

## Drain Dampness

Poria Hoelen Poria cocos (Fuling)	neutral, sweet, bland	*Transforms dampness & strengthens spleen: dysuria, edema, diarrhea, etc. *Phlegm-damp patterns. Calms mind: palpitations, insomnia.	Use skin (Fulingpi) for edema, red poria (Chifuling) for turbid urine or damp-heat, heart w/pine root (Fushen) for calming mind.	9-15 g
Umbellate pore-fungus Polyporus (Zhuling)	sl. cool, sweet, bland	*Transforms dampness, promotes urine: dysuria, turbid urine, edema, diarrhea, leukorrhea.	Do not use if no damp sx. Long term use damages Yin.	5-10 g
Talc Pulvis Talci (Huashi)	cold, sweet, bland	*UB damp-heat: painful urination. *Summerheat-damp: thirst, restlessness, dysuria, diarrhea. *Topical: damp weepy skin sores.	Contraindicated for Sp def, spermatorrhea, fluid damage, excess urine. Long term causes granuloma in LI, vagina.	9-18g decoct in cheese-cloth
Coix seed Job's tears Semen Coicis (Yiyiren)	sl cold, sweet, bland	*Sp def edema, diarrhea. *Damp-heat: dysuria, leukorrhea. *Wind-damp bi: stiffness, spasm.	Contraindicated in pregnancy. Tonify spleen: dry-fry.	9-30g
Benincasa seed (Dongguaren)	cold, sweet	Phlegm-heat in lung. Damp-heat: lung or LI abscess, leukorrhea. Skin (Dongguapi): edema d/t summerheat-damp.	Caution in damp cold, loose stool.	Seed: 3-12 g Skin: 15-30 g
Akebia Caulis Aristolochiae seu Clematis (Mutong)	cool, bitter	UB damp-heat: dysuria, edema. Heart fire -> SI: mouth & tongue ulcers, irritability, red/bloody urine. Promotes lactation.	Contraindicated during pregnancy. Caution in yin def. OD can cause renal failure. Banned in UK (some species contain aristolochic acid).	3-9 g
Ricepaper pith Medulla tetrapanacis (Tongcao)	sl cold, sweet, bland	UB damp-heat: dysuria, edema. Promotes lactation.	Caution in pregnancy, qi or yin def. Often used as substitute for Akebia (Mutong).	3-6 g
Juncus pith Medulla junci (Dengxincao)	sl cold, sweet, bland	Heart fire -> SI, esp children. Insomnia d/t damp-heat or Ht yin def. Damp-heat dysuria.	Caution in def cold.	1.5-4.5 g
Dianthus Herba dianthi (Qumai)	cold, bitter	UB damp-heat: dysuria w/blood, pain. Amenorrhea d/t blood stasis.	Contraindicated in pregnancy, sp or kd def.	6-12 g
Broom cypress fruit Fructus kochiae (Difuzi)	cold, sweet, bitter	Damp-heat dysuria. Topical/ internal: stop itching, damp-heat skin sores.		6-15 g