

TCM Herbs Set I

Each letter in the study guide code represents either an attribute of the herb or a part of the body affected by the herb's action, depending on where in the code the letter appears.

The code is broken down into two or more parts that are separated by a hyphen.

Just remember that the first few letters always represent the nature/attribute of the herb, and the rest of the code refers to the channels/organs that it acts on.

How to use the study guide code

A code has been developed by students of Traditional Chinese Medicine to facilitate learning the herbs and their various affects.

Memorize the following code to explain the actions of each herb more easily.

Tip:

Laying the study guide flat will allow you to see all the information alongside the corresponding picture of each herb.

After studying them for some time, you may wish to test yourself without looking at the information page. Try folding the book at the spine to view each picture as a flash card with the info on the back. Got it? No peeking now...

a = salty / large intestines
b = bitter
c = cold
e = sweet / spleen
g = gall bladder
h = heart
i = spicy or acrid
k = kidney
l = lungs
m = small intestines

Example: Da Huang
Purgative

(Bc - earth hav)

A B C

- A) The natural attributes of this herb are (bc) bitter & cold
- B) This herb affects the earth meridian, (which is se), the stomach & spleen.
- C) It also affects the organs (hav), the heart, large intestine, & liver.

Herbs Set I

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Shang Lu

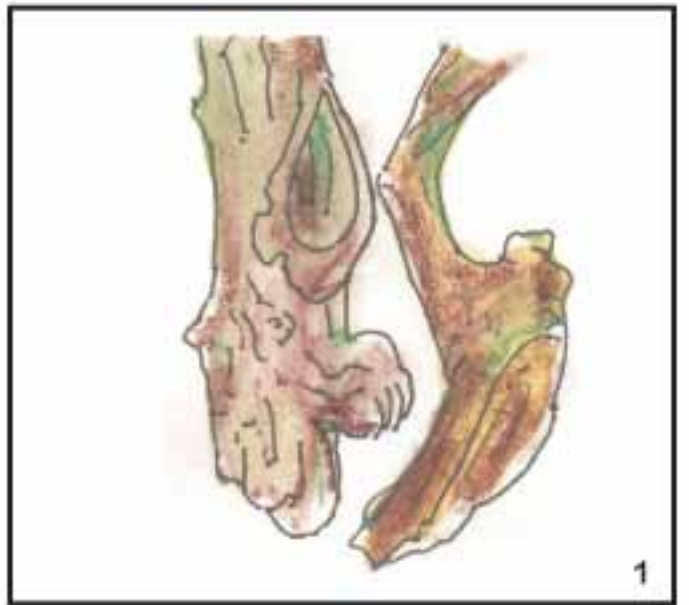
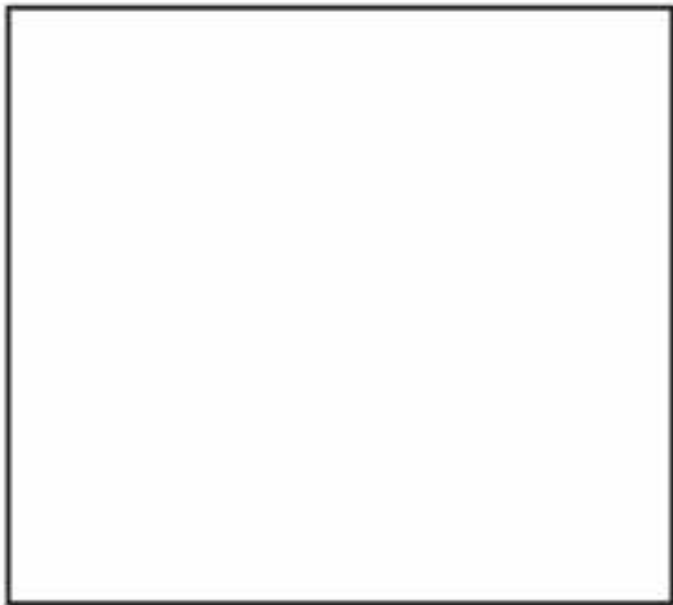
Harsh Expellant

(Bic - toxic metal k)

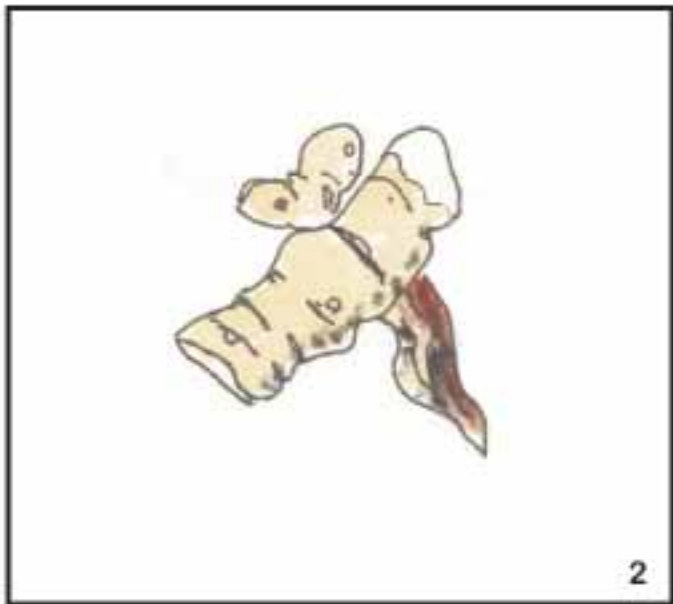
Key:

Fire = Fire meridian (hm)
Water = Water meridian (ku)
Metal = Metal meridian (la)
Earth = Earth meridian (se)
Wood = Wood meridian (gv)

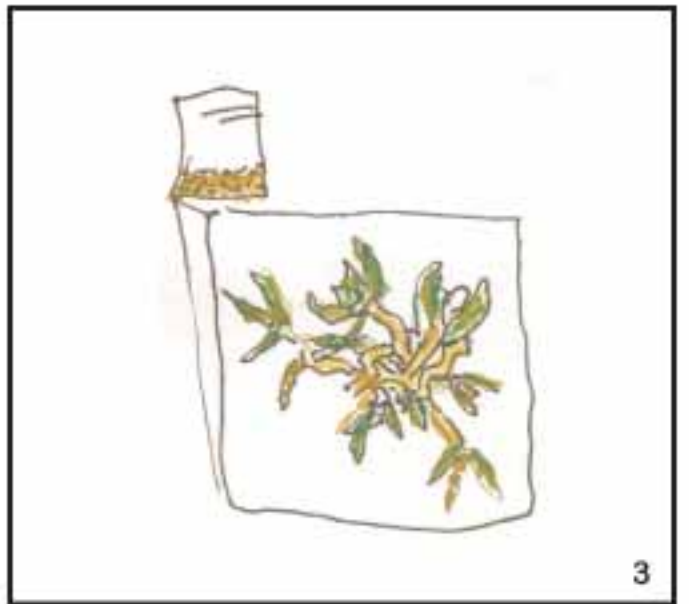
n = neutral
o = sour
p = appendix
r = paracardium
s = stomach
t = triple burner
u = urinary bladder
v = liver
w = warm



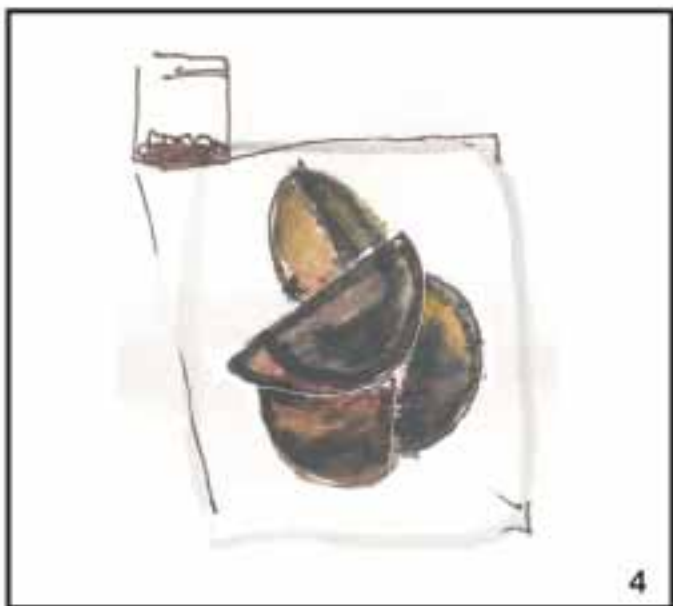
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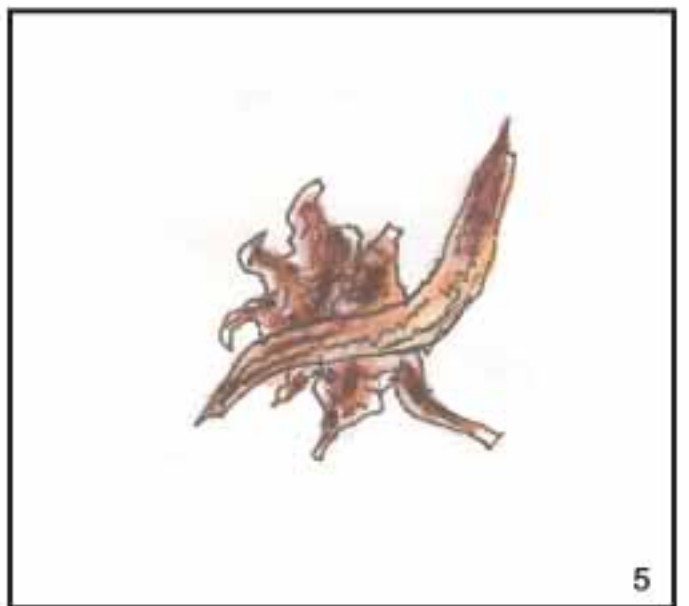
2



3



4



5

Gan Sui

**Harsh
Expellant**

(Bec – toxic metal k)

Quian Niu Zi

**Harsh
Expellant**

(Bic – toxic metal mk)

Yuan Hua

**Harsh
Expellant**

(Wib – toxic metal k)

Hong Da Ji

**Harsh
Expellant**

(Bic – toxic metal k)

Huo Ma Ren

**Moist
Laxative**

(En – earth a)



Cannabis Seed

6



Plum Seed

7



8



9



10



11

Da Huang

Purgative

(Bc – earth hav)

Yu Li Ren

**Moist
Laxative**

(Beni – metal m)

Fan Xie Ye

Purgative

(Bce – a)

Mang Xiao

Purgative

(Bica – as)

Deng Xin Cao

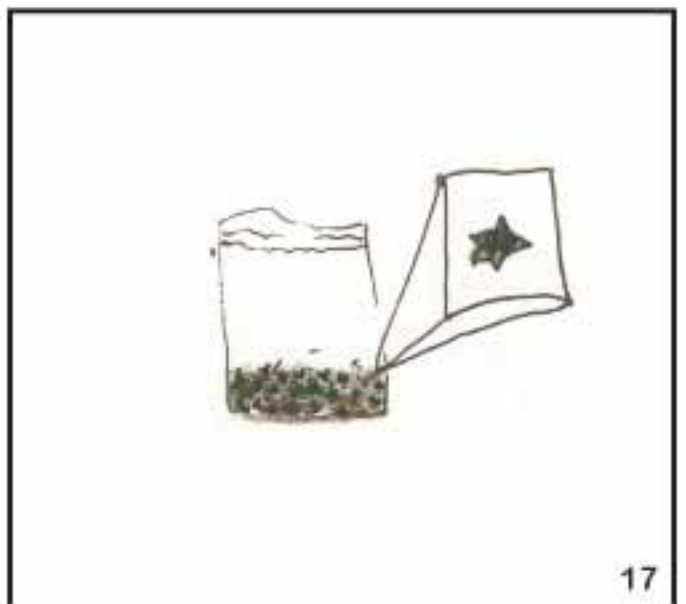
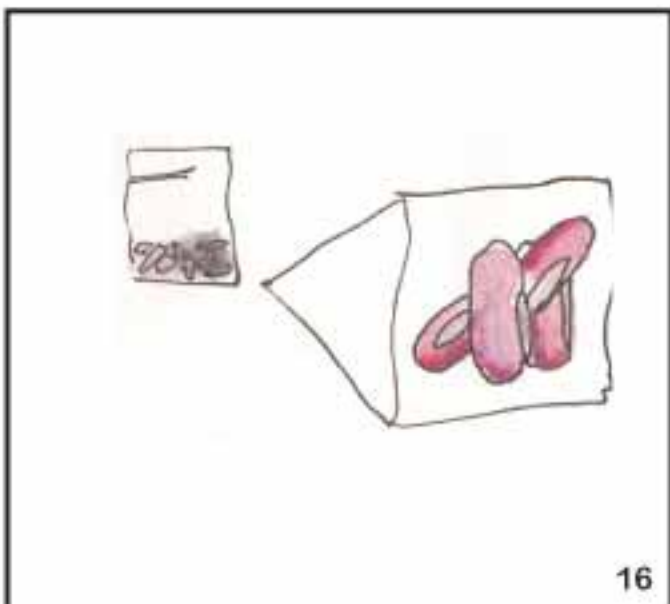
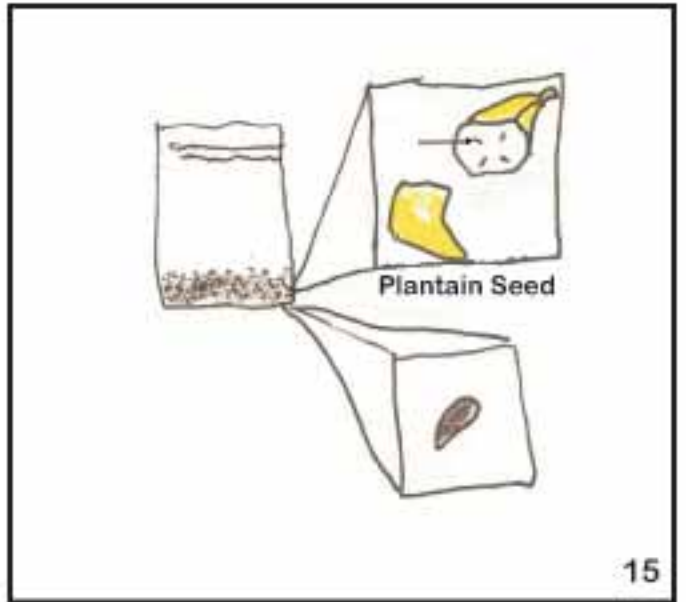
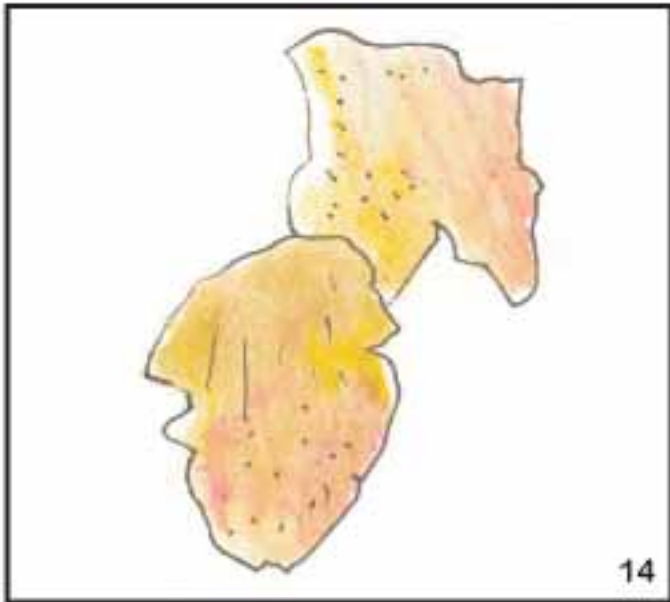
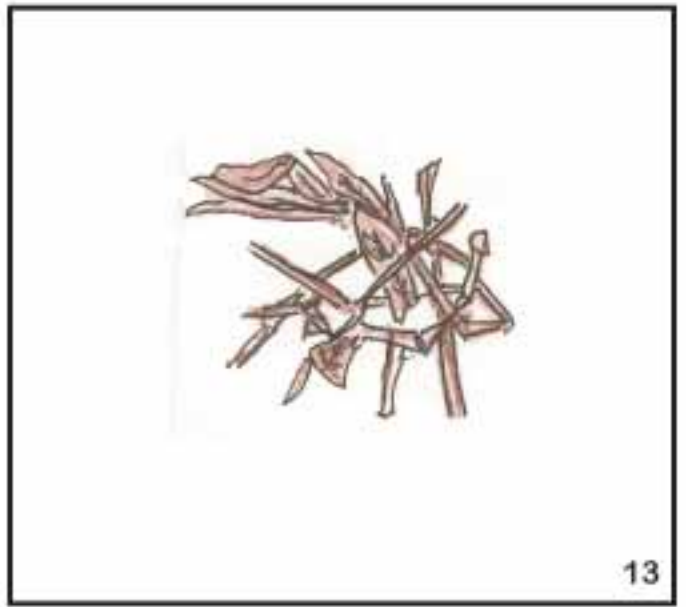
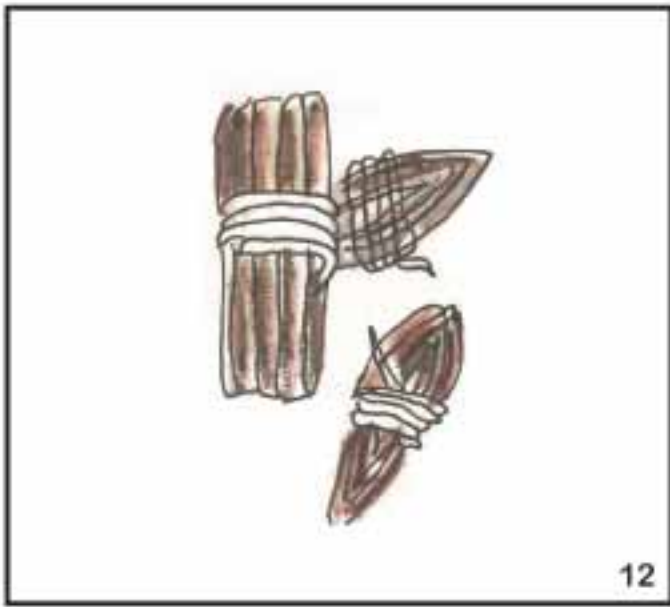
**Drains
Dampness**

(Cel – fire l)

Lu Hui

Purgative

(Bc – sav)



Bei Nie

**Drains
Dampness**

(Nbc – vus)

Bain Xu

**Drains
Dampness**

(Bc – u)

Chi Xiao Don

**Drains
Dampness**

(Neo – fire)

Che Qian Zi

**Drains
Dampness**

(Ce – water vl)

Dong Gua Ren

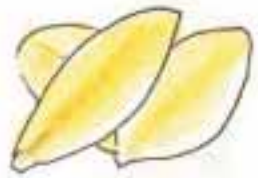
**Drains
Dampness**

(Ce – metal ms)

Di Fu Zi

**Drains
Dampness**

(Ceb – u)



Winter Melon Seed

18



19



20



21



22



Talcum Powder

23

Fu Ling

**Drains
Dampness**

(Nel – helk)

Dong Kui Zi

**Drains
Dampness**

(Ce – mua)

Han Fang Ji

**Drains
Dampness**

(Bic – water ev)

Fu Ling Pi

**Drains
Dampness**

(Nel – helk)

Jin Qian Cao

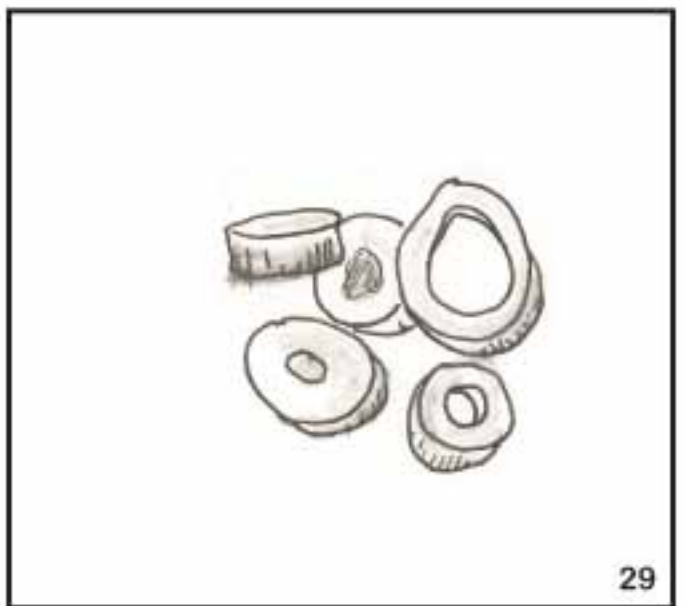
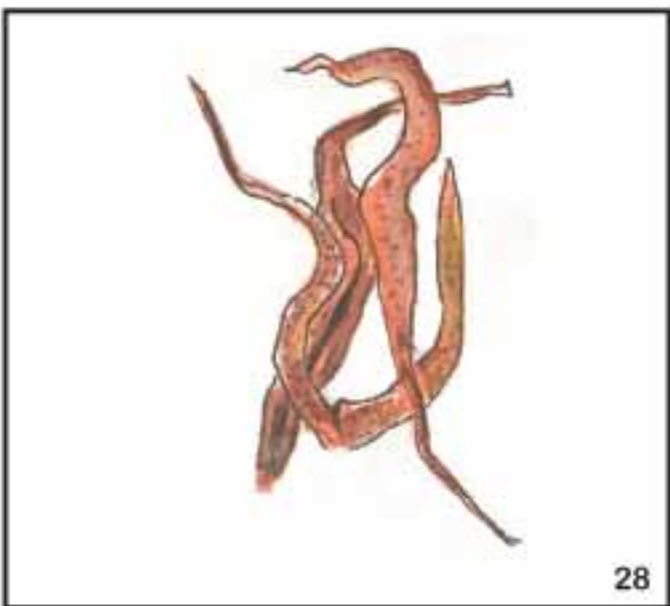
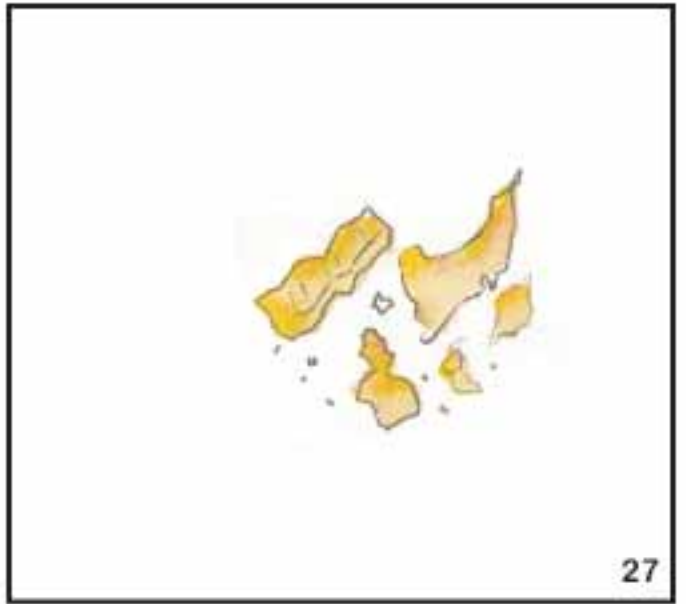
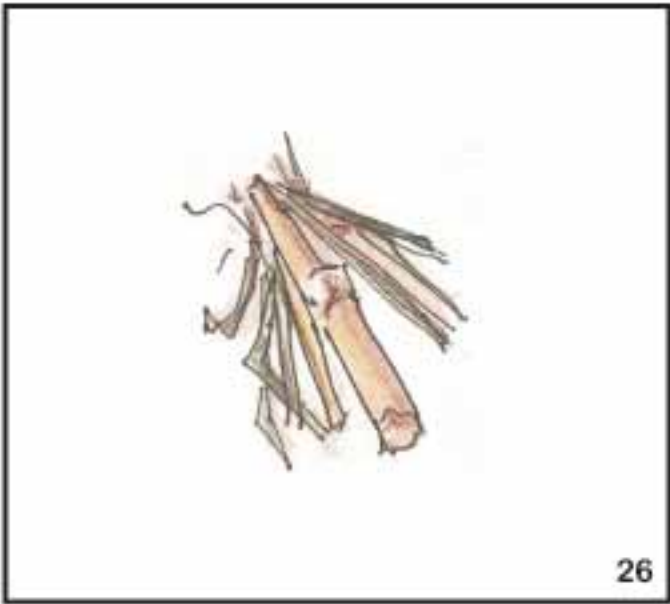
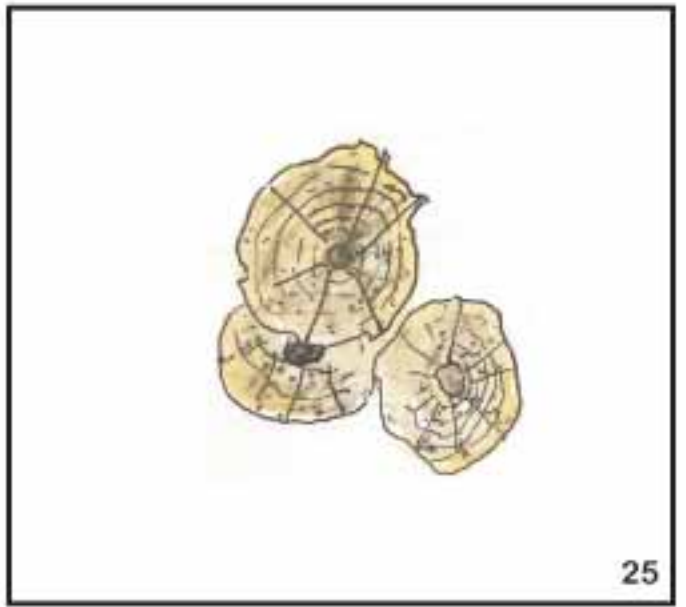
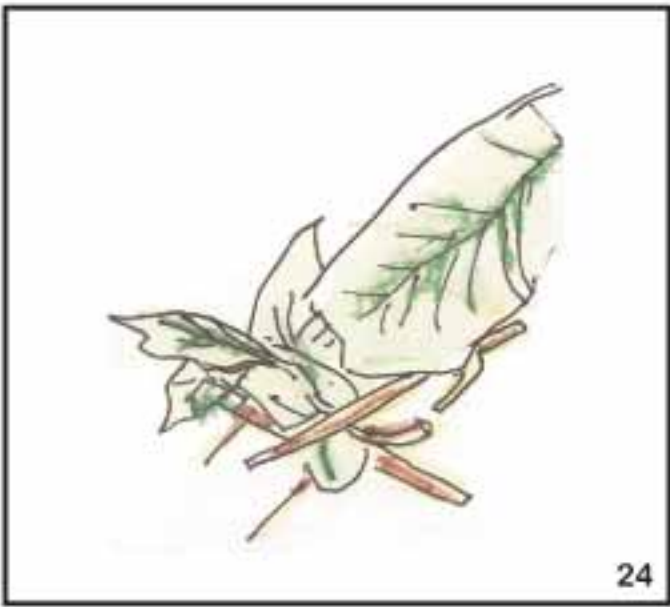
**Drains
Dampness**

(Nel – wood water)

Hua Shi

**Drains
Dampness**

(Cel – us)



Qu Mai

**Drains
Dampness**

(Bc – u)

Mu Tong

**Drains
Dampness**

(Bc – muh)

Shi Wei

**Drains
Dampness**

(Bec – lu)

Sheng Jiang Pi

**Drains
Dampness**

(Wi – earth l)

Yi Yi Ren

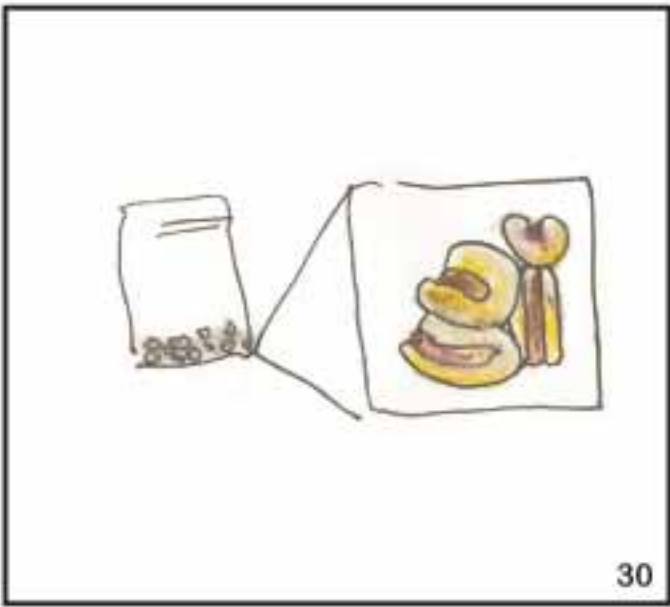
**Drains
Dampness**

(Cel – earth lk)

Tong Cao

**Drains
Dampness**

(Cel – ls)



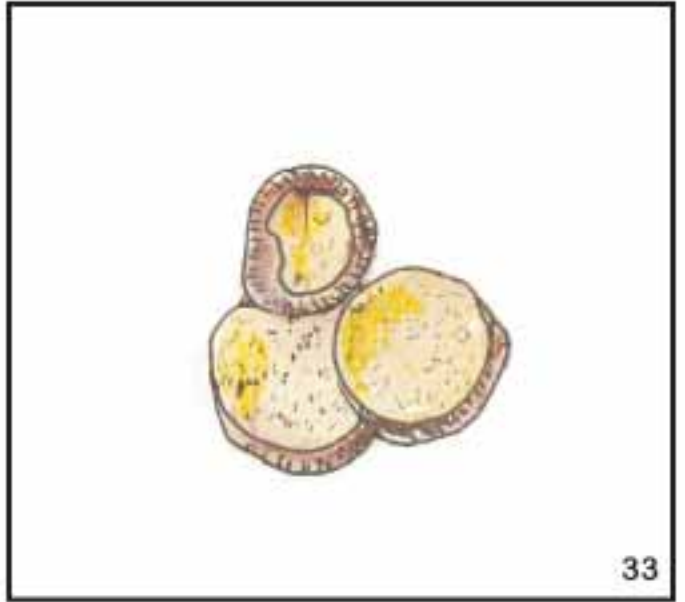
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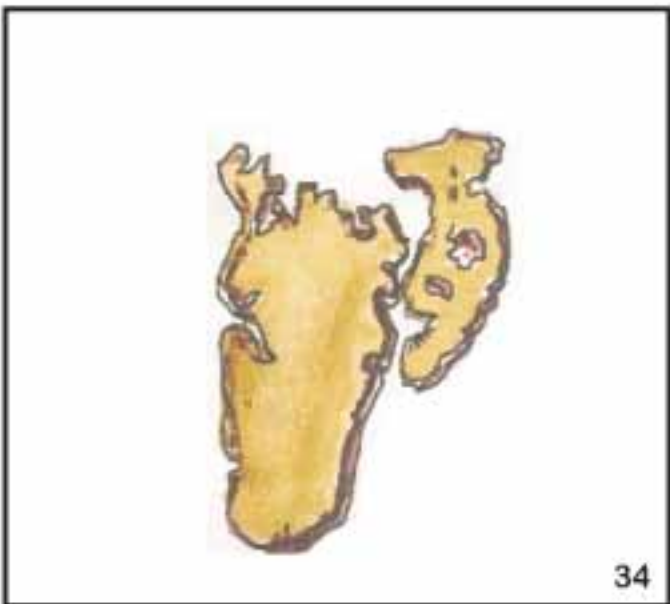
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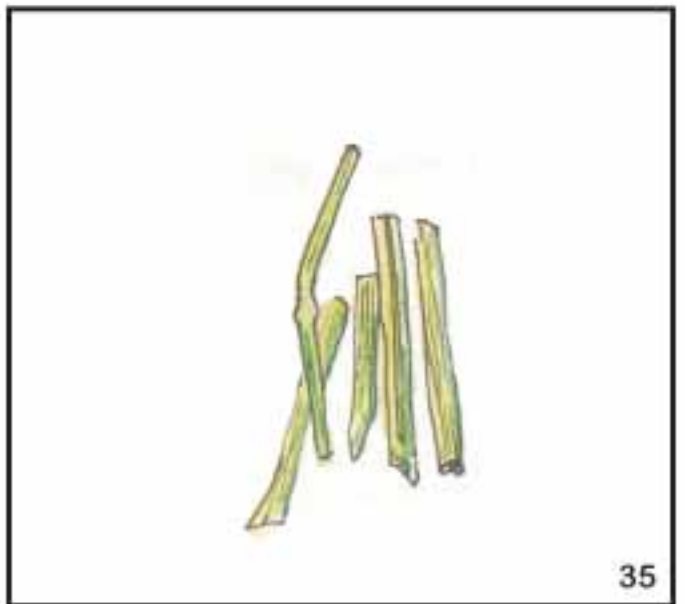
32



33



34



35

Yu Mi Xu

**Drains
Dampness**

(En – wood b)

Yin Chen Hao

**Drains
Dampness**

(Bic – wood earth)

Zhu Ling

**Drains
Dampness**

(Cel – water e)

Ze Xie

**Drains
Dampness**

(Cel – water)

Gu Jing Cao

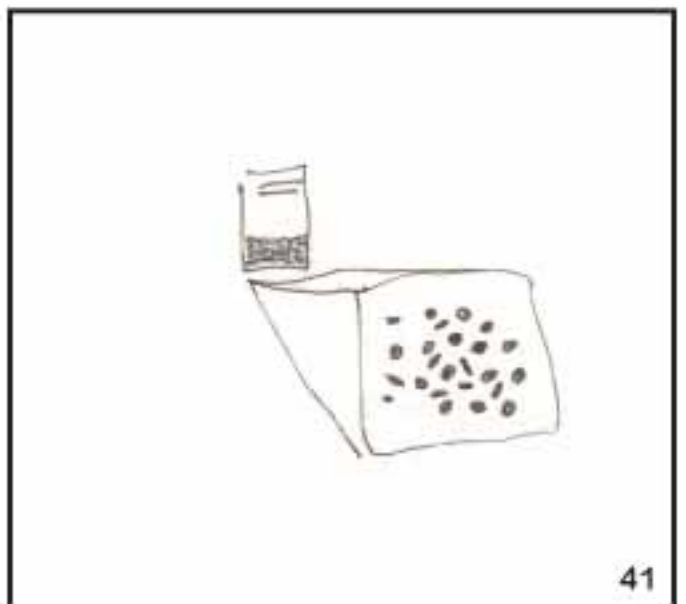
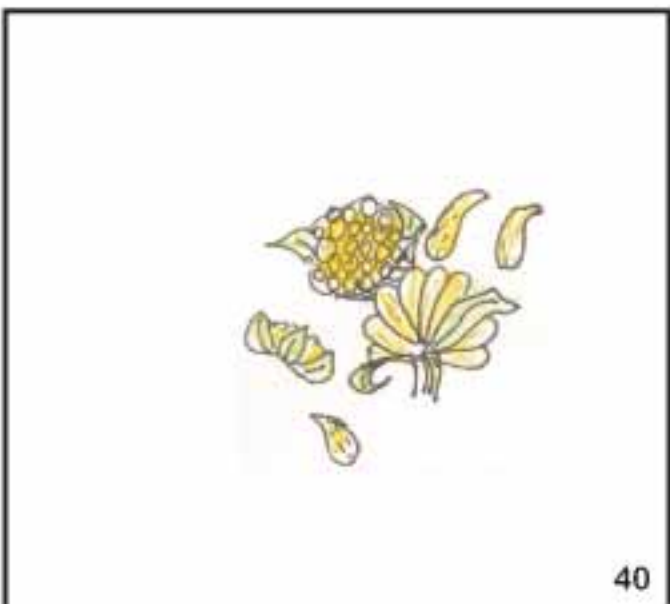
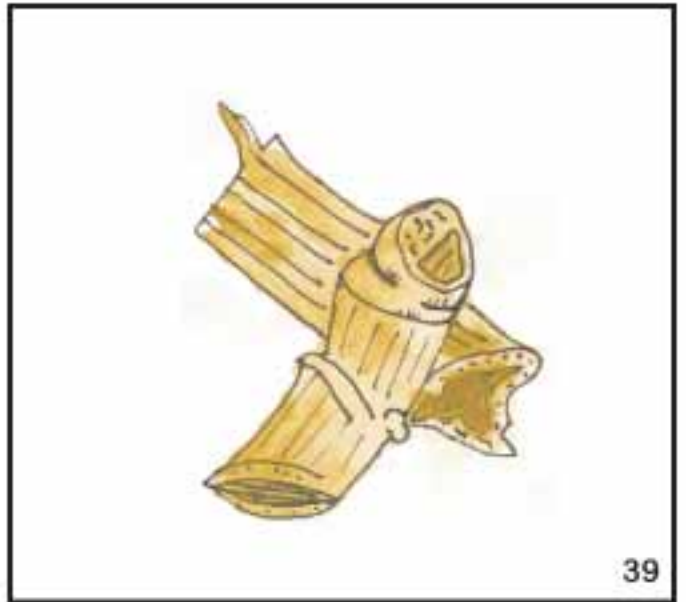
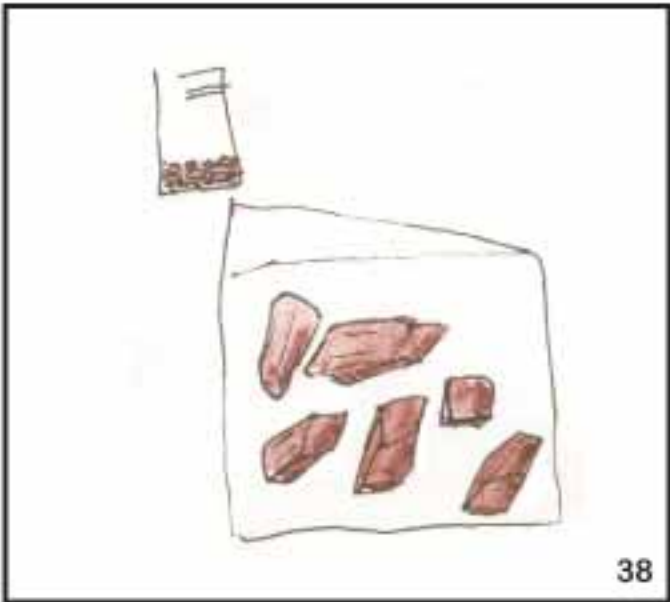
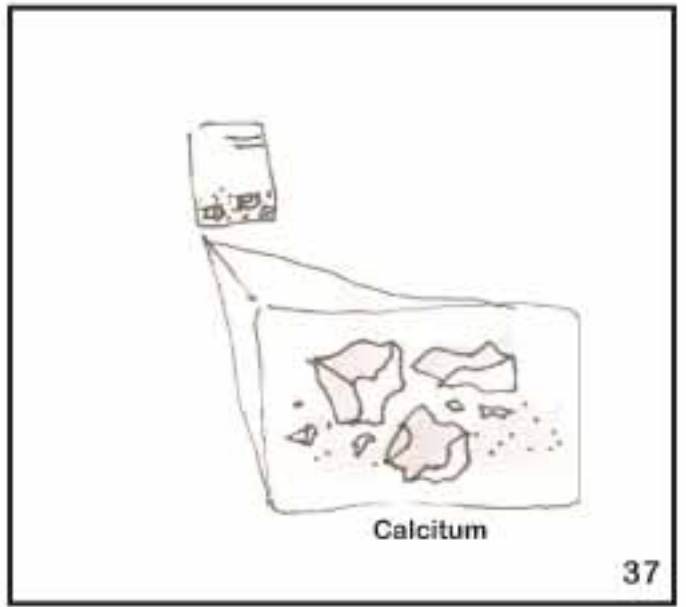
**Drains
Fire**

(Ne – vs)

Dan Zhu Ye

**Drains
Fire**

(Cel – fire sl)



Jue Ming Zi

**Drains
Fire**

(Ceb – kav)

Han Shui Shi

**Drains
Fire**

(Cai – skhv)

Mi Meng Hua

**Drains
Fire**

(Ce – v)

Lu Gen

**Drains
Fire**

(Ce – ls)

Shi Gao

**Drains
Fire**

(lce – ls)

Qing Xiang Zi

**Drains
Fire**

(Ce – v)

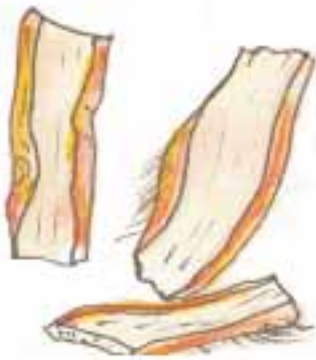


Gypsum

42



43



44



45



46



47

Zhi Mu

**Drains
Fire**

(Bec - kls)

Xia Ku Cao

**Drains
Fire**

(Bic - wood)

Bai Wei

**Cools
Blood**

(Bak - kls)

Zhi Zi

**Drains
Fire**

(Bc - lshtv)

Di Gu Pi

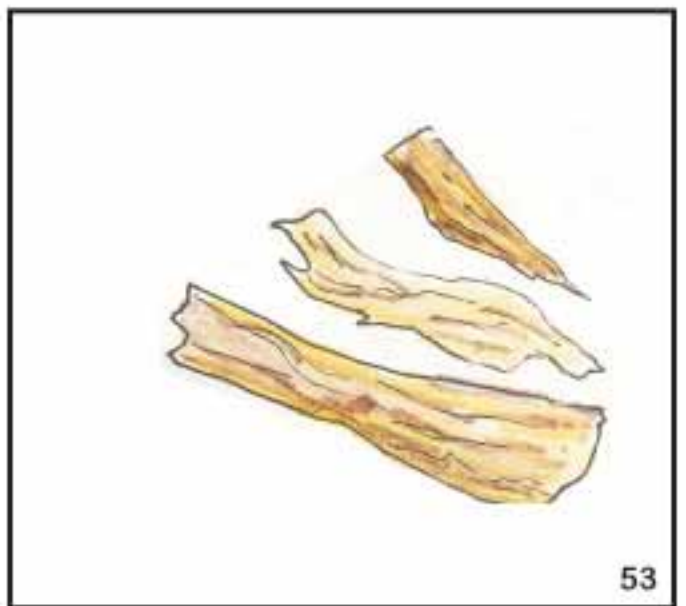
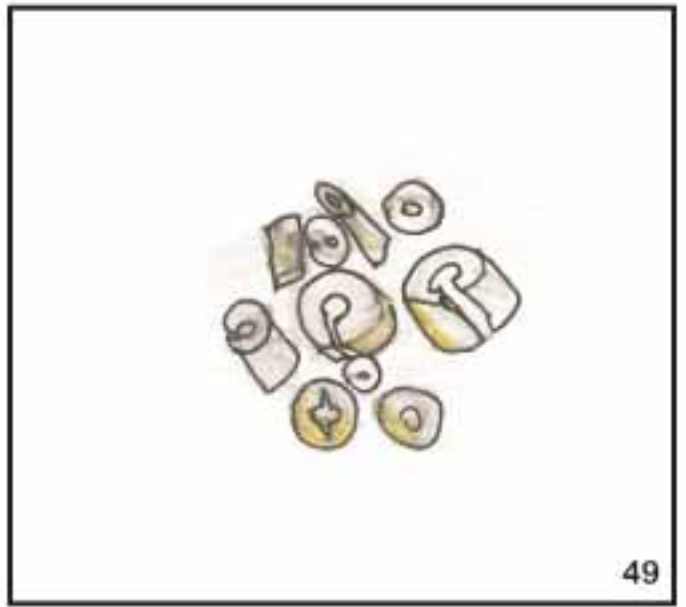
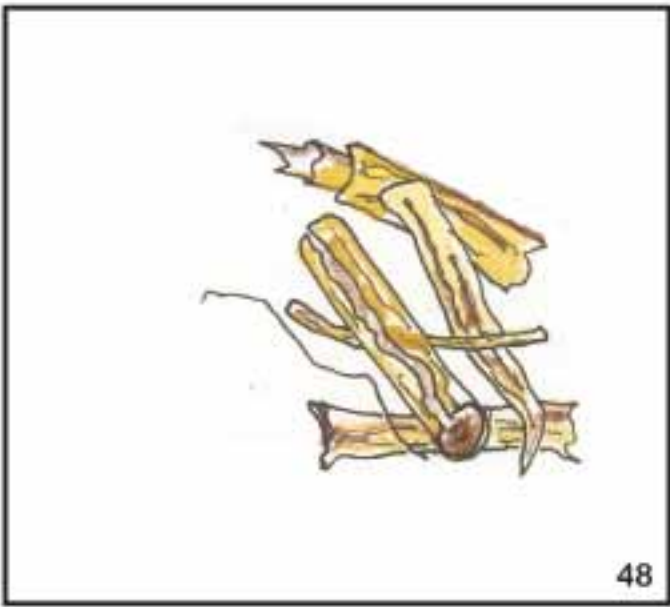
**Cools
Blood**

(Bec - vkl)

Chi Shao

**Cools
Blood**

(Bc - v)



Sheng Di Huang

**Cools
Blood**

(Bec - hkv)

Mu Dan Pi

**Cools
Blood**

(Bic - hkv)

Xuan Shen

**Cools
Blood**

(Ceba - kls)

Tian Hua Fan

**Cools
Blood**

(B - water col)

Zi Cao

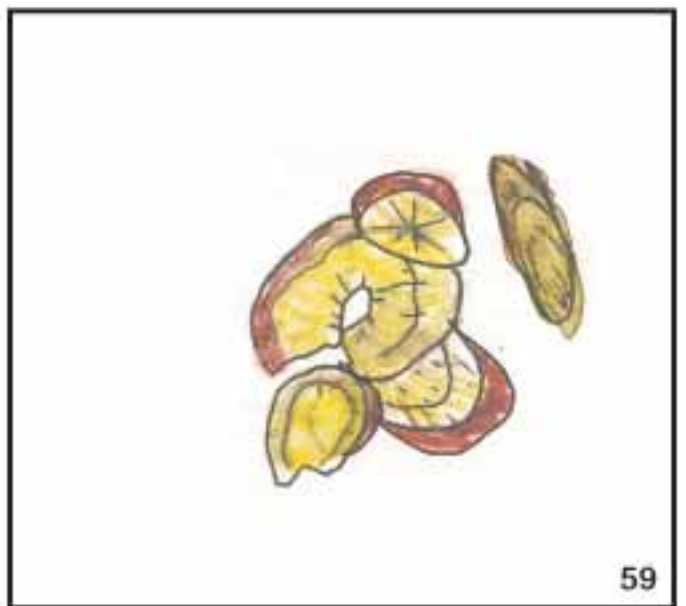
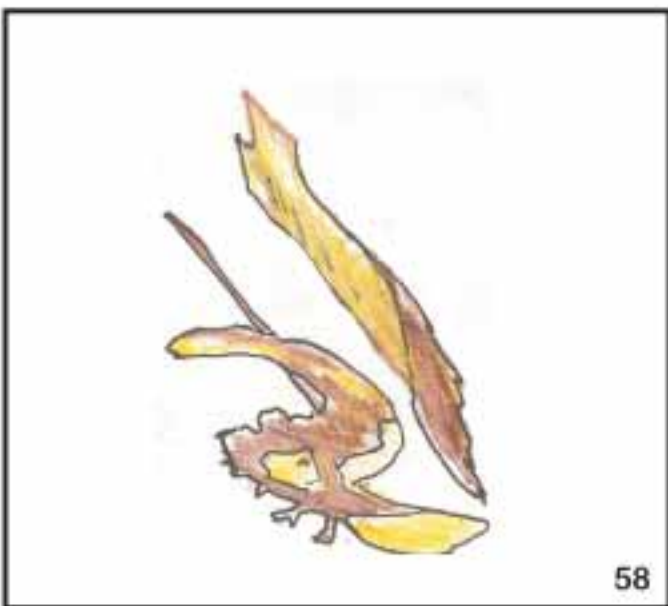
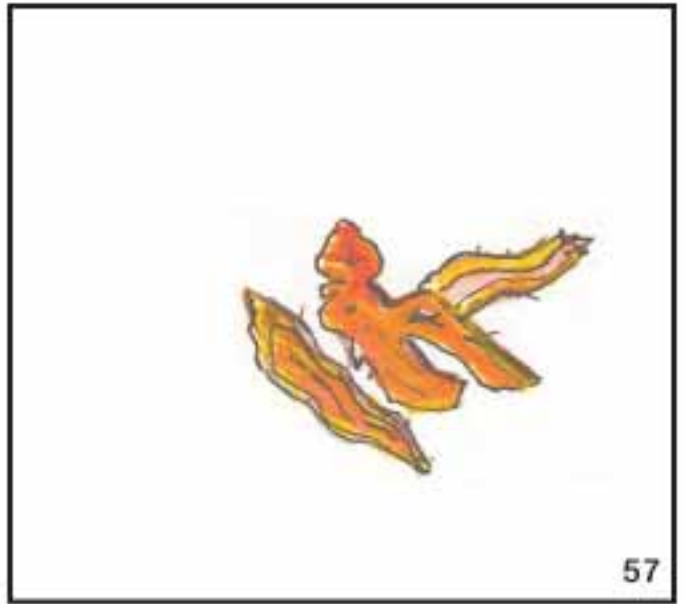
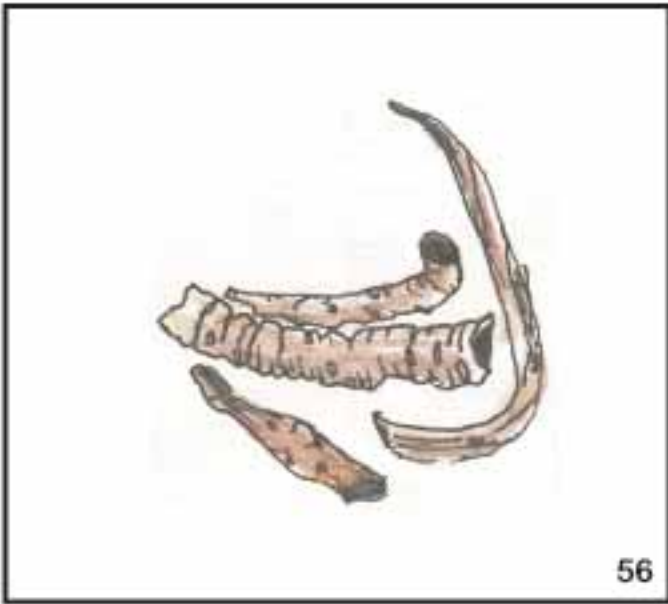
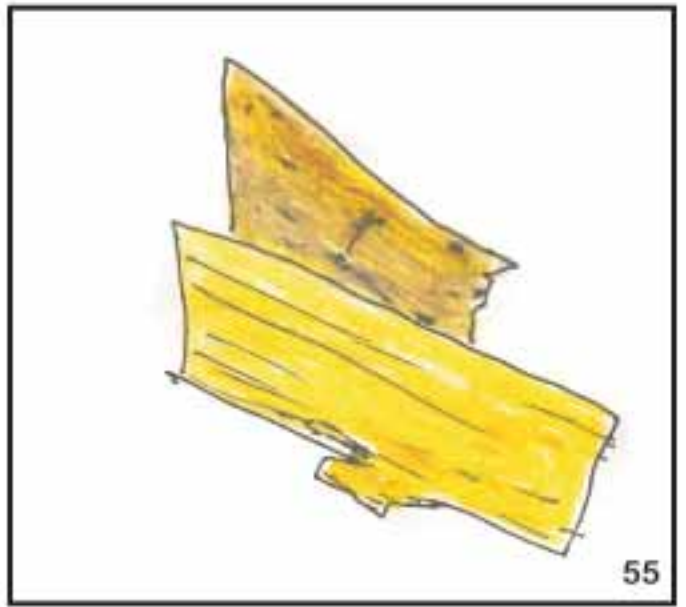
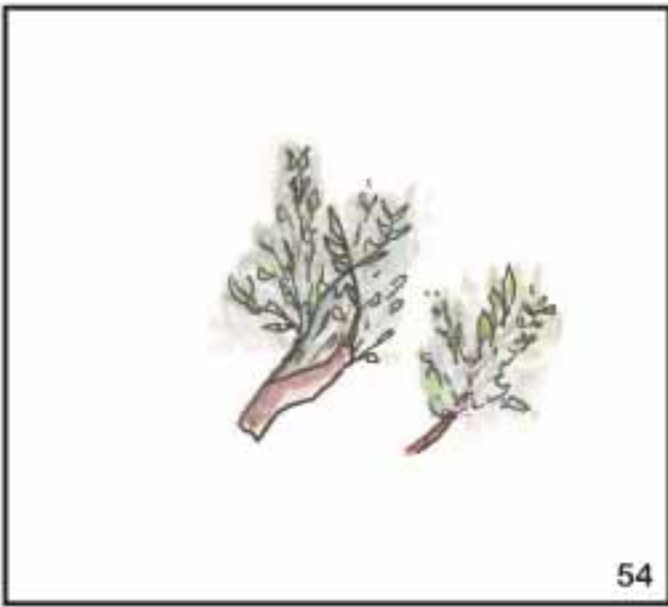
**Cools
Blood**

(Ce - hv)

Yin Chai Hu

**Cools
Blood**

(Ce - vs)



Hu Huang Lian

**Clears Heat
Dries Dampness**

(Bc – shav)

Huang Bai

**Clears Heat
Dries Dampness**

(Bc – water e)

Huang Qin

**Clears Heat
Dries Dampness**

(Bc – metal hgs)

Huang Lian

**Clears Heat
Dries Dampness**

(Bc – shav)

Long Dan Cao

**Clears Heat
Dries Dampness**

(Bc – wood s)

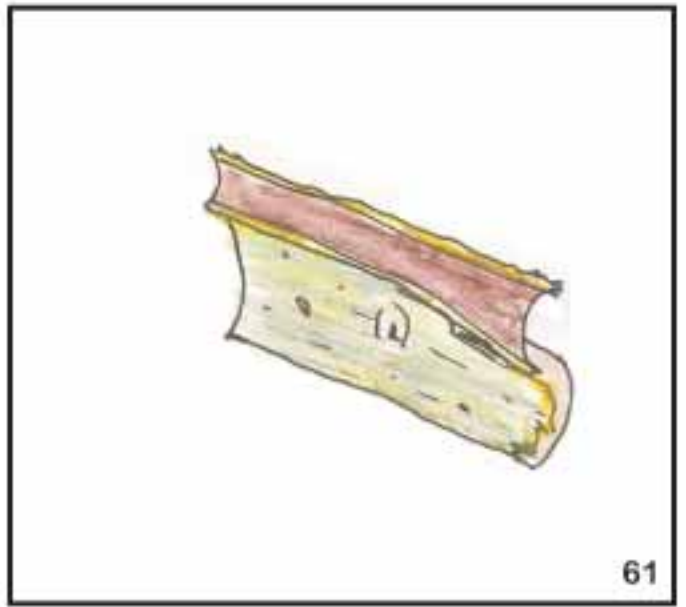
Ku Shen

**Clears Heat
Dries Dampness**

(Bc – fire bav)



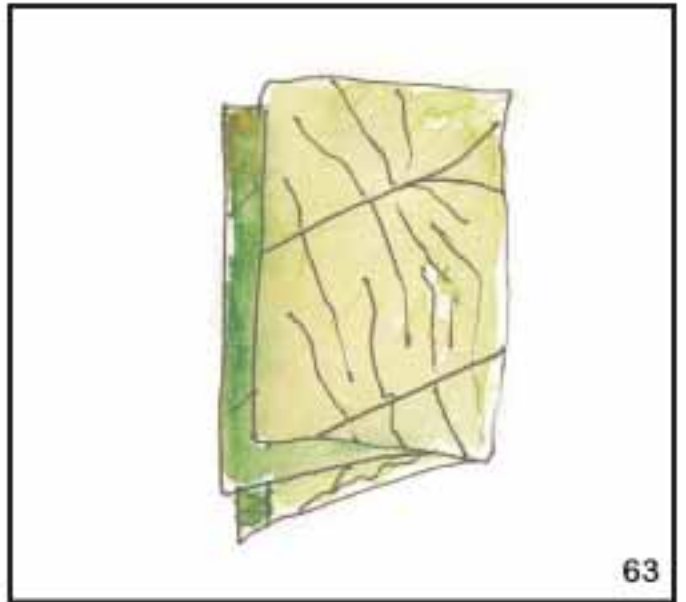
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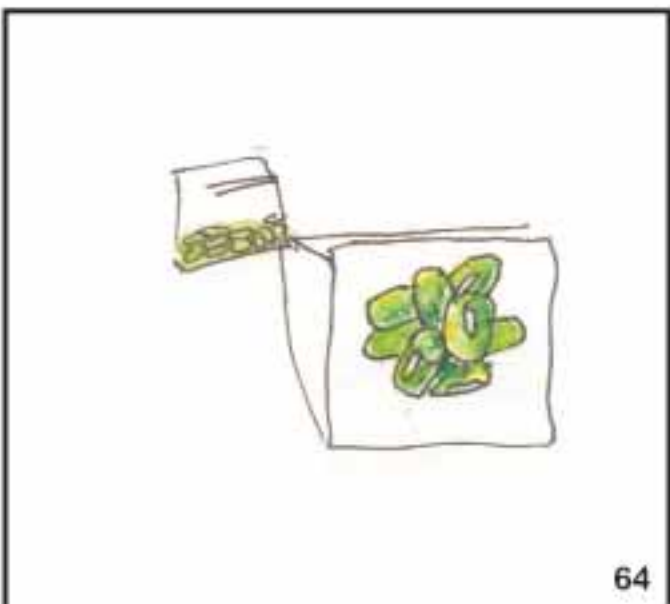
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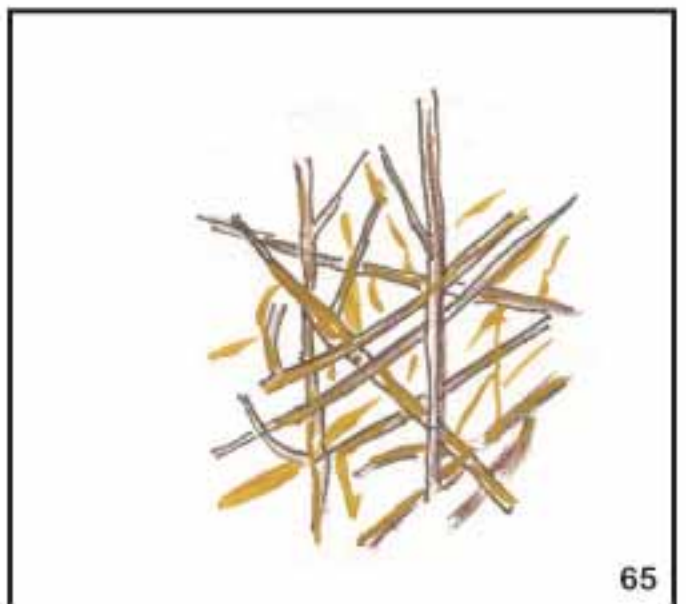
62



63



64



65

Da Huang Dou Juan

**Clears Heat
Relieves Summer
Heat**

(En – earth)

Qin Pi

**Clears Heat
Dries Dampness**

(Bc – wood as)

Lu Dou

**Clears Heat
Relieves Summer
Heat**

(Ce – sh)

He Ye

**Clears Heat
Relieves Summer
Heat**

(Ben – hev)

Xi Gua

**Clears Heat
Relieves Summer
Heat**

(Ce – shu)

Qing Hao

**Clears Heat
Relieves Summer
Heat**

(Bc – wood kid)



66



67



68

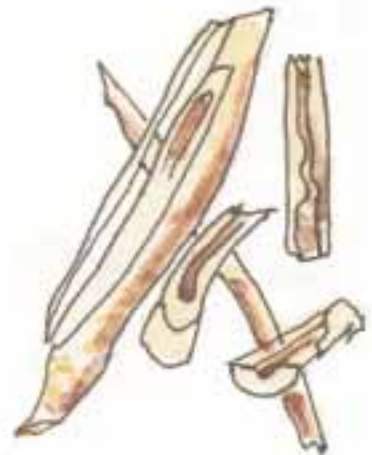


"White Man's Head"

69



70



71

Bai Jiang Cao

**Clears Heat
Removes Toxins**

(Bic – sav)

**Bai Hua
She She Cao**

**Clears Heat
Removes Toxins**

(Ceb – fire sav)

Ban Lan Gen

**Clears Heat
Removes Toxins**

(Bc – lsh)

Bai Tou Weng

**Clears Heat
Removes Toxins**

(Bc – vas)

Chuan Xin Lian

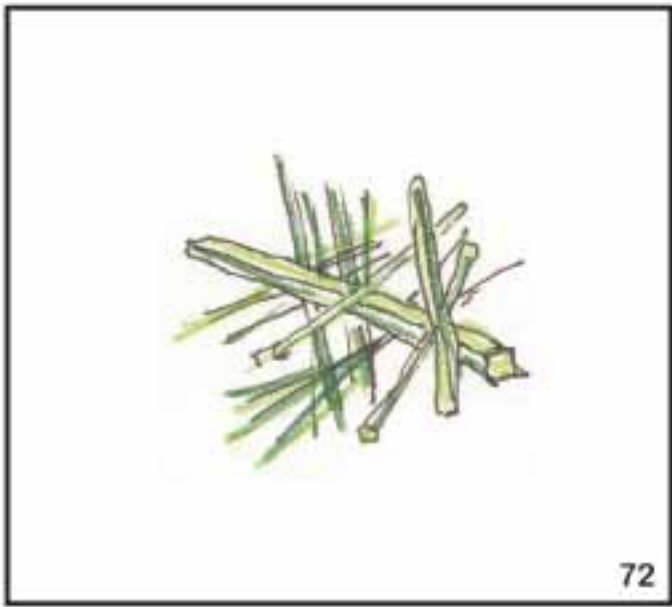
**Clears Heat
Removes Toxins**

(Bc – metal ms)

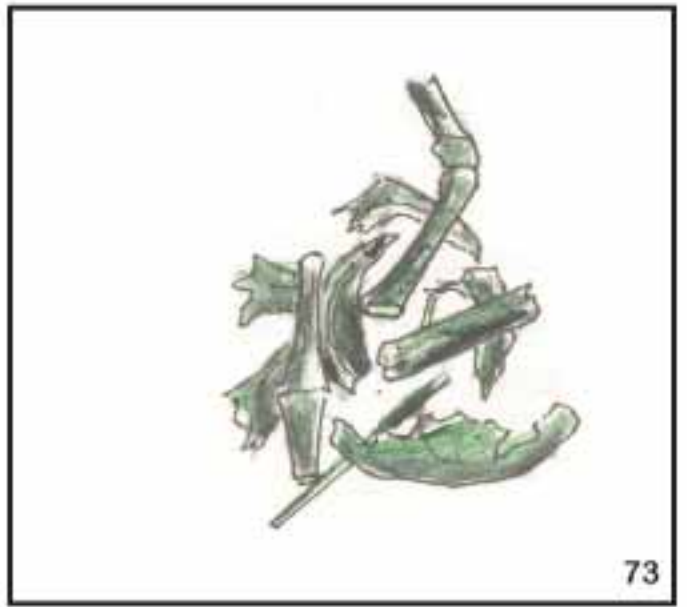
Bi Xian Pi

**Clears Heat
Removes Toxins**

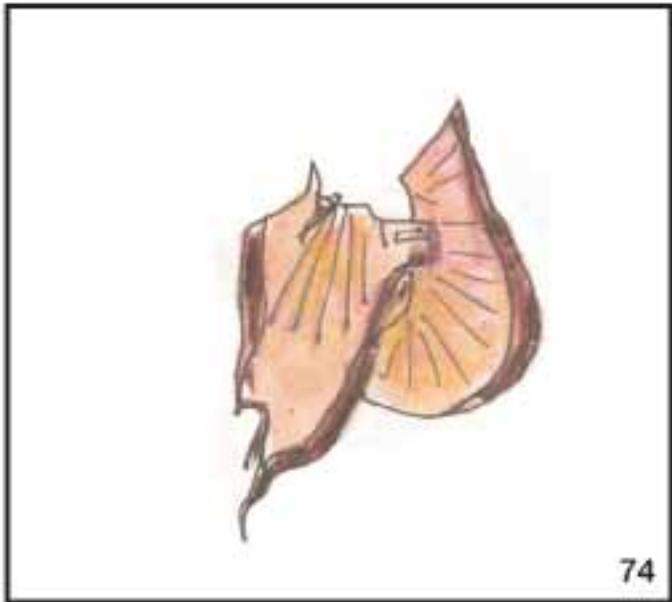
(Bac – earth)



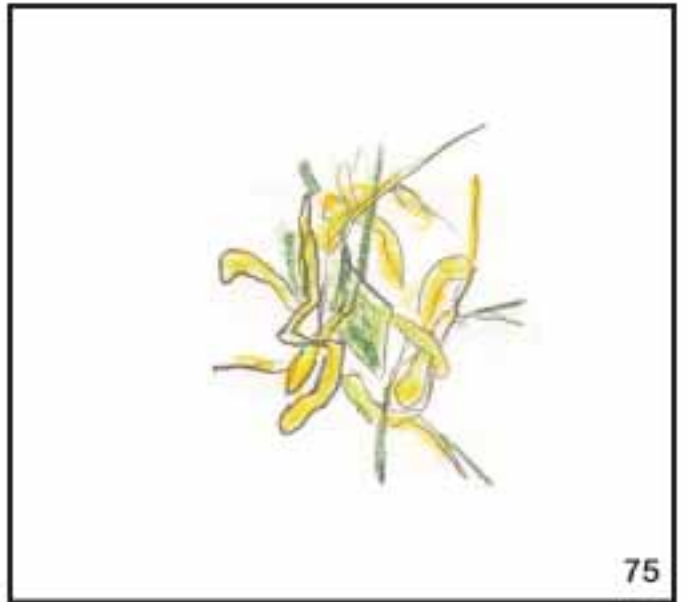
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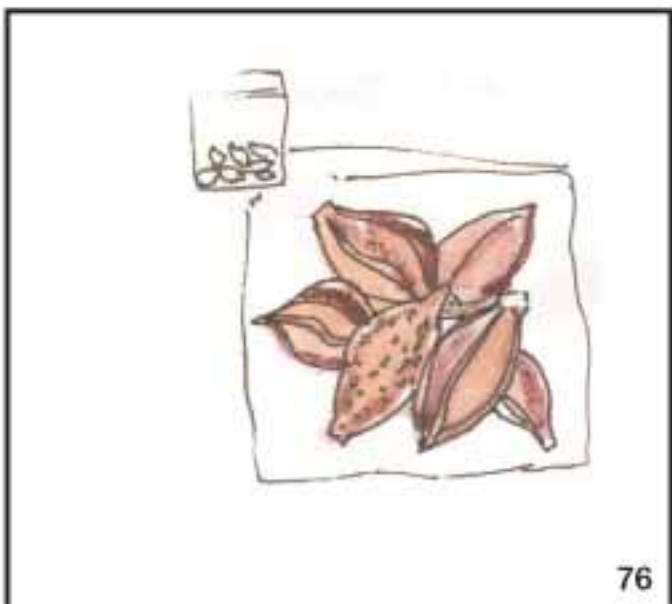
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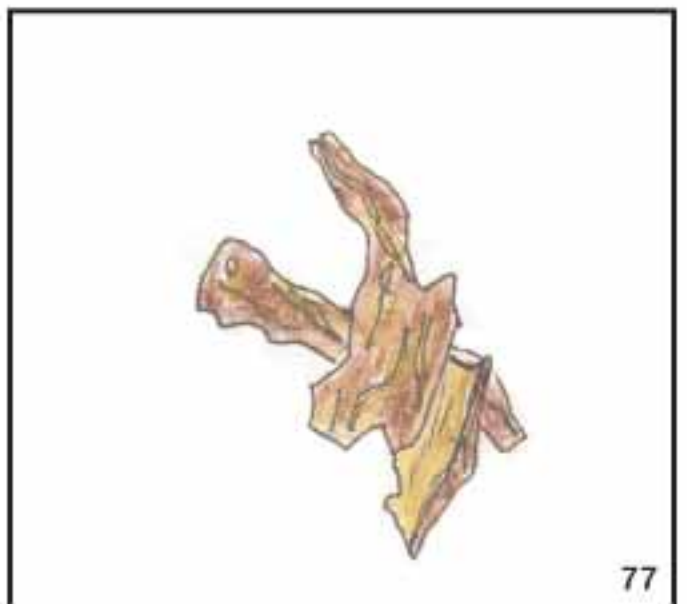
74



75



76



77

Hong Teng

**Clears Heat
Removes Toxins**

(Bn – av)

Da Qing Ye

**Clears Heat
Removes Toxins**

(Bac – wood lush)

Lian Qiao

**Clears Heat
Removes Toxins**

(Bc – fire gl)

Jin Yin Hua

**Clears Heat
Removes Toxins**

(Ce – metal hs)

Ma Chi Xian

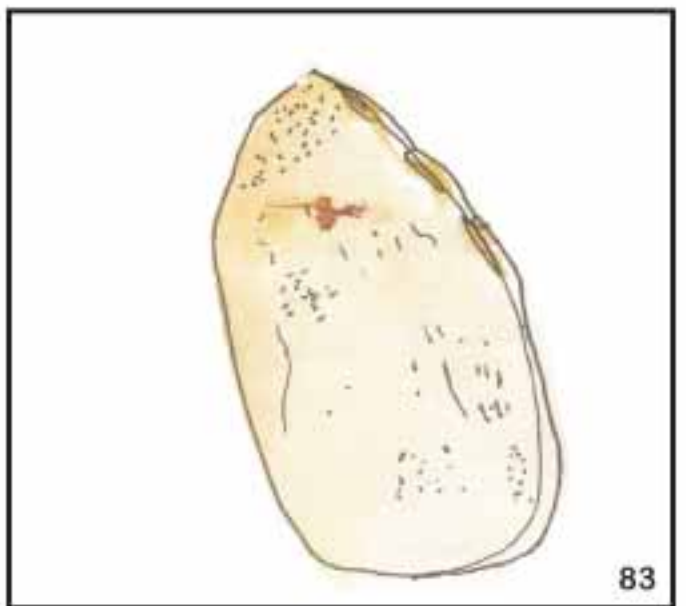
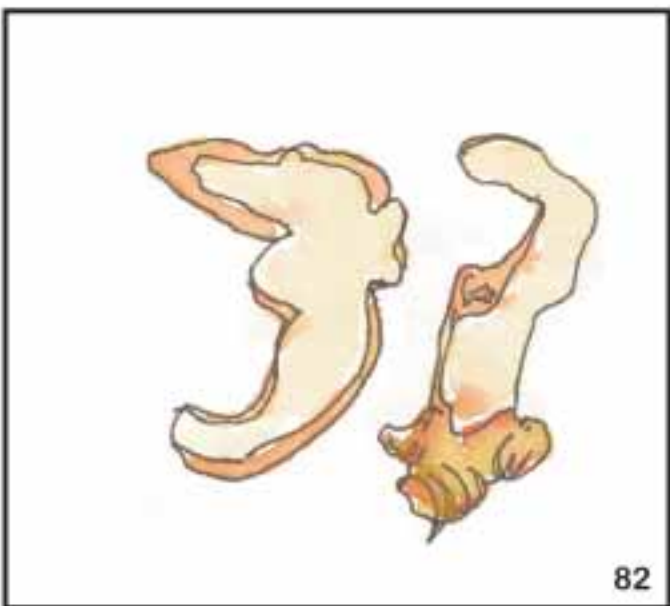
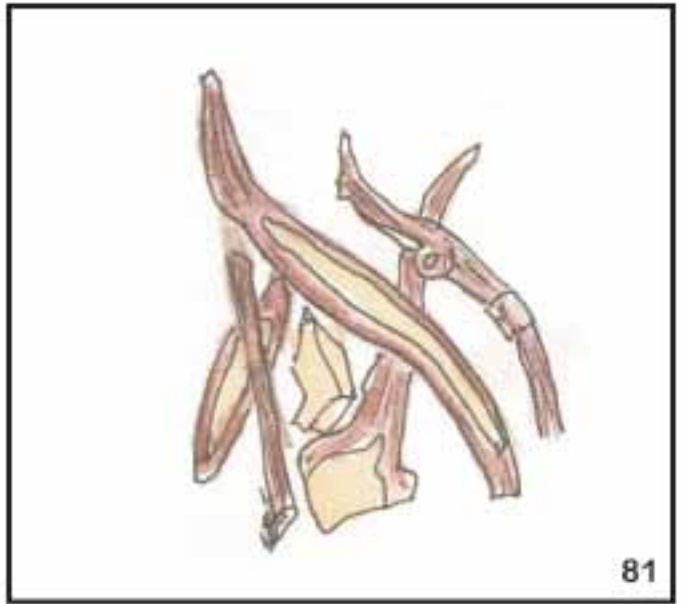
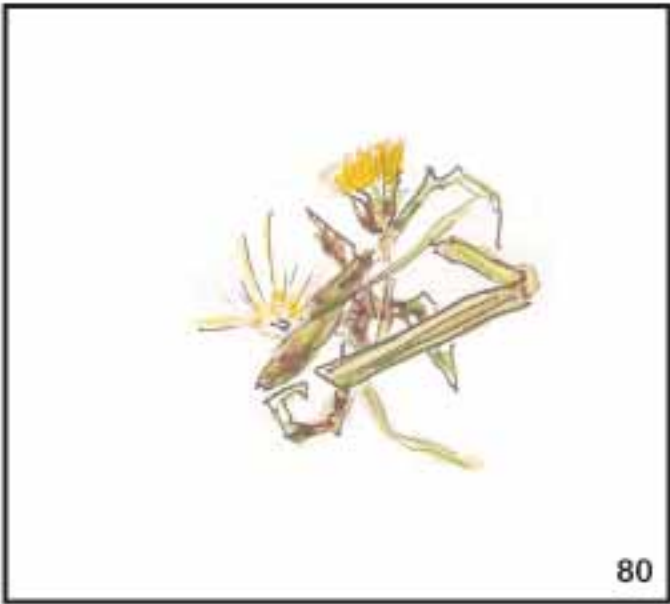
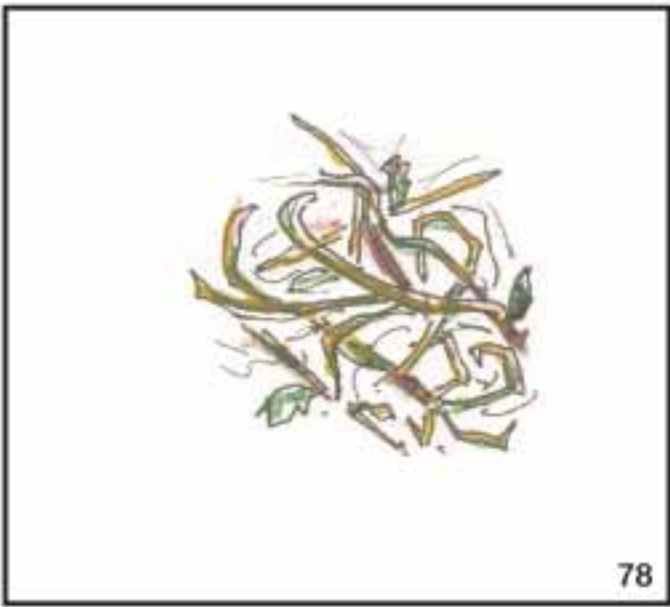
**Clears Heat
Removes Toxins**

(Co – va)

Lou Lu

**Clears Heat
Removes Toxins**

(Bac – as)



Pu Gong Ying

**Clears Heat
Removes Toxins**

(Bec - vs)

Ma Bo

**Clears Heat
Removes Toxins**

(In - l)

She Gan

**Clears Heat
Removes Toxins**

(Bc - liv)

Shan Dou Gen

**Clears Heat
Removes Toxins**

(Bc - metal s)

Ya Dan Zi

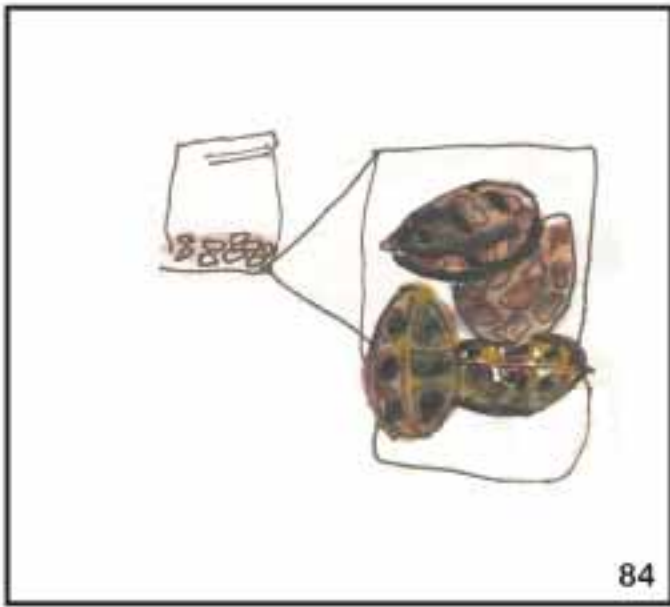
**Clears Heat
Removes Toxins**

(Bc - toxic va)

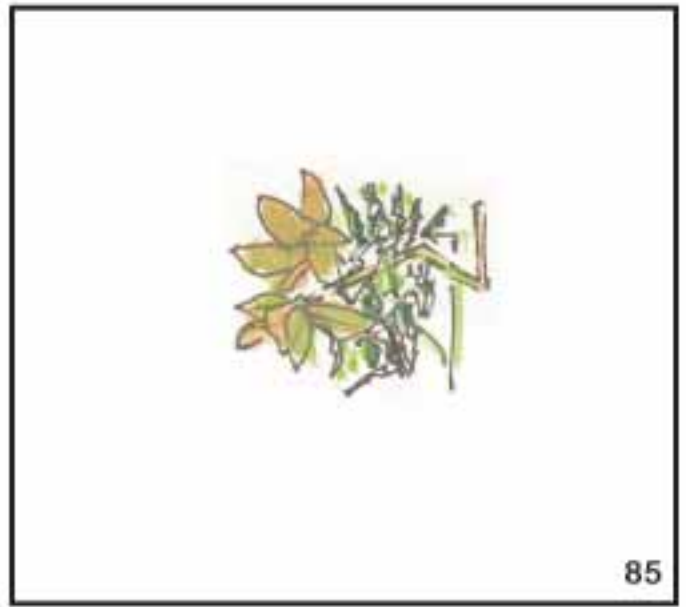
Tu Fu Ling

**Clears Heat
Removes Toxins**

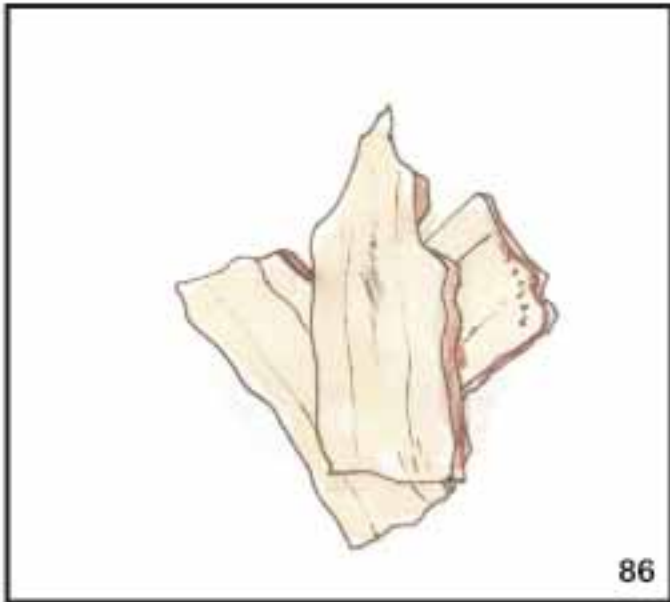
(Nel - vs)



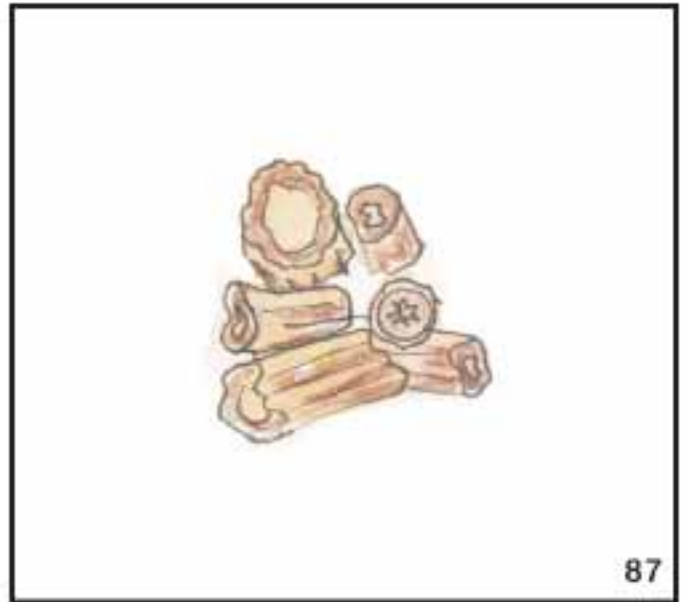
84



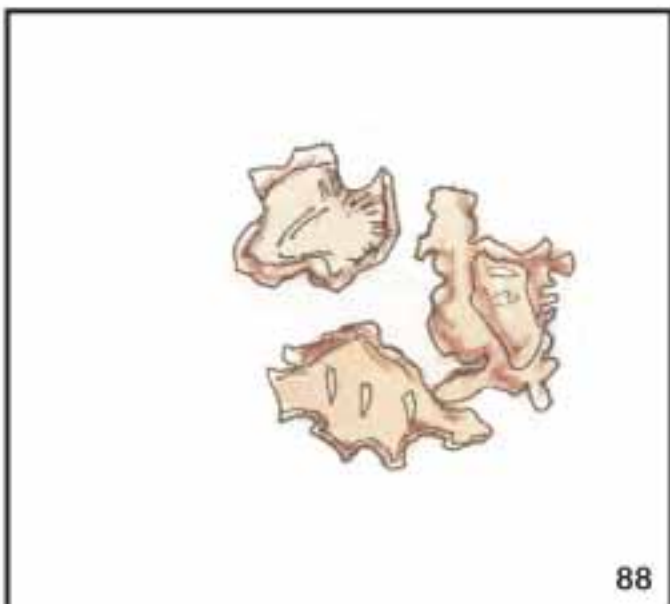
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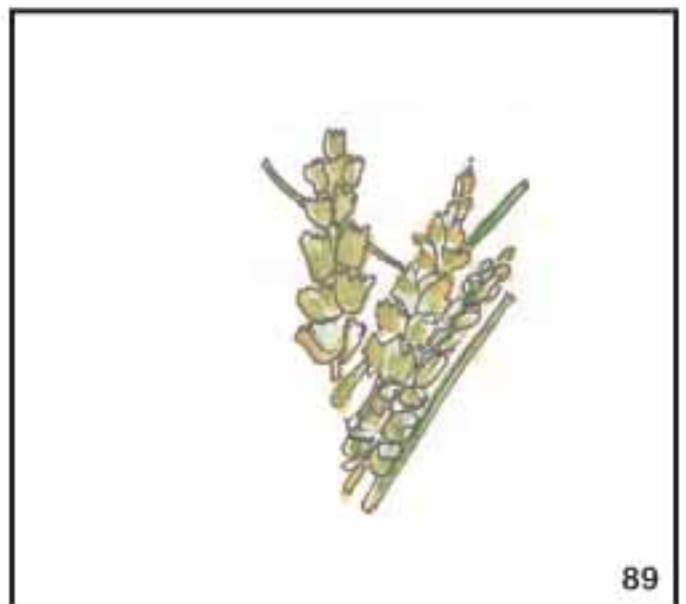
86



87



88



89

Bai Zhi

**Warm Spicy
Surface Relief**

(Wi – earth l)

Zi Hua Di Ding

**Clears Heat
Removes Toxins**

(Bic – vh)

Gao Ben

**Warm Spicy
Surface Relief**

(Wi – u)

Fang Feng

**Warm Spicy
Surface Relief**

(Swei – Vue)

Ma Huang

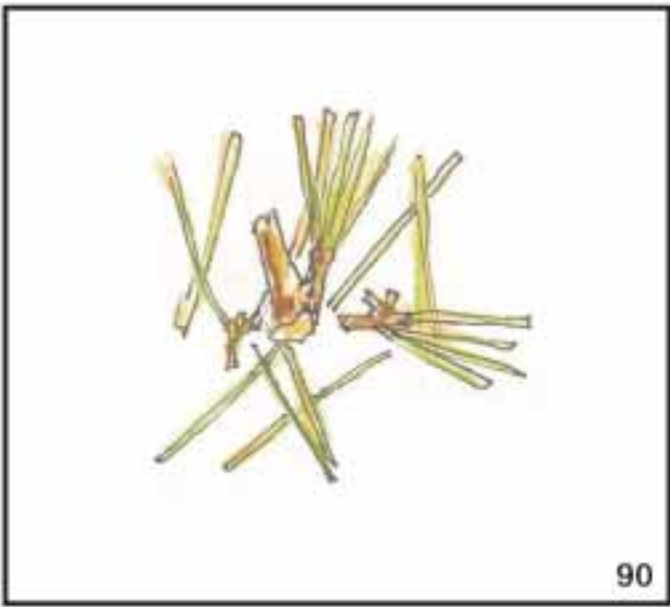
**Warm Spicy
Surface Relief**

(Wisb – ul)

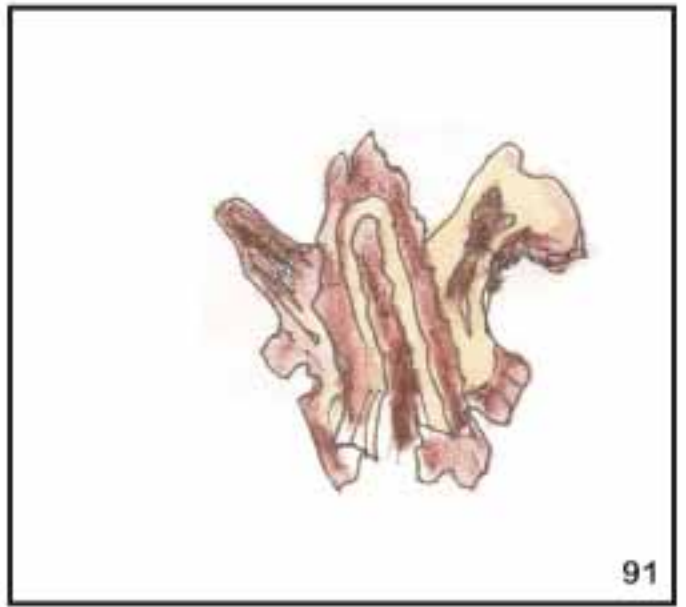
Jing Jie

**Warm Spicy
Surface Relief**

(Wir – liv)



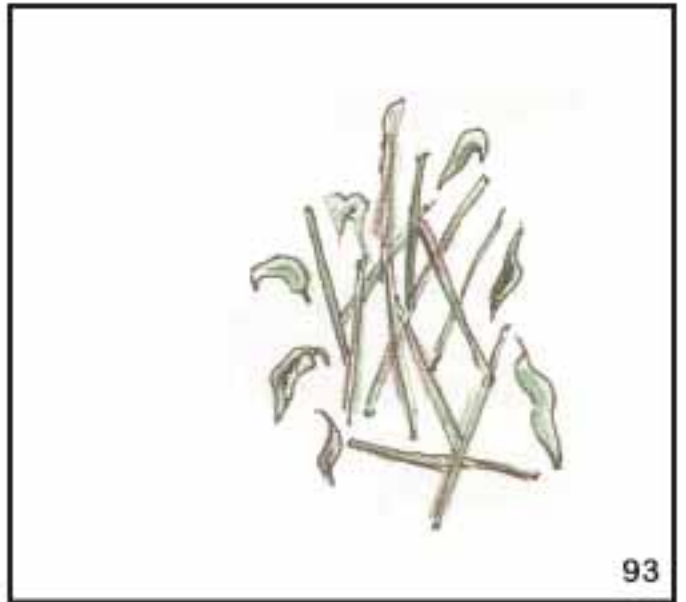
90



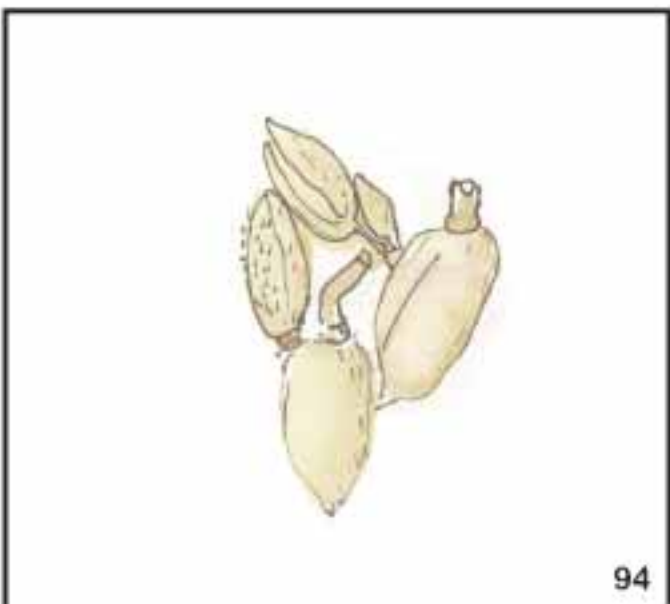
91



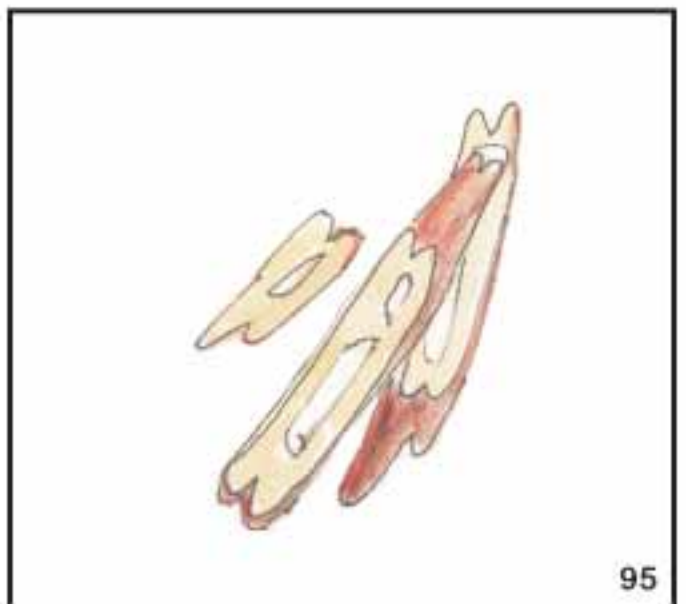
92



93



94



95

Xi Xin

**Warm Spicy
Surface Relief**

(Wi - lk)

Qiang Huo

**Warm Spicy
Surface Relief**

(Wibr - water)

Xin Yi Hua

**Warm Spicy
Surface Relief**

(Wi - ls)

Xiang Ru

**Warm Spicy
Surface Relief**

(Swir - earth l)

Zi Su Ye

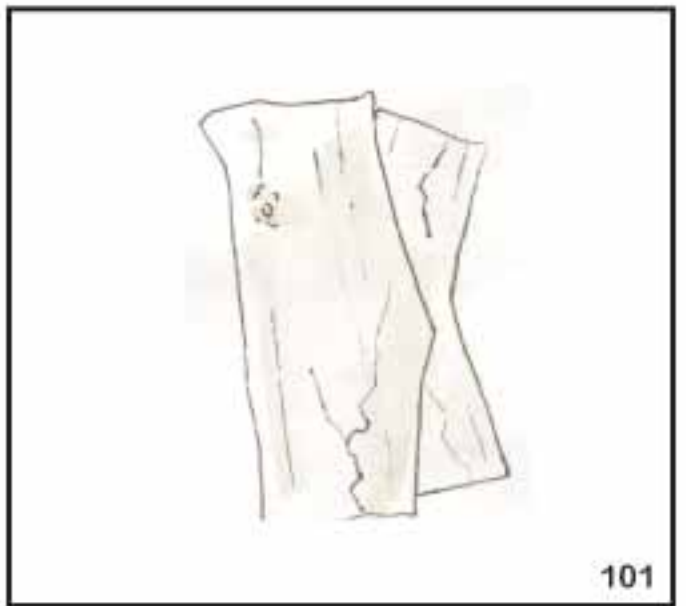
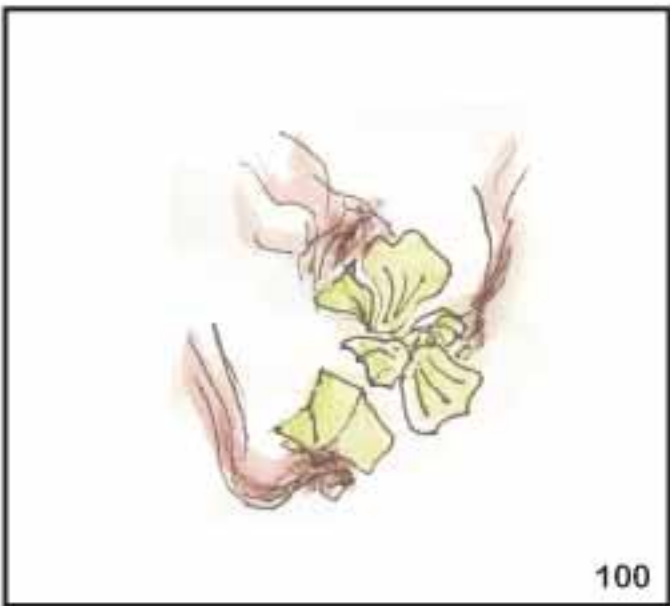
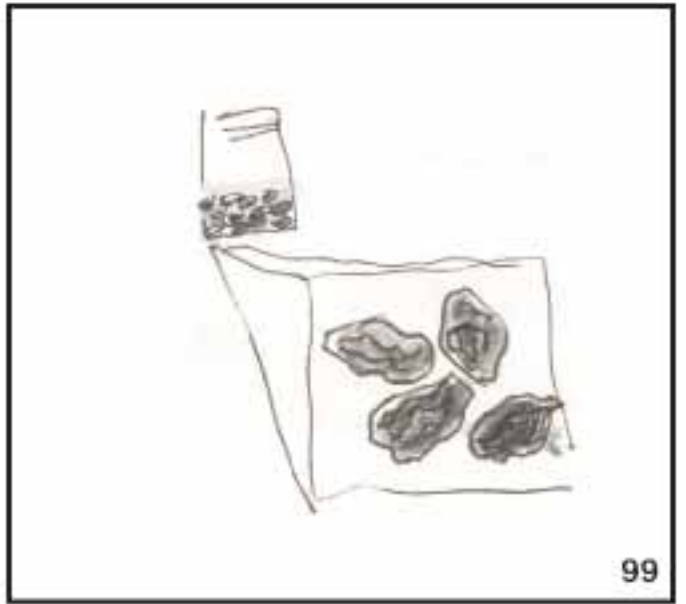
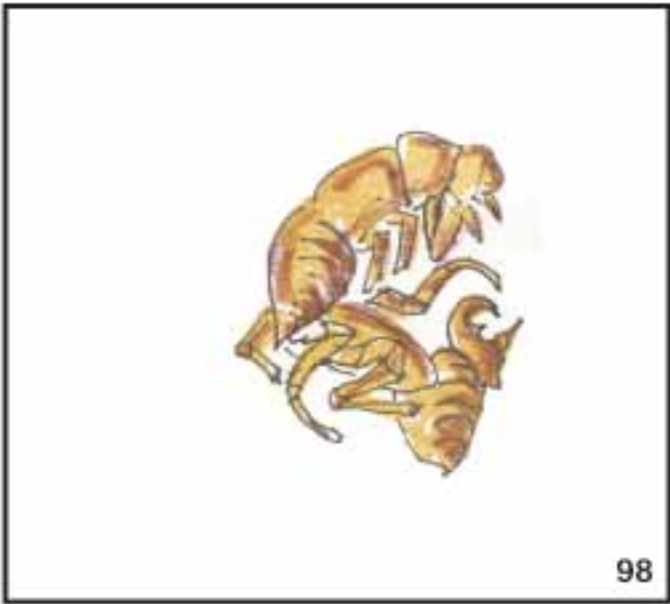
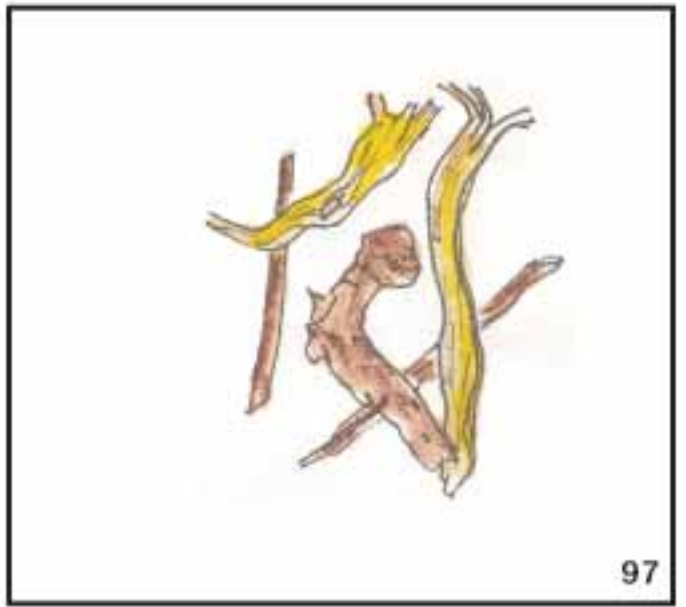
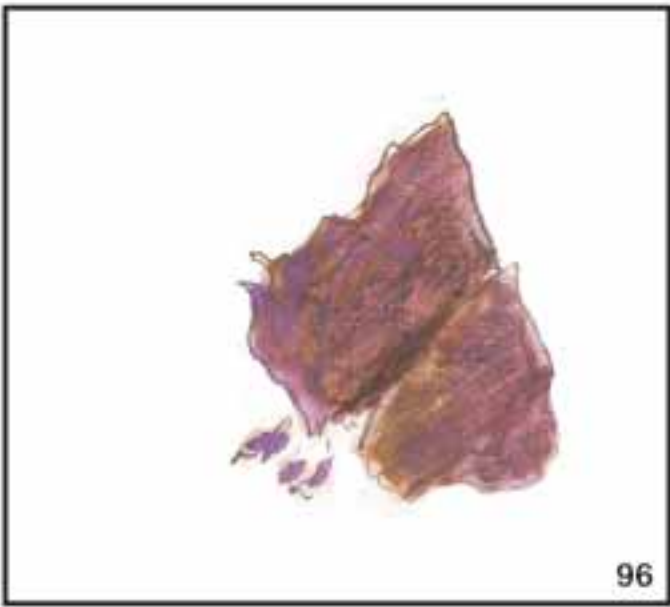
**Warm Spicy
Surface Relief**

(Wir - le)

Zi Su Geng

**Warm Spicy
Surface Relief**

(Wi - earth l)



Chan Tui

**Cool Spicy
Surface Relief**

(Ace – iv)

Chai Hu

**Cool Spicy
Surface Relief**

(Bic – wood earth pt)

Fu Ping

**Cool Spicy
Surface Relief**

(lc – lu)

Dan Dou Chi

**Cool Spicy
Surface Relief**

(Sbec – ls)

Ju Hua

**Cool Spicy
Surface Relief**

(Bec – lv)

Ge Gen

**Cool Spicy
Surface Relief**

(Ice – earth)



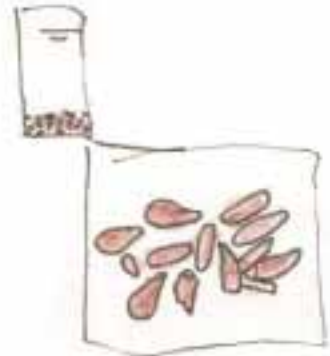
102



103



104



105



106



107

Mu Zei

**Cool Spicy
Surface Relief**

(Ben – liv)

Man Jing Zi

**Cool Spicy
Surface Relief**

(Bic – vus)

Sang Ye

**Cool Spicy
Surface Relief**

(Bec – lv)

Niu Bang Zi

**Cool Spicy
Surface Relief**

(Bic – ls)

Sheng Ma

**Cool Spicy
Surface Relief**

(Ice – metal ce)

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Good Luck!

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This Study-Aid Includes:

- * 107 individual herb flash cards arranged by category, including:

Harsh Expellants Moist Laxatives
Purgatives Surface Relief
Remove Toxins Drain Fire
Cool Blood Clear Heat
Dry Dampness
Relieve Summer Heat

- * a proven system that codes the actions of each herb
- * an easy-reference alphabetical index

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