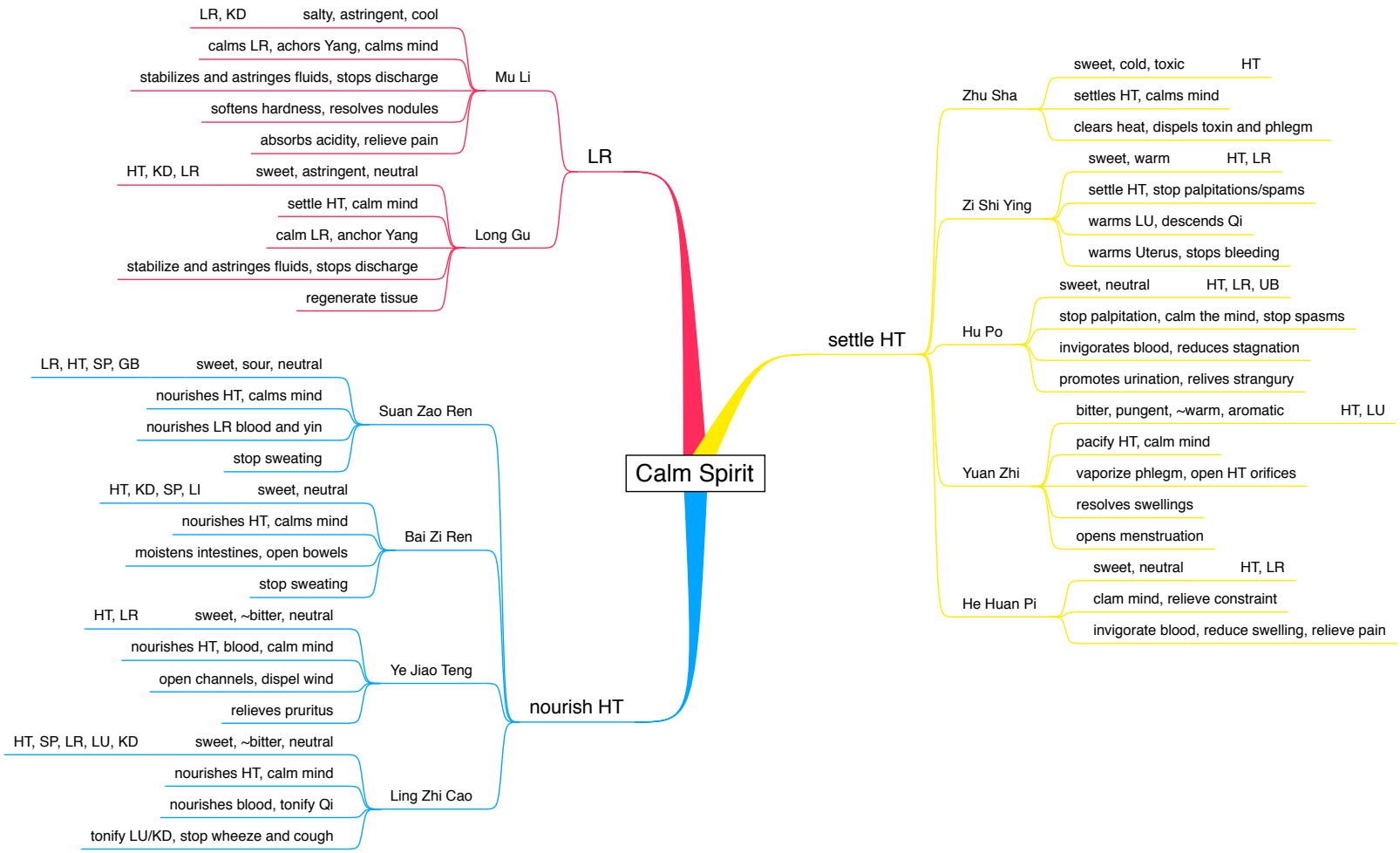
Calm Spirit
LR
Mu Li
LR, KD
salty, astringent, cool
calms LR, achors Yang, calms mind
stabilizes and astringes fluids, stops discharge
softens hardness, resolves nodules
absorbs acidity, relieve pain
Long Gu
HT, KD, LR
sweet, astringent, neutral
settle HT, calm mind
calm LR, anchor Yang
stabilize and astringes fluids, stops discharge
regenerate tissue
nourish HT
Suan Zao Ren
LR, HT, SP, GB
sweet, sour, neutral
nourishes HT, calms mind
nourishes LR blood and yin
stop sweating
Bai Zi Ren
HT, KD, SP, LI
sweet, neutral
nourishes HT, calms mind
moistens intestines, open bowels
stop sweating
Ye Jiao Teng
HT, LR
sweet, ~bitter, neutral
nourishes HT, blood, calm mind
open channels, dispel wind
relieves pruritus
Ling Zhi Cao
HT, SP, LR, LU, KD
sweet, ~bitter, neutral
nourishes HT, calm mind
nourishes blood, tonify Qi
tonify LU/KD, stop wheeze and cough
settle HT
Zhu Sha
sweet, cold, toxic
HT
settles HT, calms mind
clears heat, dispels toxin and phlegm
Zi Shi Ying
sweet, warm
HT, LR
settle HT, stop palpitations/spams
warms LU, descends Qi
warms Uterus, stops bleeding
Hu Po
sweet, neutral
HT, LR, UB
stop palpitation, calm the mind, stop spasms
invigorates blood, reduces stagnation
promotes urination, relives strangury
Yuan Zhi
bitter, pungent, ~warm, aromatic
HT, LU
pacify HT, calm mind
vaporize phlegm, open HT orifices
resolves swellings
opens menstruation
He Huan Pi
sweet, neutral
HT, LR
clam mind, relieve constraint
invigorate blood, reduce swelling, relieve pain