Tonifying Herbs 1

Sub-Category 1: Tonify Qi
(blue slides)
Sub-Category 2: Tonify Xue
(red slides)
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Sub-Category 1: Tonify Qi
(blue slides)

Sub-Category 2: Tonify Xue
(red slides)
Ren Shen

1. Enters HT, LU & SP channels, strongly tonifies yuan qi, rescues qi collapse (minute pulse), also after severe xue loss, 2. tonifies LU, augments qi, 3. tonifies SP, strengthens ST, 4. generates fluids, stops thirst, 5. benefits HT qi, calms shen, palpitations, anxiety, insomnia, poor memory d/t qi, yin or xue xu, 6. supports anti-pathogenic qi. **Note:** Antagonistic with Wu Ling Zhi. **Note:** Effectiveness decreased by Lai Fu Zi.
1. Benefits qi, generates fluids, 2. nourishes LU yin, clears LU fire.
Dang Shen

1. Enters SP & LU channels only. Tonifies SP, augments qi, 2. tonifies LU qi, 3. tonifies qi, generates fluids & xue, 4. supports anti-pathogenic qi. **Note:** Does not do HT or yuan qi. **Note:** Can substitute for Ren Shen in the four indications above at larger doses.
1. Tonifies SP, nourishes ST, 2. generates fluids, moistens dryness, esp LU dryness.

**Note:** Milder than Xi Yang Shen, often used with weak patients or for mild qi xu.
1. Tonifies SP qi, *moving up* raises MJ yang, 2. tonifies LU qi, augments wei qi, stabilizes exterior 3. *moving down* promotes urination, reduces edema, 4. promotes pus discharge, generates flesh, 5. tonifies qi to move xue (at 60-100g dosage). **Note:** To tonify xue combine Dang Gui with Huang Qi
Bai Zhu

1. Tonifies SP, augments qi, incl xue loss recovery, bleeding d/t qi xu, failure of SP to hold xue,
2. strengthens SP, dries D, 3. stabilizes exterior, stops sweating, esp spontaneous sweating d/t qi xu, 4. calms fetus due to SP xu.
Shan Yao

1. Tonifies SP qi & yin, stops diarrhea, 2. tonifies LU qi & yin, 3. tonifies KI, stabilizes jing.
Bai Bian Dou

1. Strengthens SP transforms D, stops diarrhea, 2. clears Summer-D.
Gan Cao

1. Tonifies SP & HT, SoB, lassitude, loose stool, qi & xue xu, 2. dispels C-P or H-P, stops shi cough, 3. clears H & toxicity, incl other herbs, food, drugs, 4. moderates spasms relieves pain, 5. moderates and harmonizes other herbs.

Note: Incompatible with Harsh Expellants: Gan Sui, Yuan Hua & Da Ji. Note: Combine with Bai Shao to stop spasms.
Zhi Gan Cao

1. Tonifies SP & HT, SoB, lassitude, loose stool, qi & xue xu, 2. dispels C-P or H-P, stops shi cough, 3. clears H & toxicity, incl other herbs, food, drugs, 4. moderates spasms relieves pain, 5. moderates and harmonizes other herbs.

Note: Incompatible with Harsh Expellants: Gan Sui, Yuan Hua & Da Ji. Note: Combine with Bai Shao to stop spasms.
Da Zao

1. Tonifies SP
   augments qi, sx of SP
   qi xu 2. nourishes
   xue, calms shen, 3.
   moderates and
   harmonizes other
   herbs. **Note:** Tonifies
   and enters at the
   Ying level
Ci Wu Jia

1. Tonifies SP & LU qi, cough, asthma, fatigue, poor appetite,
2. nourishes HT & SP, calms shen, fatigue, weakness, poor appetite, insomnia, dream-disturbed sleep, poor memory
3. strengthens SP & Ki yang, fatigue plus weak LB & knees.

AKA: Wu Jia Shen
Tonifying Herbs 1

Sub-Category 1: Tonify Qi
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Sub-Category 2: Tonify Xue
(red slides)
Dang Gui

1. Goes to LV, HT & SP, Tonifies xue, 2. invigorates xue, regulates menses, alleviates pain, incl xue xu with chronic W-D-C 3. moistens intestines, unblocks bowel, 4. reduces swelling, alleviates pain, expels pus, generates flesh.

Note: Treats xue xu, xue yu & cold xue

Note: Tonifying plus invigorating = harmonizing
Shu Di Huang

1. Goes to LV & KI, Tonifies xue, 2. nourishes yin (see yin xu sx) & jing.

Note: Sheng Di = clears H & cool xue, Shu Di = tonifies xue & jing
1. Goes to LV & SP, Tonifies xue, regulates menses, 2. calms LV, alleviates pain & spasms, 3. preserves yin, ext W-C xu, spontaneous sweating, night sweats,

**Note**: combine with Gui Zhi to harmonize ying & wei.

**Note**: combine with Gan Cao to relax spasms & cramps.

**Note**: Chi Shao stops pain by moving xue. Bai Shao stops pain by moving qi.
He Shou Wu

1. Tonifies LV xue & KI jing, 2. relieves fire toxicity, sores, carbuncles, P-nodules 3. moistens intestines, unblocks bowel, 4. treats malaria. Note: Raw treats fire toxin, malarial disorders, and moistens the Intestines; Roasted tonifies xue & jing.
1. Goes to KI, LV & LU, Tonifies xue, 2. nourishes xue, stops bleeding, 3. nourishes yin, moistens dryness, esp LU.
Long Yan Rou

1. Tonifies HT & SP, nourishes xue, calms shen.
Images

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