

Transform Phlegm

warm and transform cold-phlegm

- Ban Xia**
 - LU, SP, ST warm, acrid, toxic
 - dry damp, transform phlegm
 - harmonize ST, descend rebellious Qi, stop vomiting
 - reduce focal distention, dissipate nodules
- Tian Nan Xing**
 - LR, LU, SP warm, bitter, acrid
 - dry damp, transform phlegm
 - expel wind, alleviate tremors
 - topical: sores, abscesses, cervical carcinoma
- Dan Nan Xing**
 - cool, bitter
 - transforms phlegm, extinguish wind and convulsions
 - phlegm-heat with cough or convulsions/mania
- Bai Fu Zi**
 - LR, SP, ST warm, acrid, sweet, toxic
 - transform phlegm, expel wind
 - scrofula and snakebites
- Bai Jie Zi**
 - LU warm, acrid
 - transform phlegm, regulate qi
 - dissipate nodules, unblock collaterals
- Jie Geng**
 - LU neutral, bitter, acrid
 - disperse LU qi, stop cough
 - benefit throat
 - expel phlegm, promote discharge of pus
 - guides to LU
- Xuan Fu Hua**
 - LU, ST, SP ~warm, bitter, acrid, salty
 - redirect Qi down, expel phlegm
 - descend rebellious Qi and stop vomiting
- Bai Qian**
 - LU ~warm, acrid, sweet
 - expel phlegm, redirect Qi down, stop cough

clear and transform phlegm-heat

- Chuan Bei Mu**
 - ~cold, bitter, sweet HT, LU
 - mainly for: transform phlegm, stop cough - (yin def)
 - clear heat, dissipate nodules
 - cold, sweet LI, LU, ST
- Gua Lou Ren**
 - moisten LU, transform phlegm
 - moisten intestine, unblock bowel
- Gua Lou**
 - cold, sweet LI, LU, ST
 - clear LU, transform phlegm
 - expand chest, facilitate qi flow
 - moisten LU, unblock bowel
 - breast/LU abscess with swelling, pain or pus / bloody sputum
- Hai Zao**
 - cold, salty LR, KD, ST
 - resolve phlegm
 - promote urination
- Pang Da Hai**
 - cold, sweet LU, LI
 - clear and ventilate LU
 - lubricate bowels, relieve constipation
- Qian Hu**
 - ~cold, bitter, acrid LU
 - redirect qi down / transform phlegm
 - disperse wind-heat
- Zhu Ru**
 - ~cold, sweet LU, ST, GB
 - clear heat, transform phlegm
 - clear heat, stop vomiting
- Zhe Bei Mu**
 - cold, bitter HT, LU
 - transform phlegm, stop cough - (fire accumulation)
 - mainly for: clear heat, dissipate nodules
- Kun Bu**
 - cold, salty LR, KD, ST
 - resolve phlegm, soften hardness
 - promote urination, reduce edema (with other diuretics)

stop coughing/wheezing

- Xing Ren**
 - ~warm, bitter, ~toxic LU, LI
 - stop cough, calm wheezing
 - moisten intestines, unblock obstruction of bowels
- Bai Bu**
 - ~warm, sweet, bitter LU
 - moisten LU, stop cough
 - expel parasites, kill lice
- Zi Wan**
 - ~warm, bitter, sweet
 - moisten LU, descend LU qi, stop cough
- Kuan Dong Hua**
 - warm, acrid LU
 - moisten LU, descend LU Qi, stop cough
- Su Zi**
 - warm, acrid LU, LI
 - descend LU Qi, stop cough, calm wheezing
 - moisten intestines, unblock bowel
- Sang Bai Pi**
 - cold, sweet LU
 - drain heat from LU, calm wheezing
 - promote urination, reduce swelling
- Pi Pa Ye**
 - cool, bitter LU, ST
 - transform phlegm, stop coughing
 - redirect rebellious Qi, stop vomiting
- Ting Li Zi**
 - +cool, bitter, acrid LU, UB
 - drain water retention from LU, calm wheezing
 - promote urination, reduce edema
- Ma Dou Ling**
 - cold, bitter, ~acid LU, UB
 - clear heat from LU, transform phlegm stop cough
 - hemorrhaging from swollen painful hemorrhoids