

Clear Heat, Dry Dampness

Radix Scutellariae Baicalensis (Huangqin) (Scutellaria root)	Cold, bitter / LU, LI, GB, ST	Drains fire in upper jiao: cough. Clears damp heat: jaundice, dysentery/diarrhea, dysuria. Toxic sores. Bleeding d/t heat. Calms fetus.	Contraindicated in spleen & stomach def cold. Use raw to calm fetus, wine stir-fry to clear upper jiao heat, carbonize to stop bleeding.	3-9 g
Rhizoma Coptidis (Huanglian) (Coptis root)	Cold, bitter / H, ST, LR, LI	Fire toxin: hi fever, abcess, etc. Damp-heat in middle jiao: vomiting, diarrhea, dysentery. Liver-stomach fire. Heart fire. Topical: boils, mouth sores.	Contraindicated in spleen & stomach def cold or Yin def. Large dosage or long-term may weaken the stomach.	1.5-9 g
Cortex Phellodendri (Huangbai) (Phellodendron bark)	Cold, bitter / K, UB	Damp-heat in lower jiao: dysuria, leukorrhea, diarrhea, leg swelling. Drains Yin deficiency fire. Damp heat skin: eczema, sores.	Contraindicated in spleen & stomach def cold.	3-12 g
Radix Gentianae (Longdancao) (Chinese gentian)	Cold, bitter / GB, LR, ST	Liver/GB damp-heat: jaundice, dysuria, leukorrhea, genital sores. Liver fire: headache, dizziness, red eyes.	Contraindicated in spleen & stomach def cold.	3-9 g
Radix Sophorae flavescens (Kushen) (Sophora root)	Cold, bitter / UB, H, LR, LI, SI	Damp heat: damp itchy skin sores, dysuria, leukorrhea, diarrhea.	Contraindicated in spleen & stomach def cold. Often used topically.	3-15 g
Cortex Fraxini (Qinpi) (Fraxinus)	Cold, bitter / GB, LI, LR, ST	Toxic heat dysentery. Red eyes d/t Liver fire.	Contraindicated in spleen & stomach def cold.	4.5-15 g
Rhizoma Picrorhizae (Huhuaglian) (Picrorhiza)	Cold, bitter / LR, ST, LI	Damp heat dysentery. Yin def fire. Child gan accumulation.	Contraindicated in spleen & stomach def cold.	3-9 g

Clear Heat, Relieve Toxicity

Flos Lonicerae (Jinyinhua) (Honeysuckle flower)	Cold, sweet / LU, LI, ST	Wei-level heat in upper jiao. Toxic heat: abscesses in breast, throat, eye. Damp-heat dysentery	Contraindicated: sp & st def cold.	9-15 g
Fructus Forsythiae (Lianqiao) (Forsythia fruit)	Cool, bitter, acid / H, LR, GB	Wei-level heat. Toxic heat sores, nodules. Heat entering pericardium. Ht fire -> SI.	Contraindicated: sp & st def cold.	6-15 g