Calming Shen Herbs

Sub-Category 1: Anchor & Calm Shen
(blue slides)

Sub-Category 2: Nourish & Calm Shen
(red slides)
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Long Gu (Fossil Mammal Bone)

Pair with Mu Li

1. Anchors & calms shen, 2. calms LV, anchors floating yang, 3. prevents fluid leakage, 4. generates flesh, treats sores, 5. insomnia
Ci Shi (Magnetite)

1. Anchors & calms shen, 2. calms LV, anchors floating yang, 3. nourishes KI & LV, improves hearing & vision (key herb for tinnitus), 4. helps KI grasp qi, 5. vertigo, insomnia, tinnitus.
Hu Po (Amber)

1. Anchors & calms shen, 2. **invigorates xue, dispels yu**, 3. promotes urination, clears PUD, esp. xue lin. 4. generates flesh, promotes healing
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Suan Zao Ren

1. Nourishes HT & LV, calms shen, important herb for insomnia, nourishes LV yin & xue, 2. prevents abnormal sweating
Bai Zi Ren

1. Nourishes HT yin & xue, calms shen, nourishes KI, 2. moistens intestines, unblocks bowel
Yuan Zhi

1. Calms shen & HT, balances HT & KI, 2. expels P, opens orifices, expels LU P, 3. reduces abscesses, dissipates swellings. **Note:** Often paired with Shi Chang Pu
1. Nourishes HT yin & xue, calms shen, insomnia, irritability and dream-disturbed sleep, balances HT & KI. 2. nourishes xue, dispels W, unblocks channels, soreness, pain, W-D bi.
He Huan Pi

1. Calms shen, relieves LV constraint, balances HT & KI,
2. invigorates xue, alleviates pain, dissipates swelling
Ling Zhi

1. Nourishes HT calms shen, 2. transforms P, stops C&W, 3. tonifies qi & xue to reduce fatigue, dizziness, poor appetite, loose stool & SoB.
Images

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