





INDIVIDUAL HERB CHARTS
CALE & NCCAOM Herbs

1. DISPERSE WIND-COLD

GUI ZHI 桂枝(계지) Cinnamomi Rm (Cinnamon twig)	acrid sweet warm 3-9g	HT LU UB	<ul style="list-style-type: none"> • Promote sweat to release the exterior: Wind-Cold deficiency pattern with Ying & Wei disharmony → <i>Gui Zhi Tang</i> • Warm & open channels & collaterals: Wind-Cold-Damp Bi • Warm Yang to eliminate water: edema with dysuria, Tan Yin (Phlegm Fluid) → <i>Wu Ling San / Ling Gui Zhu Gan Tang</i> • Assist the HT Yang: painful chest obstruction, palpitation, intermittent pulse → <i>Zhi Gan Cao Tang</i> • Warm Yang in the Chong & Ren meridians: amenorrhea, dysmenorrhea, irregular menstruation, masses → <i>Wen Jing Tang / Gui Zhi Fu Ling Wan</i> 													
ZI SU YE = Su Ye 紫蘇葉(자소엽) Perillae Fo (Perilla leaf)	acrid warm aromatic 5-9g	LU SP	<ul style="list-style-type: none"> • Release the exterior, disperse Cold: exterior Wind-Cold → <i>Xing Su San / Xiang Su San</i> • Regulate the Qi & expand the chest, harmonize the Middle Jiao: chest oppression, nausea, vomiting, diarrhea → <i>Huo Xiang Zheng Qi San</i> • Calm the fetus: morning sickness, restless fetus • Treat seafood poisoning: vomiting, abdominal pain, diarrhea 													
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JING JIE 荊芥(형개) Schizonepetae Hb (Schizonepeta)	acrid sl warm 4.5-9g	LU LV	<ul style="list-style-type: none"> • Release the exterior, dispel Wind: Wind-Cold or Wind-Heat → <i>Jing Fang Bai Du San / Yin Qiao San</i> • Vent rash, alleviate itching: incomplete expression of measles & pruritic skin eruptions → <i>Xiao Feng San</i> • Stop bleeding (charred): auxiliary herb for various types of bleeding → <i>Huai Hua San</i> 													
FANG FENG 防風(방풍) Saposhnikoviae Rx (Siler root)	acrid sweet sl warm 4.5-9g	UB LV SP	<ul style="list-style-type: none"> • Release the exterior, dispel Wind: Wind-Cold or Wind-Heat → <i>Jing Fang Bai Du San / Xiao Feng San / Qing Shang Fang Feng Tang</i> • Expel Wind-Cold-Damp & alleviate pain: Bi syndrome, rheumatic aches & pains → <i>Juan Bi Tang</i> • Extinguish LV Wind & relieve tremor: tremor, spasm, convulsion, tetany → <i>Da Fang Feng Tang</i> • Relieve diarrhea, stop bleeding: intestinal Wind + LV/SP disharmony → <i>Tong Xie Yao Fang</i> 													
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QIANG HUO 羌活(강활) Notopterygii Rx+Rz (Notopterygium root and rhizome)	acrid bitter warm aromatic 3-9g	UB KD	<ul style="list-style-type: none"> • Release the exterior, dispel Cold: Wind-Cold with pain, occipital headache → <i>Jiu Wei Qiang Huo Tang</i> • Expel Wind-Cold-Damp: Wind-Cold-Damp Bi syndrome, rheumatic aches & pains, especially in the upper body → <i>Juan Bi Tang / Qiang Huo Sheng Shi Tang</i> • Guide Qi to the Taiyang & Du channels: direct other herbs to areas served by the Tai Yang & Du channels 													
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GAO BEN 藁本(고본) Ligustici Rz (Chinese Lovage root)	acrid warm 3-9g	UB DU	<ul style="list-style-type: none"> • Release the exterior, dispel Cold: external Wind-Cold, vertex headache • Disperse Wind-Cold-Damp: Bi syndrome, rheumatic pains → <i>Qiang Huo Sheng Shi Tang</i> 													
BAI ZHI 白芷(백지) Angelicae dahuricae Rx (Angelica root)	acrid warm 3-9g	LU ST SP	<ul style="list-style-type: none"> • Dispel Wind-Cold, open the nasal passages: Wind-Cold, nasal congestion → <i>Cang Er Zi San</i> • Dispel Cold, alleviate pain: pain in the Yangming channels, frontal headache, toothache, muscle ache → <i>Jiu Wei Qiang Huo Tang / Chuan Xiong Cha Tiao San</i> • Expel Damp, alleviate discharge: leukorrhea, diarrhea • Reduce swelling, expel pus: boils, ulcers, abscesses → <i>Xian Fang Huo Ming Yin</i> 													
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