

Herbs that Downward draining herbs

Purgatives – da huang, mang xiao, fan xie ye, lu hui

Moist Laxatives – huo ma ren, yu li ren

Herbs 3 Harsh expellant –ba dou

Herbs that drain dampness Fu ling, fu shen, zhu ling, hua shi, yi yi ren, dong gua zi, mu tong, tong cao, deng xin cao, qu mai, bian xu, shi wei, di fu zi, che qian zi, dong kui zi, bi xie, jin qian cao, (chi xiao dou), ze xie, yin chen hao, Han fang ji

Herbs that dispel wind-dampness- Du huo, qiang huo, qin jiao, hai tong pi,

Herbs that dispel wind-dampness- wei ling xian , mu gua, (can sha), sang zhi wu jia pi, qian nian jian, xi xian cao

Herbs that dispel wind-dampness- ( Luo shi teng, hai feng teng,) bai hua she, wu shao she

Herbs that transform phlegm and stop coughing-

Herbs that cool and transform phlegm heat- Qian hu, chuan bei mu, zhe bei mu, Gua lou shi (ren, pi), tian hua fen (gua lou gen),

Herbs that cool and transform phlegm heat- zhu li , zhu ru kun bu, hai zao, pang da hai

Warm herbs that transform non-heat phlegm Ban xia, jie geng, xuan fu hua bai jie zi, (bai fu zi) , tian nan xing, dan nan xing, bai qian, zao jiao ci

Herbs that relieve coughing and wheezing- Xing ren, zi yuan, kuan dong hua, zi su zi, pi pa ye, Bai bu, sang bai pi, ting li zi

Aromatic herbs that transform dampness- Huo xiang, pei lan, hou po, cang zhu, bai dou kou, cao dou kou, Cao guo, sha ren

Herbs that relieve food stagnation- Shan zha, mai ya, gu ya, shen qu, ji nei jin, lai fu zi

Herbs that regulate qi- Chen pi, qing pi Da fu pi, zhi shi, zhi ke, xiang fu, mu xiang wu yao, chen xiang, tan xiang, chuan lian zi

Herbs that regulate blood-

Herbs that stop bleeding- Pu huang, xian he cao, san qi, bai ji, da ji, Di yu, huai hua mi, qian cao gen, ai ye, ou jie, bai mao gen

1:

Exam including purgative herbs, diuretic herbs and bi syndrome/

Class 1. Herbs that Downward draining herbs:

Purgatives: da huang is used unprocessed for constipation and yang ming fu, stop bleeding, detoxifying or process with wine for blood stasis; mang xiao is alty and used to soften hardened stool; **fan xie ye dosage is 1.5-3 for habitual constipation**; lu hui is for constipation with liver heat.

Moist Laxatives – huo ma ren+ yu li ren for chronic constipation due to def (yu li ren for constipation, yi yi ren for diarrhea, yu li ren is not yi yi ren, but both have diuretic function)

Class 2. Harsh expellant : ba dou is to chop thru the gate, forcefully open the door;

**Herbs that drain dampness: most herbs are plain, blank, plain taste:**

Fu ling is for promoting urination, tonify sp qi; fu shen is used to calm shen;

**zhu ling is used to pair with fu ling for draining low jiao dampness**, zhu ling stronger than fu ling;

hua shi is for Lin syndrome due to damp heat ( wrap to cook);

yi yi ren is similar with fu ling for low jiao dampness and to tonify sp qi, but also for fixed bi and lung abscess ;

dong gua zi is to expel pus for lung abscess (not dong kui zi);

mu tong is for heart fire transfer to SI, promote lactation and unblock vessel;

chuan mu tong is safe;

guan mu tong is toxic because it contains aristolochic acid( renal toxic);

tong cao is used to promote lactation ;

deng xin cao is for children heart fire.

Class 3. Quiz 1(4%)

Herbs that drain dampness:

qu mai, bian xu, shi wei (all are good for lin syndrome);

di fu zi for itching skin due to damp heat but it is weak for lin syndrome;

che qian zi is sweet and cold and very effective for lin syndrome and solidify stool for diarrhea and benefit eyes and lung heat ( wrap cook it);

dong kui zi is for postpartum use for constipation and insufficient lactation and edema;

bi xie is for cloudy urine.

#### Class 4.

Herbs that drain dampness:

Jin qian cao is #1 for stone;

(chi xiao dou),

ze xie is to drain low jiao dampness and def heat and enters UB and good for k yin;

chen hao is #1 for jaundice;

guang fang ji and guan mu tong are toxic because they contain aristolochic acid;

Han fang ji is for draining dampness for edema and for bi syndrome;

Herbs that dispel wind-dampness:

Du huo and hai tong pi are both for low part of body;

qiang huo and sang zhi are for upper part of body;

qin jiao is for anywhere and any type and deficient heat.

#### Class 5. Quiz 2 (4%)

Herbs that dispel wind-dampness:

wei ling xian is for painful bi and it softens fish bone;

hai tong pi is for low body bi and itching skin due to damp heat;

mu gua is for stiff joints and muscle cramping (**excessive using mu gua can harm the teeth and bone**);

(can sha),

sang zhi is for upper body bi and edema;

wu jia pi + qian nian jian are for deficient and or chronic bi and or wei syndrome due to liver or kidney deficiency;

xi xian cao is for hot bi;

xi xian cao and chou wu tong is xi tong wan for any bi but xi xian cao is for hot bi and for eczema;

qiang huo and du huo are for wandering bi;

wu jia pi and qian nian jian are for chronic bi and or wei due to kidney and or liver deficiency;

xi xian cao and chou wu tong are for any bi syndrome;

#### Class 6.

Herbs that dispel wind-dampness:

(Luo shi teng, hai feng teng,)

bai hua she is #1 for wide variety of severe wind disorder and is toxic;  
wu shao she is a substitute for bai hua she;

2nd exam include phlegm, middle jiao dampness, food stagnation Herbs that transform phlegm and stop coughing;

Herbs that cool and transform phlegm heat:

Qian hu is for heat phlegm and wind heat;

chuan bei mu is sweet for chronic lung yin/fluids deficiency and for dry phlegm;

zhe bei mu is bitter and for excess lung heat with heat phlegm and phlegm nodules;

Gua lou shi (ren, pi) is sweet and cold and go to lung, LI, st channel;

gua lou pi is for lung heat with heat phlegm and for expanding chest, for chest bi and also for early stage of breast abscess;

gua lou ren is for constipation;

gua lou ren with tian hua fen (gua lou gen) are from same plant and nourish yin and generate fluids;

zhu li is sweet and very cold and can be used alone and for heat phlegm and for severe shen disturbance and coma due to non substantial phlegm or heat obstruction of heart orifice;

zhu ru is sweet cold and for heat phlegm and for nausea due to heat in stomach;

kun bu and hai zao are used for phlegm nodule (not for cough, phlegm); pang da

hai is used for mild sore throat or constipation as tea therapy.

Warm herbs that transform non-heat phlegm:

Ban xia is acrid and warm toxic and DISPERSING and is #1 damp phlegm and any kind of nausea and vomiting or phlegm nodules and non substantial phlegm like plum pit qi;

jie geng is ascending, and opens up and disseminates the flow of lung qi and used for any cough, phlegm and for sore throat and for lung abscess and for guiding upward (don't use for hemoptysis), is able to use for hypertension;

xuan fu hua is used to direct lung qi and st qi downward;

bai jie zi is for cold phlegm and non substantial phlegm in channels causing yin type sore;

bi bai fu zi and tian nan xing are for wind phlegm;

tian nan xing is acrid, hot and toxic;

dan nan xing is bitter, cold and non toxic ( it comes from tian nan xing which process with bile for heat phlegm);

bai qian goes downward and is for non heat phlegm;

zao jiao ci is used to accelerate the ulceration process and help pus to erupt fast.

Quiz 3 (4%)

Herbs that relieve coughing and wheezing:

**Xing ren** goes downward and is for any cough and constipation and is commonly paired with **jie geng** as opposite direction for any kind of cough and phlegm (don't use for infant);

**zi yuan** and **kuan dong hua** are a pair for any cough, phlegm and **zi yuan** is better for phlegm but **kuan dong hua** is better for cough;

**pi pa ye** is used to process with honey for lung heat and st heat;

**Bai bu** is #1 for TB, for itching skin, lice, flea, pinworm;

**sang bai pi** is for cough wheezing due to lung heat and edema;

**ting li zi** is used to drain phlegm accumulation for severe lung disorders.

Class 10.

Aromatic herbs that transform dampness:

**Huo xiang+pei lan** and **bai dou kou** are for dampness of middle;

**cao dou kou** and **Cao guo** are both for damp and cold;

**bai dou kou, cao dou kou, cao guo** are from same family;

**sha ren** and above are all aromatic;

**hou po** is non aromatic and is used for bloating gas due to any kind of causes and for asthma;

**cang zhu** is non aromatic, strongly dries middle jiao dampness;

Herbs that relieve food stagnation:

**Shan zha** is for greasy food and to remove blood stasis, decrease blood lipid (avoid for acid reflux);

**mai ya+gu ya** are for starchy food but **mai ya** is stronger and it also inhibits lactation;

**shen qu** and **ji nei jin** are most strongest, can be used alone, for stone and to secure essence;

**lai fu zi** is for food, phlegm and directs lung qi and st qi downward;

Herbs that regulate qi:

**Chen pi** is for st qi stagnation and white color phlegm and for rich herb side effect;

**qing pi** is for liver qi both from same plant, botanic origin;

Test review total 40 questions, include phlegm, middle jiao dampness and food stagnation

## Class 12. Exam 2 (20%)

Herbs that regulate qi:

Da fu pi is for bloating and gas due to any causes and promotes urination;

**zhi shi breaks up qi stagnation** and **feature for focal distention**;

zhi ke as substitute;

xiang fu is for liver qi and also for women's diseases due to liver qi and for underlying blood stasis;

mu xiang is for tenesmus.

## Class 13.

Herbs that regulate qi:

wu yao is for pain anywhere due to qi stagnation with or without cold;

**chen xiang is used to help kidney to grasp lung qi downward for asthma**;

tan xiang is used in patent formula for chest bi;

chuan lian zi is for liver qi with a cold nature and is slightly toxic;

Herbs that regulate blood:

Herbs that stop bleeding:

**Pu huang** has an astringent nature, stir fry for stop bleeding anywhere and used unprocessed for moving the blood anywhere, **feature for hematuria**;

**xian he cao** is astringent in nature, stop bleeding, stop diarrhea BUT not for blood stasis;

san qi is most effective herb for bleeding and blood stasis anywhere and is the

**chief herb from Yun Nan Bai Yao bai ji**--for bleeding from lung and st;

da ji is used to stop bleeding due to heat anywhere;

**xiao ji pair with da ji**, it is better than da ji and is **effective for hematuria**;

## Class 14. Quiz 5 (4%)

Herbs that stop bleeding:

**Di yu and huai hua mi, pair for bleeding in stool** and **bleeding due to heat**, di yu also for **burn**;

qian cao gen is for bleeding due to heat and to invigorate blood;

ai ye is "women's leaf" and is used for bleeding from uterus and for def cold in uterus;

**ou jie is sheng** unprocessed for heat with bleeding;

**ou jie tan (charred)** for bleeding due to non heat;

bai mao gen is sweet and cold and used for bleeding anywhere due to heat and is effective for **hematuria**;

test review Class 15 Final Exam 3 (Comprehensive )(40%) total 100 questions, include all herbs from beginning of this semester, plus:

huang qin is used for lung heat, calm fetus, for damp heat;  
huang lian is used especially for damp heat in LI, for st fire, for heart fire;  
huang bai is used for the damp heat of LI, UB. and for def-heat by entering Kidney channel;  
long dan cao is used for heat or damp heat of liver/GB organs or channel;  
ku shen is used for itching skin due to damp heat;

near or less than 40- 50% questions from qi stagnation and stop bleeding herbs

more or near 50% -60% questions from other chapters in this semester in Examssoft. questions include pairs, botanic origins, features, side effects, possible channel entered, prepared herbs, few cases..

2:

2nd exam include phlegm, middle jiao dampness, food stagnation

Herbs that transform phlegm and stop coughing:

Herbs that cool and transform phlegm heat:

Qian hu, for heat phlegm, wind heat;

chuan bei mu is sweet for chronic lung yin/fluids deficiency for dry phlegm;

zhe bei mu is bitter and for excess lung heat with heat phlegm and phlegm nodules;

Gua lou shi (ren, pi) is sweet, cold, and enters the lung, LI, st channels;

gua lou pi is for lung heat with heat phlegm and for expanding chest for chest bi and also for early stage of breast abscess;

gua lou ren is for constipation and used +with tian hua fen (gua lou gen)/ both are from the same plant, nourish yin, generate fluids;

zhu li is sweet and very cold and can be used alone for heat phlegm and for severe shen disturbance and or coma due to non substantial phlegm-heat obstruction of heart orifice;

zhu ru is sweet and cold and for heat phlegm and for nausea due to heat in st;

kun bu, hai zao are for phlegm nodules (not for cough, phlegm);

pang da hai is for mild sore throat or constipation and used as tea therapy;

Warm herbs that transform non-heat phlegm:

Ban xia is acrid and warm and toxic and DISPERSING- it is the #1 herb used for damp phlegm and any kind of nausea and vomiting and phlegm nodules and non substantial phlegm like plum pit qi;

jie geng is ascending and opens up and disseminates the flow of lung qi for any cough, phlegm and for sore throat and for lung abscess and for **guiding** upward- **BUT do NOT use for hemoptysis**- yet it is able to use for hypertension;

xuan fu hua directs lung qi and st qi downward;

bai jie zi is used for cold phlegm and non substantial phlegm in channels causing yin type sore or bi;

bai fu zi, tian nan xing are used for wind phlegm;

tian nan xing is acrid, hot and toxic;

**dan nan xing is bitter, cold and non toxic** (it is made from **tian nan xing and processed with bile** for **heat phlegm**);

bai qian goes downward and is for non heat phlegm;

zao jiao ci helps accelerate ulceration process and helps pus to erupt fast;

#### Herbs that relieve coughing and wheezing:

Xing ren **goes downward and is for any cough and constipation** and is **commonly paired with jie geng as opposite** direction for any kind of cough and phlegm (**don't use for infant**);

**zi yuan and kuan dong hua are paired** for any cough, phlegm **BUT zi yuan better for phlegm, kuan dong hua better for cough**;

pi pa ye is used after processed with honey for lung heat and st heat;

Bai bu is #1 for TB and for itching skin and lice, flea, pinworm;

sang bai pi is used for cough wheezing due to lung heat and edema;

ting li zi is used to drain phlegm accumulation for severe lung disorders;

#### Aromatic herbs that transform dampness:

**Huo xiang and pei lan (paired)**, bai dou kou for dampness of middle;

cao dou kou and Cao guo, both for damp-cold;

bai dou kou, cao dou kou, cao guo from same family;

sha ren is aromatic;

above are all aromatic

hou po is non aromatic and is used for bloating gas due to any kind of causes and for asthma;

cang zhu is non aromatic and strongly dries middle jiao dampness;

#### Herbs that relieve food stagnation:

Shan zha is used for greasy food and to remove blood stasis, decrease blood lipid BUT avoid for acid reflux;

mai ya+gu ya is for starchy food BUT mai ya is stronger and also inhibits lactation;

shen qu,

ji nei jin is the most strongest and can be used alone for stones and to secure essence;  
lai fu zi is for food, phlegm and directs lung qi and st qi downward.

4:

exam including purgative herbs, diuretic herbs and bi syndrome/

#### Herbs that Downward draining herbs

Purgatives:

da huang unprocessed is used for constipation, yang ming fu, stop bleeding, detoxifying or process with wine for blood stasis;

mang xiao is salty and is used to soften hardened stool;

fan xie ye dosage is 1.5-3 for habitual constipation;

lu hui is for constipation with liver heat;

Moist Laxatives:

huo ma ren+ yu li ren are used for chronic constipation due to deficiency;

*(yu li ren for constipation, yi yi ren for diarrhea, yu li ren is not yi yi ren, but both have diuretic function)*

#### Harsh expellant:

ba dou is used to “chop thru the gate” and forcefully open the door

Herbs that drain dampness (most herbs are plain, blank, plain taste)

Fu ling is for promoting urination, tonify sp qi;

fu shen is used to calm shen;

**zhu ling is paired with fu ling** for draining low jiao dampness, zhu ling is stronger than fu ling;

hua shi is for Lin syndrome due to damp heat, when cooking it= wrap to cook;

yi yi ren is similar to fu ling for low jiao dampness, tonify sp qi, but also for fixed bi, and for lung abscess;

**dong gua zi** is used to expel pus for lung abscess (*not dong kui zi*)

mu tong is for heart fire transfer to SI, *promote lactation*, unblock vessel;

chuan mu tong is safe;

guan mu tong is **toxic**, contains aristolochic acid and lends to **renal toxic**;

tong cao is used to *promote lactation*;

deng xin cao is for children heart fire;

Herbs that drain dampness:

qu mai, bian xu, shi wei all good for lin syndrome;

di fu zi is for itching skin due to damp heat, weak for lin syndrome;

che qian zi is sweet and cold, very effective for lin syndrome and helps solidify stool for diarrhea and benefits eyes and for lung heat- wrap cook it;

dong kui zi is for postpartum use for constipation and insufficient lactation, edema and bi xie-cloudy urine;

Jin qian cao is the #1 for stones;

(chi xiao dou);

ze xie drains low jiao dampness and used for def heat, entering UB, KD;

yin chen hao is #1 for jaundice;

guang fang ji and guan mu tong are **toxic** and contain aristolochic acid;

Han fang ji drains dampness for edema and is used for bi syndrome;

Herbs that dispel wind-dampness

Du huo, hai tong pi are both for low part of body;

qiang huo, sang zhi are for upper part of body;

qin jiao is for anywhere, any type, **def heat**;

Herbs that dispel wind-dampness:

wei ling xian is for painful bi and soften fish bone;  
hai tong pi is for low body bi and itching skin due to damp heat;  
mu gua is for stiff joint , muscle cramping, **excessive using mu gua can harm the teeth and bone**;  
(can sha),  
sang zhi is for upper body bi and edema;  
**wu jia pi + qian nian jian** are used for deficient /chronic bi /wei syndrome due to liver /kidney deficiency;  
xi xian cao is for hot bi;  
**xi xian cao+chou wu tong** together are **xi tong wan** for any bi but xi xian cao for hot bi, and for eczema;  
**qiang huo+ du huo** are for wandering bi;  
**wu jia pi + qian nian jian** are for chronic bi/wei due to kidney/liver deficiency;  
**xi xian cao+chou wu tong** are for any bi;

#### Herbs that dispel wind-dampness:

( Luo shi teng, hai feng teng,)  
bai hua she is #1 for wide variety of severe wind disorder and is **toxic**;  
wu shao she is the substitute for bai hua she;

#### Herbs that transform phlegm and stop coughing:

##### Herbs that cool and transform phlegm heat:

Qian hu is for heat phlegm and wind heat;  
chuan bei mu is sweet and for chronic lung yin/fluids deficiency and dry phlegm;  
zhe bei mu is bitter and for excess lung heat with heat phlegm and phlegm nodule;  
Gua lou shi (ren, pi) is sweet, cold, enters lung, LI, st channel;  
gua lou pi for lung heat with heat phlegm and used for expanding chest for chest bi and also for early stage of breast abscess;  
**gua lou ren for constipation** and used **with tian hua fen (gua lou gen)** are from the same plant and nourish yin and generate fluids;  
zhu li is sweet very cold and can be used alone for heat phlegm and for severe shen disturbance/coma due to non substantial phlegm-heat obstruction of heart orifice;  
zhu ru is sweet and cold used for heat phlegm used for nausea due to heat in st;  
  
kun bu, hai zao are for for phlegm nodules (**not for cough, phlegm**);  
pang da hai is for mild sore throat or constipation and used as tea therapy;

### Warm herbs that transform non-heat phlegm:

Ban xia is acrid, warm **toxic, DISPERSING** #1 damp phlegm & any kind of nausea vomiting, phlegm nodule and non substantial phlegm like plum pit qi;  
jie geng is ascending, opens up and disseminate the flow of lung qi, for any cough, phlegm, for sore throat, for lung abscess, for guiding upward **don't use for hemoptysis**, is **able to use for hypertension**;  
xuan fu hua directs lung qi and st qi downward;  
bai jie zi is for cold phlegm and non substantial phlegm in channels causing yin type sore or bi;  
**bai fu zi, tian nan xing**-used together are for wind phlegm;  
tian nan xing is acrid, hot, **toxic**;  
dan nan xing is bitter, cold, **non toxic**--**from tian nan xing which process with bile for heat phlegm**;  
bai qian goes downward, for non heat phlegm;  
zao jiao ci helps accelerate ulceration process help pus to erupt fast;

### Herbs that relieve coughing and wheezing:

**Xing ren goes downward**, for any cough, constipation, and is **commonly paired with jie geng as opposite direction** for any kind of cough and phlegm; **don't use for infant**;  
**zi yuan, kuan dong hua** used as pair for any cough, phlegm, zi yuan better for phlegm, kuan dong hua better for cough;  
pi pa ye is processed with honey, lung heat and st heat;  
Bai bu is #1 for TB, for itching skin, lice, flea, pinworm;  
sang bai pi is used for cough wheezing due to lung heat and edema;  
ting li zi is used to drain phlegm accumulation for severe lung disorders;

### Aromatic herbs that transform dampness:

**Huo xiang+pei lan** and bai dou kou for dampness of middle;  
cao dou kou and Cao guo are both for damp-cold;  
**bai dou kou, cao dou kou, cao guo from same family**;  
sha ren  
above are all aromatic  
hou po is non aromatic used for bloating gas due to any kind of causes and for asthma;  
cang zhu is non aromatic, strongly dries middle jiao dampness;

### Herbs that relieve food stagnation:

Shan zha is for greasy food, removes blood stasis, decreases blood lipid; **avoid for acid reflux;**

**mai ya+gu ya** are for starchy food BUT mai ya stronger and also **inhibits lactation;**  
shen qu;

ji nei jin is the most strongest, and can be used alone for stone and to secure essence;

lai fu zi is for food, phlegm and directs lung qi and st qi downward;

Test review:

total 40 questions, include phlegm, middle jiao dampness and food stagnation

Class 12. Exam 2 (20%)

Chapters below approximately 30%-35% questions out of total 100 questions.

Herbs that regulate qi

Herbs that regulate qi

Chen pi--for st qi stagnation, white color phlegm, for rich herb side effect;

qing pi--for liver qi;

(both from same plant, botanic origin)

Da fu pi—big abdomen peel, for bloating, gas due to any causes and promote urination;

**zhi shi-(not for pregnancy)break up** qi stagnation, feature for **focal distention**, zhi ke as substitute--safer for pregnancy;

xiang fu is for liver qi, also for women's diseases due to liver qi, for underlying blood stasis;

mu xiang treats tenesmus;

Class 13. Herbs that regulate qi:

wu yao is for pain anywhere due to qi stagnation with or without cold-not heat;

chen xiang helps kidney to grasp lung qi downward for asthma-**not water soluble;**

tan xiang is in a patent formula for chest bi;

chuan lian zi is for liver qi with cold nature, is slightly toxic and can kill parasites;

Herbs that regulate blood:

Herbs that stop bleeding:

Pu huang is astringent nature, stir fry for stop bleeding anywhere, unprocessed is for moving the blood anywhere, **feature for hematuria;**

xian he cao is astringent in nature, stops bleeding, stops diarrhea and **not for blood stasis;**

san qi is the **most effective herb for bleeding and blood stasis** anywhere, most effective chief herb from Yun Nan Bai Yao;

bai ji is for for bleeding from lung and st, hemoptysis;

da ji- is for bleeding due to heat anywhere- hematuria;

xiao ji, pair with da ji, it is better than da ji and is effective for hematuria and is better;

Class 14. Quiz 5 (4%)

Herbs that stop bleeding:

Di yu and huai hua mi, pair for bleeding in stool and bleeding due to heat- di yu also for burn;

qian cao gen is for bleeding due to heat, invigorate blood;

ai ye is “women’s leaf” for bleeding from uterus, for def cold in uterus;

ou jie is sheng unprocessed for heat with bleeding- heat or non heat;

ou jie tan (charred) for bleeding due to non heat;

bai mao gen is sweet, cold and for bleeding anywhere due to heat; effective for hematuria;

test review

Class 15 Final Exam 3 (Comprehensive )(40%)

total 100 questions, include all herbs from beginning of this semester,

Plus–

huang qin, for lung heat, calm fetus, for damp heat;

huang lian–especially for damp heat in LI, for st fire, for heart fire;

huang bai–for the damp heat of LI, UB. for def-heat by entering KD;

long dan cao- for heat or damp heat of liver/GB organs or channels;

ku shen–for itching skin due to damp heat;

near or less than 40- 50% questions from qi stagnation and stop bleeding herbs

more or near 50% -60% questions from other chapters in this semester

in Examsoft.

questions include pairs, botanic origins, features, side effects, possible channel entered , prepared herbs, few cases..

Study pairs

Origins

How to cook- ex: aromatic how to cook

Cautions- mu Hua-stiffness of joints has cautions

Wei ling xian- not for deficient

Rich herbs- mu Xiang, Chen pi, Sha ren

Gau lo-LU, see cold. For heat phlegm, LI, breast abscess, LU/ST, its a seed

Cang zhu- strongly dry damp in middle burner-SP/ST

Dosage-xi xin, no more than 3g, fan xie ye 1.5-3 grams