

Summary of Some Common Herbal Applications

1. herbs for toothache: Bai zhi (yangming), Shi Gao (Stomach heat), Xi Xin (stop pain), Bi Bo (topical), Niu Xiu (leading fire down), Gu Sui Bu (kidney deficiency), Di GU Pi (kidney yin deficiency, deficient fire)
2. herbs for allergy: Bai zhi, Bo he, Cang er zi, Fang feng, Xiu jiao, Xin yi hua
3. herbs for loss of voice: Pang da hai, Mai men dong, Niu bang zi, Shan dou gen, She gan, Xuan shen, Zhe Bei mu
4. herbs for anemia: Da zao, dang gui, dang shen, a jiao, he shou wu, huang jing, long yan rou, sang shen, zi he che
5. herbs for hair loss: ce bai ye, gou qi zi, han lian cao, he shou wu, sang shen, tu si zi
6. herbs for red eyes: ju hua, ye ju ha, qing xiang zi, mi meng hua, xia ku cao, zhen zhu mu, bai ji li, sang ye, cong wei zi
7. high cholesterol: shan zha, wu wei zi, jue ming zi, huang qin, ze xie, huang bai, he shou wu, chai hu
8. herbs for forgetfulness: ren shen, wu wei zi, yuan zhi
9. lack of lactation: chuan shan jia, wang bu liu xing, huang qi, mu tong, tong cao, dang gui, zi he che
10. herbs for hepatitis: zhi zi, yin chen, yu jin, ban lan gen, da qing ye, pu gong ying, huang qin, dan shen, chi shao, hu zhang
11. herbs for gout: cang zhu, huang bai, huai niu xi, ji xue teng, zhi mu
12. herbs for body weakness: bai he, da zao, dang gui, long yan rou, ren shen, wu wei zi
13. herbs for hypertension: gou teng, xia ku cao, ge gen, sang bai pi, luo bu ma, jue ming zi, di long, shan zha, qing xiang zi, huai hua
14. herbs raise blood pressure: ma huang, qing pi, zhi shi, fu zi
15. herbs for muscular spasm: mu gua, luo shi teng, sang zhi, wu jia pi, hai feng teng, qing jiao, hai tong pi
16. herbs for calming the fetus: huang qin (clear heat), sha ren (regulate qi), Bai zhu (strengthen spleen), zi su geng (regulate qi), sang ji sheng, xu duan, du zhong, tu si zi (reinforce liver and kidney), zhu ma gen (clear heat">
17. herbs for headache: chuan xiong (all type, expel wind), bai zhi (yangming, supraorbital pain, frontal headache), gao ben (vertex headache), man jing zi (wind heat, migraine), bai fu zi (headache, phlegm), qiang huo (taiyang, wind cold dampness)
18. herbs for absent-minded: sang piao xiao, suan zao ren, yuan zhi