

REFERENCE LIST OF HERBS USED IN SINGLE-INGREDIENT CPM PREPARATIONS

No	Chinese name	Pinyin Name	Latin Name	Indication (Chinese)	Indication (English)	Daily Dosage (equivalent to raw herb)	Contraindication	Side effect
1	艾叶	Aiye	FOLIUM ARTEMISIAE ARGYI	温经止血，散寒止痛。	To warm the meridian, stop bleeding, dissipate cold and relieve pain.	3~9g	阴虚血热者慎服。 Use with caution in individuals with blood heat syndrome due to yin deficiency.	
2	醋艾炭	Cuaitan	FOLIUM ARTEMISIAE ARGYI CARBONISATUM	温经止血。	To warm the meridian, stop bleeding.	3~9g	阴虚血热者慎服。 Use with caution in individuals with blood heat syndrome due to yin deficiency.	
3	矮地茶	Aidicha	HERBA ARDISIAE JAPONICAE	化痰止咳，清利湿热，活血化瘀。	To resolve phlegm, suppress cough, clear and drain dampness-heat, activate blood and resolve stasis.	15~30g		
4	白扁豆	Baiblandou	SEMEN LABLAB ALBUM	健脾化湿，和中消暑。	To fortify the spleen, resolve dampness, harmonise the middle energiser, and remove summer-heat.	9~15g		
5	百部	Baibu	RADIX STEMONAE	润肺下气止咳，杀虫灭虱。	To moisten the lung, direct qi downward, suppress cough, and kill worms and lice.	3~9g		
6	蜜百部	Mibaibu	RADIX STEMONAE PRAEPARATA	润肺止咳。	To moisten the lung and suppress cough.	3~9g		
7	白矾	Baifan	ALUMEN	外用解毒杀虫，燥湿止痒；内服止血止泻，祛除风痰。	Topical application: To remove toxin, kill worms, dry dampness and relieve itching; oral administration: to stop bleeding, stop diarrhea, and dispel wind-phlegm.	0.6~1.5g		
8	白附子	Baifuzi	RHIZOMA TYPHONII	祛风痰，定惊搐，解毒散结，止痛。	To dispel wind-phlegm, settle fright, remove toxin, dissipate bind, and relieve pain.	3~6g	血虚生风，内热生惊及孕妇禁服。生品内服宜慎。 Contraindicated in wind-syndrome due to blood deficiency, syndrome of fright due to internal heat and in pregnant women. Un-processed should be used with caution for oral consumption.	
9	白果	Baiguo	SEMEN GINKGO	敛肺定喘，止带缩尿。	To astringe the lung, stop shortness of breath, stop vaginal discharge, and reduced urination.	5~10g	有实邪者禁服，不宜用量过大。 Contraindicated in individuals with excess syndrome. Avoid overdose.	
10	百合	Baihe	BULBUS LILII	养阴润肺，清心安神。	To nourish yin, moisten the lung, clear the heart, and tranquilise the mind.	6~12g		
11	白花蛇舌草	Baihuasheshicao	HERBA HEDYOTIDIS	清热解毒，活血消肿，利湿退黄	To clear heat, remove toxin, activate blood and reduce swelling, and drain dampness to abate jaundice	15~30g，大剂量可用至60g		
12	白及	Baji	RHIZOMA BLETILLAE	收敛止血，消肿生肌。	To astringe and stop bleeding, relieve swelling and promote tissue regeneration.	6~15g		
13	败酱草	Baijiangcao	HERBA PATRIINAE	清热解毒，破瘀排脓。	To clear heat, remove toxin, dissipate stasis and drain the pus	10~15g	脾胃虚弱及孕妇慎服。 Contraindicated in individuals with deficiency in spleen and stomach. Use with caution in pregnancy. 中药大辞典	
14	白芷	Bailian	RADIX AMPELOPSIS	清热解毒，消痈散结，敛疮生肌。	To clear heat, remove toxin, disperse abscesses, dissipate bind, promote wound healing and promote tissue regeneration.	5~10g		
15	白茅根	Baimaogen	RHIZOME IMPERATAE	凉血止血，清热利尿。	To cool the blood, stop bleeding, clear heat, and promote urination.	9~30g		
16	白前	Baiqian	RHIZOMA ET RADIX CYNANCHI STAUNTONII	降气，消痰，止咳。	To direct qi downward, resolve phlegm, and suppress cough.	3~10g		
17	白芍	Baishao	RADIX PAEONIAE ALBA	养血调经，敛阴止汗，柔肝止痛，平抑肝阳。	To nourish the blood, regulate menstruation, astringe yin, stop sweating, emolliate the liver, relieve pain, and pacify and repress the liver yang.	6~15g		
18	炒白芍	Chaobaishao	RADIX PAEONIAE ALBA PRAEPARATA	养血和营，敛阴止汗。	To nourish the blood, harmonize the Ying nutrients, astringe yin, stop sweating.	6~15g		
19	白头翁	Baitouweng	RADIX PULSATILLAE	清热解毒，凉血止痢。	To clear heat, remove toxin, cool the blood, and stop dysentery.	9~15g		
20	白薇	Baiwei	RADIX ET RHIZOMA CYNANCHI ATRATI	清热凉血，利尿通淋，解毒疗疮。	To clear heat, cool the blood, promote urination, relieve stranguria, remove toxin and treat sore.	5~10g		
21	白鲜皮	Baixianpi	CORTEX DICTAMNI	清热燥湿，祛风解毒。	To clear heat, dry dampness, dispel wind and remove toxin.	5~10g		
22	白芷	Baizhi	RADIX ANGELICAE DAHURICAE	解表散寒，祛风止痛，宣通鼻窍，燥湿止带，消肿排脓。	To release the exterior, dissipate cold, dispel wind, relieve pain, open nose orifices, dry dampness and relieve abnormal vaginal discharge, disperse swelling and expel pus.	3~10g		
23	白术	Baizhu	RHIZOMA ATRACTYLODIS MACROCEPHALAE	健脾益气，燥湿利水，止汗。	To fortify the spleen, replenish qi, dry dampness, promote urination, stop sweating.	6~12g		
24	炒白术	Chaobaizhu	RHIZOMA ATRACTYLODIS MACROCEPHALAE PRAEPARATA	健脾益气，燥湿利水，止汗。	To fortify the spleen, replenish qi, dry dampness, promote urination, stop sweating.	6~12g		

25	柏子仁	Baiziren	SEMEN PLATYCLADI	养心安神，润肠通便，止汗。	To nourish the heart, tranquilise the mind, moisten the intestines, open the bowels, and relieve sweating.	3~10g		
26	八角茴香	Bajiaohuixiang	FRUCTUS ANISI STELLATI	温阳散寒，理气止痛。	To warm yang, dissipate cold, regulate qi and relieve pain.	3~6g		
27	巴戟天	Bajitian	RADIX MORINDAE OFFICINALIS	补肾阳，强筋骨，祛风湿。	To tonify the kidney yang, strengthen sinew and bone, and dispel wind-dampness.	3~10g		
28	板蓝根	Banlangen	RADIX ISATIDIS	清热解毒，凉血利咽。	To clear heat, remove toxin, cool the blood, and soothe the throat.	9~15g		
29	半夏	Banxia	RHIZOMA PINELLIAE	燥湿化痰，降逆止呕，消痞散结。	To dry dampness, resolve phlegm, downbear counterflow, stop vomiting, disperse stuffiness and dissipate bind.	3~9g	阴虚燥咳，津伤口渴，血证及痰燥者禁服，孕妇慎服。 Contraindicated in syndrome of yin deficiency accompanied with dry cough, body fluid depletion and thirst, in hemorrhagic disorders and in dry-phlegm syndrome. Use with caution in pregnancy.	
30	姜半夏	Jiangbanxia	RHIZOMA PINELLIAE PRAEPARATUM CUM ZINGIBERE ET ALUMINE	温中化痰，降逆止呕。	To warm the middle energiser, resolve phlegm, downbear counterflow, stop vomiting.	3~9g	阴虚燥咳，津伤口渴，血证及痰燥者禁服，孕妇慎服。 Contraindicated in syndrome of yin deficiency accompanied with dry cough, body fluid depletion and thirst, in hemorrhagic disorders and in dry-phlegm syndrome. Use with caution in pregnancy.	
31	法半夏	Fabanxia	RHIZOMA PINELLIAE PRAEPARATUM	燥湿化痰。	To dry dampness, resolve phlegm.	3~9g	阴虚燥咳，津伤口渴，血证及痰燥者禁服，孕妇慎服。 Contraindicated in syndrome of yin deficiency accompanied with dry cough, body fluid depletion and thirst, in hemorrhagic disorders and in dry-phlegm syndrome. Use with caution in pregnancy.	
32	清半夏	Qingbanxia	RHIZOMA PINELLIAE PRAEPARATUM CUM ALUMINE	燥湿化痰。	To dry dampness, resolve phlegm.	3~9g	阴虚燥咳，津伤口渴，血证及痰燥者禁服，孕妇慎服。 Contraindicated in syndrome of yin deficiency accompanied with dry cough, body fluid depletion and thirst, in hemorrhagic disorders and in dry-phlegm syndrome. Use with caution in pregnancy.	
33	半枝莲	Banzhilian	HERBA SCUTELLARIAE BARBATAE	清热解毒，化瘀利尿。	To clear heat, remove toxin, resolve stasis and promote urination.	15~30g		
34	痰葵	Baqia	RHIZOMA SMILACIS CHINAE	利湿去浊，祛风除痹，解毒散瘀。	To drain dampness, dispel turbidity, dispel wind, relieve bi disorders, remove toxin and dissipate stasis.	10~15g		
35	北豆根	Beidougen	RHIZOMA MENISPERMI	清热解毒，祛风止痛。	To clear heat, remove toxin, dispel wind, and relieve pain.	3~9g	脾虚便溏者禁服，用量不宜过大。Contraindicated in individuals with spleen deficiency and loose stool. Avoid overdose.	
36	北刘寄奴	Beiliujinu	HERBA SIPHONOSTEGIAE	活血祛瘀，通经止痛，凉血，止血，清热利湿。	To activate, and eliminate stasis, unblock the meridians, relieve pain, cool the blood, stop bleeding, clear heat and drain dampness.	6~9g		
37	北沙参	Beishashen	RADIX GLEHNNIAE	养阴清肺，益胃生津。	To nourish yin, clear the heat, boost the stomach, and engender fluid.	5~12g		
38	蒺藜	Bianxu	HERBA POLYGONI AVICULARIS	利尿通淋，杀虫，止痒。	To disinhibit urine, relieve stranguria, kill worms, and relieve itching.	9~15g		
39	菝葜	Bibo	FRUCTUS PIPERIS LONGI	温中散寒，下气止痛。	To warm the middle energiser, dissipate cold, direct qi downward and relieve pain.	1~3g		
40	菝葜茄	Bichengqie	FRUCTUS LITSEAE	温中散寒，行气止痛。	To warm the middle energiser, dissipate cold, move qi, and relieve pain.	1~3g		
41	鳖甲	Biejia	CARAPAX TRIONYCIS	滋阴潜阳，退热除蒸，软坚散结。	To nourish yin, subdue yang, abate heat, relieve steaming, soften hardness and dissipate bind.	9~24g		
42	槟榔	Binglang	SEMEN ARECAE	杀虫，消积，行气，利水。	To kill worms, eliminate accumulation, move qi, promote urination.	3~10g		
43	炒槟榔/焦槟榔	Chaobinglang/Jiaobinglang	SEMEN ARECAE PRAEPARATA	消食导滞。	To promote digestion and remove stagnation.	3~10g		
44	冰片	Bingpian	BORNEOLUM SYNTHETICUM	开窍醒神，清热止痛。	To open the orifices, awaken the mind, clear heat and relieve pain.	0.15~0.3g	孕妇慎用。 Use with caution in pregnancy.	
45	薄荷	Bohe	HERBA MENTHAE HAPLOCALYCIS	疏散风热，清利头目，利咽，透疹，疏肝行气。	To disperse wind-heat, clear and soothe head and eyes, soothe the throat, promote eruption, soothe the liver, and move qi.	3~6g		
46	补骨脂	Buguzhi	FRUCTUS PSORALEAE	温肾助阳，纳气平喘，温脾止泻。	To warm the kidney, assist yang, absorb qi to relieve shortness of breath, warm the spleen and stop diarrhea.	6~10g		
47	苍耳子	Cangerzi	FRUCTUS XANTHII	散风寒，通鼻窍，祛风湿。	To disperse wind-cold, relieve the stuffy nose, and dispel wind-dampness.	3~10g	肝功能不全者禁用。严禁过量服用。 Contraindicated in individuals with liver impairment. It is dangerous to exceed the recommended dose. Dosing instructions must be strictly adhered to.	本品可能会导致肝损伤。 This product may cause liver damage.
48	苍术	Cangzhu	RHIZOMA ATRACTYLODIS	燥湿健脾，祛风散寒，明目。	To dry dampness, fortify the spleen, dispel wind, dissipate cold, and brighten the eyes.	3~9g		
49	草豆蔻	Caodoukou	SEMEN ALPINIAE KATSUMADAI	燥湿行气，温中止呕。	To dry dampness, move qi, warm the middle energiser and stop vomiting.	3~6g		
50	草果	Caoguo	FRUCTUS TSAOKO	燥湿温中，除痰。	To dry dampness, warm the middle energiser, dispel phlegm.	3~6g		
51	侧柏叶	Cebaiye	CACUMEN PLATYCLADI	凉血止血，化痰止咳，生发乌发。	To cool the blood, stop bleeding, resolve phlegm, suppress cough, promote hair growth and blacken hairs.	6~12g		

52	柴胡	Chaihu	RADIX BUPLEURI	疏散退热，疏肝解郁，升举阳气。	To disperse and reduce fever, soothe the liver resolve depression, and upraise yang qi.	3 ~ 10g		
53	醋柴胡	Cuchaihu	RADIX BUPLEURI PRAEPARATA	疏肝止痛。	To soothe the liver and relieve pain.	3 ~ 10g		
54	常山	Changshan	RADIX DICHROAE	涌吐痰涎。	To induce vomiting of phlegm	5 ~ 9g	正气不足，久病体弱及孕妇慎服，用量不宜过大。Use with caution in individuals with qi deficiency or with weak constitution due to prolonged illness and in pregnancy. Avoid overdose.	可能引起呕吐。May cause vomiting.
55	蝉蜕	Chantui	PERIOSTRACUM CICADEAE	疏散风热，利咽，透疹，明目，解痉。	To disperse wind-heat, soothe the throat, promote eruption, brighten eyes, arrest spasms.	3 ~ 6g		
56	陈皮	Chenpi	PERICARPIUM CITRI RETICULATAE	理气健脾，燥湿化痰。	To regulate qi, fortify the spleen, dry dampness and resolve phlegm.	3 ~ 10g		
57	沉香	Chenxiang	LIGNUM AQUILARIAE RESINATUM	行气止痛，温中止呕，纳气平喘。	To move qi, relieve pain, warm the middle energiser, stop vomiting, absorb qi and relieve shortness of breath.	1 ~ 5g		
58	车前草	Cheqiancao	HERBA PLANTAGINIS	清热利尿通淋，祛痰，凉血，解毒。	To clear heat, promote urination, relieve stranguria, dispel phlegm, cool the blood, and remove toxin.	9 ~ 30g		
59	车前子	Cheqianzi	SEMEN PLANTAGINIS	清热利尿通淋，渗湿止泻，明目，祛痰。	To clear heat, disinhibit urine, relieve stranguria, drain dampness, stop diarrhea, brighten eyes, and dispel phlegm.	9 ~ 15g		
60	赤芍	Chishao	RADIX PAEONIAE RUBRA	清热凉血，散瘀止痛。	To clear heat, cool the blood, dissipate stasis, and relieve pain.	6 ~ 12g		
61	赤石脂	Chishizhi	HALLOYSITUM RUBRUM	涩肠，止血，生肌敛疮。	To astringe the intestines, stop bleeding, promote tissue regeneration, promote wound healing.	9 ~ 12g		
62	赤小豆	Chixiaodou	SEMEN VIGNAE	利水消肿，解毒排脓。	To promote urination, alleviate edema, remove toxin and expel pus.	9 ~ 30g		
63	重楼	Chonglou	RHIZOMA PARIDIS	清热解毒，消肿止痛，凉肝定惊。	To clear heat, remove toxin, disperse swelling, relieve pain, cool the liver, and settle fright.	3 ~ 9g	虚寒证，阴证外疡及孕妇禁用。Contraindicated in cold deficiency, exterior ulcer of yin-syndrome, and in pregnancy.	
64	茺蔚子	Chongweizi	FRUCTUS LEONURI	活血调经，清肝明目。	To activate the blood and regulate menstruation, clear the liver, and brighten the eyes	5 ~ 10g	瞳孔散大者慎用。Use with caution in patients with mydriasis.	
65	川贝母	Chuanbeimu	BULBUS FRITILLARIAE CIRRHOSEAE	清热润肺，化痰止咳，散结消痈。	To clear heat, moisten the lung, resolve phlegm, suppress cough, dissipate binds and disperse abscesses.	3 ~ 10g		
66	川楝子	Chuanlianzi	FRUCTUS TOOSENDAN	疏肝泄热，行气止痛，杀虫。	To soothe the liver, discharge heat, move qi, relieve pain, and kill worms.	5 ~ 10g	脾胃虚寒者禁服，内服不宜用量过大及久服。Contraindicated in individuals with cold deficiency in spleen and stomach. Avoid overdose and prolonged consumption.	用量过大及久服，可能引起恶心、呕吐等副作用。Overdose and long-term consumption may cause side effects such as nausea and vomiting, etc.
67	川木通	Chuanmutong	CAULIS CLEMATIDIS ARMANDII	利尿通淋，清心除烦，通经下乳。	To promote urination, relieve stranguria, clear the heart, relieve vexation unblock the meridians and promote lactation.	3 ~ 6g		
68	川木香	Chuanmuxiang	RADIX VLADIMIRIAE	行气止痛。	To move qi and relieve pain.	3 ~ 9g		
69	川牛膝	Chuannixi	RADIX CYATHULAE	逐瘀通经，通利关节，利尿通淋。	To expel stasis, unblock the meridian, facilitate joints, disinhibit urine and relieve stranguria.	5 ~ 10g	孕妇慎用。Use with caution in pregnancy.	
70	穿山龙	Chuanshanlong	RHIZOMA DIOSCOREAE NIPPONICAE	祛风除湿，舒筋通络，活血止痛，止咳平喘。	To dispel wind, remove dampness, relax sinews, unblock the collaterals, activate blood, relieve pain, suppress cough and relieve shortness of breath.	9 ~ 15g		
71	穿心莲	Chuanxinlian	HERBA ANDROGRAPHITIS	清热解毒，凉血，消肿。	To clear heat, remove toxin, cool the blood, and disperse swelling.	6 ~ 9g		
72	川芎	Chuanxiong	RHIZOMA CHUANXIONG	活血行气，祛风止痛。	To activate blood, move qi, dispel wind and relieve pain.	3 ~ 10g		
73	垂盆草	Chuipeicao	HERBA SEDI	利湿退黄，清热解暑。	To drain dampness, abate jaundice, clear heat and remove toxin.	15 ~ 30g		
74	椿皮	Chunpi	CORTEX AILANTHI	清热燥湿，收敛止带，止泻，止血。	To clear heat, dry dampness, astringe to relieve abnormal vaginal discharge, stop diarrhea, and stop bleeding.	6 ~ 9g		
75	楮实子	Chushizi	FRUCTUS BROUSSONETIAE	补肾清肝，明目，利尿。	To tonify the kidney, clear the liver, brighten the eyes, and promote urination.	6 ~ 12g		
76	磁石	Cishi	MAGNETITUM	镇惊安神，平肝潜阳，聪耳明目，纳气平喘。	To settle fright, tranquilise the mind, pacify the liver, subdue yang, improve hearing and brighten the eyes, absorb qi, and relieve shortness of breath.	9 ~ 30g		
77	刺五加	Ciwujia	RADIX ET RHIZOMA SEU CAULIS ACANTHOPANACIS SENTICOSI	益气健脾，补肾安神。	To tonify qi, fortify the spleen, tonify the kidney and tranquilise the mind.	9 ~ 27g		
78	大腹皮	Dafupi	PERICARPIUM ARECAE	行气宽中，行水消肿。	To move qi, soothe the middle, move water and alleviate edema.	5 ~ 10g		

79	大黄	Dahuang	RADIX ET RHIZOMA RHEI	泻下攻积，清热泻火，凉血解毒，逐瘀通经，利湿退黄。	To remove accumulation with purgation, clear heat, purge fire, cool the blood, remove toxin, expel stasis, unblock the meridians, and drain dampness to abate jaundice.	3 ~ 15g	孕妇、哺乳期妇女、月经期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒、血虚气弱者慎用。避免长期服用。Use with caution in pregnancy, lactation, menstruation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with cold deficiencies in spleen and stomach or with qi and blood deficiencies. Avoid prolonged use.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency.
80	熟大黄	Shudahuang	RADIX ET RHIZOMA RHEI PRAEPARATA	活血祛瘀，逐瘀通经。	To activate the blood to eliminate stasis, expel stasis, unblock the meridians.	3 ~ 15g	孕妇、哺乳期妇女、月经期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒、血虚气弱者慎用。避免长期服用。Use with caution in pregnancy, lactation, menstruation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with cold deficiencies in spleen and stomach or with qi and blood deficiencies. Avoid prolonged use.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency.
81	酒大黄	Jiudahuang	RADIX ET RHIZOMA RHEI PRAEPARATA	泻下攻积，清热泻火，凉血解毒，逐瘀通经，利湿退黄。	To remove accumulation with purgation, clear heat, purge fire, cool the blood, remove toxin, expel stasis, unblock the meridians, and drain dampness to abate jaundice.	3 ~ 15g	孕妇、哺乳期妇女、月经期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒、血虚气弱者慎用。避免长期服用。Use with caution in pregnancy, lactation, menstruation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with cold deficiencies in spleen and stomach or with qi and blood deficiencies. Avoid prolonged use.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency.
82	大黄炭	Dahuangtan	RADIX ET RHIZOMA RHEI CARBONISATUM	凉血化瘀止血。	To cool the blood, eliminate stasis and stop bleeding.	3 ~ 15g		
83	大蓟	Daji	HERBA CIRSII JAPONICI	凉血止血，散瘀解毒消痈。	To cool the blood, stop bleeding, dissipate stasis, remove toxin and disperse abscesses.	9~15g		
84	大蓟炭	Dajitan	HERBA CIRSII JAPONICI CARBONISATA	凉血止血。	To cool the blood, stop bleeding.	5 ~ 10g		
85	淡豆豉	Dandouchi	SEMEN SOJAE PREPARATUM	解表，除烦，宣发郁热。	To release the exterior, relieve vexation, and disperse depressed heat.	6 ~ 12g		
86	当归	Danggui	RADIX ANGELICA SINENSIS	补血活血，调经止痛，润肠通便。	To nourish blood, activate blood, regulate menstruation, relieve pain, moisten the intestines and relax the bowels.	6 ~ 12g		
87	党参	Dangshen	RADIX CODONOPSIS	健脾益肺，养血生津。	To fortify the spleen, replenish lung, nourish blood and engender fluids.	9 ~ 30g		
88	丹参	Danshen	RADIX ET RHIZOMA SALVIAE MILTIORRHIZAE	活血祛瘀，通经止痛，清心除烦，凉血消痈。	To activate blood, eliminate stasis, unblock the meridians, relieve pain, clear the heart, relieve vexation, cool the blood and disperse abscesses.	10 ~ 15g		
89	淡竹叶	Danzhuye	HERBA LOPHATHERI	清热泻火，除烦止渴，利尿通淋。	To clear heat, purge fire, relieve vexation, quench thirst, disinhibit urine, and relieve stranguria.	6 ~ 10g		
90	刀豆	Daodou	SEMEN CANAVALLIAE	温中，下气，止呃。	To warm the middle energiser, direct qi downward, and relieve hiccup.	6 ~ 9g		
91	稻芽	Daoya	FRUCTUS ORYZAE GERMINATUS	消食和中，健脾开胃。	To promote digestion, harmonise the middle energiser, fortify the spleen, and increase the appetite.	9 ~ 15g		
92	炒稻芽	Chaodaoya	FRUCTUS ORYZAE GERMINATUS PRAEPARATA	消食。	To promote digestion.	9 ~ 15g		
93	大青叶	Daqingye	FOLIUM ISATIDIS	清热解毒，凉血消斑。	To clear heat, remove toxin, cool the blood, and resolve macule.	9 ~ 15g		
94	大血藤	Daxueteng	CAULIS SARGENTODOXAE	清热解毒，活血，祛风止痛。	To clear heat, remove toxin, activate blood, dispel wind and relieve pain.	9 ~ 15g		
95	大枣	Dazao	FRUCTUS JUJUBAE	补中益气，养血安神。	To tonify the middle energiser, tonify qi, nourish the blood, and tranquilise the mind.	6 ~ 15g		
96	灯心草	Dengxincao	MEDULLA JUNCII	清心火，利小便。	To clear the heart fire and promote urination.	1~3g		
97	地肤子	Difuzi	FRUCTUS KOCHIAE	清热利湿，祛风止痒。	To clear heat, drain dampness, and dispel wind, and relieve itching.	9 ~ 15g		
98	地骨皮	Digupi	CORTEX LYCII	凉血除蒸，清肺降火。	To cool the blood, eliminate bone-steaming sensation, clear heat, and downbear fire.	9 ~ 15g		
99	地黄	Dihuang	RADIX REHMANNIAE	清热凉血，养阴生津。	To clear heat, cool the blood, nourish yin and engender fluids.	10 ~ 15g		
100	熟地黄	Shudihuang	RADIX REHMANNIAE PRAEPARATA	补血滋阴，益精填髓。	To nourish blood, replenish yin, replenish the essence and the marrow.	9 ~ 15g		
101	地锦草	Dijinciao	HERBA EUPHORBIAE HUMIFUSAE	清热解毒，凉血止血，利湿退黄。	To clear heat, remove toxin, cool the blood, stop bleeding, drain dampness and abate jaundice.	9 ~ 20g		

102	地龙	Dilong	PHERETIMA	清热定惊，通络，平喘，利尿。	To clear heat, settle fright, unblock the collaterals, relieve shortness of breath and disinhibit urine.	5~10g		
103	丁香	Dingxiang	FLOS CARYOPHYLLI	温中降逆，补肾助阳。	To warm the middle energiser, downbear counterflow, tonify the kidney and assist yang.	1~3g		
104	地榆	Diyu	RADIX SANGUISORBIAE	凉血止血，解毒敛疮。	To cool the blood, stop bleeding, remove toxin and promote wound healing.	9~15g		
105	地榆炭 / 熏地榆	Diyutan/Heidiyu	RADIX SANGUISORBIAE CARBONISATUM	凉血止血。	To cool the blood and stop bleeding.	9~15g		
106	冬虫夏草	Dongchongxiacao	CORDYCEPS	补肾益肺，止血化痰。	To tonify the kidney, replenish lung, stop bleeding and resolve phlegm.	3~9g		
107	冬瓜皮	Dongguapi	EXOCARPIUM BENINCASAE	利尿消肿。	To promote urination and relieve swelling.	9~30g		
108	冬葵果	Dongkuiguo	FRUCTUS MALVAE	清热利尿，消肿。	To clear heat, disinhibit urine, and relieve swelling.	3~9g		
109	冬凌草	Donglingcao	HERBA RABDOSIAE RUBESCENS	清热解毒，活血止痛。	To clear heat, remove toxin, activate blood and relieve pain.	30~60g		
110	豆蔻	Doukou	FRUCTUS AMOMI ROTUNDUS	化湿行气，温中止呕，开胃消食。	To resolve dampness, move qi, warm the middle energiser, stop vomiting, increase the appetite and promote digestion.	3~6g		
111	独活	Duhuo	RADIX ANGELICAE PUBESCENTIS	祛风除湿，通痹止痛。	To dispel wind, remove dampness, and relieve impediment pain.	3~10g		
112	独一味	Duyiwei	HERBA LAMIOPHLOMIS	活血止血，祛风止痛。	To activate blood, stop bleeding, dispel wind, and relieve pain.	2~3g		
113	杜仲	Duzhong	CORTEX EUCOMMIAE	补肝肾，强筋骨。	To tonify liver-kidney, strengthen sinew and bone.	6~10g		
114	阿胶	Ejiao	COLLA CORII ASINI	补血滋阴，润燥，止血。	To nourish blood, replenish yin, moisten dryness, and stop bleeding.	3~9g		
115	儿茶	Ercha	CATECHU	活血止痛，止血生肌，收湿敛疮，清肺化痰。	To activate blood, relieve pain, stop bleeding, promote tissue regeneration, dispel dampness, promote wound healing, clear lung and resolve phlegm.	1~3g		
116	莪术	Ezhu	RHIZOMA CURCUMAE	行气破血，消积止痛。	To move qi, break blood, eliminate accumulation and relieve pain.	6~9g	孕妇禁用。 Contraindicated in pregnancy.	
117	防风	Fangfeng	RADIX SAPOSHNIKOVIAE	祛风解表，胜湿止痛，止痉。	To dispel wind, release the exterior, dispel dampness, relieve pain, and arrest spasms.	5~10g		
118	防己	Fangji	RADIX STEPHANIAE TETRANDRAE	祛风止痛，利水消肿。	To dispel wind, relieve pain, promote urination and alleviate edema.	5~10g		
119	番泻叶	Fanxieye	FOLIUM SENNAE	泻热行滞，通便，利水。	To purge heat, move stagnation, open the bowels, and induce diuresis.	2~6g	孕妇、哺乳期妇女、月经期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。避免长期服用。 Use with caution in pregnancy, lactation, menstruation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Avoid prolonged use.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。 May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency.
120	榧子	Feizi	SEMEN TORREYAE	杀虫消积，润肺止咳，润燥通便。	To kill worms, eliminate accumulation, moisten the lung, suppress cough, moisten dryness and open the bowels.	9~15g		
121	蜂房	Fengfang	NIDUS VESPAE	攻毒杀虫，祛风止痛。	To expel toxin, kill worms, dispel wind and relieve pain.	3~5g		
122	佛手	Foshou	FRUCTUS CITRI SARCODACTYLIS	疏肝理气，和胃止痛，燥湿化痰。	To soothe the liver, regulate qi, harmonise the stomach, relieve pain, dry dampness and resolve phlegm.	3~10g		
123	茯苓	Fuling	PORIA	利水渗湿，健脾，宁心。	To promote urination to drain dampness, fortify the spleen, and calm the heart.	10~15g		
124	茯苓皮	Fulingpi	PORIAE CUTIS	利水消肿。	To promote urination to alleviate edema.	15~30g		
125	覆盆子	Fupenzi	FRUCTUS RUBI	益肾固精缩尿，养肝明目。	To tonify the kidney, secure essence, reduce urination, nourish the liver and brighten the eyes.	6~12g		
126	浮萍	Fuping	HERBA SPIRODELAE	宣散风热，透疹，利尿。	To disperse wind-heat, promote eruption, and promote urination.	3~9g		
127	浮小麦	Fuxiaomai	FRUCTUS TRITICI LEVIS	清虚热，止汗。	To relieve deficiency heat, relieve sweating.	15~30g		
128	附子	Fuzi	RADIX ACONITI LATERALIS PRAEPARATA	回阳救逆，补火助阳，散寒止痛。	To restore yang, tonify fire assist yang, dissipate cold and relieve pain.	3~15g	阴虚阳盛，真热假寒，及孕妇均禁用，服药时不宜饮酒。 Contraindicated in pregnancy and in individuals with yin deficiency and excessive yang, or syndrome of true heat with false cold. Avoid consumption with alcohol.	
129	甘草	Gancao	RADIX ET RHIZOMA GLYCYRRHIZAE	补脾益气，清热解毒，祛痰止咳，缓急止痛，调和诸药。	To tonify spleen, tonify qi, clear heat, remove toxin, dispel phlegm, suppress cough, relax spasm, relieve pain, and harmonise herbal actions.	2~10g		

130	炙甘草	Zhigancao	RADIX ET RHIZOMA GLYCYRRHIZAE PRAEPARATA CUM MELLE	补脾和胃，益气复脉。	To tonify spleen, harmonise the stomach, tonify qi, and restore pulse.	2 ~ 10g		
131	干姜	Ganjiang	RHIZOMA ZINGIBERIS	温中散寒，回阳通脉，温肺化饮。	To warm the middle energiser, dissipate cold, restore yang, promote blood circulation, warm the lung and resolve fluid retention.	3 ~ 10g		
132	炮姜/煨姜	Paojiang/Weijiang	RHIZOMA ZINGIBERIS PRAEPARATUM	温经止血，温中止痛。	To warm the meridians, stop bleeding, warm the middle energiser and relieve pain.	3 ~ 9g		
133	甘松	Gansong	RADIX ET RHIZOMA NARDOSTACHYOS	理气止痛，开郁醒脾。	To regulate qi, relieve pain, resolve depression and enliven the spleen.	3 ~ 6g		
134	甘遂	Gansui	RADIX KANSUI	污水逐饮，消肿散结。	To expel retained fluid by purgation, disperse swelling and dissipate binds.	0.5 ~ 1.5g	气虚阴亏，脾胃虚弱患者及孕妇禁用。中病即止，不可过量。Contraindicated in individuals with syndrome of deficiency in qi and yin, weak spleen and stomach, and in pregnancy. Avoid overdose and to stop consumption once symptoms subside.	
135	藁本	Gaoben	RHIZOMA ET RADIX LIGUSTICI	祛风，散寒，除湿，止痛。	To dispel wind, dissipate cold, dispel dampness, and relieve pain.	3 ~ 10g		
136	高良姜	Gaoliangjiang	RHIZOMA ALPINIAE OFFICINARUM	温胃止呕，散寒止痛。	To warm the stomach, stop vomiting, dissipate cold and relieve pain.	3 ~ 6g		
137	葛根/粉葛	Gegen/Fenge	RADIX PUERARIAE LOBATAE /RADIX PUERARIAE THOMSONII	解肌退热，生津止渴，透疹，升阳止泻，通经活络。	To release the exterior, reduce fever, engender fluid to quench thirst, promote eruption, upraise the middle qi, stop diarrhea, unblock the meridians, activate collaterals.	10 ~ 15g		
138	蛤蚧	Gejie	GECKO	补肺益肾，纳气定喘，助阳益精。	To tonify lung and kidney, absorb qi, check shortness of breath, assist yang and replenish essence.	3 ~ 6g		
139	蛤壳	Geqiao	CONCHA MERETRICIS SEU CYCLINAE	清热化痰，软坚散结，制酸止痛	To clear heat, resolve phlegm, soften hardness, dissipate binds, inhibit acidity and relieve pain.	6 ~ 15g		
140	狗脊	Gouji	RHIZOME CIBOTII	祛风湿，补肝肾，强腰膝。	To dispel wind-dampness, tonify liver-kidney, strengthen the lower back and knees.	6 ~ 12g		
141	枸杞子	Gouqizi	FRUCTUS LYCII	滋补肝肾，益精明目。	To nourish the liver and kidney, replenish essence, and brighten the eyes.	6 ~ 12g		
142	钩藤	Gouteng	RAMULUS UNCARIAE CUM UNCIS	息风定惊，清热平肝。	To extinguish wind, settle fright, clear heat and pacify the liver.	3 ~ 12g		
143	瓜蒌	Gualou	FRUCTUS TRICHOSANTHIS	清热涤痰，宽胸散结，润燥滑肠。	To clear heat, sweep phlegm, soothe the chest, dissipate bind, moisten dryness and lubricate intestine.	9 ~ 15g		
144	瓜蒌皮	Gualoupi	PERICARPIMUM TRICHOSANTHIS	清热化痰，利气宽胸。	To clear heat, resolve phlegm, disinherit qi and soothe the chest.	6 ~ 10g		
145	瓜蒌子	Gualouzi	SEMEN TRICHOSANTHIS	润肺化痰，滑肠通便。	To moisten the lung, resolve phlegm, lubricate intestine and open the bowels.	9 ~ 15g		
146	广藿香	Guanghuoxiang	HERBA POGOSTEMONIS	芳香化浊，和中止呕，发表解暑。	To resolve turbidity with aromatic medicinals, harmonise the middle, stop vomiting, and release the exterior and summerheat.	3 ~ 10g		
147	广金钱草	Guangjinqiancao	HERBA DESMODII STYRACIFOLII	利湿退黄，利尿通淋。	To drain dampness, abate jaundice, promote urination and relieve stranguria.	15 ~ 30g		
148	龟甲	Guijia	CARAPAX ET PLASTRUM TESTUDINIS	滋阴潜阳，益肾强骨，养血补心。	To nourish yin, subdue yang, tonify kidney, strengthen bone, nourish blood, replenish heart.	9 ~ 24g		
149	桂枝	Guizhi	RAMULUS CINNAMOMI	发汗解肌，温通经脉，助阳化气，平冲降气。	To promote sweating, relax muscle, warm and unblock the meridians, assist yang, resolve qi, and direct qi downward.	3 ~ 10g	孕妇慎用。Use with caution in pregnancy.	
150	谷精草	Gujingcao	FLOS ERIOCAULI	疏散风热，明目。	To disperse wind-heat, brighten the eyes.	5 ~ 10g		
151	骨碎补	Gusuibu	RHIZOMA DRYNARIAE	疗伤止痛，补肾强骨。	To treat injuries, relieve pain, tonify the kidney and strengthen bone.	3 ~ 9g		
152	谷芽	Guya	GERMINATUS SETARIAE FRUCTUS	消食和中，健脾开胃。	To promote digestion, harmonise the middle, fortify the spleen and increase the appetite.	9 ~ 15g		
153	海风藤	Haifengteng	CAULIS PIPERIS KADSURAE	祛风湿，通经络，止痹痛。	To dispel wind-dampness, unblock the meridians, collateral vessels, and relieve pain due to bi disorders.	6 ~ 12g		
154	海金沙	Haijinsha	SPORA LYGODII	清利湿热，通淋止痛。	To clear, drain dampness-heat, relieve stranguria, and relieve pain.	6 ~ 15g		
155	海马	Haima	HIPPOCAMPUS	温肾壮阳，散结消肿。	To warm the kidney, invigorate yang, dissipate binds, and relieve swelling.	3 ~ 9g		
156	海螵蛸	Haipiaoxiao	ENDOCOCONCHA SEPIAE	收敛止血，涩精止带，制酸止痛，收湿敛疮。	To stop bleeding, astringe essence, relieve abnormal vaginal discharge, inhibit acidity, relieve pain, drain dampness and promote wound healing.	5 ~ 10g		
157	海藻	Haizao	SARGASSUM	消痰软坚散结，利水消肿	To resolve phlegm, soften hardness, dissipate bind, promote urination and alleviate edema.	6 ~ 12g		

158	合欢花	Hehuanhua	FLOS ALBIZIAE	解郁安神。	To relieve depression and tranquillise the mind.	5 ~ 10g		
159	合欢皮	Hehuanpi	CORTEX ALBIZIAE	解郁安神，活血消肿。	To relieve depression, tranquilise the mind, activate blood and disperse swelling.	6 ~ 12g		
160	鹤虱	Heshi	FRUCTUS CARPESII	杀虫消积。	To kill worms and eliminate accumulation.	3 ~ 9g	孕妇慎用。 Use with caution in pregnancy.	
161	何首乌	Heshouwu	RADIX POLYGONI MULTIFLORI	解毒，消痈，润肠通便。	To remove toxin, disperse abscesses, and moisten the intestines and open the bowels.	3 ~ 6g	孕妇禁用。哺乳期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。大便溏泻及有湿痰者慎用。肝功能不全者、肝病家族史者避免使用，不宜长期超量服用，避免与肝毒性药物同时使用，注意监测肝功能。 Contraindicated in pregnancy. Use with caution in lactation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with loose stool or syndrome of wet phlegm. Avoid in individuals with liver function impairment or with family history of liver diseases. Avoid long term usage or overdose. Avoid concomitant usage with drug of liver toxicity. Periodic check on liver function is recommended.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。 个别入偶见肝损伤。 May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency. May harm the liver in some individuals.
162	制何首乌	Zhiheshouwu	RADIX POLYGONI MULTIFLORI PRAEPARATA	补肝肾，益精血，乌须发，强筋骨，化浊。	To tonify the liver-kidney, replenish essence and blood, blacken beard and hair, strengthen sinews and bones, resolve turbidity.	6 ~ 12g	孕妇禁用。儿童、哺乳期妇女慎用。肝功能不全者、肝病家族史者避免使用，不宜长期超量服用，避免与肝毒性药物同时使用，注意监测肝功能。 Contraindicated in pregnancy. Use with caution in lactation and children. Avoid in individuals with liver function impairment or with family history of liver diseases. Avoid long term usage or overdose. Avoid concomitant usage with drug of liver toxicity. Periodic check on liver function is recommended.	May harm the liver in some individuals. 个别入偶见肝损伤。
163	核桃仁	Hetaoren	SEMEN JUGLANDIS	补肾，温肺，润肠。	To tonify the kidney, warm the lung, and moisten the intestines.	6 ~ 9g		
164	荷叶	Heye	FOLIUM NELUMBINIS	清暑化湿，升发清阳，凉血止血。	To clear summer-heat, resolve dampness, upraise the clear yang, cool the blood, and stop bleeding.	3 ~ 10g		
165	诃子	Hezi	FRUCTUS CHEBULAE	涩肠止泻，敛肺止咳，降火利咽。	To astringe the intestines, stop diarrhea, constrain the lung, suppress cough, downbear fire and soothe the throat.	3 ~ 10g		
166	红大戟	Hongdaji	RADIX KNOXIAE	泻水逐饮，消肿散结。	To expel retained fluid by purgation, relieve swelling, and dissipate bind.	1.5 ~ 3g	体虚者及孕妇禁用。 Contraindicated in individuals with weak constitution and in pregnancy.	
167	红豆蔻	Hongdengkou	FRUCTUS GALANGAE	散寒燥湿，醒脾消食。	To dissipate cold, dry dampness, enliven the spleen and promote digestion.	3 ~ 6g		
168	红花	Honghua	FLOS CARTHAMI	活血通经，散瘀止痛。	To activate blood, unblock the meridians, dissipate stasis and relieve pain.	3 ~ 10g	孕妇慎用。 Use with caution in pregnancy.	
169	红景天	Hongjingtian	RADIX ET RHIZOMA RHODIOLAE CRENULATAE	益气活血，通脉平喘。	To tonify qi, activate blood, unblock the meridians and relieve shortness of breath.	3 ~ 6g		
170	红参	Hongshen	RADIX ET RHIZOMA GINSENG RUBRA	大补元气，复脉固脱，益气摄血。	To greatly tonify the original qi, regain pulse and secure collapse, tonify qi, and control the blood.	3 ~ 9g		
171	厚朴	Houpo	CORTEX MAGNOLIAE OFFICINALIS	燥湿消痰，下气除满。	To dry dampness, resolve phlegm, direct qi downward, and disperse fullness.	3 ~ 10g		
172	厚朴花	Houpohua	FLOS MAGNOLIAE OFFICINALIS	芳香化湿，理气宽中。	To resolve dampness with aromatic medicinal, regulate qi, and soothe the middle energiser.	3 ~ 9g		
173	槐花	Huaihua	FLOS SOPHORAE	凉血止血，清肝泻火。	To cool the blood, stop bleeding, clear the liver and purge fire.	5 ~ 10g		
174	花椒	Huajiao	PERICARPUM ZANTHOXYLI	温中止痛，杀虫止痒。	To warm the middle energiser, relieve pain, kill worms and relieve itching.	3 ~ 6g		
175	化橘红	Huajuhong	EXOCARPUM CITRI GRANDIS	理气宽中，燥湿化痰。	To regulate qi, soothe the middle, dry dampness and resolve phlegm.	3 ~ 6g		
176	黄柏/关黄柏	Huangbo/Guanhuangbo	CORTEX PHELLODENDRI CHINENSIS / CORTEX PHELLODENDRI AMURENSIS	清热燥湿，泻火除蒸，解毒疗疮。	To clear heat, dry dampness, purge fire, eliminate bone-steaming sensation, remove toxin and treat sore.	3 ~ 12g	本品含有小檗碱。一岁以内的婴儿、葡萄糖-6-磷酸脱氢酶缺乏症患者、孕妇及哺乳期妇女禁用。 Contains berberine. Contraindicated in children less than 1 year, Glucose-6-Phosphate Dehydrogenase (G6PD) deficient individuals, pregnant and breastfeeding women.	偶有恶心、呕吐、皮疹和药热。出现此类症状时请停药。如停药后症状持续，请咨询医生或中医师。 Occasional nausea, vomiting, rashes and fever. Stop medication if symptoms develop. If symptoms persist after stopping medication, please consult a doctor or traditional Chinese medicine practitioner.
177	黄精	Huangjing	RHIZOMA POLYGONATI	补气养阴，健脾，润肺，益肾。	To tonify qi, nourish yin, fortify the spleen, moisten the lung, and tonify the kidney.	9 ~ 15g		

178	黄连	Huanglian	RHIZOMA COPTIDIS	清热燥湿，泻火解毒。	To clear heat, dry dampness, purge fire and remove toxin.	2 ~ 5g	本品含有小檗碱。一岁以内的婴儿、葡萄糖-6-磷酸脱氢酶缺乏症患者、孕妇及哺乳期妇女禁用。 Contains berberine. Contraindicated in children less than 1 year, Glucose-6-Phosphate Dehydrogenase (G6PD) deficient individuals, pregnant and breastfeeding women.	偶有恶心、呕吐、皮疹和药热。出现此类症状时请停药。如停药后症状持续，请咨询医生或中医师。 Occasional nausea, vomiting, rashes and fever. Stop medication if symptoms develop. If symptoms persist after stopping medication, please consult a doctor or traditional Chinese medicine practitioner.
179	黄芪	Huangqi	RADIX ASTRAGALI	补气升阳，固表止汗，利水消肿，生津养血，行滞通痹，托毒排脓，敛疮生肌。	To tonify qi, upraise yang, secure the exterior, stop sweating, promote urination, alleviate edema, engender fluids, nourish blood, move stagnation, relieve impediment, expel toxin and pus, promote wound healing and promote tissue regeneration.	9 ~ 30g		
180	炙黄芪	Zhihuangqi	RADIX ASTRAGALI PRAEPARATA CUM MELLE	益气补中。	To tonify the middle energiser and tonify qi.	9 ~ 30g		
181	黄芩	Huangqin	RADIX SCUTELLARIAE	清热燥湿，泻火解毒，止血。	To clear heat, dry dampness, purge fire, remove toxin, stop bleeding.	3 ~ 10g		
182	炙黄芩	Zhihuangqin	RADIX SCUTELLARIAE PRAEPARATA	清热燥湿，泻火解毒，止血。	To clear heat, dry dampness, purge fire, remove toxin, stop bleeding.	3 ~ 10g		
183	花蕊石	Huaruishi	OPHICALCITUM	化瘀止血。	To resolve stasis and stop bleeding.	4.5 ~ 9g		
184	滑石	Huashi	TALCUM	利尿通淋，清热解暑；外用祛湿敛疮。	To disinhibit urine, relieve stanguria, clear heat and release summerheat. Topical application: To dispel dampness and promote wound healing.	10 ~ 20g		
185	胡黄连	Huhuanglian	RHIZOMA PICRORHIZAE	退虚热，除疳热，清湿热。	To relieve deficiency heat, relieve malnutrition fever, and clear dampness-heat.	3 ~ 10g		
186	琥珀	Hupo	SUCCINUM	镇惊安神，散瘀止血，利水通淋，明目。	To settle fright, tranquilise the mind, dissipate stasis stop bleeding, induce urination and and relieve stranguria, brighten the eyes.	1 ~ 3g	阴虚内热及无瘀滞者慎服。 Use with caution in individuals with yin deficiency with internal heat, or no stasis retention.	
187	虎杖	Huzhang	RHIZOMA ET RADIX POLYGONI CUSPIDATI	利湿退黄，清热解毒，散瘀止痛，止咳化痰。	To drain dampness, abate jaundice, clear heat, remove toxin, dissipate stasis, relieve pain, suppress cough and resolve phlegm.	9 ~ 15g	孕妇、哺乳期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒及便溏者慎用。避免长期服用。 Use with caution in pregnancy, lactation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with cold deficiencies in spleen and stomach or with loose stool. Avoid prolonged use.	
188	僵蚕	Jiangcan	BOMBYX BATRYTICATUS	息风止痉，祛风止痛，化痰散结。	To extinguish wind, arrest spasms, dispel wind, relieve pain, resolve phlegm and dissipate bind.	5 ~ 10g		
189	姜黄	Jianghuang	RHIZOMA CURCUMAE LONGAE	破血行气，通经止痛。	To break blood, move qi, unblock the meridians and relieve pain.	3 ~ 10g		
190	降香	Jiangxiang	LIGNUM DALBERGIAE ODORIFERA	化瘀止血，理气止痛。	To resolve stasis, stop bleeding, regulate qi and relieve pain.	9 ~ 15g		
191	桔梗	Jiegeng	RADIX PLATYCODONIS	宣肺，利咽，祛痰，排脓。	To diffuse the lung, soothe the throat, dispel phlegm, and expel pus.	3 ~ 10g		
192	芥子	Jiezi	SEMEN SINAPIS	温肺豁痰利气，散结通络止痛。	To warm the lung, eliminate phlegm, disinhibit qi, dissipate bind, unblock the collaterals and relieve pain.	3~9g		
193	鸡冠花	Jiguanhua	FLOS CELOSIAE CRISTATAE	收敛止血，止带，止痛。	To astringe and stop bleeding, relieve abnormal vaginal discharge, stop dysentery.	6 ~ 12g		
194	鸡骨草	Jigucao	HERBA ABRI	利湿退黄，清热解毒，疏肝止痛。	To drain dampness, abate jaundice, clear heat, remove toxin, soothe the liver and relieve pain.	15 ~ 30g		
195	蒺藜	Jili	FRUCTUS TRIBULI	平肝解郁，活血祛风，明目，止痒。	To pacify the liver to relieve depression, activate blood, dispel wind, brighten the eyes, and relieve itching.	6 ~ 10g	血虚气弱及孕妇慎用。 Use with caution in individuals with syndrome of qi and blood deficiency and in pregnancy.	
196	鸡内金	Jineijin	ENDOTHELIUM CORNEUM GIGERIAE GALLI	健胃消食，涩精止遗，通淋化石。	To invigorate the stomach, promote digestion, astringe essence, stop seminal emission, relieve stranguria, and expel stone.	3 ~ 10g		
197	京大戟	Jingdaji	RADIX EUPHORBIAE PEKINENSIS	泻水逐饮，消肿散结。	To purge and expel retained fluid, disperse swelling and dissipate binds.	1.5 ~ 3g	虚寒阴水患者及孕妇禁服，体弱者慎服。 Contraindicated in individuals with yin edema due to cold deficiency and in pregnancy. Use with caution in individuals with weak constitution.	
198	荆芥	Jingjie	HERBA SCHIZONEPETAE	解表散风，透疹，消疮。	To release the exterior disperse wind, promote eruption, and relieve sore.	5 ~ 10g		
199	荆芥穗	Jingjiesui	SPICA SCHIZONEPETAE	解表散风，透疹，消疮。	To release the exterior, disperse wind, promote eruption, and relieve sore.	5 ~ 10g		



200	荆芥炭	Jingjietan	HERBA SCHIZONEPETAE CARBONISATA	收敛止血。	To astringe and stop bleeding.	5 ~ 10g		
201	金礞石	Jinmengshi	LAPIS MICAE AUREUS	坠痰下气，平肝镇惊。	To resolve phlegm, direct qi downward, pacify the liver and settle fright.	10 ~ 15g		
202	金钱白花蛇	Jinqianbaihuashe	BUNGARUS PARVUS	祛风，通络，止痉。	To dispel wind, unblock the collaterals, and arrest spasms.	2 ~ 5g	阴虚血少及内热生风者禁服。Contraindicated in individuals with yin and blood deficiency, and wind syndromes due to internal heat.	
203	金钱草	Jinqiancao	HERBA LYSIMACHIAE	利湿退黄，利尿通淋，解毒消肿。	To drain dampness, abate jaundice, disinhibit urine, relieve stranguria, remove toxin, and relieve swelling.	15 ~ 60g		
204	金荞麦	Jinqiaomai	RHIZOMA FAGOPYRI DIBOTRYIS	清热解毒，排脓祛瘀。	To clear heat, remove toxin, expel pus and eliminate stasis.	15 ~ 45g		
205	金樱子	Jinyingzi	FRUCTUS ROSEA LAEVIGATAE	固精缩尿，止带，涩肠止泻。	To secure essence, reduce urination, relieve abnormal vaginal discharge, astringe the intestines and stop diarrhea.	6 ~ 12g		
206	金银花/山银花	Jinyinhua/Shanyinhua	FLOS LONICERAE JAPONICAE/FLOS LONICERAE	清热解毒，疏散风热。	To clear heat, remove toxin, and disperse wind-heat.	6 ~ 15g		
207	九香虫	Jiuxiangchong	ASPONGOPUS	理气止痛，温中助阳。	To regulate qi, relieve pain, warm the middle energiser and assist yang.	3 ~ 9g		
208	急性子	Jixingzi	SEMEN IMPATIENTIS	破血，软坚，消积。	To break blood, soften hardness, and eliminate accumulation.	3 ~ 5g	内无瘀积者及孕妇慎用。Use with caution in pregnancy and individuals with no existing internal stasis.	
209	积雪草	Jixuecao	HERBA CENTELLA	清热利湿，解毒消肿。	To clear heat, drain dampness, remove toxin, relieve swelling.	15 ~ 30g		
210	鸡血藤	Jixueteng	CAULIS SPATHOLOBI	活血补血，调经止痛，舒筋活络。	To activate blood, nourish blood, regulate menstruation, relieve pain, relax sinews and activate collaterals.	9 ~ 15g		
211	卷柏	Juanbai	HERBA SELAGINELLAE	活血通经。	To activate blood and unblock the meridian.	5 ~ 10g	孕妇慎用。Use with caution in pregnancy.	
212	决明子	Juemingzi	SEMEN CASSIAE	清热明目，润肠通便。	To clear heat, brighten the eyes, moisten the intestines and open the bowels.	9 ~ 15g	孕妇、哺乳期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒及便秘者慎用。避免长期服用。Use with caution in pregnancy, lactation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Use with caution in individuals with cold deficiencies in spleen and stomach or with loose stool. Avoid prolonged use.	
213	橘核	Juhe	SEMEN CITRI RETICULATAE	理气，散结，止痛。	To regulate qi, dissipate bind, and relieve pain.	3 ~ 9g		
214	橘红	Juhong	EXOCARPUM CITRI RUBRUM	理气宽中，燥湿化痰。	To regulate qi, soothe the middle, dry dampness and resolve phlegm.	3 ~ 10g		
215	菊花	Juhua	FLOS CHRYSANTHEMI	散风清热，平肝明目，清热解毒。	To disperse wind, clear heat, pacify the liver, brighten the eyes, clear heat and remove toxin.	5 ~ 10g		
216	款冬花	Kuandonghua	FLOS FARFARAE	润肺下气，止咳化痰。	To moisten the lung, direct qi downward, suppress cough and resolve phlegm.	5 ~ 10g		
217	苦地丁	Kudiding	HERBA CORYDALIS BUNGEANAE	清热解毒，散结消肿。	To clear heat, remove toxin, dissipate bind and disperse swelling.	9 ~ 15g		
218	苦楝皮	Kulianpi	CORTEX MELIAE	杀虫，疗癣。	To kill worms and treat tinea.	3 ~ 6g	体弱及肝肾功能障碍者，孕妇及脾胃虚寒者均慎服。不宜持续和过量服用。Use with caution in individuals with weak constitution, and functional deficiency in kidney or liver. Use with caution in pregnancy or individuals with cold deficiency in spleen and stomach. Avoid overdose or continuous consumption.	可有头痛，头晕，恶心，呕吐，腹痛等症。May cause symptoms like headache, dizziness, nausea, vomiting and abdominal pain.
219	昆布	Kunbu	THALLUS LAMINARIAE SEU ECKLONIAE	消痰软坚散结，利水消肿。	To resolve phlegm, soften hardness, dissipate binds, promote urination, and alleviate edema.	6 ~ 12g		
220	苦参	Kushen	RADIX SOPHORAE FLAVESCENTIS	清热燥湿，杀虫，利尿。	To clear heat, dry dampness, kill worms, and promote urination.	4.5 ~ 9g		
221	苦杏仁	Kuxingren	SEMEN ARMENIACAE AMARUM	降气止咳平喘，润肠通便。	To direct qi downward, suppress cough, relieve shortness of breath, moisten the intestines and open the bowels.	5 ~ 10g	阴虚咳嗽及大便秘结者禁服。婴儿慎服。不宜过量服用。Contraindicated in individuals with loose stools and cough due to yin-deficiency. Use with caution in babies. Avoid overdose. Recommend advice from physicians prior to consumption in babies.	
222	莱菔子	Laifuzi	SEMEN RAPHANI	消食除胀，降气化痰。	To promote digestion, relieve distention, direct qi downward and resolve phlegm.	5 ~ 12g		
223	老鹳草	Laoguancao	HERBA ERODII SEU GERANII	祛风湿，通经络，止泻痢。	To dispel wind-dampness, unblock the meridians and collateral vessels, and stop diarrhea and dysentery.	9 ~ 15g		
224	雷丸	Leiwán	OMPHALIA	杀虫消积。	To kill worms and eliminate accumulation.	15 ~ 21g		
225	两面针	Liangmianzhen	RADIX ZANTHOXYLI	活血化瘀，行气止痛，祛风通络，解毒消肿。	To activate blood, resolve stasis, move qi, relieve pain, dispel wind, unblock the collaterals, remove toxin and disperse swelling.	5 ~ 10g	不能过量服用，忌与酸味食物同服。孕妇禁用。Contraindicated in pregnancy. Avoid overdose. Avoid consumption with sour food.	
226	两头尖	Liangtoujian	RHIZOMA ANEMONES RADDEANAE	祛风湿，消痈肿。	To dispel wind-dampness, disperse abscesses and swelling.	1 ~ 3g	孕妇禁用 Contraindicated in pregnancy.	

227	连翘	Lianqiao	FRUCTUS FORSYTHIAE	清热解毒，消肿散结，疏散风热。	To clear heat, remove toxin, disperse swelling, dissipate binds, and disperse wind-heat.	6~15g		
228	莲房	Lianfang	RECEPTACULUM NELUMBINIS	化瘀止血。	To resolve stasis and stop bleeding.	5~10g		
229	莲须	Lianxu	STAMEN NELUMBINIS	固肾涩精。	To secure the kidney and astringe essence.	3~5g		
230	莲子	Lianzi	SEMEN NELUMBINIS	补脾止泻，止带，益肾涩精，养心安神。	To tonify spleen, stop diarrhea and relieve abnormal vaginal discharge, tonify kidney, astringe essence, nourish the heart, and tranquilise the mind.	6~15g		
231	莲子心	Lianzixin	PLUMULA NELUMBINIS	清心安神，交通心肾，涩精止血。	To clear the heart, tranquilise the mind, coordinate the heart and kidney, astringe essence and stop bleeding.	2~5g		
232	凌霄花	Lingxiaohua	FLOS CAMPIS	活血通经，凉血祛风。	To activate blood, unblock the meridian, cool the blood and dispel wind.	5~9g	孕妇慎用。 Use with caution in pregnancy.	
233	羚羊角	Lingyangjiao	CORNU SAIGAE TATARICAE	平肝息风，清肝明目，散血解毒。	To pacify the liver, extinguish wind, clear the liver, brighten the eyes, dissipate blood and remove toxin.	1~3g		
234	灵芝	Lingzhi	GANODERMA	补气安神，止咳平喘。	To tonify qi, tranquilise the mind, suppress cough, and relieve shortness of breath.	6~12g		
235	硫黄	Liuhuang	SULFUR	外用解毒杀虫疗疮；内服补火助阳通便。	Topical application: To remove toxin and kill worms to treat sore. Oral administration: tonify fire, assist yang and open the bowels.	1.5~3g	不宜多服久服，阴虚火旺者及孕妇禁用。 Avoid overdose or prolonged consumption. Contraindicated in pregnancy and individuals with hyperactivity of fire due to yin deficiency.	
236	荔枝核	Lizhihe	SEMEN LITCHI	行气散结，祛寒止痛。	To move qi, dissipate bind, dispel cold, and relieve pain.	5~10g		
237	龙胆	Longdan	RADIX ET RHIZOMA GENTIANAE	清热燥湿，泻肝火。	To clear heat, dry dampness, and purge liver-gallbladder fire.	3~6g		
238	龙骨	Longgu	OS DRACONIS	镇心安神，平肝潜阳，收敛固涩。	To tranquilise and calm the mind, pacify the liver, subdue yang, securing and astringe.	10~15g	湿热积滞者慎用。 Use with caution in individuals with accumulation and stagnation of dampness heat.	
239	龙眼肉	Longyanrou	ARILLUS LONGAN	补益心脾，养血安神。	To tonify, replenish heart and spleen, nourish blood, and tranquilise the mind.	9~15g		
240	漏芦	Loulu	RADIX RHAPONTICI	清热解毒，消痈，下乳，舒筋通脉。	To clear heat, remove toxin, disperse abscesses, promote lactation, relax sinews and unblock the meridians.	5~9g	孕妇慎用。 Use with caution in pregnancy.	
241	炉甘石	Luganshi	CALAMINA	解毒明目，收湿止痒敛疮。	To remove toxin, brighten the eyes, drain dampness, relieve itching and promote wound healing.	Appropriate amount for topical application.		
242	芦根	Lugen	RHIZOMA PHRAGMITIS	清热泻火，生津止渴，除烦，止呕，利尿。	To clear heat, purge fire, engender fluid to quench thirst, relieve vexation, check vomiting, and disinhibit urine.	15~30g		
243	芦荟	Luhui	ALOE	泻下通便，清肝泻火，杀虫疗瘡。	To purge the intestines, open the bowels, clear the liver, purge fire, kill worms and relieve malnutrition.	2~5g	孕妇、哺乳期妇女、儿童以及未确诊的腹痛、恶心、呕吐患者慎用。脾胃虚寒者禁用。避免长期服用。 Use with caution in pregnancy, lactation, children and undiagnosed abdominal symptoms such as pain, nausea or vomiting. Contraindicated in individuals with cold deficiencies in spleen and stomach. Avoid prolonged use.	可能引起恶心、呕吐、腹痛等症；长期服用可能会引起电解质紊乱及产生依赖性便秘。 May cause nausea, vomiting and cramp-like discomfort of the gastrointestinal tract; long-term use may lead to electrolyte disturbances and aggravation of constipation with dependency.
244	鹿角	Lujiao	CORNU CERVI	温肾阳，强筋骨，行血消肿。	To warm the kidney yang, strengthen sinew and bone, move blood and relieve swelling.	6~15g		
245	鹿角胶	Lujiaojiao	COLLA CORNUS CERVI	温补肝肾，益精养血。	To warm and tonify liver-kidney, replenish essence and nourish blood.	3~6g		
246	鹿角霜	Lujiaoshuang	CORNU CERVI DEGLATINATUM	温肾助阳，收敛止血。	To warm the kidney, assist yang, astringe and stop bleeding.	9~15g		
247	鹿茸	Lurong	CORNU CERVI PANTOTRICHUM	壮肾阳，益精血，强筋骨，调冲任，托疮毒。	To invigorate kidney yang, replenish essence and blood, strengthen sinew and bone, harmonise thoroughfare and conception vessels, expel sore and toxin.	1~2g		
248	路路通	Lulutong	FRUCTUS LIQUIDAMBARIS	祛风活络，利水，通经。	To dispel wind, activate the collaterals, induce diuresis, and unblock the meridians.	5~10g		
249	罗布麻叶	Luobumaye	FOLIUM APOCYNIS VENETI	平肝安神，清热利水。	To pacify the liver, tranquilise the mind, clear heat and promote urination.	6~12g		
250	罗汉果	Luohanguo	FRUCTUS SIRAITIAE	清热润肺，利咽开音，滑肠通便。	To clear heat, moisten the lung, soothe the throat, restore the voice, lubricate intestine and open the bowels.	9~15g		
251	络石藤	Luoshiteng	CAULIS ET FOLIUM TRACHELOSPERMI	祛风通络，凉血消肿。	To dispel wind, unblock the collaterals, cool the blood and disperse swelling.	6~12g		
252	鹿衔草	Luxiancao	HERBA PYROLAE	祛风湿，强筋骨，止血，止咳。	To dispel wind-dampness, strengthen sinews and bones, stop bleeding, and suppress cough.	9~15g		
253	马鞭草	Mabiancao	HERBA VERBENAE	活血散瘀，解毒，利水，退黄。	To activate blood, dissipate stasis, remove toxin, induce diuresis, abate jaundice	5~10g		
254	马勃	Mabo	LASIOSPHAERA CALVATIA	清肺利咽，止血。	To clear the lung, soothe the throat, and stop bleeding.	2~6g		

255	马齿苋	Machixian	HERBA PORTULACAE	清热解毒，凉血止血，止痢。	To clear heat, remove toxin, cool the blood, stop bleeding, and stop dysentery.	9 ~ 15g		
256	麻黄	Mahuang	HERBA EPHEDRAE	发汗散寒，宣肺平喘，利水消肿。	To promote sweating, dissipate cold, diffuse the lung, relieve shortness of breath, and promote urination to alleviate edema.	2 ~ 10g	孕妇、哺乳期妇女、心脏病、高血压、青光眼、糖尿病以及甲状腺疾病患者慎用。体虚自汗、盗汗及虚喘者禁用。避免长期服用。 Use with caution in pregnancy, lactation and individuals with heart diseases, hypertension, glaucoma, diabetes and thyroid diseases. Contraindicated in individuals with weak constitution, spontaneous perspiration, night sweat or dyspnea of asthenia type. Avoid prolonged use.	可能会引起头晕、头痛、食欲不振、失眠、心悸或心律加快以及血压升高。 May cause dizziness, headaches, poor appetite, insomnia, irregular or fast heartbeat and rise in blood pressure.
257	炙麻黄	Zhimahuang	HERBA EPHEDRAE PRAEPARATA CUM MELLE	润肺止咳。	To moisten the lung and suppress cough.	2 ~ 10g	孕妇、哺乳期妇女、心脏病、高血压、青光眼、糖尿病以及甲状腺疾病患者慎用。体虚自汗、盗汗及虚喘者禁用。避免长期服用。 Use with caution in pregnancy, lactation and individuals with heart diseases, hypertension, glaucoma, diabetes and thyroid diseases. Contraindicated in individuals with weak constitution, spontaneous perspiration, night sweat or dyspnea of asthenia type. Avoid prolonged use.	可能会引起头晕、头痛、食欲不振、失眠、心悸或心律加快以及血压升高。 May cause dizziness, headaches, poor appetite, insomnia, irregular or fast heartbeat and rise in blood pressure.
258	麻黄根	Mahuanggen	RADIX ET RHIZOMA EPHEDRAE	固表止汗。	To secure the exterior and check sweating.	3 ~ 9g		
259	麦冬	Maidong	RADIX OPHIOPOGONIS	养阴生津，润肺清心。	To nourish yin, engender fluid, moisten the lung, and clear the heart.	6 ~ 12g		
260	麦芽	Maiya	FRUCTUS HORDEI GERMINATUS	行气消食，健脾开胃，回乳消胀。	To move qi, promote digestion, fortify the spleen, increase the appetite, astringe milk, relieve distention.	10 ~ 15g, 60g fried for lactifuge.		
261	炒麦芽	Chaomaiya	FRUCTUS HORDEI GERMINATUS (STIR- BAKED)	行气消食回乳。	To move qi, promote digestion and astringe milk.	10 ~ 15g, 60g fried for lactifuge.		
262	焦麦芽	Jiaomaiya	FRUCTUS HORDEI GERMINATUS (CHARRED)	消食化滞。	To promote digestion and remove stagnation.	10 ~ 15g		
263	芒硝	Mangxiao	NATRII SULFAS	泻下通便，润燥软坚，清火消肿。	To purge and relax the bowels, moisten dryness, soften hardness, clear fire, and disperse swelling.	6 ~ 12g	孕妇慎用。 Use with caution in pregnancy.	
264	蔓荆子	Manjingzi	FRUCTUS VITICIS	疏散风热，清利头目。	To disperse wind-heat, clear and soothe head.	5 ~ 10g		
265	猫爪草	Maozhaoacao	RADIX RANUNCULI TERNATI	化痰散结，解毒消肿。	To resolve phlegm, dissipate bind, remove toxin and disperse swelling.	15 ~ 30g		
266	玫瑰花	Meiguihua	FLOS ROSAE RUGOSAE	行气解郁，和血，止痛。	To move qi to relieve depression, harmonise blood, and relieve pain.	3~6g		
267	绵萆薢 / 粉萆薢	Mianbixie / Fenbixie	RHIZOMA DIOSCOREAE SPONGIOSAE/ RHIZOMA DIOSCOREAE HYPOGLAUCAE	利湿去浊，祛风除痹。	To drain dampness, dispel turbidity, dispel wind and relieve impediment.	9 ~ 15g		
268	绵马贯众	Mianmaguanzhong	RHIZOMA DRYOPTERIS CRASSIRHIZOMAE	清热解毒，驱虫。	To clear heat, remove toxin, and kill worms.	4.5 ~ 9g	本品有小毒，用量不宜过大。服用本品时忌油腻。脾胃虚寒者及孕妇慎用。 This product is slightly toxic, avoid overdose and greasy food. Use with caution in individuals with cold deficiency in spleen and stomach and pregnancy.	
269	密蒙花	Mimenghua	FLOS BUDDLEJAE	清热泻火，养肝明目。	To clear heat, purge fire, nourish liver, brighten the eyes.	3 ~ 9g		
270	墨旱莲	Mohanlian	HERBA ECLIPAE	滋补肝肾，凉血止血。	To nourish the liver and kidney, cool the blood and stop bleeding.	6 ~ 12g		
271	没药	Moyao	MYRRHAE	散瘀定痛，消肿生肌。	To dissipate stasis, relieve pain, disperse swelling, and promote tissue regeneration.	3 ~ 5g	孕妇及胃弱者慎用。 Use with caution in pregnancy or weak stomach.	
272	牡丹皮	Mudanpi	CORTEX MOUTAN	清热凉血，活血化瘀。	To clear heat and cool the blood, activate the blood and resolve stasis.	6~12g	孕妇慎用。 Use with caution in pregnancy.	
273	木瓜	Mugua	FRUCTUS CHAENOMELIS	舒筋活络，和胃化湿。	To relax sinews, activate collaterals, harmonise the stomach and resolve dampness.	6 ~ 9g		
274	木蝴蝶	Muhudie	SEMEN OROXYLI	清肺利咽，疏肝和胃。	To clear the heat, soothe the throat, pacify the liver, and harmonise the stomach.	1 ~ 3g		
275	牡蛎	Muli	CONCHA OSTREAE	重镇安神，潜阳补阴，软坚散结。	To tranquilise the mind by heavy settling, subdue yang, replenish yin, soften hardness and dissipate bind.	9 ~ 30g		
276	木通	Mutong	CAULIS AKEBIAE	利尿通淋，清心除烦，通经下乳。	To disinhibit urine, relieve stranguria, clear the heart, relieve vexation, unblock the meridians and promote lactation.	3 ~ 6g		
277	木香	Muxiang	RADIX AUCKLANDIAE	行气止痛，健脾消食。	To move qi, relieve pain, fortify the spleen and promote digestion.	3 ~ 6g		
278	木贼	Muzei	HERBA EUISETI HIEMALIS	疏散风热，明目。	To disperse wind-heat, brighten the eyes.	3 ~ 9g		

279	南沙参	Nanshashen	RADIX ADENOPHORAE	养阴清肺，益胃生津，化痰，益气。	To nourish yin, clear heat, boost the stomach, engender fluid, resolve phlegm, and tonify qi.	9~15g		
280	牛蒡子	Niubangzi	FRUCTUS ARCTII	疏散风热，宣肺透疹，解毒利咽。	To disperse wind-heat, diffuse the lung, promote eruption, remove toxin and soothe the throat.	6~12g		
281	牛黄	Niuhuang	CALCULUS BOVIS	清心，豁痰，开窍，凉肝，息风，解毒。	To clear the heart, eliminate phlegm, open the orifices, cool the liver, extinguish wind, and remove toxin.	0.15~0.35g	孕妇慎用。 Use with caution in pregnancy.	
282	牛膝	Niuxi	RADIX ACHYRANTHIS BIDENTATAE	逐瘀通经，补肝肾，强筋骨，利尿通淋，引血下行。	To expel stasis, unblock the meridian, tonify liver-kidney, strengthen sinew and bone, promote urination, relieve stranguria, and conduct blood and downward.	5~12g	孕妇慎用。 Use with caution in pregnancy.	
283	女贞子	Nvzhenzi	FRUCTUS LIGUSTRI LUCIDI	滋补肝肾，明目乌发。	To nourish the liver and kidney, brighten the eyes, and blacken hairs.	6~12g		
284	藕节	Oujie	NODUS NELUMBINIS RHIZOMATIS	收敛止血，化瘀。	To stop bleeding and astringent and resolve stasis.	9~15g		
285	胖大海	Pangdaihai	SEMEN STERCULIAE LYCHNOPHORAE	清热润肺，利咽开音，润肠通便。	To clear heat, moisten the lung, soothe the throat, restore the voice, moisten the intestines, and open the bowels.	2~3 pieces (5g)		
286	佩兰	Peilan	HERBA EUPATORII	芳香化湿，醒脾开胃，发表解暑。	To resolve dampness with aromatic medicinal, enliven the spleen and increase the appetite, release the exterior and summerheat.	3~10g		
287	硼砂	Pengsha	BORAX	清热消痰，解毒防腐。	To clear heat, resolve phlegm, remove toxin and antiseptic.	1.5~3g	体弱者慎服。 Use with caution in individuals with poor constitution.	
288	片姜黄	Pianjianghuang	RHIZOMA WENYUJIN CONCUSUM	破血行气，通经止痛。	To break blood, move qi, unblock the meridians and relieve pain.	3~9g	孕妇慎用。 Use with caution in pregnancy.	
289	枇杷叶	Pipaye	FOLIUM ERIOBOTRYAE	清肺止咳，降逆止呕。	To clear the heat, suppress cough, downbear counterflow and stop vomiting.	6~10g		
290	蒲公英	Pugongying	HERBA TARAXACI	清热解毒，消肿散结，利尿通淋。	To clear heat, remove toxin, disperse swelling, dissipate bind, promote urination and relieve stranguria.	10~15g		
291	蒲黄	Puhuang	POLLEN TYPHAE	止血，化瘀，通淋。	To stop bleeding, resolve stasis, and relieve stranguria.	5~10g	孕妇慎用。 Use with caution in pregnancy.	
292	黑蒲黄/蒲黄炭	Heipuhuang/Puhuangtan	POLLEN TYPHAE CARBONISATUM	止血。	To stop bleeding.	5~10g	孕妇慎用。 Use with caution in pregnancy.	
293	茜草	Qiancao	RADIX ET RHIZOMA RUBIAE	凉血，祛瘀，止血，通经。	To cool the blood, eliminate stasis, stop bleeding, and unblock the meridians.	6~10g		
294	羌活	Qianghuo	RHIZOMA ET RADIX NOTOPTERYGII	解表散寒，祛风除湿，止痛。	To release the exterior, dissipate cold, dispel wind, remove dampness, and relieve pain.	3~10g		
295	前胡	Qianhu	RADIX PEUCEDANI	降气化痰，散风清热。	To direct qi downward, resolve phlegm, disperse wind and clear heat.	3~10g		
296	千年健	Qiannianjian	RHIZOMA HOMALOMENAE	祛风湿，壮筋骨。	To dispel wind-dampness, strengthen sinew and bone.	5~10g		
297	牵牛子	Qianniuzi	SEMEN PHARBITIDIS	泻水通便，消痰涤饮，杀虫攻积。	To purge water, open the bowels, resolve phlegm and fluid retention, kill worms, and remove accumulation.	3~6g	孕妇禁服，体质虚弱者慎服。肝肾功能不全者禁用。不可超量久服。 Contraindicated in pregnancy, individuals with poor constitution and those with kidney or liver impairment. Avoid overdose and prolonged consumption.	可能引起头晕头痛、呕吐，剧烈腹痛、腹泻等。长期或过量可能引起肝肾受损。 May cause dizziness, headache, nausea, vomiting, diarrhoea and other gastrointestinal disturbances. Prolonged consumption may cause kidney and liver impairment.
298	芡实	Qianshi	SEMEN EURYALES	益肾固精，补脾止泻，除湿止带。	To tonify kidney, secure essence, tonify spleen, check diarrhea, dispel dampness, and relieve abnormal vaginal discharge.	9~15g		
299	青黛	Qingdai	INDIGO NATURALIS	清热解毒，凉血消斑，泻火定惊。	To clear heat, remove toxin, cool the blood, resolve macule, purge fire, and settle convulsion.	1~3g		
300	青风藤	Qingfengteng	CAULIS SINOMENII	祛风湿，通经络，利小便。	To dispel wind-dampness, unblock the meridians and collateral vessels, and promote urination.	6~12g		
301	青果	Qingguo	FRUCTUS CANARII	清热解毒，利咽，生津。	To clear heat, remove toxin, soothe the throat, and engender fluids.	5~10g		
302	青蒿	Qinghao	HERBA ARTEMISIAE ANNUAE	清虚热，除骨蒸，解暑热，退黄。	To clear deficiency heat, eliminate bone-steaming sensation, release summerheat, and abate jaundice.	6~12g		
303	青礞石	Qingmengshi	LAPIS CHLORITI	坠痰下气，平肝镇惊。	To resolve phlegm, direct qi downward, pacify the liver and settle fright.	10~15g		
304	青皮	Qingpi	PERICARPIUM CITRI RETICULATAE VIRIDE	疏肝破气，消积化滞。	To soothe the liver, break qi, eliminate accumulation and resolve stagnation.	3~10g		
305	秦艽	Qinjiao	RADIX GENTIANAE MACROPHYLLAE	祛风湿，清湿热，止痹痛，退虚热。	To dispel wind-dampness, clear dampness-heat, relieve arthralgia pain, and relieve deficiency heat.	3~10g		

306	秦皮	Qinpi	CORTEX FRAXINI	清热燥湿，收涩止痢，止带，明目。	To clear heat, dry dampness, astringe and stop dysentery and vaginal discharge, and brighten the eyes.	6~12g		
307	蕲蛇	Qishe	AGKISTRODON	祛风，通络，止痉。	To dispel wind, unblock the collaterals, and arrest spasms.	3~9g	阴虚内热及血虚生风者禁服。 Contraindicated in individuals with yin deficiency with internal heat, or wind syndrome due to blood deficiency.	
308	拳参	Quanshen	RHIZOMA BISTORTAE	清热解毒，消肿，止血。	To clear heat, remove toxin, relieve swelling, and stop bleeding.	5~10g		
309	全蝎	Quanxie	SCORPIO	息风镇痉，通络止痛，攻毒散结。	To extinguish wind, arrest spasms, unblock the collaterals, relieve pain, expel toxin and dissipate bind.	3~6g	血虚生风者及孕妇禁服。 Contraindicated in individuals with wind-syndrome due to blood deficiency and in pregnancy.	
310	瞿麦	Qumai	HERBA DIANTHI	利尿通淋，活血通经。	To promote urination, relieve stranguria, activate blood and unblock the meridians.	9~15g	孕妇慎用。 Use with caution in pregnancy.	
311	忍冬藤	Rendongteng	CAULIS LONICERAE JAPONICAE	清热解毒，疏风通络。	To clear heat, remove toxin, disperse wind, and unblock the collaterals.	9~30g		
312	人参	Renshen	RADIX ET RHIZOMA GINSENG	大补元气，复脉固脱，补脾益肺，生津养血，安神益智。	To tonify the original qi greatly, resume pulse, secure collapse, tonify spleen, replenish kidney, engender fluid, nourish the blood, tranquilise the mind.	3~9g		
313	人参叶	Renshenye	FOLIUM GINSENG	补气，益肺，祛暑，生津。	To tonify qi, replenish the lung, dispel summerheat, and engender fluid.	3~9g		
314	肉苁蓉	Roucongrong	HERBA CISTANCHES	补肾阳，益精血，润肠通便。	To tonify the kidney yang, replenish essence and blood, moisten the intestines and open the bowels.	6~10g		
315	肉豆蔻	Roudoukou	SEMEN MYRISTICAE	温中行气，涩肠止泻。	To warm the middle energiser, move qi, astringe the intestines, stop diarrhea.	3~10g		
316	肉桂	Rougui	CORTEX CINNAMOMI	补火助阳，引火归元，散寒止痛，温通经脉。	To tonify fire, assist yang, conduct fire back to its origin, dissipate cold, relieve pain, warm and unblock the meridians.	1~5g	有出血倾向者及孕妇慎用。 Use with caution in individuals with bleeding tendency and in pregnancy.	
317	蕤仁	Ruiren	NUX PRINSEPIAE	疏风散热，养肝明目。	To disperse wind-heat, nourish liver, and brighten the eyes.	5~9g		
318	乳香	Ruxiang	OLIBANUM	活血定痛，消肿生肌。	To activate the blood, relieve pain, disperse swelling, and promote tissue regeneration.	3~5g	孕妇及胃弱者慎用。 Use with caution in pregnancy and weak stomach.	
319	桑白皮	Sangbaipi	CORTEX MORI	泻肺平喘，利水消肿。	To purge the lung, relieve shortness of breath, promote urination, and alleviate edema.	6~12g		
320	桑寄生/槲寄生	Sangjisheng/Hujisheng	HERBA TAXILLI / HERBA VISCII	祛风湿，补肝肾，强筋骨。	To dispel wind-dampness, tonify liver-kidney, strengthen sinew and bone.	9~15g		
321	桑螵蛸	Sangpiaoxiao	OOTHECA MANTIDIS	固精缩尿，补肾助阳。	To secure essence and reduce urination, tonify the kidney, and assist yang.	5~10g		
322	桑椹	Sangshen	FRUCTUS MORI	滋阴补血，生津润燥。	To replenish yin, nourish blood, engender fluid, and moisten dryness.	9~15g		
323	桑叶	Sangye	FOLIUM MORI	疏散风热，清肺润燥，清肝明目。	To disperse wind-heat, clear the heat, moisten dryness, clear the liver, and brighten the eyes.	5~10g		
324	桑枝	Sangzhi	RAMULUS MORI	祛风湿，利关节。	To dispel wind-dampness and disinhibit the joint.	9~15g		
325	三棱	Sanleng	RHIZOMA SPARGANII	破血行气，消积止痛。	To break blood, move qi, and relieve accumulation and pain.	5~10g	孕妇禁用。 Contraindicated in pregnancy.	
326	三七	Sanqi	RADIX ET RHIZOMA NOTOGINSENG	散瘀止血，消肿定痛。	To dissipate stasis, stop bleeding, disperse swelling, and relieve pain.	3~9g	孕妇慎用。 Use with caution in pregnancy.	
327	山慈菇	Shancigu	PSEUDOEBULBUS CREMASTRAE / PSEUDOEBULBUS PLEIONES	清热解毒，化痰散结。	To clear heat, remove toxin, resolve phlegm and dissipate binds.	3~9g		
328	山豆根	Shandougen	RADIX ET RHIZOMA SOPHORAE TONKINENSIS	清热解毒，消肿利咽。	To clear heat, remove toxin, disperse swelling and soothe the throat.	3~6g	内服须严格掌握用量。凡脾胃虚寒泄泻者忌服。孕妇慎用。 Dosing instructions must be strictly adhered to. Contraindicated in individuals with diarrhoea due to cold deficiency of spleen and stomach. Use with caution in pregnancy.	
329	商陆	Shanglu	RADIX PHYTOLACCAE	逐水消肿，通利二便；外用解毒散结。	To expel water, disperse swelling, unblock urination and defecation; topical application: Remove toxin and dissipate bind.	3~9g	孕妇禁用。体虚水肿者慎服。宜饭后服。 Contraindicated in pregnancy. Use with caution in individuals with weak constitution and edema. Recommend for consumption after meal.	本品对胃肠道有刺激作用。May cause gastrointestinal irritation.
330	山药	Shanyao	RHIZOMA DIOSCOREAE	补脾养胃，生津益肺，补肾涩精。	To tonify spleen and stomach, engender fluids, nourish lung, tonify kidney and astringe essence.	15~30g		
331	山楂	Shanzha	FRUCTUS CRATAEGI	消食健胃，行气散瘀，化浊。	To promote digestion, invigorate the stomach, move qi, dissipate stasis, resolve turbidity.	9~12g		
332	山茱萸	Shanzhuyu	FRUCTUS CORNI	补益肝肾，收涩。	To tonify and nourish kidney and liver, astringe.	6~12g		
333	砂仁	Sharen	FRUCTUS AMOMI	化湿开胃，温脾止泻，理气。	To resolve dampness, increase the appetite, warm the spleen, stop diarrhea, regulate qi.	3~6g		
334	沙苑子	Shayuanzi	SEMEN ASTRAGALI COMPLANATI	补肾助阳，固精缩尿，养肝明目。	To tonify kidney, assist yang, secure essence, reduce urination, nourish liver and brighten the eyes.	9~15g		

335	蛇床子	Shechuangzi	FRUCTUS CNIDII	燥湿祛风，杀虫止痒，温肾壮阳。	To dry dampness, dispel wind, kill worms, relieve itching, warm the kidney and invigorate yang.	3 ~ 10g	下焦湿热或相火易动，精关不固者禁服。 Contraindicated in individuals with damp heat at lower energiser (xia jiao), hyperactivity of ministerial fire, and predisposed emission.	
336	射干	Shegan	RHIZOMA BELAMCANDAE	清热解毒，消痰，利咽。	To clear heat, remove toxin, resolve phlegm, and soothe the throat.	3 ~ 10g		
337	生姜	Shengjiang	RHIZOMA ZINGIBERIS RECENS	解表散寒，温中止呕，化痰止咳，解鱼蟹毒。	To release the exterior, dissipate cold, warm the middle energiser, stop vomiting, resolve phlegm, suppress cough, and reduce toxin of seafood.	3 ~ 10g		
338	升麻	Shengma	RHIZOMA CIMICIFUGAE	发表透疹，清热解毒，升举阳气。	To effuse the exterior, promote eruption, clear heat, remove toxin, and upraise yang qi.	3 ~ 10g		
339	伸筋草	Shenjinciao	HERBA LYCOPODII	祛风除湿，舒筋活络。	To dispel wind, remove dampness, relax sinews, and activate collaterals.	3 ~ 12g		
340	神曲	Shenqu	MASSA MEDICATA FERMENTATA	消食化积，健脾和胃。	To promote digestion and eliminate stagnation, strengthen the spleen and harmonise the stomach.	10 ~ 15g	脾阴不足，胃火盛，及孕妇慎用。 Use with caution in individuals with deficiency of spleen yin, excessive stomach fire, and in pregnancy.	
341	蛇蜕	Shetui	PERIOSTRACUM SERPENTIS	祛风，定惊，解毒。	To dispel wind, settle fright, remove toxin.	2 ~ 3g		
342	麝香	Shexiang	MOSCHUS	开窍醒神，活血通经，消肿止痛。	To open the orifices and awaken the mind, activate the blood and unblock the meridians, disperse swelling and relieve pain.	0.03~0.1g	孕妇禁用。 Contraindicated in pregnancy.	
343	石菖蒲	Shichangpu	RHIZOMA ACORI TATARINOWII	开窍豁痰，醒神益智，化湿开胃。	To open the orifices, sweep phlegm, awaken the mind, resolve dampness and increase the appetite.	3 ~ 10g		
344	柿蒂	Shidi	CALYX KAKI	降逆止呃。	To downbear counterflow and relieve hiccup.	5 ~ 10g		
345	石膏	Shigao	GYPSUM FIBROSUM	清热泻火，除烦止渴。	To clear heat, purge fire, relieve vexation and quench thirst.	15 ~ 60g		
346	煅石膏	Duanshigao	GYPSUM FIBROSUM PRAEPARATUM	收湿，生肌，敛疮，止血。	To drain dampness, promote tissue regeneration, promote wound healing, stop bleeding.	外用适量，研末撒敷患处。		
347	石斛	Shihu	CAULIS DENDROBII	益胃生津，滋阴清热。	To boost the stomach, engender fluids, nourish yin and clear heat.	6 ~ 12g		
348	石决明	Shijueming	CONCHA HALIOTIDIS	平肝潜阳，清肝明目。	To pacify the liver, subdue yang, clear the liver to brighten the eyes.	6~20g		
349	使君子	Shijunzi	FRUCTUS QUISQUALIS	杀虫消积。	To kill worms and eliminate accumulation.	9 ~ 12g 使君子仁6 ~ 9g	服药时忌饮浓茶。 Avoid consumption with concentrated tea.	
350	石榴皮	Shiliupi	PERICARPIUM GRANATI	涩肠止泻，止血，驱虫。	To astringe the intestines, stop diarrhea, stop bleeding, and expel worms.	3 ~ 9g		
351	石韦	Shiwei	FOLIUM PYROSIAE	利尿通淋，清肺止咳，凉血止血。	To disinhibit urine, relieve stranguria, clear the heat, suppress cough, cool the blood and stop bleeding.	6 ~ 12g		
352	首乌藤	Shouwuteng	CAULIS POLYGONI MULTIFLORI	养血安神，祛风通络。	To nourish blood, tranquilise the mind, dispel wind and unblock the collaterals.	9 ~ 15g		
353	水牛角	Shuiniujiao	CORNU BUBALI	清热凉血，解毒，定惊。	To clear heat, cool the blood, remove toxin, and settle fright.	15 ~ 30g		
354	水蛭	Shuizhi	HIRUDO	破血通经，逐瘀消癥。	To break blood, and unblock the meridian, expel stasis, and eliminate mass.	1 ~ 3g	体弱血虚，孕妇，妇女月经期及有出血倾向者禁用。 Contraindicated in individuals with weak constitution and blood deficiency or haemorrhagic tendency, during pregnancy and menstruation.	
355	丝瓜络	Sigualuo	RETINERVUS LUFFAE FRUCTUS	祛风，通络，活血，下乳。	To dispel wind, unblock the collaterals, activate the blood, and promote lactation.	5 ~ 12g		
356	四季青	Sijiqing	FOLIUM ILCIS CHINENSIS	清热解毒，消肿祛瘀。	To clear heat, remove toxin, relieve swelling, and eliminate stasis.	15 ~ 60g		
357	酸枣仁	Suanzaoren	SEMEN ZIZIPHI SPINOSAE	养心补肝，宁心安神，敛汗，生津。	To nourish the heart, tonify the liver, clam the heart, tranquilise the mind, relieve sweating, and engender fluid.	10 ~ 15g		
358	苏合香	Suhexiang	STYRAX	开窍，辟秽，止痛。	To open the orifices, repel foulness, and relieve pain.	0.3 ~ 1g		
359	苏木	Sumu	LIGNUM SAPPAN	活血祛瘀，消肿止痛。	To activate blood, eliminate stasis, disperse swelling and relieve pain.	3 ~ 9g	孕妇慎用。 Use with caution in pregnancy.	
360	娑罗子	Suoluozi	SEMEN AESCULI	疏肝理气，和胃止痛。	To soothe the liver, regulate qi, harmonise the stomach and relieve pain.	3 ~ 9g		
361	锁阳	Suoyang	HERBA CYNOMORII	补肾阳，益精血，润肠通便。	To tonify the kidney yang, replenish essence and blood, moisten the intestines and open the bowels.	5 ~ 10g		
362	太子参	Taizishen	RADIX PSEUDOSTELLARIAE	益气健脾，生津润肺。	To tonify qi, fortify the spleen, engender fluids and moisten the lung.	9 ~ 30g		
363	檀香	Tanxiang	LIGNUM SANTALI ALBI	行气温中，开胃止痛。	To remove qi, warm the middle energiser, increase the appetite and relieve pain.	2 ~ 5g		
364	桃仁	Taoren	SEMEN PERSICAE	活血祛瘀，润肠通便，止咳平喘。	To activate the blood to eliminate stasis, moisten the intestines, open the bowels, suppress cough and relieve shortness of breath.	5 ~ 10g	孕妇慎用。 Use with caution in pregnancy.	

365	天冬	Tiandong	RADIX ASPARAGI	养阴润燥，清肺生津。	To nourish yin, moisten dryness, clear the heat and engender fluids.	6 ~ 12g		
366	天花粉	Tianhuafen	RADIX TRICHOSANTHIS	清热泻火，生津止渴，消肿排脓。	To clear heat, purge fire, engender fluids, quench thirst, disperse swelling and expel pus.	10 ~ 15	孕妇慎用。 Use with caution in pregnancy.	
367	天葵子	Tiankuizi	RADIX SEMIAQUILEGIAE	清热解毒，消肿散结。	To clear heat, remove toxin, disperse swelling and dissipate binds.	9 ~ 15g		
368	天麻	Tianma	RHIZOMA GASTRODIAE	息风止痉，平抑肝阳，祛风通络。	To extinguish wind, arrest spasms, pacify, repress the liver yang, dispel wind and unblock the collaterals.	3 ~ 10g		
369	天南星	Tiannanxing	RHIZOMA ARISAEMATIS	散结消肿。	To dissipate bind and disperse swelling.	外用生品适量，研末以醋或酒调敷患处。Appropriate amount for topical application after grinding the crude drug into powder and then mixing with vinegar or wine cautious.	阴虚燥咳，热极，血虚动风者禁服。孕妇慎服。生品内服宜慎。Contraindicated in individuals with yin deficiency and dry cough, extreme heat, wind syndrome due to blood deficiency. Use with caution in pregnancy. Un-processed should be used with caution for oral consumption.	
370	制天南星	Zhitiananxing	RHIZOMA ARISAEMATIS PRAEPARATA	燥湿化痰，祛风止痉，散结消肿。	To dry dampness, resolve phlegm, dispel wind, arrest spasms, dissipate bind and disperse swelling.	3 ~ 9g	阴虚燥咳，热极，血虚动风者禁服。孕妇慎服。Contraindicated in individuals with yin deficiency and dry cough, extreme heat, wind syndrome due to blood deficiency. Use with caution in pregnancy.	
371	胆南星	Dannanxing	ARISAEMA CUM BILE	清热化痰，息风定惊。	To clear heat, resolve phlegm, extinguish wind and settle fright.	3 ~ 6g		
372	天山雪莲	Tianshanxuelian	HERBA SAUSSUREAE INVOLUCRATAE	温肾助阳，祛风湿湿，通经活血。	To warm the kidney, assist yang, dispel wind, remove dampness, unblock the meridians and activate blood.	3 ~ 6g	孕妇禁用。 Contraindicated in pregnancy.	
373	天竺黄	Tianzhuhuang	CONCRETIO SILICEA BAMBUSAE	清热豁痰，凉心定惊。	To clear heat, sweep phlegm, cool the hear and settle fright.	3 ~ 9g		
374	葶苈子	Tinglizi	SEMEN LEPIDII SEU DESCURAINIAE	泻肺平喘，行水消肿。	To purge the lung, relieve shortness of breath, move water and relieve swelling.	3 ~ 10g		
375	通草	Tongcao	MEDULLA TETRAPANACIS	清热利尿，通气下乳。	To clear heat, promote urination, unblock qi and promote lactation.	3 ~ 5g	孕妇慎用。 Use with caution in pregnancy.	
376	土贝母	Tubeimu	RHIZOMA BOLBOSTEMMAE	解毒，散结，消肿。	To remove toxin, dissipate bind, disperse swelling.	5 ~ 10g		
377	土鳖虫	Tubiechong	EUPOLYPHAGA SEU STELEOPHAGA	破血逐瘀，续筋接骨。	To break blood, expel stasis, reconnect sinews and bones.	3 ~ 10g	孕妇禁用。年老体弱及月经期者慎服。Contraindicated in pregnancy. Use with caution in the elderly, individuals with weak constitution, and in menstruation.	
378	土茯苓	Tufuling	RHIZOMA SMILACIS GLABRAE	解毒，除湿，通利关节。	To remove toxin, remove dampness, relieve and facilitate joints.	15 ~ 60g		
379	土荆皮	Tujingpi	CORTEX PSEUDOLARICIS	杀虫，疗癣，止痒。	To kill worms, treat tinea, and relieve itching.	外用适量	只作外用。 For external use only.	
380	菟丝子	Tusizi	SEMEN CUSCUTAE	补益肝肾，固精缩尿，明目，止泻。外用消风祛斑。	To tonify and replenish the liver and kidney, secure essence, reduce urination, brighten the eyes, and stop diarrhea. Topical application: disperse wind and resolve macule.	6 ~ 12g		
381	瓦楞子	Walengzi	CONCHA ARCAE	消痰化癥，软坚散结，制酸止痛。	To eliminate phlegm, resolve stasis, soften hardness, dissipate bind, inhibit acidity and relieve pain.	9 ~ 15g		
382	王不留行	Wangbuliuxing	SEMEN VACCARIAE	活血通经，下乳消肿，利尿通淋。	To activate blood, unblock the meridians, promote lactation, disperse swelling, promote urination and relieve stranguria.	5~10g	孕妇慎用。 Use with caution in pregnancy.	
383	威灵仙	Weilingxian	RADIX ET RHIZOMA CLEMATIDIS	祛风湿，通经络。	To dispel wind-dampness, unblock the meridians and collateral vessels.	6 ~ 10g		
384	五倍子	Wubeizi	GALLA CHINENSIS	敛肺降火，涩肠止泻，敛汗，止血，收湿敛疮。	To astringe the lung, downbear fire, astringe the intestines and stop diarrhea, stop sweating, stop bleeding, drain dampness and promote wound healing.	3 ~ 6g		
385	蜈蚣	Wugong	SCOLOPENDRA	息风镇痉，通络止痛，攻毒散结。	To extinguish wind, arrest spasms, unblock the collaterals, relieve pain, expel toxin and dissipate bind.	3 ~ 5g	血虚生风者及孕妇禁服。用量不宜过大。 Contraindicated in individuals with wind-syndrome due to blood deficiency, and in pregnancy. Avoid overdose.	
386	五加皮	Wujiapi	CORTEX ACANTHOPANACIS	祛风除湿，补益肝肾，强筋壮骨，利水消肿。	To dispel wind, remove dampness, tonify and replenish the liver and kidney, strengthen sinew and bone, promote urination and alleviate edema.	5 ~ 10g		
387	五灵脂	Wulingzhi	FAECES TROGLOTERORII	活血止痛，化瘀止血，消积解毒。	To activate blood and relieve pain, resolve stasis and stop bleeding, eliminate accumulation and remove toxin.	5 ~ 10g	孕妇慎用。 Use with caution in pregnancy.	
388	乌梅	Wumei	FRUCTUS MUME	敛肺，涩肠，生津，安蛔。	To astringe the lung and intestines, engender fluid, and calm the worms.	6 ~ 12g		
389	乌梢蛇	Wushaoshe	ZAOCYS	祛风，通络，止痉。	To dispel wind, unblock the collaterals, and arrest spasms.	6 ~ 12g		
390	五味子/南五味子	Wuweizi/Nanwuweizi	FRUCTUS SCHISANDRAE CHINENSIS/FRUCTUS SCHISANDRAE SPHENANTHERAE	收敛固涩，益气生津，补肾宁心。	To astringe and secure, tonify qi, engender fluid, tonify the kidney and calm the heart.	2 ~ 6g		

391	乌药	Wuyao	RADIX LINDERAE	行气止痛，温肾散寒。	To move qi, relieve pain, warm the kidney, and dissipate cold.	6 ~ 10g		
392	吴茱萸	Wuzhuyu	FRUCTUS EVODIAE	散寒止痛，降逆止呕，助阳止泻。	To dissipate cold, relieve pain, downbear counterflow, stop vomiting, assist yang and stop diarrhea.	2 ~ 5g	不宜多服久服，无寒湿滞气及阴虚火旺者禁服。 Avoid overdose or prolonged consumption. Contraindicated in individuals with yin deficiency and hyperactivity of fire, and those without syndrome of cold-dampness and stagnant qi.	
393	夏枯草	Xiakucao	SPICA PRUNELLAE	清肝泻火，明目，散结消肿。	To clear the liver, purge fire, brighten the eyes, dissipate bind and disperse swelling.	9 ~ 15g		
394	香附	Xiangfu	RHIZOMA CYPERI	疏肝解郁，理气宽中，调经止痛。	To soothe the liver to resolve depression, regulate qi, soothe the middle, regulate menstruation and relieve pain.	6 ~ 10g		
395	香加皮	Xiangjiapi	CORTEX PERILOCARPAE	利水消肿，祛风湿，强筋骨。	To promote urination, alleviate edema, dispel wind-dampness, and strengthen sinew and bone.	3 ~ 6g	不宜过量或持续长期服用。 Avoid overdose or prolonged consumption.	
396	香薷	Xiangru	HERBA MOSLAE	发汗解表，化湿和中。	To promote sweating, release the exterior pattern, resolve dampness and harmonise the middle energiser.	3 ~ 10g		
397	香橼	Xiangyuan	FRUCTUS CITRI	疏肝理气，宽中，化痰。	To soothe the liver, regulate qi, soothe the middle, and resolve phlegm.	3 ~ 10g		
398	仙鹤草	Xianhecao	HERBA AGRIMONIAE	收敛止血，止痢，解毒，补虚。	To astringe and stop bleeding, relieve dysentery, remove toxin, and replenish deficiency.	6 ~ 12g		
399	仙茅	Xianmao	RHIZOMA CURCULIGINIS	补肾阳，强筋骨，祛寒湿。	To tonify the kidney yang, strengthen sinew and bone, dispel cold-dampness.	3 ~ 10g	阴虚火旺者禁服。 Contraindicated in individuals with yin deficiency and fire effulgence	
400	小茴香	Xiaohuixiang	FRUCTUS FOENICULI	散寒止痛，理气和胃。	To dissipate cold, relieve pain, regulate qi and harmonise the stomach.	3 ~ 6g		
401	小蓟	Xiaoji	HERBA CIRSII	凉血止血，散瘀解毒消痈。	To cool the blood, stop bleeding, dissipate stasis, remove toxin and disperse abscesses.	5 ~ 12g		
402	小通草	Xiaotongcao	MEDULLA STACHYURI MEDULLA HELWINGIAE	清热，利尿，下乳。	To clear heat, promote urination, and promote lactation.	3 ~ 6g		
403	茺白	Xiebai	BULBUS ALLII MACROSTEMONIS	通阳散结，行气导滞。	To unblock yang, dissipate bind, move qi and remove stagnation.	5 ~ 10g		
404	辛夷	Xinyi	FLOS MAGNOLIAE	散风寒，通鼻窍。	To disperse wind-cold and relieve the stuffy nose.	3 ~ 10g		
405	豨莶草	Xixiancao	HERBA SIEGESBECKIAE	祛风湿，利关节，解毒。	To dispel wind-dampness, disinhibit the joints, and remove toxin.	9 ~ 12g		
406	细辛	Xixin	RADIX ET RHIZOMA ASARI	解表散寒，祛风止痛，通窍，温肺化饮。	To release the exterior, dissipate cold, dispel wind, relieve pain, open the orifices, warm the lung and resolve fluid retention.	1 ~ 3g	孕妇、哺乳期妇女、肝肾功能不全者慎用。避免长期服用。 Use with caution in pregnancy, lactation and individuals with liver or kidney impairment. Avoid prolonged use.	
407	西洋参	Xiyangshen	RADIX PANACIS QUINQUEFOLII	补气养阴，清热生津。	To tonify qi, nourish yin, clear heat, and engender fluid.	3 ~ 6g		
408	旋覆花	Xuanfuhua	FLOS INULAE	降气，消痰，行水，止呕。	To direct qi downward, resolve phlegm, move water, and stop vomiting.	3 ~ 9g		
409	玄明粉	Xuanmingfen	NATRII SULFAS EXSICCATUS	泻下通便，润燥软坚，清火消肿。	To purge and relax the bowels, moisten dryness, soften hardness, clear fire and relieve swelling.	3 ~ 9g	孕妇慎用。 Use with caution in pregnancy.	
410	玄参	Xuanshen	RADIX SCROPHULARIAE	清热凉血，滋阴降火，解毒散结。	To clear heat, cool the blood, nourish yin, downbear fire, remove toxin and dissipate bind.	9 ~ 15g		
411	徐长卿	Xuchangqing	RADIX ET RHIZOMA CYNANCHI PANICULATI	祛风，化湿，止痛，止痒。	To dispel wind, resolve dampness, relieve pain, and relieve itching.	3 ~ 12g		
412	续断	Xuduan	RADIX DIPSACI	补肝肾，强筋骨，续折伤。	To tonify liver-kidney, strengthen sinew and bone, reconnect fracture.	9 ~ 15g		
413	血竭	Xuejie	SANGUIS DRACONIS	活血定痛，化瘀止血，生肌敛疮。	To activate blood, relieve pain, resolve stasis, stop bleeding, promote tissue regeneration and promote wound healing.	1 ~ 2g		
414	鸦胆子	Yadanzi	FRUCTUS BRUCEAE	清热解毒，止痢；外用腐蚀赘疣。	To clear heat, remove toxin, check dysentery; topical application: remove warts.	0.5 ~ 2g	不宜多服久服，脾胃虚弱呕吐者禁用。 Contraindicated in individuals with spleen or stomach deficiency with vomiting. Avoid overdose or prolonged consumption.	对胃肠道有刺激作用，可引起恶心，呕吐，腹痛，对肝肾亦有损害。 May cause irritating effects on stomach & intestines and nausea, vomiting, stomachache, liver or kidney impairment.
415	亚麻子	Yamazi	SEMEN LINI	润燥通便，养血祛风。	To moisten dryness, relax the bowels, nourish blood, and dispel wind.	9 ~ 15g	大便滑泻者禁用。 Contraindicated for patient with efflux diarrhea.	
416	延胡索	Yanhusuo	RHIZOMA CORYDALIS	活血，行气，止痛。	To activate blood, move qi, and relieve pain.	3 ~ 10g	肝病患者避免使用；及服用本品请勿过量或超过二周。如症状持续，请咨询医生。 Avoid use in individuals with liver diseases; and Use according to the recommended dose and not to consume for more than two weeks. If symptoms persist, please consult a doctor.	
417	鸭跖草	Yazhicao	HERBA COMMELINAE	清热泻火，解毒，利水消肿。	To clear heat, purge fire, remove toxin, promote urination and alleviate edema.	15 ~ 30g		
418	野菊花	Yejuhua	FLOS CHRYSANTHEMI INDICI	清热解毒，泻火平肝。	To clear heat, remove toxin, purge fire and pacify the liver.	9 ~ 15g		



419	益母草	Yimucao	HERBA LEONURI	活血调经，利尿消肿，清热解暑。	To activate the blood, regulate menstruation, disinherit urine, disperse swelling, clear heat, remove toxin.	9 ~ 30g	孕妇慎用。 Use with caution in pregnancy.	
420	银柴胡	Yinchaihu	RADIX STELLARIAE	清虚热，除疳热。	To clear deficiency heat, and relieve malnutrition fever.	3 ~ 10g		
421	茵陈	Yinchen	HERBA ARTEMISIAE SCOPARIAE	清利湿热，利胆退黄。	To clear and drain dampness-heat, disinherit gallbladder and abate jaundice.	6 ~ 15g		
422	银杏叶	Yinxingye	FOLIUM GINKGO	活血化瘀，通络止痛，敛肺平喘，化浊。	To activate the blood, resolve stasis, unblock the collaterals, relieve pain, astringe the lung, relieve shortness of breath, resolve turbidity.	9 ~ 12g	孕妇、哺乳期妇女、儿童以及青少年慎用。避免与抗凝血药（阿司匹林、华法林等）同时使用。有出血倾向者或对银杏过敏者禁用。手术前应停药或咨询医师。Use with caution in pregnancy, lactation, children and adolescents. Avoid concomitant use of anticoagulants and/or antiplatelet agents (e.g. aspirin, warfarin, etc). Contraindicated in individuals with bleeding tendency or are hypersensitive to ginkgo. Discontinue usage or consult your physician before you undergo surgery. 有实邪者忌用。Contraindicated patients with excessive pathogen. (in 中国药典)	May cause headaches, gastrointestinal disturbances or allergic skin reactions. 可能会引起头痛，肠胃道不适或皮肤过敏。
423	淫羊藿	Yinyanghuo	FOLIUM EPIMEDII	补肾阳，强筋骨，祛风湿。	To tonify the kidney yang, strengthen sinew and bone, dispel wind-dampness.	6 ~ 10g		
424	薏苡仁	Yiyiren	SEMEN COICIS	利水渗湿，健脾止泻，除痹，排脓，解毒散结。	To promote urination, drain dampness, fortify the spleen, stop diarrhea, relieve impediment, expel pus, remove toxin and dissipate bind.	9 ~ 30g	孕妇慎用。 Use with caution in pregnancy.	
425	益智	Yizhi	FRUCTUS ALPINIAE OXYPHYLLAE	暖肾固精缩尿，温脾止泻摄唾。	To warm the kidney, secure essence, reduce urination, warm the spleen, stop diarrhea and constrain saliva.	3 ~ 10g		
426	芫花	Yuanhua	FLOS GENKWA	泻水逐饮；外用杀虫疗疮。	To expel retained fluid by purgation; topical application: to kill worms and treat sore.	1.5 ~ 3g	体质虚弱，或有严重心脏病，溃疡病，消化道出血及孕妇禁服。用量宜轻，中病即止，不可久服。Contraindicated in pregnancy and in individuals with weak constitution, severe heart disease, ulcer or gastrointestinal bleeding. Avoid overdose and prolonged consumption and to stop consumption once symptoms subside.	
427	远志	Yuanzhi	RADIX POLYGALAE	安神益智，交通心肾，祛痰，消肿。	To tranquilise the mind, coordinate the heart and kidney, dispel phlegm, and disperse swelling.	3 ~ 10g		
428	月季花	Yuejihua	FLOS ROSAE CHINENSIS	活血调经，疏肝解郁。	To activate blood, regulate menstruation, soothe the liver to resolve depression.	3 ~ 6g		
429	郁金	Yujin	RADIX CURCUMAE	活血止痛，行气解郁，清心凉血，利胆退黄。	To activate blood, relieve pain, move qi to relieve depression, clear the heart, cool the blood, disinherit gallbladder and abate jaundice.	3 ~ 10g		
430	郁李仁	Yuliren	SEMEN PRUNI	润肠通便，下气利水。	To moisten the intestines, open the bowels, direct qi downward and induce diuresis.	6 ~ 10g	孕妇慎用。 Use with caution in pregnancy.	
431	鱼腥草	Yuxingcao	HERBA HOUTTUYNIAE	清热解毒，消痈排脓，利尿通淋。	To clear heat, remove toxin, disperse abscesses and expel pus, promote urination, and relieve stranguria.	15 ~ 25g		
432	预知子	Yuzhizi	FRUCTUS AKEBIAE	疏肝理气，活血止痛，散结，利尿。	To soothe the liver, regulate qi, activate blood, relieve pain, dissipate bind, and promote urination.	3~9g		
433	玉竹	Yuzhu	RHIZOMA POLYGONATI ODORATI	养阴润燥，生津止渴。	To nourish yin, moisten dryness, and engender fluid to quench thirst.	6 ~ 12g		
434	皂角刺	Zaojiaoci	SPINA GLEDITSIAE	消肿托毒，排脓，杀虫。	To disperse swelling, expel toxin, expel pus, and kill worms.	3 ~ 10g		
435	泽兰	Zelan	HERBA LYCOPI	活血调经，祛瘀消痈，利水消肿。	To activate blood, regulate menstruation, eliminate stasis, disperse abscesses, promote urination, and alleviate edema.	6 ~ 12g		
436	泽泻	Zexie	RHIZOMA ALISMATIS	利水渗湿，泄热，化浊。	To promote urination, drain dampness, discharge heat, resolve turbidity.	6 ~ 10g		
437	浙贝母	Zhebeimu	BULBUS FRITILLARIAE THUNBERGII	清热化痰止咳，解毒散结消痈。	To clear heat, resolve phlegm and suppress cough, remove toxin, dissipate binds and disperse abscesses.	5 ~ 10g		
438	珍珠母	Zhenzhu	CONCHA MARGARITIFERA	平肝潜阳，安神定惊，明目。	To pacify the liver, subdue yang, tranquilise the mind, settle fright, brighten the eyes.	10 ~ 25g		
439	珍珠	Zhenzhu	MARGARITA	安神定惊，明目，解毒生肌，润肤祛斑。	To calm the mind and settle fright, brighten the eyes, remove toxin, promote tissue regeneration, moisten skin, and resolve macule.	0.1 ~ 0.3g		
440	赭石	Zheshi	HAEMATITUM	平肝潜阳，重镇降逆，凉血止血。	To pacify the liver, subdue yang, heavily downbear counterflow, cool the blood, and stop bleeding.	9 ~ 30g	孕妇慎用。 Use with caution in pregnancy.	
441	制草乌	Zhicaowu	RADIX ACONITI KUSNEZOFFII PRAEPARATA	祛风除湿，温经止痛。	To dispel wind, remove dampness, warm the meridians and relieve pain.	1.5 ~ 3g	阴虚阳盛，热症疼痛及孕妇均禁服。Contraindicated in pregnancy and in individuals with yin deficiency and excessive yang, or heat pattern with pain	

442	制川乌	Zhichuanwu	RADIX ACONITI PRAEPARATA	祛风除湿，温经止痛。	To dispel wind, remove dampness, warm the meridians and relieve pain.	1.5 ~ 3g	阴虚阳盛，热症疼痛及孕妇均禁服。Contraindicated in pregnancy and in individuals with yin deficiency and excessive yang, or heat pattern with pain	
443	知母	Zhimu	RHIZOMA ANEMARRHENAE	清热泻火，滋阴润燥。	To clear heat, purge fire, nourish yin and moisten dryness.	6 ~ 12g		
444	枳壳	Zhiqiao	FRUCTUS AURANTII	理气宽中，行滞消胀。	To regulate qi, soothe the middle, move stagnation and relieve distention.	3 ~ 10g	孕妇慎用。Use with caution in pregnancy.	
445	枳实	Zhishi	FRUCTUS AURANTII IMMATURUS	破气消积，化痰散痞。	To break qi, eliminate accumulation, resolve phlegm and dissipate stuffiness.	3 ~ 10g	孕妇慎用。Use with caution in pregnancy.	
446	梔子	Zhizi	FRUCTUS GARDENIAE	泻火除烦，清热利湿，凉血解毒；外用消肿止痛。	To purge fire to relieve vexation, clear heat and drain dampness, cool the blood, remove toxin; topical application: disperse swelling and relieve pain.	6 ~ 10g		
447	焦梔子	Jiaozhizi	FRUCTUS GARDENIAE PRAEPARATUS	凉血止血。	To cool the blood to stop bleeding.	6 ~ 9g		
448	肿节风	Zhongjiefeng	HERBA SARCANDRAE	清热凉血，活血消斑，祛风通络。	To clear heat, cool the blood, to activate blood, resolve macule, dispel wind and unblock the collaterals.	9 ~ 30g		
449	竹沥	Zhuli	SUCCUS BAMBUSAE	清热降火，滑痰利窍。	To clear heat and downbear fire, eliminate phlegm and unblock orifices.	30 ~ 60g	寒饮湿痰及脾虚便溏者禁服。Contraindicated in cold fluid retention with damp phlegm and individuals with spleen deficiency and loose stools.	
450	猪苓	Zhuling	POLYPORUS	利水渗湿。	To promote urination and drain dampness.	6 ~ 12g		
451	竹茹	Zhuru	CAULIS BAMBUSAE IN TAENIAS	清热化痰，除烦，止呕。	To clear heat, resolve phlegm, relieve vexation, and stop vomiting.	5 ~ 10g		
452	猪牙皂	Zhuyazao	FRUCTUS GLEDITSIAE ABNORMALIS	祛痰开窍，散结消肿。	To dispel phlegm, open the orifices, dissipate binds, and relieve swelling.	1 ~ 1.5g	体虚及孕妇及咯血、吐血患者禁用。Contraindicated in pregnancy, in individuals with weak constitution, and those with hemoptysis or hematemesis.	
453	竹叶	Zhuye	FOLIUM PHYLOSTACHYDIS HENONIS	清热除烦，生津，利尿。	To clear heat, relieve vexation, engender fluid, promote urination.	6 ~ 12g		
454	紫草	Zicao	RADIX ARNEBIAE	清热凉血，活血解毒，透疹消斑。	To clear heat, cool the blood, activate blood, remove toxin, promote eruption and resolve macule.	5 ~ 10g		
455	紫花地丁	Zihuadiding	HERBA VIOLAE	清热解毒，凉血消肿。	To clear heat, remove toxin, cool the blood and disperse swelling.	15 ~ 30g		
456	自然铜	Zirantong	PYRITUM	散瘀止痛，续筋接骨。	To dissipate stasis, relieve pain, reconnect sinews and bones.	3 ~ 9g		
457	紫石英	Zishiying	FLUORITUM	温肾暖宫，镇心安神，温肺平喘。	To warm move the kidney and uterus, calm the heart, tranquilise the mind, warm the lung and relieve shortness of breath.	9 ~ 15g		
458	紫苏梗	Zisugeng	CAULIS PERILLAE	理气宽中，止痛。	To regulate qi, soothe the middle energiser, relieve pain.	5 ~ 10g		
459	紫苏叶	Zisuye	FOLIUM PERILLAE	解表散寒，行气和胃。	To release the exterior, dissipate cold, move qi, and harmonise the stomach.	5 ~ 10g		
460	紫苏子	Zisuzi	FRUCTUS PERILLAE	降气化痰，止咳平喘，润肠通便。	To direct qi downward, resolve phlegm, suppress cough, relieve shortness of breath, moisten the intestines, and relax the bowels.	3 ~ 10g		
461	紫菀	Ziwan	RADIX ET RHIZOMA ASTERIS	润肺下气，消痰止咳。	To moisten the lung, direct qi downward, resolve phlegm and suppress cough.	5 ~ 10g		
462	棕榈炭	Zonglvtan	PETIOLUS TRACHYCARPI PRAEPARATA	收敛止血。	To astringe and stop bleeding.	10 ~ 15g	出血诸证瘀滞未尽者不宜独用。Not to be consumed without other herbs in individuals with bleeding syndrome with unresolved blood stasis	