

Stabilize and Bind

- KD**
 - Shan Zhu Yu**
 - sour, ~warm
 - brace KD, secure sperm / fluids
 - consolidate exterior, stop sweating, secure yang
 - stabilize menstruation, stop bleeding
 - tonify LR/KD
 - Qian Shi**
 - SP, KD sweet, astringent, neutral
 - braces KD, secure sperm
 - strengthens SP, stop diarrhea
 - dispels damp, stop discharge
 - Jin Ying Zi**
 - KD, UB, LI sour, astringent, neutral
 - braces KD, secure sperm, stop discharge
 - astringes intestines, stop diarrhea, raises prolapse
 - Sang Piao Xiao**
 - KD, LR sweet, salty, neutral
 - stops uterine bleeding
 - tonifies KD, assists Yang, contains urine and essence

- Intestines**
 - Chi Shi Zhi**
 - LI, SP, ST sweet, sour, astringent, warm
 - astringes the intestines to stop diarrhea, raise prolapse
 - stops bleeding
 - regenerate tissue
 - He Zi**
 - LI, LU, ST bitter, sour, astringent, neutral
 - astringes the intestines to stop diarrhea
 - astringes LU, descends LU Qi, stop coughing
 - cool lung
 - benefit throat, relive voiceless
 - Rou Dou Kou**
 - LI, SP, ST pungent, warm, aromatic
 - astringes the intestines, stops diarrhea, raise prolapse
 - warms middle jiao, activates Qi, relieves pain
 - Chun Pi**
 - LI, ST bitter, astringent, cold
 - stop bleeding / discharges
 - kills parasites

- SP**
 - Lian Zi**
 - sweet, astringent, neutral SP, KD, HT
 - strenthens SP, stop diarrhea
 - brace KD, secure sperm
 - stops uterine bleeding
 - nourishes HT

- LU**
 - Wu Wei Zi**
 - sour, warm LU, KD, HT
 - astringes LU, stop coughing
 - brace KD, secure sperm / fluids
 - consolidate sweating
 - generate fluids, relieve thirst
 - pacify HT, calm mind
 - Wu Mei**
 - sour, warm LU, LI, SP, LR
 - astringes LU, stop coughing
 - astringes Intestines, stop diarrhea
 - generates fluids, relives thirst
 - expels roundworms, relieves abdominal pain
 - stop bleeding

- fluids**
 - Hai Piao Xiao**
 - salty, astringent, ~warm KD, LR, ST
 - astringes stop bleeding
 - secures sperm, stops discharges
 - dries damp, regenerates tissue
 - absorbs acidity, relieve pain
 - Fu Xiao Mai**
 - sweet, salty, cool HT
 - stabilizes exterior, stop sweating
 - toniy Qi, clear heat
 - Ma Huang Gen**
 - sweet, astringent, neutral LU
 - astringes to stop sweating