

Regulate Qi 2

Aquilaria Lignum Aquilariae resinatum (Chen xiang)	warm, acid, bitter, aromatic/ K,SP,ST	*Cold & qi stagnation: ab distension/pain, nausea/vomiting. *Wheezing d/t xs or def. *Constipation, dysuria d/t qi stg.	Contraindicated: qi def w/ prolapse, yin def heat	3-9 g
Sandalwood Lignum Santali albi (Tan xiang)	warm, acid / LU,SP,ST	*Cold & qi stagn: ab pain, vomiting w/ clear fluid. *Chest pain, coronary artery disease. *Cheaper substitute for Chen Xiang.	Contraindicated: yin def heat	1-3 g
Macrostem onion Bulbus Allii macrostemi (Xie bai)	warm, acid, bitter / LU,LI, ST	*Cold phlegm in chest: chest pain radiating to back, dyspnea. *Dysentery w/ tenesmus.	Caution: qi def, peptic ulcers	dried 4.5-9 g fresh 30-60 g
Finger citron Fr Citri sarcodactylis (Fo shou)	sl warm, acid, bitter / LU,LR, ST,SP	*Strongly moves qi, but weak for stopping pain. *Harmonizes St & Sp: poor appetite, belching, nausea & vomiting. *Chronic cough w/chest pain d/t phlegm.	Contraindicated: yin def heat, absence of stagnation	3-9 g
Rose Fl Rosae rugosae (Mei gui hua)	warm, sweet, sl bitter / LR,SP	*LR qi stagnation: rib, breast, ab pain, irregular menses. *Blood stasis, pain d/t trauma.		1.5-6 g
Sichuan chinaberry Fr Melia Toosedan (Chuan lian zi) (Jin ling zi)	cold, bitter, sl toxic / LR,UB,SI, ST	*Liver qi stagnation w/damp heat or liver fire patterns: rib, chest, stomach, hernia pain. *Parasites.	Contraindicated: sp/st def cold	3-9 g
Leechee nut Sm Litchi (Li zhi he)	warm, sweet, astringent / LR,ST	*Regulates qi, stops pain, esp cold stagnation in liv channel: hernia, cold shan, ab pain. *Can be used for heat if properly combined.		6-15 g
Persimmon calyx Calyx kaki (Shi di)	neutral, bitter, astringent / LU,ST	*Directs qi downward, stops hiccough d/t heat or cold.		6-12 g