

# HERB CHARTS

## UPDATED CAUTIONS & CONTRAINDICATIONS

### 1. DISPERSE WIND-COLD 辛溫解表藥(신온해표약)

	MA HUANG®	GUI ZHI	ZI SU YE	JING JIE	FANG FENG	QIANG HUO	GAO BEN	BAI ZHI	XI XIN®	XIN YI HUA	CANG ER ZI	SHENG JIANG	XIANG RU
H	Ephedrae Hb.	Cinnamomi	Perillae Fm.	Schizonepetae	Saposhnikoviae	Notopterygii	Ligustici Rz.	Angelicae Rx.	Asari Hb.	Magnoliase Fl.	Xanthii Fr.	Zingiberis Rz.	Moslae Hb.
P	麻黃(마황)	桂枝(계지)	紫蘇葉(자소엽)	荊芥(형개)	防風(방풍)	羌活(강활)	藁本(고본)	白芷(백지)	細辛(세신)	辛夷花(신이화)	蒼耳子(창이자)	生薑(생강)	香薷(향유)
C & C	<b>General Contra:</b> Qi & Yin Deficiency causing excessive sweating <b>General Caution:</b> Lin syndrome, Blood deficiency, chronic skin infection												
C & C	<b>Caution</b> ■ debilitated ■ deficient type of sweating ■ wheezing due to KD def. ■ hypertension	<b>Contra</b> ■ warm febrile disorders ■ yin deficient heat ■ blood heat with vomiting  <b>Caution</b> → Use <6g ■ pregnancy ■ excessive menstruation ■ pathogenic heat	<b>Contra</b> ■ warm febrile disease ■ qi & exterior deficiency	<b>Contra</b> ■ exterior deficiency ■ fully erupted measles or open sores ■ absence of pathogenic wind	<b>Contra</b> ■ yin def. with heat ■ spasm due to blood deficiency ■ absence of pathogenic wind, damp, or cold	<b>Contra</b> ■ blood-deficient bi syndrome	<b>Contra</b> ■ headache from blood deficiency ■ hot disorders	<b>Contra</b> ■ yin deficiency or blood heat  <b>Caution</b> ■ taper use once ulcerated	<b>Contra</b> ■ profuse sweat due to qi def. ■ headache or cough due to yin deficiency  <b>Caution</b> ■ long-term use may cause liver cancer  <b>Incompatible</b> ■ with Li Lu	<b>Contra</b> ■ yin deficiency with heat  <b>Caution</b> ■ pregnancy, as it may stimulate the uterus	<b>Contra</b> ■ overdosage may cause vomiting, abdominal pain, and diarrhea  <b>Caution</b> ■ eating of pork while taking this herb	<b>Contra</b> ■ spontaneous sweating from exterior def. ■ heat from yin deficiency ■ any pattern with abundant heat	<b>Contra</b> ■ profuse sweating from exterior deficiency  <b>Caution</b> ■ may cause vomiting if taken hot

### 2. DISPERSE WIND-HEAT 辛涼解表藥(신량해표약)

	BO HE	NIU BANG ZI	CHAN TUI	SANG YE	JU HUA	MAN JING ZI	DAN DOU CHI	MU ZEI	CHAI HU	SHENG MA	GE GEN
HERB	Menthae Hb.	Arctii Fr.	Cicadae Peri.	Mori Fm.	Chrysanthemi Fl.	Vitcis Fr.	Sojae Sm. Prep	Equiseti Hb.	Bupleuri Rz.	Cimicifugae Rz.	Puerariae Rx.
PROPERTY	薄荷(박하)	牛蒡子(우방자)	蟬蛻(선태)	桑葉(상엽)	菊花(국화)	蔓荊子(만형자)	淡豆豉(담두시)	木賊(목적)	柴胡(시호)	升麻(승마)	葛根(갈근)
Contras and Cautions	<b>General Contra:</b> Qi&Yin Deficiency causing excessive sweating / <b>General Caution:</b> Lin syndrome, Blood deficiency, chronic skin infection										
Contras and Cautions	<b>Contra</b> ■ debilitated with profuse sweating ■ LV yang rising	<b>Caution</b> ■ qi deficiency, diarrhea ■ absence of excessive heat	<b>Caution</b> ■ pregnancy, esp. with history of miscarriage	<b>Contra</b> ■ none noted	<b>Contra</b> ■ large dosage in pt. with qi deficiency, ST cold, diarrhea	<b>Caution</b> ■ eye pain and headache due to blood def. with heat ■ ST deficiency  <b>Antagonize</b> ■ Wu Tou, Fu Zi, Shi Gao	<b>Contra</b> ■ none noted	<b>Caution</b> ■ frequent urination ■ depleted fluids ■ qi deficiency ■ pregnancy	<b>Contra</b> ■ severe yin deficiency ■ LV yang rising	<b>Contra</b> ■ floating yang with yin def. ■ wheezing and chest fullness due to qi rebelling up ■ fully erupted measles	<b>Contra</b> ■ none noted

3. CLEAR & PURGE HEAT 清熱瀉火藥(청열사화약)

HERB	SHI GAO	ZHI MU	TIAN HUA FEN	LU GEN	DAN ZHU YE	ZHI ZI	XIA KU CAO	JUE MING ZI
	PROPERTY	Gypsum Fibrosum 石膏(석고)	Anemarrhenae Rz. 知母(지모)	Trichosanthis Rx. 天花粉(천화분)	Phragmitis Rz. 蘆根(노근)	Laphatheri Hb. 淡竹叶(담죽엽)	Gardeniae Fr. 梔子(치자)	Prunellae Spica 夏枯草(하고초)
Contras and Cautions	General C/C: SP/ST deficient cold							
	<u>Contra</u> ■ SP/ST deficient cold ■ heat from yin def.	<u>Contra</u> ■ SP/ST deficient cold ■ diarrhea	<u>Caution</u> ■ SP/ST deficient cold ■ pregnancy (abortifacient if injected)  <u>Antagonize</u> ■ Wu Tou, Fu Zi	<u>Caution</u> ■ SP/ST deficient cold	<u>Caution</u> ■ none noted	<u>Contra</u> ■ SP/ST deficient cold ■ reduced appetite and loose stool	<u>Caution</u> ■ SP/ST deficiency	<u>Caution</u> ■ diarrhea due to SP/ST deficient cold ■ hypotension

4. CLEAR BLOOD-HEAT 清熱涼血藥(청열량혈약)

HERB	SHUI NIU JIAO	SHENG DI HUANG	XUAN SHEN	MU DAN PI	ZI CAO®
	PROPERTY	Bubali Cornu 水牛角(수우각)	Rehmanniae Rx. 生地黃(생지황)	Scrophulariae Rx. 玄蔘(현삼)	Moutan Cx. 牡丹皮(목단피)
Contras and Cautions	General C/C: SP/ST deficiency with diarrhea				
	<u>Caution</u> ■ SP/ST deficient cold	<u>Contra</u> ■ SP deficiency with damp ■ loose stools, abdominal fullness	<u>Caution</u> ■ SP/ST cold-dampness  <u>Incompatible</u> ■ with Li Lu	<u>Contra</u> ■ cold in the blood ■ pregnancy or excess menstruation (when this is not due to blood heat combined with blood stasis)	<u>Contra</u> ■ loose stools ■ SP/ST deficiency

5. CLEAR DAMP-HEAT 清熱燥濕藥(청열조습약)

HERB	HUANG QIN	HUANG LIAN	HUANG BAI	LONG DAN CAO	KU SHEN	QIN PI	
	Scutellariae Rx.	Coptidis Rz.	Phellodendri Cx.	Gentianae Rx.	Sophorae Flavescentis Rx.	Fraxini Cx.	
	黃芩(황금)	黃連(황련)	黃柏(황백)	龍膽草(용담초)	苦蔘(고삼)	秦皮(진피)	
PROPERTY	General C/C: SP/ST deficient cold with diarrhea / Yin fluids deficiency						
Contras and Cautions	<u>Contra</u> ■ SP/ST deficient cold	<u>Caution</u> ■ cold patterns, esp. from SP/ST yang deficiency ■ yin deficiency	<u>Contra</u> ■ SP/ST deficient cold	<u>Contra</u> ■ SP/ST deficient cold	<u>Contra</u> ■ SP/ST deficient cold  <u>Incompatible</u> ■ with Li Lu	<u>Contra</u> ■ none noted	

6. CLEAR TOXIC-HEAT 清熱解毒藥(청열해독약)

HERB	JIN YIN HUA	LIAN QIAO	SHE GAN	BAN LAN GEN	SHAN DOU GEN	TU FU LING	PU GONG YING	BAI JIANG CAO	BAI TOU WENG	HE YE	
	Lonicerae Fl.	Forsythiae Fr.	Belamcandae Rz.	Isatidis Rx.	Sophorae Rx.	Smilacis Rz.	Taraxaci Hb.	Patriniae Hb.	Pulsatillae Rx.	Nelumbinis Fm.	
	金銀花(금은화)	連翹(연교)	射干(사간)	板藍根(판남근)	山豆根(산두근)	土茯苓(토복령)	蒲公英(포공영)	敗醬草(패장초)	白頭翁(백두옹)	荷葉(하엽)	
PROPERTY	General C/C: Deficient Cold of SP/ST with diarrhea										
Contras and Cautions	<u>Contra</u> ■ none noted	<u>Caution</u> ■ none noted within the normal dosage ■ can cause photodermatitis	<u>Contra</u> ■ loose stools (as it can lead to watery diarrhea) ■ pregnancy	<u>Contra</u> ■ SP/ST deficient cold	<u>Contra</u> ■ SP/ST deficient cold ■ poor appetite, loose stools	<u>Caution</u> ■ possible allergic reaction with pruritus, papular rash, & agitation	<u>Caution</u> ■ overdose can cause mild diarrhea	<u>Caution</u> ■ pregnancy	<u>Contra</u> ■ fresh herb contains protoanemonin → irritate skin and mucous membranes	<u>Contra</u> ■ none noted	

7. CLEAR DEFICIENCY-HEAT 清虛熱藥(청허열약)

HERB	<b>QING HAO</b>	<b>DI GU PI</b>	<b>BAI WEI</b>
	Artemisiae Annuae Hb.	Lycii Cx.	Cynanchi Atrati Rx.
PROPERTY	靑蒿(청호)	地骨皮(지골피)	白薇(백미)
<b>Contras and Cautions</b>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>weak digestion or watery diarrhea</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>loose stools due to SP deficiency</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>has cardiotoxic properties, and overdose (30-45g) can provoke toxic reactions (palpitations, nausea, vomiting, dizziness, headache, diarrhea, and salivation)</li> </ul>

8. PURGATIVES 攻下藥(공하약) / 9. LAXATIVES 潤下藥(윤하약) / 10. CATHARTICS 峻下逐水藥(준하축수약)

HERB	PURGATIVES			LAXATIVES	CATHARTICS
	<b>DA HUANG</b>	<b>MANG XIAO</b>	<b>LU HUI</b>	<b>HUO MA REN</b>	<b>DA JI®</b>
PROPERTY	Rhei Rx.	Natrii Sulfas	Aloe	Cannabis Sm.	Euphorbiae Pekinensis Rx.
	大黃(대황)	芒硝(망초)	蘆薈(노회)	火麻仁(화마인)	大戟(대극)
<b>Contras and Cautions</b>	<b>General C/C:</b> SP/ST deficient cold, pregnancy and menstruation			<p><u>Caution</u></p> <ul style="list-style-type: none"> <li>excessive consumption can lead to nausea, vomiting, and diarrhea</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>pregnancy</li> <li>debilitated</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>use for as short a time as possible</li> </ul> <p><u>Incompatible</u></p> <ul style="list-style-type: none"> <li>with Gan Cao</li> </ul>
	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>weak ST</li> <li>qi/blood deficiency</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>during menstruation, pregnancy, and lactation</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>SP/ST deficient cold</li> <li>pregnancy</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>if used externally to promote lactation, cease use when an effect is seen (overuse can reduce lactation)</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>SP/ST deficient cold</li> <li>pregnancy</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>during lactation</li> </ul>		

11. DRAIN DAMP 利水滲濕藥(이수삼습약)

H	FU LING	YI YI REN	ZHU LING	ZE XIE	DONG GUA ZI	HAN FANG JI	YIN CHEN	DENG XIN CAO	MU TONG	DONG KUI ZI	QU MAI	BIAN XU	SHI WEI	CHE QIAN ZI	HUA SHI	DI FU ZI	BI XIE
	P	Poria	Coicis	Polyporus	Alismatis	Benincasae	Stephaniae	Artemisiae	Junci	Clematidis	Malvae	Dianthi	Polygoni	Pyrrosiae	Plantaginis	Talcum	Kochiae
	茯苓 (복령)	薏苡仁 (의이인)	豬苓 (저령)	澤瀉 (택사)	冬瓜仁 (동과인)	漢防己 (한방기)	茵陳 (인진)	燈心草 (등심초)	木通 (목통)	冬葵子 (동규자)	瞿麥 (구맥)	萹蓄 (편축)	石葦 (석위)	車前子 (차전자)	滑石 (활석)	地膚子 (지부자)	萆薢 (비해)
<b>General C/C:</b> Yin deficiency and consumed fluids																	
C & C	Caution ■ yin def. ■ sunken SP qi ■ deficient cold with spermatorrhea	Caution ■ none noted	Contra ■ absence of damp	Contra ■ sunken SP qi	Caution ■ none noted	Caution ■ SP/ST def. ■ Yin def.	Caution ■ none noted	Caution ■ none noted	Caution ■ pregnancy	Caution ■ loose stools from SP deficiency ■ pregnancy	Contra ■ pregnancy	Caution ■ none noted	Caution ■ none noted	Caution ■ pregnancy ■ spermatorrhea due to KD deficiency	Contra ■ weak SP qi ■ spermatorrhea ■ fluid injury from hot disorders  Caution ■ pregnancy	Caution ■ none noted	Caution ■ none noted

12. DISPEL WIND-DAMP 祛風濕藥(거풍습약)

HERB	DU HUO	WEI LING XIAN	HAI TONG PI	QIN JIAO	MU GUA	SANG ZHI	XI XIAN CAO	BAI HUA SHE	WU JIA PI	SANG JI SHENG
	PROPERTY	Angelicae Rx.	Clematidis Rx.	Erythrinae Cx.	Gentianae Rx.	Chaenomelis Fr.	Mori Rm.	Siegesbeckiae Hb.	Agkistrodon	Eleutherococci Cx.
	獨活(독활)	威靈仙(위령선)	海桐皮(해동피)	秦艽(진교)	木瓜(목과)	桑枝(상지)	豨薟草(희령초)	白花蛇(백화사)	五加皮(오가피)	桑寄生(상기생)
<b>General C/C:</b> Yin deficiency except Qin Jiao and Sang Ji Sheng										
Contras and Cautions	Caution ■ yin/blood def. ■ internal wind	Contra ■ qi/blood def. ■ debilitated	Contra ■ none noted	Contra ■ loose stools due to SP def.	Contra ■ internal constrained heat ■ scanty dark urine ■ hyperchlorhydria	Contra ■ none noted	Contra ■ none noted	Caution ■ yin deficiency and dry blood ■ wind from blood deficiency	Caution ■ none noted	Contra ■ none noted

13. DISSOLVE HOT-PHLEGM 清熱化痰藥(청열화담약)

HERB	QIAN HU	CHUAN BEI MU	ZHE BEI MU	GUA LOU PI	GUA LOU	GUA LOU REN	ZHU RU	HAI ZAO
	PROPERTY	Peucedani Rx. 前胡(전호)	Fritillariae Cirrhosae Bs. 川貝母(천패모)	Fritillariae Thunbergii 浙貝母(절패모)	Trichosanthis Sm. 瓜蒌皮(과루피)	Trichosanthis Fr. 瓜蒌(과루)	Trichosanthis Sm. 瓜蒌仁(과루인)	Bambusae Caulis 竹茹(죽어)
Contras and Cautions	General C/C: SP/ST deficient cold, Cold-Phlegm, Damp-Phlegm							
	Incompatible: with Wu Tou, Fu Zi							
	<u>Contra</u> ■ cough due to fire from yin deficiency ■ cough/wheezing associated with cold, thin mucus	<u>Contra</u> ■ cold-phlegm or damp-phlegm	<u>Caution</u> ■ none noted	<u>Contra</u> ■ diarrhea due to SP/ST deficiency	<u>Contra</u> ■ diarrhea due to SP/ST deficiency	<u>Contra</u> ■ SP deficiency ■ nausea or loose stools	<u>Contra</u> ■ none noted	<u>Contra</u> ■ none noted  <u>Incompatible</u> ■ with Gan Cao

14. DISSOLVE COLD-PHLEGM 溫化寒痰藥(온화한담약)

HERB	TIAN NAN XING	BAN XIA	XUAN FU HUA	BAI QIAN	BAI JIE ZI	JIE GENG
	PROPERTY	Arisaematis Rz. Prep 天南星(천남성)	Pinelliae Rh. Prep 半夏(반하)	Inulae Fl. 旋覆花(선복화)	Cynanchi Stauntonii Rz. 白前(백전)	Sinapis Sm. 白芥子(백개자)
Contras and Cautions	General C/C: Yin deficiency with Heat, Phlegm-Heat					
	<u>Contra</u> ■ dry cough from yin def. ■ wind stirring from either intense heat or blood def. ■ pregnancy	<u>Caution</u> ■ dry cough from yin def. ■ sore throat from fire excess ■ bleeding  <u>Toxicity</u> ■ causes severe irritation of the mucosa of the mouth, pharynx, and GI tract, and has toxic effects on the nervous system  <u>Incompatible</u> ■ with Wu Tou, Fu Zi	<u>Contra</u> ■ dry cough due to yin def. ■ debilitated pt. with loose stools	<u>Contra</u> ■ unproductive cough associated with LU def.	<u>Contra</u> ■ chronic cough from LU def. ■ yin deficient fire ■ blazing ST fire ■ overdosage causes diarrhea	<u>Contra</u> ■ chronic cough from yin def. ■ hemoptysis

15. STOP COUGH & WHEEZING 止咳平喘藥(지해평천약)

HERB	XING REN	ZI SU ZI	ZI WAN	KUAN DONG HUA®	BAI BU	PI PA YE	SANG BAI PI
	PROPERTY	Armeniaca Sm. 杏仁(행인)	Perillae Fr. 紫蘇子(자소자)	Asteris Rx. 紫菀(자완)	Farfarae Fl. 款冬花(관동화)	Stemona Rx. 百部(백부)	Eriobotryae Fm. 枇杷叶(비파엽)
Contras and Cautions	General C/C: heat condition for warm herbs / cold condition for cold herbs						
	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>cough due to yin def.</li> <li>general debility</li> </ul> <p><b>Caution</b></p> <ul style="list-style-type: none"> <li>infants</li> <li>diarrhea</li> <li>overdosage must be avoided because of toxicity (cyanogenic glycoside)</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>severe diarrhea due to qi deficiency</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>none noted</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>coughing of blood or pus</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>loose stools due to SP deficiency</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>cough or vomiting due to cold</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>cough/wheezing due to LU cold</li> </ul>

16. AROMATICS FOR DAMP 芳香化濕藥(방향화습약)

HERB	HUO XIANG	CANG ZHU	HOU PO	BAI DOU KOU	SHA REN	CAO DOU KOU	CAO GUO
	PROPERTY	Pogostemonis Hb. 藿香(곽향)	Atractylodis Rz. 蒼朮(창술)	Magnoliae Cx. 厚朴(후박)	Amomi Fr. Rotundus 白豆蔻(백두구)	Amomi Fr. 砂仁(사인)	Alpiniae Katsumadai Sm. 草豆蔻(초두구)
Contras and Cautions	General C/C: Yin deficiency with heat						
	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin deficient heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin deficient heat</li> <li>profuse sweating due to exterior deficiency</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>pregnancy</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin/blood deficiency</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin deficient heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin/blood deficiency</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>yin/blood deficiency</li> </ul>

17. DIGESTIVES 消食藥(소식약)

HERB	SHAN ZHA	MAI YA	GU YA	SHEN QU	JI NEI JIN	LAI FU ZI
	PROPERTY	Crataegi Fr. 山楂(산사)	Hordei Fr. Germinatus 麥芽(맥아)	Setariae (Oryzae) Fr. 谷芽(곡아)	Massa medicata Fermentata 神麩(신곡)	Gigeriae Galli Endothelium 鷄內金(계내금)
Contras and Cautions	General C/C: Pure deficiency without excess					
	<u>Contra</u> ■ pregnancy (large doses may cause fetal death)  <u>Caution</u> ■ SP/ST deficiency	<u>Contra</u> ■ during lactation (except in a very low dosage, up to 9g)	<u>Contra</u> ■ none noted	<u>Contra</u> ■ none noted	<u>Caution</u> ■ SP deficiency without food retention	<u>Contra</u> ■ absence of food retention, phlegm, or other form of accumulation ■ long-term use consumes qi ■ used as dry-fried (unless specifically used to induce vomiting)  <u>Antagonize</u> ■ Ren Shen

18. REGULATE QI 理氣藥(이기약)

HERB	CHEN PI	QING PI	ZHI SHI	ZHI KE	DA FU PI	XIANG FU	CHUAN LIAN ZI	WU YAO	CHEN XIANG	TAN XIANG	MU XIANG
	PROPERTY	Citri Pericarpium 陳皮(진피)	Citri Viride Peri. 青皮(청피)	Aurantii Immaturus 枳實(지실)	Aurantii Fr. 枳殼(지각)	Arecae Peri. 大腹皮(대복피)	Cyperi Rhizoma 香附(향부)	Toosendan Fr. 川楝子(천려자)	Linderae Rx. 烏藥(오약)	Aquilariae Lignum 沉香(칭향)	Santali albi Lignum 檀香(단향)
Contras and Cautions	General C/C: Qi deficiency, Yin deficient heat										
	<u>Caution</u> ■ excess heat ■ dry cough due to qi/yin def. ■ long-term use can injure the primal qi	<u>Caution</u> ■ qi deficiency	<u>Caution</u> ■ pregnancy ■ SP/ST def.	<u>Caution</u> ■ pregnancy	<u>Caution</u> ■ pregnancy	<u>Contra</u> ■ deficient qi without stagnation ■ yin deficient heat ■ blood heat	<u>Contra</u> ■ SP/ST deficient cold	<u>Contra</u> ■ qi/blood def. ■ internal heat	<u>Caution</u> ■ sunken qi ■ yin deficient heat	<u>Contra</u> ■ fire ■ yin deficiency	<u>Contra</u> ■ depleted fluids ■ yin deficiency ■ blazing fire



19. STOP BLEEDING 止血藥(지혈약)

HERB	SAN QI	PU HUANG	QIAN CAO	XIAN HE CAO	BAI JI	HUAI HUA	DI YU	CE BAI YE	BAI MAO GEN	AI YE
	PROPERTY	Notoginseng Rx.	Typhae Pollen	Rubiae Rx.	Agrimoniae Hb.	Bletillae Rz.	Sophorae Fl.	Sanguisorbae Rx.	Platycladi Cacu.	Imperatae Rz.
	三七(삼칠)	蒲黃(포황)	茜草根(천조근)	仙鶴草(선학초)	白芨(백급)	槐花米(괴화미)	地榆(지유)	側柏葉(측백엽)	白茅根(백모근)	艾葉(애엽)
Contras and Cautions	General C/C: pregnancy			General C/C: blood stasis						
	<b>Caution</b> ■ pregnancy	<b>Caution</b> ■ pregnancy (raw form can cause uterine contractions)	<b>Caution</b> ■ SP/ST deficient cold ■ diminished blood ■ yin deficient heat ■ long-term use	<b>Contra</b> ■ diarrhea with active pathogens	<b>Caution</b> ■ hemoptysis due to exterior condition ■ early stage of LU abscess ■ excessive heat or fire toxin  <b>Incompatible</b> ■ with Wu Tou, Fu Zi	<b>Caution</b> ■ SP/ST deficient cold	<b>Contra</b> ■ deficient cold ■ blood stasis  <b>Caution</b> ■ large-area burns	<b>Caution</b> ■ bleeding with deficiency	<b>Contra</b> ■ SP/ST deficient cold	<b>Caution</b> ■ yin deficient heat

20. ACTIVATE BLOOD 活血藥(활혈약)

H	CHUAN XIONG	YAN HU SUO	JIANG HUANG	YU JIN	DAN SHEN	CHI SHAO	YI MU CAO	ZE LAN	TAO REN	HONG HUA	MO YAO	RU XIANG	SAN LENG	E ZHU	HUAI NIU XI	CHUAN NIU XI	WANG BU LIU XING
	P	Chuanxiong	Corydalis	Curcumae longae Rz.	Curcumae Rx.	Salviae Rx.	Paeoniae Rx. rubra	Leonuri Hb.	Lycopi Hb.	Persicae	Carthami Fl.	Myrrha	Olibanum	Sparganii	Curcumae Rz.	Achyranthis	Cyathulae
	川芎(천궁)	延胡索(연호색)	姜黃(강황)	郁金(울금)	丹蔘(단삼)	赤芍(적작)	益母草(익모초)	澤蘭(택란)	桃仁(도인)	紅花(홍화)	沒藥(몰약)	乳香(유향)	三稜(삼릉)	莪朮(아술)	淮牛膝(회우슬)	川牛膝(천우슬)	王不留行(왕불유행)
C & C	C/C: Pregnancy					C/C: Pregnancy											
	<b>Contra</b> ■ yin def. with heat ■ red, dry tongue, dry mouth  <b>Caution</b> ■ pregnancy ■ bleed easily ■ profuse menses	<b>Contra</b> ■ pregnancy	<b>Contra</b> ■ pregnancy	<b>Caution</b> ■ pregnancy	<b>Contra</b> ■ pregnancy  <b>Incompatible</b> ■ with Li Lu	<b>Caution</b> ■ deficient cold	<b>Contra</b> ■ blood/yin deficiency ■ pregnancy	<b>Caution</b> ■ blood def. ■ absence of blood stasis ■ pregnancy	<b>Contra</b> ■ blood def. ■ pregnancy	<b>Contra</b> ■ pregnancy ■ bleeding disorders, peptic ulcers	<b>Contra</b> ■ absence of stasis ■ pregnancy  <b>Caution</b> ■ weak ST ■ long-term use	<b>Contra</b> ■ absence of stasis ■ pregnancy  <b>Caution</b> ■ weak ST ■ long-term use	<b>Contra</b> ■ pregnancy ■ excessive menses	<b>Contra</b> ■ pregnancy ■ excessive menses	<b>Contra</b> ■ pregnancy ■ excessive menses	<b>Contra</b> ■ pregnancy ■ excessive menses	<b>Contra</b> ■ pregnancy ■ excessive menses

21. WARM INTERIOR 溫里藥(온리약)

HERB	CHUAN WU	CAO WU	FU ZI	GAN JIANG	ROU GUI	HUA JIAO	WU ZHU YU	XIAO HUI XIANG	DING XIANG	GAO LIANG JIANG	BI BA	HU JIAO
	PROPERTY	Aconiti Rx. 川烏(전오)	Ac. Kusnezoffii 草烏(초오)	Ac. Rx. Lateral. 附子(부자)	Zingiberis Rz. 干姜(건강)	Cinnamomi Cx. 肉桂(육계)	Zanthoxyli Peri. 川椒(전초)	Evodiae Fr. 吳茱萸(오수유)	Foeniculi Fr. 小茴香(소회향)	Caryophylli Fl. 丁香(정향)	Alpiniae Rz. 高良姜(고량강)	Piperis Longi 華芫(필발)
Contras and Cautions	<b>General C/C:</b> Heat syndrome, Yin deficiency, and pregnancy											
	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficiency with abundant yang</li> <li>■ true heat &amp; false cold, heat disorders</li> <li>■ pregnancy</li> </ul> <p><b>Toxicity</b></p> <ul style="list-style-type: none"> <li>■ Nervous: burning, numbness of tongue/limbs</li> <li>■ Digestive: salivation, n/v, abdominal pain</li> <li>■ Circulatory: palpitation, hypotension, shock</li> </ul> <p><b>Incompatible</b></p> <ul style="list-style-type: none"> <li>■ with Ban Xia, Bei Mu, Gua Lou, Bai Lian, Bai Ji</li> </ul> <p><b>Antagonize</b></p> <ul style="list-style-type: none"> <li>■ Xi Jiao</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> <li>■ bleeding due to blood heat</li> </ul> <p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ pregnancy</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> <li>■ interior excess heat</li> <li>■ pregnancy</li> </ul> <p><b>Antagonize</b></p> <ul style="list-style-type: none"> <li>■ Chi Shi Zhi</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ deficient yin with heat</li> </ul> <p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ pregnancy</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> <li>■ long-term use can injure qi and perturb fire</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ internal heat</li> </ul> <p><b>Antagonize</b></p> <ul style="list-style-type: none"> <li>■ Yu Jin</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ pregnancy</li> </ul>		

22. QI TONICS 補氣藥(보기약)

HERB	REN SHEN	DANG SHEN	HUANG QI	BAI ZHU	BAI BIAN DOU	SHAN YAO	DA ZAO	GAN CAO	YI TANG	FENG MI	GENG MI
	PROPERTY	Ginseng Rx. 人蔘(인삼)	Codonopsis Rx. 黨蔘(당삼)	Astragali Rx. 黃芪(황기)	Atractylodis Rz. 白朮(백출)	Lablab Sm. 白扁豆(백편두)	Dioscoreae Rz. 山藥(산약)	Jujubae Fr. 大棗(대조)	Glycyrrhizae Rx. 甘草(감초)	Maltosum 飴糖(이당)	Mel 蜂蜜(봉밀)
Contras and Cautions	<b>General C/C:</b> pure excess syndrome										
	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ steaming bone disorder</li> <li>■ bleeding due to blood heat</li> <li>■ LV yang rising</li> <li>■ constraint fire</li> <li>■ excessive caffeine or stimulant use</li> </ul> <p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ excess pathogens</li> </ul> <p><b>Incompatible</b></p> <ul style="list-style-type: none"> <li>■ with Li Lu</li> </ul> <p><b>Antagonize</b></p> <ul style="list-style-type: none"> <li>■ Wu Ling Zhi</li> </ul>	<p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ excess pathogens</li> </ul> <p><b>Incompatible</b></p> <ul style="list-style-type: none"> <li>■ with Li Lu</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ early stages of sores</li> <li>■ ulcerated sores with toxic heat</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ yin deficient heat</li> <li>■ thirst from exhausted fluids</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ do not take without cooking</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ abdominal fullness due to dampness</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ damp-heat</li> <li>■ phlegm-heat</li> </ul> <p><b>Caution</b></p> <ul style="list-style-type: none"> <li>■ excess damp</li> <li>■ qi stagnation</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ fullness of chest/abdomen</li> <li>■ vomiting due to excess damp</li> </ul> <p><b>Incompatible</b></p> <ul style="list-style-type: none"> <li>■ with Da Ji, Hai Zao, Gan Sui, Yuan Hua</li> </ul> <p><b>Antagonize</b></p> <ul style="list-style-type: none"> <li>■ Yuan Zhi</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ damp-heat</li> <li>■ phlegm-heat</li> <li>■ childhood nutritional impairment</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ excessive damp</li> <li>■ phlegm heat</li> <li>■ fullness in the middle burner with vomiting</li> <li>■ loose stool</li> </ul>	<p><b>Contra</b></p> <ul style="list-style-type: none"> <li>■ none noted</li> </ul>

23. BLOOD TONICS 補血藥(보혈약)

HERB	SHU DI HUANG	DANG GUI	BAI SHAO	E JIAO	GOU QI ZI	SANG SHEN	LONG YAN ROU
	PROPERTY	Rehmanniae Rx. Prep 熟地黄(숙지황)	Angelicae Sinensis Rx. 當歸(당귀)	Paeoniae Rx. Alba 白芍(백작)	Asini Corii Colla 阿膠(아교)	Lycii Fr. 枸杞子(구기자)	Mori Fr. 桑椹(상심)
<b>General C/C:</b> SP/ST deficiency or damp in the MJ							
<b>Contras and Cautions</b>	<b>Contra</b> ■ qi stagnation ■ profuse phlegm ■ abdominal fullness/pain ■ low appetite, diarrhea	<b>Contra</b> ■ diarrhea or abdominal fullness due to damp	<b>Caution</b> ■ none noted  <b>Incompatible</b> ■ with Lu Lu	<b>Contra</b> ■ SP/ST deficiency ■ focal distention in the epigastrium, diarrhea	<b>Caution</b> ■ SP deficiency and damp leading to diarrhea	<b>Contra</b> ■ diarrhea due to SP/ST deficient cold	<b>Contra</b> ■ fire from constraint ■ phlegm with qi stag. ■ obstruction due to damp

24. YANG TONICS 補陽藥(보양약)

H P	LU RONG	ROU CONG RONG®	SUO YANG	HU TAO REN	YIN YANG HUO	XIAN MAO	BA JI TIAN	BU GU ZHI	YI ZHI REN	GOU JI	GU SUI BU	XU DUAN	DU ZHONG	TU SI ZI	SHA YUAN ZI
		Cervi Cornu 鹿茸(녹용)	Cistanches 肉蓯蓉(육종용)	Cynomorii 鎖陽(쇄양)	Juglandis Sm. 胡桃仁(호도인)	Epimedii Hb. 淫羊藿(음양곽)	Curculiginis 仙茅(선모)	Morindae Rx. 巴戟天(파극천)	Psoraleae Fr. 補骨脂(보골지)	Alpiniae Fr. 益智仁(익지인)	Cibotii Rz. 狗脊(구척)	Drynariae Rz. 骨碎補(골쇄보)	Dipsaci Rx. 續斷(속단)	Eucommiae 杜仲(두충)	Cuscutae Sm. 菟絲子(토사자)
<b>General C/C:</b> Yin deficiency with heat signs															
<b>C &amp; C</b>	<b>Contra</b> ■ yin deficient heat ■ blood heat ■ phlegm heat in the LU ■ blazing ST fire ■ warm febrile diseases	<b>Contra</b> ■ diarrhea due to SP/ST deficiency ■ yin deficient heat	<b>Contra</b> ■ KD yin def. with heat ■ diarrhea due to SP def. ■ constipation due to excess heat	<b>Contra</b> ■ phlegm-fire or hot cough ■ yin deficient heat ■ watery stool	<b>Contra</b> ■ yin deficient heat ■ long-term decoction use can injure yin	<b>Contra</b> ■ yin deficient heat  <b>Caution</b> ■ long-term use is not recommend ■ high dosage can cause tongue swelling	<b>Contra</b> ■ damp-heat ■ yin deficient heat ■ urinary difficulty	<b>Contra</b> ■ yin deficient heat ■ constipation  <b>Caution</b> ■ ST deficient cold	<b>Contra</b> ■ lower burner problem due to heat  <b>Caution</b> ■ ST deficient cold	<b>Contra</b> ■ urinary difficulty ■ yin deficient heat  <b>Antagonize</b> ■ Bai Jiang Cao	<b>Caution</b> ■ yin deficiency ■ absence of blood stasis	<b>Contra</b> ■ bi syndrome from wind-damp-heat	<b>Contra</b> ■ yin deficient heat  <b>Antagonize</b> ■ Xuan Shen	<b>Contra</b> ■ yin deficiency ■ constipation and scanty, dark urine (even though it is neutral)	<b>Contra</b> ■ yin deficient heat ■ hyperactive sex drive ■ urinary difficulty

25. YIN TONICS 補陰藥(보음약)

HERB	BAI HE	TIAN MEN DONG	MAI MEN DONG	SHA SHEN	SHI HU®	NU ZHEN ZI	HEI ZHI MA	GUI BAN	BIE JIA	
	PROPERTY	Lilii Bulbus 百合(백합)	Asparagi Rx. 天門冬(천문동)	Ophiopogonis Rx. 麥門冬(맥문동)	Glehniae Rx. 沙蔘(사삼)	Dendrobii Hb. 石斛(석곡)	Ligustri Lucidi Fr. 女貞子(여정자)	Sesami Sm. Nigrum 黑脂麻(흑지마)	Testudinis Plastrum 龜板(구판)	Trionycis Carapax 鱉甲(별갑)
Contras and Cautions	General C/C: SP/ST deficiency, phlegm/damp in MJ, diarrhea									
	Contra ■ none noted	Contra ■ diarrhea due to deficiency or cold	Contra ■ loose stools due to SP deficiency ■ turbid phlegm or thin mucus in LU/ST ■ early stages of wind-cold cough	Contra ■ wind-cold cough ■ LU/ST deficient cold  Incompatible ■ with Li Lu	Contra ■ early stage of warm-febrile dz. ■ loose stools due to SP deficiency ■ thick, greasy tongue coating	Contra ■ diarrhea due to SP/ST deficient cold	Contra ■ diarrhea due to SP deficiency	Contra ■ pregnancy ■ ST cold-damp	Contra ■ pregnancy ■ SP/ST deficient cold	

26. ASTRINGENTS 收澀藥(수삼약)

H	SHAN ZHU YU	JIN YING ZI	HAI PIAO XIAO	FU PEN ZI	QIAN SHI	LIAN ZI	WU WEI ZI	BAI GUO	WU MEI	HE ZI	CHI SHI ZHI	ROU DOU KOU	CHUN PI	FU XIAO MAI
	P	Corni Fr. 山茱萸(산수유)	Rosae Fr. 金櫻子(금영자)	Sepiae Endo. 海螵蛸(해표초)	Rubi Fr. 覆盆子(복분자)	Euryales Sm. 芡實(견실)	Nelumbinis Sm. 蓮子(연자)	Schisandrae 五味子(오미자)	Ginkgo Sm. 白果(백과)	Mume Fr. 烏梅(오매)	Chebulae Fr. 訶子(가자)	Halloysitum 赤石脂(적석지)	Myristicae 肉豆蔻(육두구)	Ailanthi Cx. 椿皮(춘피)
C & C	General C/C: exterior condition and excess condition													
	Contra ■ painful and difficult urination ■ damp-heat	Contra ■ excess pathogenic influences, esp. heat ■ overdose or long-term use may cause abdominal pain or constipation	Caution ■ extended use can lead to constipation	Contra ■ urinary difficulty  Caution ■ yin deficient heat	Caution ■ difficult urination or defecation	Contra ■ abdominal distension ■ constipation	Contra ■ unresolved exterior disorder ■ interior excess heat ■ early stages of cough or rashes  Caution ■ may cause heartburn	Contra ■ excess patterns  Caution ■ viscous sputum that is difficult to expectorate ■ should not be over used (slightly toxic)	Contra ■ internal heat excess and stagnation ■ unresolved exterior disorder	Contra ■ exterior patterns ■ internal damp-heat	Contra ■ hot diarrhea, early stages of dysentery ■ excess damp-heat  Caution ■ pregnancy	Contra ■ hot diarrhea ■ ST heat	Caution ■ SP/ST deficient cold ■ KD yin deficiency	Contra ■ sweating due to exterior pathogen

27. ANCHOR & CALM SHEN 重鎮安神藥(중진안신약) / 28. NOURISH & CALM SHEN 養心安神藥(양심안신약)

HERB	ANCHOR & CALM SHEN				NOURISH & CALM SHEN			
	LONG GU	MU LI	CI SHI	ZHEN ZHU	SUAN ZAO REN	BAI ZI REN	YUAN ZHI	YE JIAO TENG
PROPERTY	Fossilia Ossid Mastodi	Ostreae Concha	Magnetitum	Margarita	Ziziphi Spinosa Sm.	Platycladi Sm.	Polygalae Rx.	Polygoni Multiflori
	龍骨(용골)	牡蠣(모려)	磁石(자석)	珍珠(진주)	酸棗仁(산조인)	柏子仁(백자인)	遠志(원지)	夜交藤(야교등)
Contras and Cautions	General C/C: SP/ST deficiency				<b>Caution</b> ■ severe diarrhea ■ excess heat	<b>Contra</b> ■ loose stools ■ phlegm disorders  <b>Caution</b> ■ cool, dry, well circulated storage reduces risk of carcinogenic aflatoxin contamination	<b>Contra</b> ■ yin deficient heat ■ peptic ulcers and gastritis	<b>Contra</b> ■ none noted
	<b>Contra</b> ■ damp-heat ■ externally contracted excess disorders	<b>Contra</b> ■ high fever due to excess without sweating  <b>Caution</b> ■ overdose may lead to indigestion or constipation	<b>Caution</b> ■ weak SP/ST ■ long-term use or high dosage	<b>Caution</b> ■ pregnancy				

29. EXTINGUISH LIVER WIND 平肝息風藥(평간식풍약) / 30. EXPEL PARASITES 驅蟲藥(구충약) / 31. EXTERNAL USE 外用藥(외용약)

HERB	EXTINGUISH LIVER WIND						EXPEL PARASITE	EXTERNAL USE
	TIAN MA	GOU TENG	SHI JUE MING	BAI JI LI	DAI ZHE SHI	DI LONG	BING LANG®	SHE CHUANG ZI
PROPERTY	Gastrodiae Rz.	Uncariae Rm.	Haliotidis Concha	Tribuli Fr.	Haematitum	Pheretima	Arecae Sm.	Cnidii Fr.
	天麻(천마)	鉤藤(구등)	石決明(석결명)	白蒺藜(백질러)	代赭石(대자석)	地龍(지룡)	檳榔(빈랑)	蛇床子(사상자)
Contras and Cautions	General C/C: SP deficient cold (for cold herbs) / Blood&Yin deficiency (for warm herbs)							
	<b>Contra</b> ■ none noted	<b>Caution</b> ■ absence of wind-heat ■ excess heat	<b>Caution</b> ■ SP/ST deficient cold ■ reduced appetite and loose stools	<b>Caution</b> ■ pregnancy ■ qi/blood deficiency	<b>Caution</b> ■ pregnancy ■ long-term use	<b>Contra</b> ■ weak SP/ST  <b>Caution</b> ■ without excess heat	<b>Caution</b> ■ collapse of the middle qi	<b>Contra (internal use)</b> ■ damp-heat in lower burner ■ yin deficient heat

32. OBSOLETE SUBSTANCES 使用禁忌藥(사용금지약)

HERB	UNACCEPTABLE TOXICITY				ENDANGERED SPECIES
	ZHU SHA®	MA DOU LING®	GUAN MU TONG®	GUANG FANG JI®	CHUAN SHAN JIA®
PROPERTY	Cinnabaris	Aristolochiae Fr.	Aristolochiae manshuriensis Caulis	Aristolochiae fangchi Rx.	Manitis Squama
	朱砂(주사)	馬兜鈴(마두령)	關木通(관목통)	廣防己(광방기)	穿山甲(천산갑)
Contras and Cautions	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>long-term use or high dosage</li> <li>do not heat to prevent mercury poisoning (restlessness, metallic taste, profuse salivation, swollen gum, nausea, tremor, impaired sexual function, albuminuria, etc.)</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>diarrhea and vomiting due to SP/ST deficiency</li> <li>wheezing due to deficient cold</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>long-term use or high dosage may cause vomiting or other side effects</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>lack of damp-heat</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>pregnancy</li> </ul>	<p><u>Caution</u></p> <ul style="list-style-type: none"> <li>yin deficiency</li> </ul>	<p><u>Contra</u></p> <ul style="list-style-type: none"> <li>pregnancy</li> <li>open sores and carbuncles</li> </ul>

References

<i>Chinese Herbal Medicine: Materia Medica (3rd Edition)</i>	<i>Bensky, Clavey, &amp; Stoger</i>	<i>Seattle, WA: Eastland Press</i>
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