

Stabilize & Bind (2)

Ailanthus bark Cortex ailanthi (Chun pi)	cold, bitter, astringent ----- Lr, St, LI	*Clears heat, dries dampness: damp-heat diarrhea, leukorrhea *Stops bleeding: bloody stool. *Kill parasites	Contraindicated: def cold, def yin	3-9 g
Lotus seed Semen Nelumbinis (Lian zi)	neutral, sweet, astringent ----- K, Sp, Ht	*Tonifies Sp, stops diarrhea. *Tonifies Kd stabilizes essence: seminal emissions, leukorrhea. *Nourishes blood, calms mind: palpitations, anxiety, insomnia, irritability.	Contraindicated: ab distension, constipation	6-15 g
Euryale seed Semen Euryales (Qian shi)	neutral, sweet, astringent ----- K, Sp	*Tonifies Sp, stops diarrhea. *Tonifies Kd stabilizes essence: seminal emissions, freq urination. *Expels dampness: leukorrhea d/t def or damp-heat.		9-15 g
Cherokee rose hips Fructus Rosae laevigatae (Jin ying zi)	neutral, sour, astringent ----- K, UB, LI	*Retains essence: spermatorrhea, freq urination, leukorrhea, prolapse of anus or uterus, uterine bleeding. *Chronic diarrhea or dysentery.	Contraindicated: fire or excessive pathogenic factors. OD, long-term may cause ab pain, constipation.	4.5-9 g
Light wheat Fructus Tritici levis (Fu xiao mai)	cool, sweet, salty ----- Ht	*Stops sweating: spontaneous or night sweating. *Nourishes Ht, calms mind: restless organ disorder. *Pediatric enuresis		9-15 g
Ephedra root Radix Ephedrae (Ma huang gen)	neutral, sweet ----- Lu	*Stops sweating d/t def: spontaneous or night sweating.	Contraindicated: ext patterns	3-10 g
Cuttlefish bone Os Sepiae seu Sepiellae (Wu ze gu) (Hai piao xiao)	sl warm, salty, astringent ----- Lr, K, St	*Stops uterine bleeding and leukorrhea. *Retains essence: nocturnal emission, premature ejaculation. *Controls acidity, stops St pain. *Promotes healing of ulcers.	Contraindicated: def yin, xs heat.	4.5-12 g
Mantis egg case Ootheca Mantidis (Sang piao xiao)	neutral, sweet, salty ----- Lr, K	*Tonifies Kd yang, restrains essence & urination: seminal emission, nocturnal enuresis (esp in children), leukorrhea.	Contraindicated: yin def fire, UB heat w/frequent urine.	3-10 g