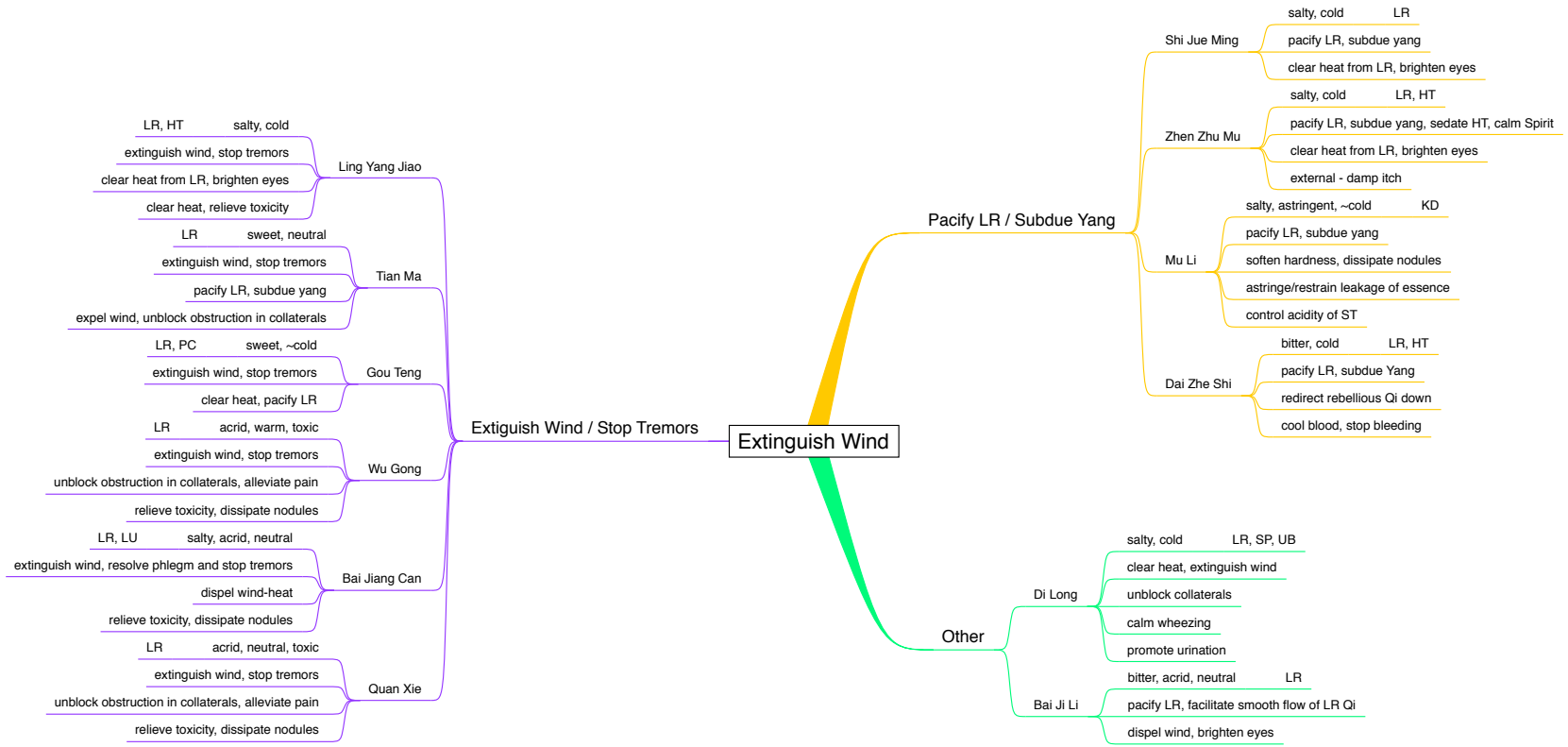
Extinguish Wind
Extiguish Wind / Stop Tremors
Ling Yang Jiao
LR, HT
salty, cold
extinguish wind, stop tremors
clear heat from LR, brighten eyes
clear heat, relieve toxicity
Tian Ma
LR
sweet, neutral
extinguish wind, stop tremors
pacify LR, subdue yang
expel wind, unblock obstruction in collaterals
Gou Teng
LR, PC
sweet, ~cold
extinguish wind, stop tremors
clear heat, pacify LR
Wu Gong
LR
acrid, warm, toxic
extinguish wind, stop tremors
unblock obstruction in collaterals, alleviate pain
relieve toxicity, dissipate nodules
Bai Jiang Can
LR, LU
salty, acrid, neutral
extinguish wind, resolve phlegm and stop tremors
dispel wind-heat
relieve toxicity, dissipate nodules
Quan Xie
LR
acrid, neutral, toxic
extinguish wind, stop tremors
unblock obstruction in collaterals, alleviate pain
relieve toxicity, dissipate nodules
Pacify LR / Subdue Yang
Shi Jue Ming
salty, cold
LR
pacify LR, subdue yang
clear heat from LR, brighten eyes
Zhen Zhu Mu
salty, cold
LR, HT
pacify LR, subdue yang, sedate HT, calm Spirit
clear heat from LR, brighten eyes
external - damp itch
Mu Li
salty, astringent, ~cold
KD
pacify LR, subdue yang
soften hardness, dissipate nodules
astringe/restrain leakage of essence
control acidity of ST
Dai Zhe Shi
bitter, cold
LR, HT
pacify LR, subdue Yang
redirect rebellious Qi down
cool blood, stop bleeding
Other
Di Long
salty, cold
LR, SP, UB
clear heat, extinguish wind
unblock collaterals
calm wheezing
promote urination
Bai Ji Li
bitter, acrid, neutral
LR
pacify LR, facilitate smooth flow of LR Qi
dispel wind, brighten eyes