

## Tonify Yang (3)

Eucommia bark Cortex Eucommiae (Du zhong)	warm, sweet, sl acid ----- Lr, Kd	*Tonifies Lr & Kd & strengthens bones & tendons; *Calms the fetus to prevent miscarriage	The fried herb is more effective than the raw herb. Contraindicated: deficiency of yin with excessive fire.	10-15 g
Chain fern rhizome Cibotum Rhizoma Cibotii (Gou ji)	warm, bitter, sweet ----- Lr, Kd	*Tonifies Kd, Lr, sinew & bone: stiffness/weakness of spine, legs. *Wind-damp bi. *Incontinence, vaginal discharge.	Contraindicated: dysuria, yin def	4.5-9 g
Dipsacus Radix Dipsaci (Xu duan)	sl warm, bitter, acid ----- Lr, Kd	*Tonifies Kd, Lr, sinew & bone: back pain, joints stiff, weak legs. *Stops uterine bleeding, calms fetus. *Moves blood, stops pain, generates flesh: topically and/or internally for trauma, sores.	Vinegar-fry: pain, roast w/salt: enter Kd, char: bleeding.	6-21 g
Drynaria Rhizoma Drynariae (Gu sui bu)	warm, bitter ----- Lr, Kd	*Tonifies Kd: weak lumbar, dim hearing, toothache, bleeding gums. *Helps mend sinews & bones: injuries, fractures. *Topical for hair loss.	Caution: yin def, absence of bl stasis.	6-18 g
Cuscuta seed Semen Cuscutae (Tu si zi)	neutral, acid, sweet ----- Lr, Kd	*Tonifies Kd yang and yin, secures essence: impotence, premature ejaculation, tinnitus. *Nourishes Lr, improves vision. *Sp/Kd yang def diarrhea. *Calms fetus.	Contraindicated: yin def fire, constipation, dark scanty urine. Bensky: "Though neutral, leans toward tonifying yang."	9-15 g
Astragalus seed Semen Astragali (Sha yuan ji li)	warm, sweet ----- Lr, Kd	*Tonifies Lr & Kd: freq urination, premature ejaculation, vaginal discharge, aching low back. *Brightens eyes: cloudy vision.	Contraindicated: xs ministerial fire	6-15 g
Placenta Placenta Hominis (Zi he che)	warm, sweet, salty ----- Kd, Lr, Lu	*Tonifies Kd, Lr, essence: infertility, dizziness, tinnitus. *Supplements qi & blood: pallor, emaciation, insufficient lactation. *Wheezing d/t Lu & Kd def.	Caution: yin def heat	1.5-4.5 g
Leek seeds Sm Allii tuberosi (Jiu zi)	warm, sweet, acid ----- Kd, Lr	*Warms Kd, secures Essence: impotence, incontinence, spermatorrhea, etc. *Vomiting d/t St cold.	Contraindicated: yin def	3-9g