Release Exterior Herbs

Sub-Category 1: Expel Wind-Cold (blue slides)
Sub-Category 2: Expel Wind-Heat (red slides)
Release Exterior Herbs

Sub-Category 1: Expel Wind-Cold
(blue slides)
Sub-Category 2: Expel Wind-Heat
(red slides)
Ma Huang

1. Releases exterior, disperses C, 
2. disperses LU qi, controls wheezing & asthma, 
3. promotes urination, reduces edema, 
4. invigorates circulation.
Gui Zhi

Zi Su Ye

1. Releases exterior, disperses C, 2. moves ST & SP qi, calms fetus & morning sickness 3. alleviates seafood toxicity.
Jing Jie

1. Releases exterior, expels W, 2. vents rashes, alleviates itching, 3. stops bleeding and vaginal discharge.  
   Note: Works with W-H or W-C according to herbal combination
Fang Feng

1. Releases exterior, expels W, 2. expels W-D, alleviates pain, 3. expels W in channels, 4. expels intestinal W.

Note: Does four functions of W = W-C, W-H, W-D & Internal W.
1. Expels W, disperses C,
2. Tai Yang & Jue Yin headaches, 3. dispels D-C alleviates pain, especially W-D-C
Qiang Huo

1. Expels W, disperses D-C, alleviates pain, 2. Tai Yang headaches, enters KI & BL channels, 3. unblocks painful obstruction, alleviates pain, especially W-D-C in upper limbs & back. **Note**: Often paired with Du Huo
Bai Zhi

1. Expels W, opens nasal passages, alleviates pain, *Yang Ming headache*, 2. reduces swelling, expels pus, 3. dries D, alleviates discharge, especially D-C in LJ.
1. Releases exterior, disperses C, alleviates pain, Shao Yin headache, 2. Warms LU, transforms P, 3. unblocks nasal orifices, Note: Nephrotoxic d/t aristolochic acid.
Sheng Jiang

Xin Yi Hua

1. Expels W-C, unblocks nasal passages. W-C headaches, sinus headaches
Cang Er Zi

1. Expels W-C, unblocks nasal passages
2. disperses W-D, especially bi syndrome
3. dispels W-D skin itching.
1. Releases exterior, induces sweating, 2. disperses C, unblocks yang, 3. relieves toxicity, disperses clumps.
Release Exterior Herbs

Sub-Category 1: Expel Wind-Cold (blue slides)

Sub-Category 2: Expel Wind-Heat (red slides)
Bo He

1. Disperses W-H, clears head & eyes, benefits throat, 2. vents rashes, 3. spreads LV qi, 4. transforms turbid D.
Niu Bang Zi

1. Disperses W-H, benefits throat, 
2. clears H, relieves toxicity, 
3. vents rashes.
1. Disperses W-H, 2. vents rashes, relieves itching, 3. clears eyes, removes superficial obstruction (conjunctiva), 4. extinguishes inner LV W, stops spasms, night terrors.
Sang Ye

1. Disperses W-H, 2. clears LU H, moistens dryness, warm-dry cough, slight sore throat,
3. subdues LV yang, clears LV, benefits eyes,
4. cools xue, stops bleeding.
Ju Hua

1. Disperses W-H, 2. subdues LV yang, clears LV, benefits eyes, modern uses for HTN, 3. clears H, relieves toxicity.
Man Jing Zi

1. Disperses W-H, clears head & eyes, W-H headaches (esp. Yang Ming), benefits throat,
   2. expels W, stops pain.
Dan Dou Chi (Soybean – prepared)

1. Releases exterior W-H or W-C,
2. eliminates irritability.
Ge Gen (Kudzu root)

1. Releases muscles especially in upper back and neck, reduces fever, 2. nourishes BF’s, alleviates thirst, 3. vents measles, 4. raises SP yang, alleviates SP xu diarrhea. 5. Yang Ming headache.
Chai Hu

1. Treats Shao Yang syndrome, reduces fever, Shao Yang headache;
2. spreads LV qi;
3. raises SP yang.
Sheng Ma

1. Releases exterior, W-H headaches, vents measles, 2. clears H, relieves toxicity, especially mouth & throat, 3. raises SP yang incl. organ prolapse.
Mu Zei

1. Disperses W-H, benefits eyes,
2. clears H, stops bleeding, incl. hemorrhoids.
Images

All photography copyright: Chris Dewey
Nature Photography