

Dispel Wind-Dampness

Pubescent angelica Rx Angelicae pubescentis (Duhuo)	warm, acid, bitter / K,UB	Wind-cold-damp bi syndrome, especially lower extremities.	Contraindicated in def yin or blood with heat.	3-9 g
Large-leaf gentian rt Rx Gentianae macrophyllae (Qinjiao)	sl cold, bitter, acid / GB,LR,ST	Wind-damp bi w/yin def heat. Damp-heat jaundice, esp infants. Counteracts drying properties of other Wind-damp herbs.	Contraindicated for weak constitution, Sp def diarrhea, frequent urine.	4.5-12 g
Clematis root Rx Clematidis (Weilingxian)	warm, acid, salty /UB	Wind-cold-damp bi. Fish bone stuck in the throat.	Contraindicated in def qi & blood. Fish bone: decoct w/ vinegar & brown sugar.	6-12 g fish bone: 15-30 g
Erythrina bark Cortex Erythrinae (Haitongpi)	neutral, bitter, acid / LR,SP,K	Wind-damp bi w/heat or cold, especially lower extremities. Superficial edema d/t damp. Gargle for toothache.	Contraindicated in def yin or blood	6-15 g
Chaenomeles fruit Chinese quince Fructus chaenomelis (Mugua)	sl warm, sour / LR,SP	Wind-damp bi w/cramps, spasms, esp lower extremities. Painful swollen legs d/t cholera or leg qi.	Contraindicated in exterior patterns, xs use harms teeth & bones	4-12 g
Silkworm excrement Excrementum Bombycis mori (Cansha)	warm, acid, sweet / LR,SP,ST	Wind-damp bi. Eczema, itchy skin d/t wind-damp. Cramps d/t cholera.	Wrap in cheesecloth. Often taken alone.	9-15 g
Mulberry twigs Ramulus Mori (Sangzhi)	sl cold, bitter, sweet / LR	Wind-damp bi syndrome, especially upper extremities.	Caution in yin deficiency	10-30 g
Acanthopanax bark Cx Acanthopanax (Wujiapi)	warm, acid, bitter / LR,K	Wind-damp bi, esp Liv/Kd def. Strengthens sinews & bones, esp w/bl stasis. For weak/chronic elderly or developmental/motor probs in children.	Caution in yin deficiency heat.	4.5-15 g Often steeped in wine
Xanthium fruit Fructus Xanthii (Cang'erzi)	warm, sweet, toxic / LU	Nasal congestion w/thick sticky discharge. Wind-damp bi. Wind-cold headache.	Contraindicated in headache d/t blood def. OD: vomit, ab pain, diarrhea.	3-9 g