

Herbs that tonify the Yin



Herb Pharmacology

中藥藥理學

Mai Men Dong 麦门冬
(Slightly cold)



Chemical Composition	Ophiopogonin A, B, C, D; ruscogenin		
Pharmacological Effects	Antiarrhythmic	Cardiovascular	Antibiotic
Clinical studies and research	Coronary artery disorder		
	Use in elderly patients		



Tian Men Dong 天门冬 (very cold)



Chemical Composition	Asparagine, 5-methoxy-methylfurfural		
Pharmacological Effects	Antibiotic	Antineoplastic	
Clinical studies and research	Breast tumor	Malignant lymphoma	



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Shi Hu 石斛
(slightly cold)



Chemical Composition	Dendrobine, nobilonine, dendramine, dendroxine, dendrine	
Pharmacological Effects	Gastrointestinal	Antipyretic & analgesic
Clinical studies and research	Atrophic gastritis	



Bai He 百合
(slightly cold)



Chemical Composition	Colchicine, starch, protein, lipids, sugars, organ acids		
Pharmacological Effects	Respiratory	Adaptogenic	
Clinical studies and research	Atrophic gastritis	Sores	
	Bleeding		
Herb-drug interaction	sedatives		



Herb Pharmacology

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Nu Zhen Zi 女贞子 (cool)



Chemical Composition	Oleanolic acid, nuzhenide, ligustroside		
Pharmacological Effects	Immunostimulant	Antidiabetic	Antihyperlipidemic
	Hematological	Anti-inflammatory	
	Hepatoprotective	Antibiotic	
Clinical studies and research	Chronic hepatitis	Neutropenia	
	Hypercholesterolemia		
Herb-Drug Interaction	Antidiabetics		

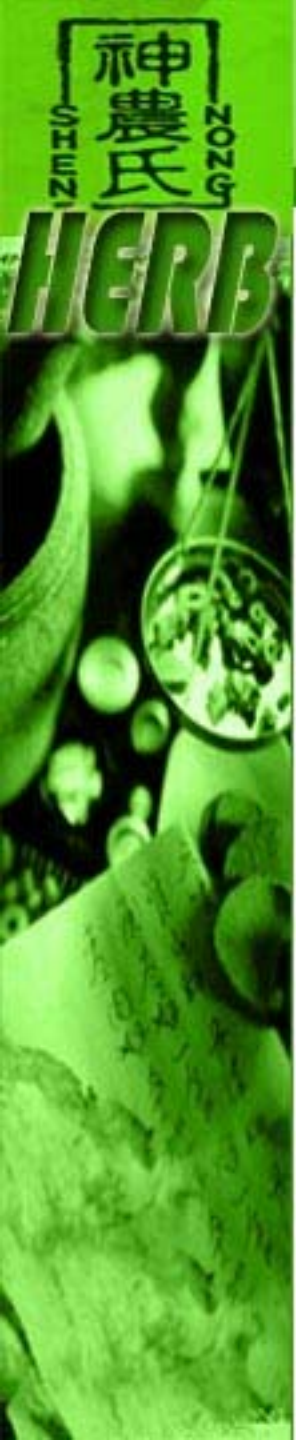


Mo Han Lian 墨旱连 (Cool)



Chemical Composition	Wedololactone, demethyl wedololactone...		
Pharmacological Effects	Dysentery	Coronary artery disease	
	Bleeding		
Clinical studies and research			





Regulate the Qi herbs



Chen Pi 陈皮
(warm)



Chemical Composition	Hesperidin, nobiletin, limonene, tangeretin		
Pharmacological Effects	Gastrointestinal	Antiasthmatic	Anti-inflammatory
	Cardiovascular		
Clinical studies and research	Acute mastitis	Chronic bronchitis	
	Cholelithiasis	burns	



Qing Pi 青皮
(warm)



Chemical Composition	Hesperidin, nobiletin, limonene, pinene...		
Pharmacological Effects	Gastrointestinal	Respiratory	
	Sympathomimetic		
Clinical studies and research	Shock	Supraventricular tachycardia	



Mu Xiang 木香
(Warm)



Chemical Composition	Saussurine, costus lactone, dihydrocostus lactone...		
Pharmacological Effects	Respiratory	Effects on smooth muscles	cardiovascular
	Antibiotic		
Clinical studies and research	Flatulence	Gallbladder pain	
	Peptic ulcer disease		



Xiang Fu 香附
(Neutral)



Chemical Composition	Cyperene, patchoulone, limonene, limonene		
Pharmacological Effects	Sedative	Uterine relaxant	
	Analgesic	Antipyretic	Cardiovascular
	Antibiotic		
Clinical studies and research	Gastrointestinal disorders	Flat warts	



Herb Pharmacology

中藥藥理學

Chuan Lian Zi
川楝子 (cold)



Chemical Composition

Tootsendanin, mergsine, melianone, melianol, melianediol

Pharmacological Effects

Antiparastic

Respiratory

Antitoxin

Clinical studies and research

Acute mastitis



Zhi Shi 枳实
(slightly cold)



Chemical Composition	Synephrine, N-methyltyramine, hesperidin, neohesperidin		
Pharmacological Effects	Cardiovascular	Circulatory	
	Diuretic	Gastrointestinal	Effects on the uterus
Clinical studies and research	Shock		Cardiac failure
	Uterine prolapse		
Herb-drug interaction	diuretics		





Calm the spirit herbs

Herb Pharmacology

中藥藥理學

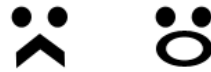
Suan Zao Ren 酸枣仁
(Neutral)



Chemical Composition	Jujuboside, betulin, betulinic acid, jujubogenin, ebetinlaetone...		
Pharmacological Effects	Sedative and hypnotic	Cardiovascular	Uterine stimulant
	Analgesic	antipyretic	
Clinical studies and research	Insomnia	Neurasthenia	
	Altitude stress		
Herb-Drug Interaction	sedatives		



Yuan Zhi 远志
(slightly warm)



Chemical Composition	Onjisaponin; tenuigenin, tenuifolin, presenegenin		
Pharmacological Effects	Expectorant	CNS suppressant	
	Diuretic	Antibiotic	Uterine stimulant
Clinical studies and research	Acute mastitis	Trichomonal vaginitis	
Herb-drug interaction	Ethanol	diuretics	

