 234 |
| 8.1.14 佛手 <i>Fó Shǒu</i> Citri Sarcodactylis Fructus | 235 |
| | |
| CHAPTER 9 FOOD-DISPERSING MEDICINALS | 237 |

| | |
|---|------------|
| MONOGRAPHS | 240 |
| Section 9.1. Food-Dispersing Medicinals | 240 |
| 9.1.1 山楂 <i>Shān Zhā</i> Crataegi Fructus | 240 |
| 9.1.2 神曲 <i>Shén Qū</i> Massa Medicata Fermentata | 241 |
| 9.1.3 麦芽 <i>Mài Yá</i> Hordei Fructus Germinatus | 241 |
| 9.1.4 谷芽 <i>Gǔ Yá</i> Setariae Fructus Germinatus | 242 |
| 9.1.5 莱菔子 <i>Lái Fú Zǐ</i> Raphani Semen | 243 |
| 9.1.6 鸡内金 <i>Jī Nèi Jīn</i> Galli Gigeriae Endothelium Corneum | 244 |
| | |
| CHAPTER 10 WORM-EXPELLING MEDICINALS | 245 |
| MONOGRAPHS | 249 |
| Section 10.1. Worm-Expelling Medicinals | 249 |
| 10.1.1 使君子 <i>Shǐ Jūn Zǐ</i> Quisqualis Fructus | 249 |
| 10.1.2 槟榔 <i>Bīng Láng</i> Arecae Semen | 249 |
| 10.1.3 榧子 <i>Fěi Zǐ</i> Torreyae Semen | 250 |
| 10.1.4 鹤虱 <i>Hè Shī</i> Carpesii Fructus | 251 |
| 10.1.5 南瓜子 <i>Nán Guā Zǐ</i> Cucurbitae Semen | 252 |
| 10.1.6 苦楝皮 <i>Kǔ Liàn Pí</i> Meliae Cortex | 252 |
| | |
| CHAPTER 11 BLOOD-STANCHING MEDICINALS | 255 |
| MONOGRAPHS | 260 |
| Section 11.1. Blood-Cooling Blood-Stanching Medicinals | 260 |
| 11.1.1 大蓟 <i>Dà Jì</i> Cirsii Japonici Herba seu Radix | 260 |
| 11.1.1.A 小蓟 <i>Xiǎo Jì</i> Cirsii Herba | 260 |
| 11.1.2 地榆 <i>Dì Yú</i> Sanguisorbae Radix | 261 |
| 11.1.3 槐花 <i>Huái Huā</i> Sophorae Flos | 261 |
| 11.1.4 侧柏叶 <i>Cè Bǎi Yè</i> Platycladi Cacumen | 262 |
| 11.1.5 白茅根 <i>Bái Máo Gēn</i> Imperatae Rhizoma | 263 |
| 11.1.6 苎麻根 <i>Zhù Má Gēn</i> Boemeriae Radix | 264 |
| Section 11.2. Stasis-Transforming Blood-Stanching Medicinals | 264 |
| 11.2.1 三七 <i>Sān Qī</i> Notoginseng Radix | 264 |
| 11.2.2 茜草 <i>Qiàn Cǎo</i> Rubiae Radix | 265 |
| 11.2.3 蒲黄 <i>Pú Huáng</i> Typhae Pollen | 266 |
| Section 11.3. Astringent Blood-Stanching Medicinals | 267 |
| 11.3.1 白及 <i>Bái Jí</i> Bletillae Rhizoma | 267 |
| 11.3.2 仙鹤草 <i>Xiān Hè Cǎo</i> Agrimoniae Herba | 268 |
| 11.3.3 血余炭 <i>Xuè Yú Tàn</i> Crinis Carbonisatus | 268 |
| 11.3.4 棕榈炭 <i>Zōng Lǚ Tàn</i> Trachycarpi Petiolus Carbonisatus | 269 |
| Section 11.4. Channel-Warming Blood-Stanching Medicinals | 270 |
| 11.4.1 炮姜 <i>Pào Jiāng</i> Zingiberis Rhizoma Praeparatum | 270 |
| 11.4.2 艾叶 <i>Ài Yè</i> Artemisiae Argyi Folium | 271 |
| 11.4.3 灶心土 <i>Zào Xīn Tǔ</i> Terra Flava Usta | 272 |
| | |
| CHAPTER 12 BLOOD-QUICKENING STASIS-TRANSFORMING MEDICINALS | 273 |

| | |
|--|------------|
| MONOGRAPHS | 279 |
| Section 12.1. Blood-Quickening Pain-Relieving Medicinals | 279 |
| 12.1.1 川芎 <i>Chuān Xiōng</i> Chuanxiong Rhizoma | 279 |
| 12.1.2 延胡索 <i>Yán Hú Suǒ</i> Corydalis Rhizoma | 280 |
| 12.1.3 郁金 <i>Yù Jīn</i> Curcumae Radix | 281 |
| 12.1.4 姜黄 <i>Jiāng Huáng</i> Curcumae Longae Rhizoma | 282 |
| 12.1.5 乳香 <i>Rǔ Xiāng</i> Olibanum | 283 |
| 12.1.6 没药 <i>Mò Yào</i> Myrrha | 284 |
| 12.1.7 五灵脂 <i>Wú Líng Zhī</i> Trogopteri Faeces | 285 |
| Section 12.2. Blood-Quickening Menses-Regulating Medicinals | 286 |
| 12.2.1 丹参 <i>Dān Shēn</i> Salviae Miltiorrhizae Radix | 286 |
| 12.2.2 红花 <i>Hóng Huā</i> Carthami Flos | 287 |
| 12.2.2.A 西红花 <i>Xī Hóng Huā</i> Croci Stigma | 288 |
| 12.2.3 桃仁 <i>Táo Rén</i> Persicae Semen | 288 |
| 12.2.4 益母草 <i>Yì Mǔ Cǎo</i> Leonuri Herba | 289 |
| 12.2.4.A 茺蔚子 <i>Chōng Wèi Zǐ</i> Leonuri Fructus | 290 |
| 12.2.5 泽兰 <i>Zé Lán</i> Lycopi Herba | 290 |
| 12.2.6 牛膝 <i>Niú Xī</i> Achyranthis Bidentatae Radix | 291 |
| 12.2.6.A 川牛膝 <i>Chuān Niú Xī</i> Cyathulae Radix | 292 |
| 12.2.6.B 土牛膝 <i>Tǔ Niú Xī</i> Achyranthis Radix | 292 |
| 12.2.7 鸡血藤 <i>Jī Xuè Téng</i> Spatholobi Caulis | 293 |
| 12.2.8 王不留行 <i>Wáng Bù Liú Xíng</i> Vaccariae Semen | 293 |
| Section 12.3. Blood-Quickening Injury-Relieving Medicinals | 294 |
| 12.3.1 蟪虫 <i>Zhè Chóng</i> Eupolyphaga seu Steleophaga | 294 |
| 12.3.2 自然铜 <i>Zì Rán Tóng</i> Pyritum | 295 |
| 12.3.3 苏木 <i>Sū Mù</i> Sappan Lignum | 296 |
| 12.3.4 血竭 <i>Xuè Jié</i> Daemonoropis Resina | 296 |
| Section 12.4. Blood-Quickening Concretion-Dispersing Medicinals | 297 |
| 12.4.1 莪朮 <i>É Zhú</i> Curcumae Rhizoma | 297 |
| 12.4.2 三棱 <i>Sān Léng</i> Sparganii Rhizoma | 298 |
| 12.4.3 水蛭 <i>Shuǐ Zhì</i> Hirudo | 298 |
| 12.4.4 虻虫 <i>Méng Chóng</i> Tabanus | 299 |
| 12.4.5 斑蝥 <i>Bān Máo</i> Mylabris | 300 |
| 12.4.6 穿山甲 <i>Chuān Shān Jiǎ</i> Manis Squama | 300 |
| CHAPTER 13 Phlegm-Transforming Cough-Relieving Panting-Calming Medicinals | 303 |
| MONOGRAPHS | 309 |
| Section 13.1. Phlegm-Transforming Medicinals | 309 |
| 13.1.1 半夏 <i>Bàn Xià</i> Pinelliae Rhizoma | 309 |
| 13.1.2 天南星 <i>Tiān Nán Xīng</i> Arisaematis Rhizoma | 310 |
| 13.1.2.A 胆南星 <i>Dǎn Nán Xīng</i> Arisaema cum Bile | 311 |
| 13.1.3 白附子 <i>Bái Fù Zǐ</i> Typhonii Gigantei Rhizoma | 312 |
| 13.1.3.A 胆南星 <i>Guān Bái Fù</i> Aconiti Coreani Radix | 312 |
| 13.1.4 白芥子 <i>Bái Jiè Zǐ</i> Sinapis Albae Semen | 313 |

| | |
|--|------------|
| 13.1.4.A 黄芥子 <i>Huáng Jiè Zǐ</i> Brassicae Junceae Semen | 313 |
| 13.1.5 皂荚 <i>Zào Jiá</i> Gleditsiae Fructus | 314 |
| 13.1.5.A 皂角刺 <i>Zào Jiǎo Cì</i> Gleditsiae Spina | 314 |
| 13.1.6 旋覆花 <i>Xuán Fù Huā</i> Inulae Flos | 315 |
| 13.1.6.A 金沸草 <i>Jīn Fèi Cǎo</i> Inulae Herba | 315 |
| 13.1.7 白前 <i>Bái Qián</i> Cynanchi Stauntonii Rhizoma | 316 |
| 13.1.8 前胡 <i>Qián Hú</i> Peucedani Radix | 316 |
| 13.1.9 桔梗 <i>Jié Gěng</i> Platycodonis Radix | 317 |
| 13.1.10 川贝母 <i>Chuān Bèi Mǔ</i> Fritillariae Cirrhosae Bulbus | 318 |
| 13.1.11 浙贝母 <i>Zhè Bèi Mǔ</i> Fritillariae Thunbergii Bulbus | 319 |
| 13.1.12 瓜蒌 <i>Guā Lóu</i> Trichosanthis Fructus | 320 |
| 13.1.13 竹茹 <i>Zhú Rú</i> Bambusae Caulis in Taenia | 321 |
| 13.1.14 天竺黄 <i>Tiān Zhú Huáng</i> Bambusae Concretio Silicea | 321 |
| 13.1.15 竹沥 <i>Zhú Lì</i> Bambusae Succus | 322 |
| 13.1.16 海藻 <i>Hǎi Zǎo</i> Sargassum | 323 |
| 13.1.17 昆布 <i>Kūn Bù</i> Laminariae seu Eckloniae Thallus | 323 |
| 13.1.18 礞石 <i>Méng Shí</i> Chloriti Seu Micae Lapis | 324 |
| 13.1.19 胖大海 <i>Pàng Dà Hǎi</i> Sterculiae Lychnophorae Semen | 325 |
| 13.1.20 海蛤壳 <i>Hǎi Gé Ké (Qiào)</i> Meretricis seu Cyclinae Concha | 325 |
| 13.1.21 海浮石 <i>Hǎi Fú Shí</i> Costziae Os/Pumex | 326 |
| 13.1.22 瓦楞子 <i>Wǎ Léng Zǐ</i> Arcae Concha | 326 |
| Section 13.2. Cough-Relieving Panting-Calming Medicinals | 327 |
| 13.2.1 杏仁 <i>Xīng Rén</i> Armeniacae Semen | 327 |
| 13.2.1.A 甜杏仁 <i>Tián Xīng Rén</i> Armeniacae Semen Dulce | 328 |
| 13.2.2 紫苏子 <i>Zǐ Sū Zǐ</i> Perillae Fructus | 328 |
| 13.2.3 百部 <i>Bǎi Bù</i> Stemonae Radix | 329 |
| 13.2.4 紫菀 <i>Zǐ Wǎn</i> Asteris Radix | 330 |
| 13.2.5 款冬花 <i>Kuǎn Dōng Huā</i> Farfarae Flos | 330 |
| 13.2.6 马兜铃 <i>Mǎ Dōu Líng</i> Aristolochiae Fructus | 331 |
| 13.2.7 枇杷叶 <i>Pí Pá Yè</i> Eriobotryae Folium | 332 |
| 13.2.8 桑白皮 <i>Sāng Bái Pí</i> Mori Cortex | 332 |
| 13.2.9 白果 <i>Bái Guǒ</i> Ginkgo Semen | 333 |
| 13.2.9.A 银杏叶 <i>Yín Xīng Yè</i> Ginkgo Folium | 334 |
| 13.2.10 葶苈子 <i>Tíng Lì Zǐ</i> Lepidii/Descurainiae Semen | 335 |
| 13.2.11 洋金花 <i>Yáng Jīn Huā</i> Daturae Flos | 336 |
| 13.2.12 罗汉果 <i>Luó Hàn Guǒ</i> Momordicae Fructus | 337 |
| CHAPTER 14 SPIRIT-QUIETING MEDICINALS | 337 |
| MONOGRAPHS | 345 |
| Section 14.1. Heavy Settling Spirit-Quieting Medicinals | 345 |
| 14.1.1 朱砂 <i>Zhū Shā</i> Cinnabaris | 345 |
| 14.1.2 磁石 <i>Cí Shí</i> Magnetitum | 346 |
| 14.1.3 龙骨 <i>Lóng Gǔ</i> Mastodi Ossia Fossilia | 347 |
| 14.1.3.A 龙齿 <i>Lóng Chǐ</i> Mastodi Dentis Fossilia | 348 |

| | | |
|---|---|------------|
| 14.1.4 | 琥珀 <i>Hǔ Pò</i> Succinum | 348 |
| Section 14.2. Heart-Nourishing Spirit-Quieting Medicinals | | 350 |
| 14.2.1 | 酸枣仁 <i>Suān Zǎo Rén</i> Ziziphi Spinosi Semen | 350 |
| 14.2.2 | 柏子仁 <i>Bǎi Zǐ Rén</i> Platycladi Semen | 351 |
| 14.2.3 | 远志 <i>Yuǎn Zhì</i> Polygalae Radix | 352 |
| 14.2.4 | 合欢皮 <i>Hé Huān Pí</i> Albiziae Cortex | 353 |
| 14.2.5 | 首乌藤 <i>Shǒu Wū Téng</i> Polygoni Multiflori Caulis | 354 |
| 14.2.6 | 灵芝 <i>Líng Zhī</i> Ganoderma | 354 |
| 14.2.7 | 缬草 <i>Xié Cǎo</i> Valerianae Officinalis Radix et Rhizoma | 355 |
| CHAPTER 15 LIVER-CALMING WIND-EXTINGUISHING MEDICINALS | | 357 |
| MONOGRAPHS | | 363 |
| Section 15.1. Liver-Calming Yang-Subduing Medicinals | | 363 |
| 15.1.1 | 石决明 <i>Shí Jué Míng</i> Haliotidis Concha | 363 |
| 15.1.2 | 珍珠母 <i>Zhēn Zhū Mǔ</i> Concha Margaritifera | 364 |
| 15.1.2.A | 珍珠 <i>Zhēn Zhū</i> Margarita | 365 |
| 15.1.3 | 牡蛎 <i>Mǔ Lì</i> Ostreae Concha | 365 |
| 15.1.4 | 赭石 <i>Zhě Shí</i> Haematitum | 366 |
| 15.1.5 | 蒺藜 <i>Jí Lí</i> Tribuli Fructus | 367 |
| Section 15.2. Wind-Extinguishing Tetany-Relieving Medicinals | | 368 |
| 15.2.1 | 羚羊角 <i>Líng Yáng Jiǎo</i> Saigae Tataricae Cornu | 368 |
| 15.2.2 | 钩藤 <i>Gōu Téng</i> Uncariae Ramulus cum Uncis | 369 |
| 15.2.3 | 天麻 <i>Tiān Má</i> Gastrodiae Rhizoma | 370 |
| 15.2.4 | 地龙 <i>Dì Lóng</i> Pheretima | 371 |
| 15.2.5 | 全蝎 <i>Quán Xiē</i> Scorpio | 372 |
| 15.2.6 | 蜈蚣 <i>Wú Gōng</i> Scolopendra | 373 |
| 15.2.7 | 僵蚕 <i>Jiāng Cán</i> Bombyx Batryticatus | 375 |
| CHAPTER 16 ORIFICE-OPENING MEDICINALS | | 377 |
| MONOGRAPHS | | 382 |
| Section 16.1. Orifice-Opening Medicinals | | 382 |
| 16.1.1 | 麝香 <i>Shè Xiāng</i> Moschus | 382 |
| 16.1.2 | 冰片 <i>Bīng Piàn</i> Borneolum | 383 |
| 16.1.3 | 苏合香 <i>Sū Hé Xiāng</i> Styrax | 384 |
| 16.1.4 | 石菖蒲 <i>Shí Chāng Pú</i> Acori Tatarinowii Rhizoma | 385 |
| 16.1.4.A | 水菖蒲 <i>Shuǐ Chāng Pú</i> Acori Calami Rhizoma | 386 |
| CHAPTER 17 SUPPLEMENTING MEDICINALS | | 387 |
| MONOGRAPHS | | 395 |
| Section 17.1. Qi-Supplementing Medicinals | | 395 |
| 17.1.1 | 人参 <i>Rén Shēn</i> Ginseng Radix | 395 |
| 17.1.1.A | 人参叶 <i>Rén Shēn Yè</i> Ginseng Folium | 397 |
| 17.1.1.B | 人参芦 <i>Rén Shēn Lú</i> Ginseng Rhizoma | 397 |
| 17.1.2 | 西洋参 <i>Xī Yáng Shēn</i> Panacis Quinquefolii Radix | 398 |

| | | |
|---|---|------------|
| 17.1.3 | 党参 <i>Dǎng Shēn</i> Codonopsis Radix | 399 |
| 17.1.4 | 太子参 <i>Tài Zǐ Shēn</i> Pseudostellariae Radix | 400 |
| 17.1.5 | 黄芪 <i>Huáng Qì</i> Astragali Radix | 400 |
| 17.1.6 | 白朮 <i>Bái Zhú</i> Atractylodis Macrocephalae Rhizoma | 402 |
| 17.1.7 | 山药 <i>Shān Yào</i> Dioscoreae Rhizoma | 403 |
| 17.1.8 | 白扁豆 <i>Bái Biǎn Dòu</i> Lablab Semen Album | 404 |
| 17.1.8.A | 扁豆花 <i>Biǎn Dòu Huā</i> Lablab Flos | 404 |
| 17.1.9 | 甘草 <i>Gān Cǎo</i> Glycyrrhizae Radix | 405 |
| 17.1.10 | 大枣 <i>Dà Zǎo</i> Jujubae Fructus | 406 |
| 17.1.11 | 粳米 <i>Jīng Mǐ</i> Oryzae Semen | 407 |
| 17.1.12 | 蜂蜜 <i>Fēng Mì</i> Mel | 408 |
| 17.1.13 | 饴糖 <i>Yí Táng</i> Maltosum | 409 |
| 17.1.14 | 刺五加 <i>Cì Wǔ Jiā</i> Eleutherococci Senticosi Radix et Caulis | 409 |
| 17.1.15 | 红景天 <i>Hóng Jǐng Tiān</i> Rhodiolae Herba | 410 |
| 17.1.16 | 绞股蓝 <i>Jiǎo Gǔ Lán</i> Gynostemmatidis Rhizoma seu Herba | 411 |
| Section 17.2. Yang-Supplementing Medicinals | | 412 |
| 17.2.1 | 鹿茸 <i>Lù Róng</i> Cervi Cornu Pantotrichum | 412 |
| 17.2.1.A | 鹿角 <i>Lù Jiǎo</i> Cervi Cornu | 413 |
| 17.2.1.B | 鹿角胶 <i>Lù Jiǎo Jiāo</i> Cervi Cornu Gelatinum | 413 |
| 17.2.1.C | 鹿角霜 <i>Lù Jiǎo Shuāng</i> Cervi Cornu Degelatinatum | 413 |
| 17.2.2 | 冬虫夏草 <i>Dōng Chóng Xià Cǎo</i> Cordyceps | 414 |
| 17.2.3 | 蛤蚧 <i>Gé Jiè</i> Gecko | 414 |
| 17.2.4 | 核桃仁 <i>Hé Táo Rén</i> Juglandis Semen | 415 |
| 17.2.5 | 肉苁蓉 <i>Ròu Cōng Róng</i> Cistanches Herba | 416 |
| 17.2.6 | 锁阳 <i>Suǒ Yáng</i> Cynomorii Herba | 416 |
| 17.2.7 | 巴戟天 <i>Bā Jǐ Tiān</i> Morindae Officinalis Radix | 417 |
| 17.2.8 | 淫羊藿 <i>Yín Yáng Huò</i> Epimedii Herba | 418 |
| 17.2.9 | 仙茅 <i>Xiān Máo</i> Curculiginis Rhizoma | 418 |
| 17.2.10 | 阳起石 <i>Yáng Qǐ Shí</i> Actinolitum | 419 |
| 17.2.11 | 杜仲 <i>Dù Zhōng</i> Eucommiae Cortex | 420 |
| 17.2.12 | 续断 <i>Xù Duàn</i> Dipsaci Radix | 421 |
| 17.2.13 | 骨碎补 <i>Gǔ Suì Bǔ</i> Drynariae Rhizoma | 422 |
| 17.2.14 | 狗脊 <i>Gǒu Jǐ</i> Cibotii Rhizoma | 422 |
| 17.2.15 | 胡芦巴 <i>Hú Lú Bā</i> Trigonellae Semen | 423 |
| 17.2.16 | 补骨脂 <i>Bǔ Gǔ Zhī</i> Psoraleae Fructus | 424 |
| 17.2.17 | 益智仁 <i>Yì Zhì Rén</i> Alpiniae Oxyphyllae Fructus | 425 |
| 17.2.18 | 菟丝子 <i>Tù Sī Zǐ</i> Cuscutae Semen | 425 |
| 17.2.19 | 沙苑子 <i>Shā Yuàn Zǐ</i> Astragali Complanati Semen | 426 |
| 17.2.20 | 韭菜子 <i>Jiǔ Cài Zǐ</i> Allii Tuberosi Semen | 427 |
| 17.2.21 | 紫河车 <i>Zǐ Hé Chē</i> Hominis Placenta | 428 |
| Section 17.3. Blood-Supplementing Medicinals | | 429 |
| 17.3.1 | 当归 <i>Dāng Guī</i> Angelicae Sinensis Radix | 429 |
| 17.3.2 | 熟地黄 <i>Shú Dì Huáng</i> Rehmanniae Radix Praeparata | 430 |
| 17.3.3 | 何首乌 <i>Hé Shǒu Wū</i> Polygoni Multiflori Radix | 431 |

| | | |
|--|---|------------|
| 17.3.4 | 白芍 <i>Bái Sháo</i> Paeoniae Radix Alba | 432 |
| 17.3.5 | 阿胶 <i>Ē Jiāo</i> Asini Corii Colla | 433 |
| 17.3.6 | 龙眼肉 <i>Lóng Yǎn Ròu</i> Longan Arillus | 434 |
| Section 17.4. Yin-Supplementing Medicinals | | 435 |
| 17.4.1 | 沙参 <i>Shā Shēn</i> Adenophorae seu Glehniae Radix | 435 |
| 17.4.2 | 麦冬 <i>Mài Dōng</i> Ophiopogonis Radix | 436 |
| 17.4.3 | 天冬 <i>Tiān Dōng</i> Asparagi Radix | 437 |
| 17.4.4 | 石斛 <i>Shí Hú</i> Dendrobii Herba | 438 |
| 17.4.5 | 玉竹 <i>Yù Zhú</i> Polygonati Odorati Rhizoma | 439 |
| 17.4.6 | 百合 <i>Bǎi Hé</i> Lilii Bulbus | 440 |
| 17.4.7 | 黄精 <i>Huáng Jīng</i> Polygonati Rhizoma | 440 |
| 17.4.8 | 枸杞子 <i>Gǒu Qǐ Zǐ</i> Lycii Fructus | 441 |
| 17.4.9 | 桑椹 <i>Sāng Shèn</i> Mori Fructus | 442 |
| 17.4.10 | 墨旱莲 <i>Mò Hàn Lián</i> Ecliptae Herba | 443 |
| 17.4.11 | 女贞子 <i>Nǚ Zhēn Zǐ</i> Ligustri Lucidi Fructus | 443 |
| 17.4.12 | 龟板 <i>Guī Bǎn</i> Testudinis Plastrum | 444 |
| 17.4.12.A | 龟板胶 <i>Guī Bǎn Jiāo</i> Testudinis Platri Gelatinum | 445 |
| 17.4.13 | 鳖甲 <i>Biē Jiǎ</i> Trionycis Carapax | 445 |
| 17.4.13.A | 鳖甲胶 <i>Biē Jiǎ Jiāo</i> Tryonicis Carapacis Gelatinum | 446 |
| 17.4.14 | 黑芝麻 <i>Hēi Zhī Má</i> Sesami Semen Nigrum | 446 |
| CHAPTER 18 ASTRINGENT MEDICINALS | | 449 |
| MONOGRAPHS | | 455 |
| Section 18.1. Sweat-Checking Medicinals | | 455 |
| 18.1.1 | 麻黄根 <i>Má Huáng Gēn</i> Ephedrae Radix | 455 |
| 18.1.2 | 浮小麦 <i>Fú Xiǎo Mài</i> Triticici Fructus Levis | 455 |
| 18.1.3 | 糯稻根须 <i>Nuò Dào Gēn Xū</i> Oryzae Glutinosae Radix | 456 |
| Section 18.2. Diarrhea-Checking Medicinals | | 457 |
| 18.2.1 | 五味子 <i>Wǔ Wèi Zǐ</i> Schisandrae Fructus | 457 |
| 18.2.2 | 乌梅 <i>Wū Méi</i> Mume Fructus | 458 |
| 18.2.3 | 五倍子 <i>Wǔ Bèi Zǐ</i> Galla Chinensis Galla | 459 |
| 18.2.4 | 罂粟壳 <i>Yīng Sù Ké (Qiào)</i> Papaveris Pericarpium | 460 |
| 18.2.5 | 诃子 <i>Hē Zǐ</i> Chebulae Fructus | 461 |
| 18.2.6 | 石榴皮 <i>Shí Liú Pí</i> Granati Pericarpium | 461 |
| 18.2.7 | 肉豆蔻 <i>Ròu Dòu Kòu</i> Myristicae Semen | 462 |
| 18.2.8 | 赤石脂 <i>Chì Shí Zhī</i> Halloysitum Rubrum | 463 |
| Section 18.3. Essence-Securing, Urine-Reducing, and Discharge-Checking Medicinals | | 464 |
| 18.3.1 | 山茱萸 <i>Shān Zhū Yú</i> Corni Fructus | 464 |
| 18.3.2 | 覆盆子 <i>Fù Pén Zǐ</i> Rubi Fructus | 465 |
| 18.3.3 | 桑螵蛸 <i>Sāng Piāo Xiāo</i> Mantidis Ootheca | 465 |
| 18.3.4 | 海螵蛸 <i>Hǎi Piāo Xiāo</i> Sepiae Endoconcha | 466 |
| 18.3.5 | 金樱子 <i>Jīn Yīng Zǐ</i> Rosae Lavigatae Fructus | 467 |
| 18.3.6 | 莲子 <i>Lián Zǐ</i> Nelumbinis Semen | 468 |
| 18.3.6.A | 莲子心 <i>Lián Zǐ Xīn</i> Nelumbinis Plumula | 468 |

| | | |
|--|--|------------|
| 18.3.6.B | 藕節 <i>Ǒu Jié</i> Nelumbinis Rhizomatis Nodus | 469 |
| 18.3.6.C | 荷叶 <i>Hé Yè</i> Nelumbinis Folium | 469 |
| 18.3.6.D | 荷叶梗 <i>Hé Yè Gěng</i> Nelumbinis Petiolus | 469 |
| 18.3.7 | 芡实 <i>Qiàn Shí</i> Euryales Semen | 469 |
| 18.3.8 | 椿皮 <i>Chūn Pí</i> Ailanthi Cortex | 470 |
| CHAPTER 19 EJECTION MEDICINALS | | 473 |
| MONOGRAPHS | | 475 |
| Section 19.1. Ejection Medicinals | | 475 |
| 19.1.1 | 瓜蒂 <i>Guā Dì</i> Melonis Pedicellus | 475 |
| 19.1.2 | 常山 <i>Cháng Shān</i> Dichroae Radix | 476 |
| 19.1.2.A | 蜀漆 <i>Shǔ Qī</i> Dichroae Folium | 476 |
| 19.1.3 | 藜芦 <i>Lí Lú</i> Veratri Nigri Radix et Rhizoma | 477 |
| CHAPTER 20 MEDICINALS FOR EXTERNAL USE | | 479 |
| MONOGRAPHS | | 484 |
| Section 20.1. Toxin-Attacking, Worm-Killing, and Itch-Relieving Medicinals | | 484 |
| 20.1.1 | 雄黄 <i>Xióng Huáng</i> Realgar | 484 |
| 20.1.2 | 硫黄 <i>Liú Huáng</i> Sulfur | 485 |
| 20.1.3 | 白矾 <i>Bái Fán</i> Alumen | 485 |
| 20.1.4 | 蛇床子 <i>Shé Chuáng Zǐ</i> Cnidii Fructus | 486 |
| 20.1.5 | 大风子 <i>Dà Fēng Zǐ</i> Hydnocarpi Semen | 487 |
| 20.1.6 | 蜂房 <i>Fēng Fáng</i> Vespae Nidus | 488 |
| 20.1.7 | 大蒜 <i>Dà Suàn</i> Allii Sativi Bulbus | 489 |
| 20.1.8 | 蟾酥 <i>Chán Sū</i> Bufonis Venenum | 490 |
| 20.1.9 | 马钱子 <i>Mǎ Qián Zǐ</i> Strychni Semen | 491 |
| Section 20.2. Toxin-Drawing, Putridity-Transforming, and Flesh-Engendering Medicinals | | 491 |
| 20.2.1 | 铅丹 <i>Qiān Dān</i> Minium | 491 |
| 20.2.2 | 轻粉 <i>Qīng Fěn</i> Calomelas | 492 |
| 20.2.3 | 炉甘石 <i>Lú Gān Shí</i> Calamina | 493 |
| 20.2.4 | 硼砂 <i>Péng Shā</i> Borax | 493 |
| 20.2.5 | 儿茶 <i>Ér Chá</i> Catechu | 494 |
| 20.2.6 | 樟脑 <i>Zhāng Nǎo</i> Camphora | 495 |
| 20.2.7 | 土荆皮 <i>Tǔ Jīng Pí</i> Pseudolaricis Cortex | 496 |
| APPENDIX 1: PATTERN–AGENT CORRELATIONS | | 497 |
| BIBLIOGRAPHY | | 535 |
| INDEX | | 537 |