Liver Herbs

Sub-Category 1: Subdue Liver Yang
   (blue slides)
Sub-Category 2: Extinguish Liver Wind
   (red slides)
Liver Herbs

Sub-Category 1: Subdue Liver Yang
(blue slides)

Sub-Category 2: Extinguish Liver Wind
(red slides)
Shi Jue Ming (Abalone)

1. Calms LV, anchors floating yang, 2. clears LV, improves vision, 3. absorbs acidity, alleviates pain.

**Note:** Doesn’t go to HT
Zhen Zhu Mu (Mother of Pearl)

1. Calms LV, anchors floating yang,
2. clears LV, **improves vision**, 3. absorbs acidity,
   alleviates pain
4. anchors HT, calms shen,
5. topical wound healing.

**Note:** Does go to HT
Mu Li (Oyster)

1. Calms LV, anchors floating yang,
2. prevents fluid leakage,
3. absorbs acidity, alleviates pain.
4. Softens hardness, dissipates nodules

**Note**: often paired with Long Gu.

**Note**: Doesn’t do eyes.
Dai Zhe Shi (Haematite)

1. Calms LV, anchors floating yang, clears LV fire
2. strongly redirects rebellious LU & ST qi, stops vomit,
3. cools xue, stops bleeding

Note: vertigo, tinnitus, blurred vision and manic-depressive sx
Bai Ji Li

Liver Herbs

Sub-Category 1: Subdue Liver Yang
(blue slides)

Sub-Category 2: Extinguish Liver Wind
(red slides)
1. Extinguishes wind, controls spasms & convulsions, 2. calms LV, anchors yang, 3. clears LV fire, improves vision (only one of group to do so), 4. clears H, relieves toxicity. **Note**: Cook separately and take with other decoction. **Note**: cc for SP xu convulsions
Gou Teng


Note: Often paired with Tian Ma
Tian Ma

1. Extinguishes wind, controls spasms & convulsions (hot or cold), 2. calms LV, pacifies LV yang rising, 3. disperse painful obstructions, unblocks collaterals.

**Note**: Often paired with Gou Teng
Di Long (Earthworm)

1. Clears H, Extinguishes W, stops spasms & convulsions,
2. Clears LU H & calms wheezing,
3. clears H, unblocks channels & collaterals.
4. Clears H, promotes urination
Quan Xie (Scorpion)

Wu Gong (Centipede)

Jiang Can (Silkworm)

1. Extinguishes wind, stops spasms & convulsions, 2. expels W, stops pain, 3. transforms P, dissipates nodules
Images

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