

Drain Dampness (continued)

Common knotgrass Hb Polygoni avicularis (Bianxu)	sl cold, bitter	UB damp-heat: dysuria w/blood, pain. Damp-heat skin sores: eczema, trichomonas, tinea.	OD harms essence qi.	9-15 g
Pyrrosia leaf Folium Pyrrosiae (Shiwei)	sl cold, bitter, sweet	Clears damp-heat: hot/stony/ bloody dysuria. Clears lung heat cough & phlegm. Bleeding d/t reckless movement of blood.	Contraindicated in yin def. Do not use if no damp-heat.	3-9 g
Plantain seed Semen plantaginis (Cheqianzi)	cold, sweet	UB damp-heat w/dysuria, hematuria. Damp-heat diarrhea. Red eyes d/t liver heat, yin def. Lung heat cough w/phlegm. Herb (Cheqiancao): toxic sores, jaundice.	Contraindicated during pregnancy. Caution in yang qi def. Wrap in cheesecloth for decoctions.	Seed: 5-10 g Herb: 9-30 g
Abutilon Semen Malvae (Dongkuizi)	cold, sweet	Dysuria, edema w/bloody or painful urination. Promotes lactation. Dry constipation	Caution in pregnancy. Contraindicated: sp def diarrhea.	6-12 g
Hypoglauca yam Rz Dioscoreae hypoglaucae (Beixie)	neutral, bitter	Turbidity in lower jiao: cloudy urine, leukorrhea. Wind-damp bi.	Contraindicated: kd def.	9-15 g
Lysimachia Hb Lysimachiae (Jinqiancao)	neutral, sweet, bland	Stony dysuria or gallstones. Liv/GB dampheat: jaundice, red eyes. Fire toxin, snakebite.	Large doses long-term may cause potassium loss.	9-15 g, up to 60 g for stones
Aduki bean Semen Phaseoli (Chixiaodou)	neutral, sweet, sour	Edema, leg qi. Blood stasis, fire toxin: sores, boils. Mild cases of damp-heat jaundice.	Can cause dryness.	9-30 g
Alisma Rhizoma Alismatis (Zexie)	cold, sweet, bland	Various damp sx esp lower jiao: dysuria, edema, diarrhea. Drains Kd yin def fire.	Contraindicated: lower jiao discharge d/t Kd yang def or damp-cold.	6-15 g
Oriental wormwood Hb Artemisiae capillaris (Yinchenhao)	cool, bitter, acid	Jaundice, d/t damp-heat or damp- cold depending on combination. Ext heat or Shaoyang patterns.	Not for jaundice d/t deficiency	9-15 g
Stephania Rx Stephaniae (Han Fangji)	cold, acid, bitter	Lower body damp or damp-heat: edema, leg qi, ascites, gurgling. Wind-damp-heat bi.	Banned in UK because of possible substitution w/aristolochia (Guang Fangji).	3-9 g
Lobelia Hb lobeliae chinensis (Banbianlian)	neutral, sweet	Edema, ascites. Cools blood, relieves toxins, snakebite, stings.	Not for deficiency.	15-30 g